

TOTALLY TAE KWON DO

Issue 17

www.totallytkd.com

July 2010

The Free Global Tae Kwon Do Magazine



***Developing A
Sensitivity To Ki
In Taekwondo***



Plus
Coming Home: Training With The ITF In South Korea
Training Through Knee Injuries
Master Philip Ameris Interview - Pt 2
TKD Black Belts Square Off In MMA
ITF Sine Wave As "Sequential Motion" Pt 3
The Ground Can Be Your Friend
1 Step Sparring: Combat Techniques For the Street
4th Annual Korean Martial Arts Festival

Plus 3 Product Reviews & Much More Inside

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

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

Email: editor@totallytkd.com
Tel: +44 (0)7759 438779

This PDF may be distributed by all provided such distribution is not done commercially. Charging a fee for this PDF (in whole or in part) is strictly prohibited. This includes distribution by any body, group or individual where a membership, subscription fee or any other charge is required to access or view this PDF and / or its contents. Such distribution by commercial entities is prohibited. Commercial entities may distribute this PDF so long as access is open to all and no charge (direct or indirect) is made. Please contact us if in doubt.

Aside from non-commercial printouts of this PDF, written permission must be gained from Harrow Martial Arts before converting this PDF into any other media. This PDF and / or any resulting printout must be passed on as is and nothing may be added to it or removed from it without prior written permission from Harrow Martial Arts.

Worldwide copyright of all material (including pictures) is held by the originator of that material unless stated otherwise. The reproduction of any material extracted from within this PDF is strictly prohibited, unless prior agreement in writing is gained from the copyright holder of that material. Those wishing to make use of any material as presented on the pages of this PDF must also gain written permission from Harrow Martial Arts.

The views, reports and comments expressed herein are not necessarily those of the editor and publisher. Whilst every care is taken to check their authenticity, Harrow Martial Arts disclaim any and all liability for any inaccuracies.

The originator, publishers, editor and all contributors are not responsible in any way for any injury, or any other loss, which may occur by reading and /or following the instructions herein. It is essential that prior to undertaking any of the activities described within that the reader take the advice of a doctor and a suitably qualified and experienced martial arts instructor.

The publishers reserve the right to reject any material tendered at their discretion. The publishers accept no responsibility for the return of unsolicited material. The submission of manuscripts or materials shall be considered a warranty that such matter is original and in no way infringes on the copyright of others.

Harrow Martial Arts make no representations, endorsements, guarantees or warranties concerning the products and / or services advertised within this magazine.

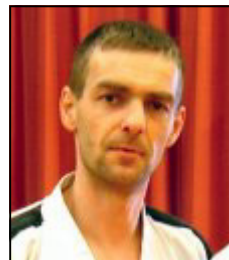
Due to the nature of the magazine being still widely available long past its issue date, customers of adverts are advised to confirm any businesses advertised within this magazine are still trading before sending off any money, as Harrow Martial Arts cannot be held liable for any adverts, advertisers or consumer issues regarding products or services advertised within this magazine, which were correct at the issue date.

Copyright Notice

All articles in this magazine are
Copyright © 2010 Author of article

Editorial
Issue 17 - July 2010

Okay, no more harping on about the orgs not getting involved in the magazine properly, I've said enough and its their loss I guess!



Right, on to the good stuff. This month we have a bumper edition thanks to the writers. Three product reviews, one by our own Honest John, including a number of books (not my own of course as they have only just come out - plug plug).

We have news of two Taekwondo Black Belts having an MMA match in Singapore, and loads of technical articles with a plethora of charts to accompany them.

This month we also have part 2 of our interview with Master Philip Ameris of AIMAA and the final part of the 'Sine Wave As Sequential Motion' article, which is so good I will run it as a complete article (with the authors permission) when we have a low month one time, so it can be read in its entirety.

Whilst we have had a lack of emails to 'The TKD Clinic' (hence why it hasn't appeared recently), we are still tackling medial issues with the excellent 'Training Through Knee Injuries' article.

I hope we can get the TKD Clinic back up to speed as it's a valuable resource for many students, but that is up to you, the readers to get emailing - see page 10.

The '1 Step Sparring: Combat techniques for The Street' article is like a small book on its own and will improve many a students self defence aspect of their training, along with 'The Ground Can Be Your Friend' article. Plus we have reports of training with the ITF in South Korea and the 4th Gathering Of Masters event.

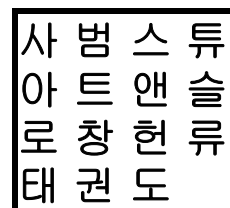
We also have a counter-article in the form of 'Are You Performing Juche Wrong!' Which shows we are fair in what we publish and willing to offer differing points of view, we also have a profile of another young black belt.

Sadly, Master Weiss has taken a hiatus from writing articles for a while, so I would like to personally thank him for his support of the magazine from day 1 and hope he returns when he is ready.

As always, enjoy this months issue.

Take care,

Stuart Anslow
Editor



Issue 17 Contents

<i>Totally TKD News</i>	<i>Page 4</i>
<i>The War In Singapore - TKD BB's Square Off In MMA</i>	<i>Page 5</i>
<i>Master Philip Ameris Interview - Pt 2</i>	<i>Page 7</i>
<i>ITF Taekwon-Do Sine Wave As "Sequential Motion" Pt 3</i>	<i>Page 13</i>
<i>The Ground Can Be Your Friend</i>	<i>Page 19</i>
<i>"Stretch To The Max" - Honest John Review</i>	<i>Page 22</i>
<i>I Step Sparring: Combat Techniques For The Street</i>	<i>Page 25</i>
<i>Coming Home: Training With The ITF In South Korea</i>	<i>Page 31</i>
<i>Training Through Knee Injuries</i>	<i>Page 34</i>
<i>Developing A Sensitivity To Ki In Taekwondo</i>	<i>Page 39</i>
<i>Totally TKD Wants You: Julia Cross</i>	<i>Page 46</i>
<i>"Korean Martial Art Of TKD & Early History" Review</i>	<i>Page 47</i>
<i>Are You Performing Juche Wrong?</i>	<i>Page 49</i>
<i>4th Annual Korean Martial Arts Festival Report</i>	<i>Page 51</i>
<i>"Imptec MegaStrike" Product Review</i>	<i>Page 55</i>
<i>One Of The Youngest Black Belts In Taekwondo!</i>	<i>Page 57</i>
<i>The Right-Leg Bias In Taekwon-Do</i>	<i>Page 59</i>
<i>Submission Guidelines</i>	<i>Page 66</i>
<i>Where To Download Totally Tae Kwon Do</i>	<i>Page 67</i>

Contributors: Manuel E. Adrogué, Matt Gibb, Ira Hoffman, Master Philip Ameris, James Goyder, Michael Munyon, Karim Belgacem, Jason Ainley, Thomas Gordon, Sanko Lewis, Roy Bertrand, Michael Carr, John Honest, Michael Boik, David Price, Chandra Chakraborty, Jay Boyle, & Stuart Anslow

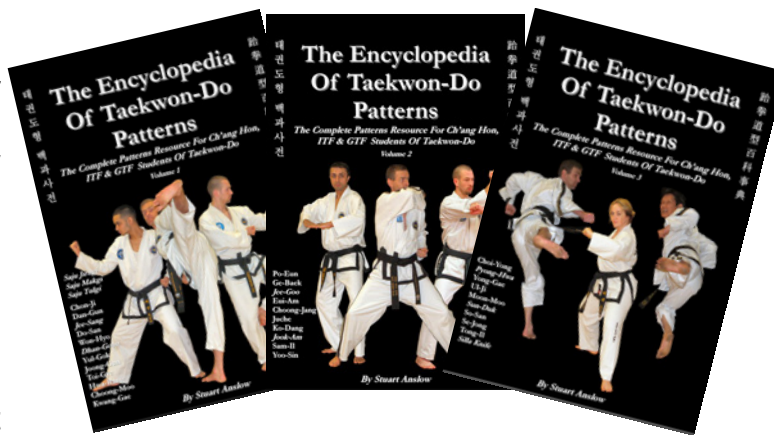
Totally TKD News

Competition Winner

The winner of last months 'Encyclopedia Of Taekwon-Do Patterns' book competition was Patricia DeArmas from Las Vegas, USA. Congratulation, the volume you selected should be with you shortly, if it hasn't arrived already.

Not Much News

Not much news for this months edition, except the report from Jame Goyder (right) so please excuse me for using this section to answer and update those interested in the new books I have just released :)



minor errors (mostly spelling) but this is just 'technie' stuff that will be corrected by Amazon in the forthcoming days/weeks.

Box Set Delayed

The box set of the 'Encyclopedia Of Taekwon-Do Patterns' has been delayed. I am not sure why as the release date of the set was the same as the release date of the individual books. As I'm not sure how long they will take to sort it all out, but if you are after all three volumes and use Amazon.com, please feel free to take advantage of the incorrect price listing - details below.

The Encyclopedia Of Taekwon-Do Patterns:

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

Despite a slight delay, coming out in late June rather than early June, all three books are now available via Amazon. Unfortunately, some of the listings contain

Book Price Incorrect

Please be advised that the correct price of the books in the USA is \$29.99 not \$24.99 as listed on Amazon.com. However, while they are working to sort this out, you are free to take advantage of the incorrect pricing if you wish, saving \$15 if you were to purchase all three volumes.

**If your reading this ...
...so are 25,000 others!**

**Don't miss the opportunity to advertise in what is
the most popular magazine for Tae kwon Do
students, worldwide. Get in touch now!**

Email: adverts@totallytkd.com



The War In Singapore

USA Vs Afghanistan @ Martial Combat 4

TKD Black belts Square Off In MMA

By James Goyder



Warring nations will collide in Singapore next week when two Taekwondo black belts from vastly different backgrounds meet in an MMA fight. Malik Mawlayi hails from war torn Afghanistan, Cyrus Washington the USA, and both will do battle at Martial Combat 4.

This eagerly anticipated international lightweight bout will be the main attraction of the fourth Martial Combat event to take place in Singapore. Mixed martial arts is gradually growing in popularity in South East Asia and a sell out crowd is expected at Resorts World Sentosa.

There are tens of thousands of US troops currently in Afghanistan but there will only be two men in the Martial Combat cage on June 17th. While neither man has strong political views they are both intensely patriotic and proud to be representing their respective countries on the international stage.

"You don't hear many good things about Afghanistan these days and this is my chance to show the world that something good can come out of Afghanistan. Afghan people are warriors, we never give up and this is something which I have in my blood, I will never give up," said Mawlayi.

Washington is also looking forward to flying the flag for his country in Singapore.

"Anytime you get an opportunity to represent your country on an international stage it is a great experience. I see this as a chance to showcase my abilities and prove to the world that America is a nation full of fighting spirit," he said.

Washington is based at Tiger Muay Thai in Phuket and Mawlayi is at Legacy Gym in Ubon Ratchatani. Both men have black belts in Taekwonowdo and both men now live and train in Thailand but the similarities end there. Washington is primarily a Muay

Thai fighter who views MMA more as an opportunity to showcase his striking talents than a full time career choice.

Mawlayi is a much more evolved mixed martial artist. He has a purple belt in Brazilian Jiu Jitsu and is a Scandinavian amateur MMA champion. He has had 20 Muay Thai fights since moving to Thailand but remains first and foremost a ground fighter.

Washington has excellent technique which comes from years of studying first Taekwondo and then Muay Thai. He also has incredible power and athleticism, natural attributes which no amount of training can achieve. Quite simply Washington is genetically gifted and when he applies these techniques he is able to do so with the sort of force very few human beings are able to achieve.

The results are frequently devastating. Washington is a veteran of 50 Muay Thai fights and the majority of them have ended with him winning by way of knock out. Whether inside the ring or the cage he is always calm and composed and will not explode into action until the time is right. Washington can afford to be a patient predator because with his prodigious power he knows he is capable of finishing any fight in an instant.

Mawlayi may come from a grappling background but he has won 15 of his 20 Muay Thai fights by knock out and, like Washington, has an array of exciting, unconventional tricks. While Washington is a methodical and technical stand up fighter Mawlayi is an out and out brawler who

claims he would like nothing more than to test his stand up skills against the American, "If he wants to stand up with me that is fine. Let's do it. If he has seen my highlight reel and my spinning back kicks and heavy right hands he will probably be scared to stand toe to toe with me," he said.

A stand up battle is exactly what Washington is looking for but he is not convinced that Mawlayi will make it happen, "Let's not kid ourselves, Malik can say anything he wants to say to hype the fight, but he is not going to stand and trade with me. He will look to make the bout a hugging contest as fast as possible and bring it to the ground, instead of giving the crowd the exciting war they deserve. He can't compete with me standing. He will have no choice but to try and take me down," he said.

One dimensional fighters will only go so far in the sport of MMA. While Washington is undoubtedly an outstanding striker his lack of a ground game will make him extremely vulnerable if Mawlayi can take the fight to the floor.

Patriotic pride is at stake and these two warriors will both be looking to send out a statement to the world with a spectacular stoppage win. Washington knows that his best chance of victory is with a quick knockout and Mawlayi is determined to demonstrate that he too has knockout power. Expect some early fireworks with both men looking to stand and slug it out from the opening bell.

For more information about Martial Combat visit: www.rwmartialcombat.com

FREE ADVERTS FOR CHARITIES

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

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

PART 2

By Karim Belgacem
www.chostkd.co.uk

Master Philip Ameris is the senior student of Tae Kwon Do legend Grandmaster Hee Il Cho. The Pittsburgh native has been studying the Korean art for over 35 years and will this year test under his Grandmaster for the rank of 8th Degree Black Belt.

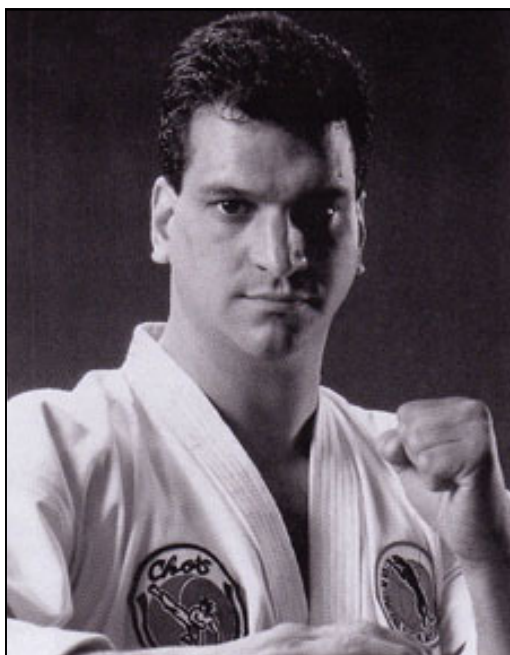
Karim Belgacem – Can you tell us how you became involved in Tae Kwon Do?

Master Philip Ameris –

In 1970 I started to train in Shorin-ryu Karate. I earned my black belt six years later. When I started High School I met Father Robert Connolly, a Catholic Priest at my High School. Father Connolly was also a high ranking black belt in Tae Kwon Do. I trained with Father Connolly, eventually also earning my black belt in Tae Kwon Do. When I started to train, I was seven years old, and at that time in the U.S. there were tournaments almost every weekend. I really enjoyed competing and fought, as well as did Hyungs in several tournaments.

In 1974, with the introduction of the PKA (Full Contact Karate), I was very eager to compete in this form of competition. Father Connolly did not emphasize tournaments, so he suggested that I seek out Grand Master Hee Il Cho to train and help me reach my goals of competing in Full Contact kickboxing.

Karim Belgacem - Full Contact Karate



was a rough sport. What you feel attracted you to fight at this level?

Master Philip Ameris -

My father was a professional boxer. Before I ever did martial arts, my dad taught me how to box. I remember going to the gym with him when he would train fighters. I always really enjoyed boxing and to this day it is one of my favourite sports. When Full Contact Karate came out, to me it was just

what I had been waiting for, due to the fact that I was boxing since I was very young.

Karim Belgacem - Why do you believe that Father Connolly suggested Grandmaster Hee Il Cho?

Master Philip Ameris - I think there were several reasons, First, there was Grandmaster Cho's reputation for being one of the most innovative marital artists of our time. In addition, Grand Master Cho has always had an impeccable reputation regarding his character.

Karim Belgacem - So how did you meet Grandmaster Cho?

Master Philip Ameris - I invited him to Pittsburgh for a seminar, I really could not believe what I saw when he was teaching. Even though I was still very young, only 19 at the time, I was very fortunate to have seen many great martial arts masters and fighters; however none - and I really mean none - came close to Grandmaster Cho's skills and ability. After the seminar in Pittsburgh, I travelled to Los Angeles, CA to Grandmaster Cho's Do-jang to train with him. I have been blessed that for the past 30 years I have been with Grandmaster Cho as his student.

Karim Belgacem -You have been with Grand Master Cho longer than any of his students worldwide. What do you attribute to you staying with a master for so long?

Master Philip Ameris - When I say I have been blessed to be with Grand Master Cho so long I sincerely mean it. I find it difficult

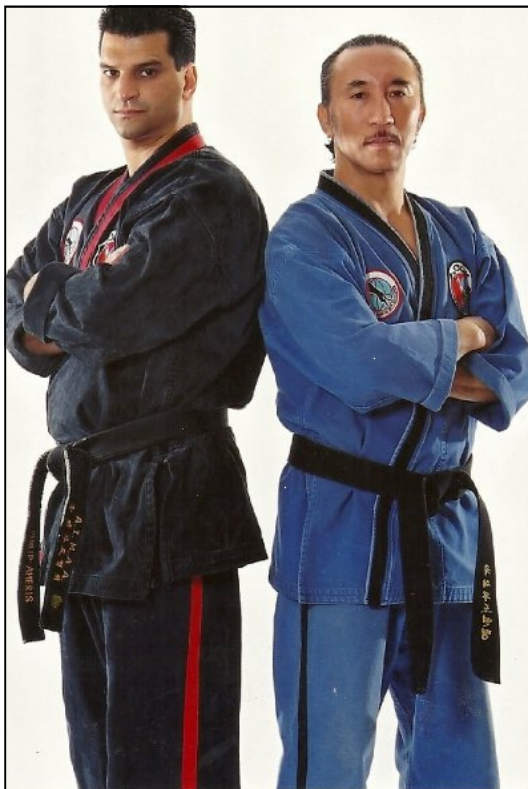
when, in today's marital arts community, many students leave their instructors after reaching black belt or after achieving higher degrees of black belt. In the 70's, when I started martial arts, the respect and discipline was much better. You had a better appreciation of the tradition of martial arts and the meaning of black belt was much more revered, thus making your relationship to your instructor more meaningful and appreciated. I know that a lot of people may not agree with what I have to say in regards to this matter, but I feel that there are three main reasons why a student leaves their instructor. One - money, two - egos, three - the student does not want to train any longer and the master or instructor enforces training.

Karim Belgacem - You are testing for 8th Degree Black Belt this year at the AIMAA Summer Camp, Could you tell us how you have been training for the test and what it means to you to be a 8th Degree black belt?



Master Philip Ameris -

I must first say that I am honoured to be testing under Grandmaster Cho for 8th dan. It is a humbling experience to be the first person in the AImAA to test for this high level. As far as my training, I train all the time. In the past 40 years that I have been doing martial arts I have always trained, so preparing for the test is a day to day regiment that I always do. I have increased some areas of my training as far as breaking and curriculum.



artists that will participate in this type of competition. However, with the influence of mainstream media and how MMA competitions are promoted, there can sometimes be a negative effect on what traditional martial arts is all about.

If you look at a lot of martial arts, masters of the past have always incorporated various disciplines into their training; such as a lot of Korean stylists are both black belts in Tae Kwon Do and Judo, as well as a lot of Karate

Karim Belgacem -You are the AImAA Technical Director. Can you tell us what this involves?

Master Philip Ameris - Being the AImAA Technical Director requires me to organize and introduce updated training routines. Much as Grandmaster Cho has done by introducing many innovative teaching methods, it is my responsibility as Technical Director to always improve our AImAA students training and curriculum.

Karim Belgacem - With the popularity of MMA, do you feel that it is hurting or enhancing the popularity of martial arts?

Master Philip Ameris - MMA as well as all forms of martial arts competitions have their place. There is a select few martial

masters study Judo or Aikido or some other form of grappling art. So in reality, mixed martial arts have been around for generations. The problem that I see with MMA is that it is a sporting event and is not really portrayed as martial arts that emphasizes the character building

and which can be practiced by anyone regardless of age or physical abilities. Grandmaster Cho has always told us when we were competing, "You are a champion for a day, but you are a martial artist for a lifetime." I believe that the martial arts should be viewed in a more respectful and disciplined manner. However, a lot of times this does not sell tickets;

the general public wants the "bad boy" image and conflict. I have tremendous respect for many of the current MMA champions that come from





traditional backgrounds, such as Lyoto Machida and George St. Pierre. I think they are true gentlemen and exemplify the personality and characteristics of a true martial artist.

Karim Belgacem - Do you feel that MMA is superior in regard to physical techniques as apposed to traditional martial arts?

Master Philip Ameris - Quite the contrary. As I stated before, MMA is a sporting event. There are rules, regulations that must be followed in order to have safety. The techniques of traditional martial arts as far as using them for self defence in a real street encounter are designed to totally incapacitate an attacker. There is a huge difference between any combat sporting event and a self defence situation. So in reality, a lot of the techniques that are used in MMA would definitely be effective in a street fight, but one should not sell short traditional martial arts

techniques for being just as effective or, actually, more effective when using them properly for street defence.

Karim Belgacem - Who are some of your favourite martial artists and why?

Master Philip Ameris - I have been extremely fortunate to have trained and met several outstanding martial arts champions and masters. Without question, my instructor, Grandmaster Hee Il Cho, Father Robert Connoly, Master John D'arcy, Master Peter Byrne, Master John Kirkwood, and hundreds of AIMAA instructors and students from around the World have influenced and taught me so much. I am extremely proud and honoured to be a part of the AIMAA with such dedicated and outstanding martial artists. In addition, I have trained with some of the most prominent and respected martial artists in the world. The person that I have the utmost respect for, for both his ability and

being a true martial artist in every sense of the word, is Shihan Marty Manuel. He was a former top rated competitor in the PKA and is a high ranking black belt in Go Jo karate. Shihan Manuel was stricken with a rare disease that left him confined to a wheelchair, but he still teaches every day. My respect and admiration for him and his students is second to none. I have been to his Do-Jo several times to both train and watch his students.

They are really, in all sincerity, some of the best martial artists I have ever met and been fortunate enough to train with in my life. Another martial artists that I have a tremendous amount of respect for and who has really been an influence on my training, is Grandmaster Leo Fong, an outstanding martial artist and a true legend in the community. There are literally so many that the list could continue forever, but to name a few that have influenced my martial arts journey, in addition to the people I mentioned above, would be Sifu Paul Vizzio and Benny Urquidez.

Karim Belgacem - What do you feel the pros and cons are of today's martial arts?

Master Philip Ameris - I am old fashioned, or at least that's what my sons and my students tell me. They are always saying how "old school" I am, so my views and

philosophies may reflect the many years that I have been training. I believe that, as a lot of people who have been training as long as I have, the number one issue that has had a negative impact on the martial arts are the lack of respect and the diminishing of the master/student relationship.

I believe the meaning of a black belt has been diminished by people being able to purchase it without dedicating the time, training, and commitment to their art. Respect for traditional martial arts and one's instructor, must be something that has to be returned and preserved for traditional martial arts to continue. And again, this is not just martial arts, but it is a reflection on society as a whole.



Responsibility for one's self has really been de-emphasized and has made society weak. Not being too negative, I believe the popularity of some of the movies that

portray traditional martial arts philosophy has benefited in getting people interested in the arts.

Karim Belgacem - What is the most important aspect of an instructor?

Master Philip Ameris - To give himself totally to his students and to constantly strive to improve his art by training and living as a true martial artist.

Karim Belgacem -
What are your future plans?

Master Philip Ameris
- As far as martial arts go, to continue to train and to teach what Grandmaster Cho has taught me. To pass on the gift that I have been blessed with to my students in the same way my instructor has passed it on to me.

Karim Belgacem -
Any closing remarks sir?



Master Philip Ameris
- I would like to thank Totally Tae Kwon Do magazine for giving me this opportunity to share some of my views and opinions. I really enjoy reading each issue of Totally Tae Kwon Do and feel it is one of the best martial arts magazines out there. I hope to do future articles for this fine publication and look forward to upcoming issues. God bless.

"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.

ITF Taekwon-Do & Sine Wave as “Sequential Motion” *More Power Than What Meets The Eye*

By Manuel E. Adrogué¹

PART 3

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.

This clearer insight into Taekwon-Do's past and a proposed future by a former member made big impressions on me. On a very practical level I surrendered to the evidence that ITF style was more powerful than what I had been practicing. Simplified, but stronger. The power of the ITF style was achieved at the expense of leaving aside “advanced” uses of patterns, but the result was good. It was the time for me to incorporate that into my training, to learn the other side of the coin.

Since then I have found out other interesting qualities of ITF style by meeting masters that deserted the organization long ago (special credit to Master Mark Giambi, student of Master Kong Young Bo), as well as very proficient current members. I have tried to separate purely commercial updates from useful martial-art-based concepts. At this point I am

convinced that the essence of ITF Taekwon-Do basics is maximum power through acceleration in an elastic, relaxed whip-like technique.

The Taekwon-Do insistence on relaxation is not only explained in terms of the so-called Theory of Power, but probably in the Korean approach to sparring: the ability to change the direction of techniques, or

transform them into different motions amidst combat, typically needed in the continuous type of sparring used in Taekwon-Do, asks for relaxed motions. In other aspects, some apparent internal contradiction marks ITF style: Taekwon-Do sparring and patterns function as complementary opposites.

Shotokan Karate-type sparring actually works within the same logic of its basics and forms: two karateka will face each other



With Masters Mark Giambi and Kong Young Bo (2003)

knowing what the other will probably do, but not when; two taekwon-doin will face each other not knowing what to expect. So karateka will be educated in fast non-telegraphed motions, and their breathing pattern will be disguised to conceal their weakness moment (“kyo”). Actually, karateka will hide his very intent until it is too late for his opponent in awesome duels of dramatic stillness followed by explosive attacks. So breathing during Shotokan kata will not be as evident, rhythmic and predictable as ITF Taekwon-Do’s tul breathing pattern; a typical fast combination of Shotokan Karate will not spare precious fractions of a second to inhale before each strike.

Another difference between ITF Taekwon-Do basic technique and that of certain Okinawan Karate systems is that while certain older approaches included isometric strength exercise motions within the forms, ITF proposes “zero friction”. Repeating basics with high chamber of the fist to the side of the floating ribs may be an excellent way to develop a strong triceps muscle and thus an explosive, powerful punch. But for total relaxation, an ideal (most powerful) strike would recommend lowering the chambered fist to hip level, and that is the ITF Taekwon-Do way. In ITF patterns there are no physical conditioning exercises, no applicable combat strategies, just perfectly balanced, powerful techniques. Additionally, the emphasis on relaxation in

ITF Taekwon-Do, to the point of completely shunning muscular force, educates students in correct habits of motion. The ITF way of performing patterns resulted from Gen. Choi’s observations of Karate and his own early Taekwon-Do disciples, whose performance may have evidenced a very common mistake: the tendency to “imitate” power by stiffening muscles instead of generating, channeling and releasing power through and out of the body, into a target. To overcome such usual temptation, usage of force has been completely banned in modern ITF patterns. Consequently a new temptation arises for modern ITF stylists: that ITF sine wave – updated and embellished endlessly since its inception- becomes a dogma instead of a means to a powerful and natural technique. This temptation might be worst than the former, since a stiff but decently strong technique is combat-wise preferable to an elegant, flowing but ultimately useless martial art technique. The exaggerated sine wave syndrome has reached to epidemic levels among ITF members these days, since during the early nineties the sine wave was used as a political tool by Gen. Choi to mark those that had departed from the organization (see Alex Gillis’ A Killing Art: The Untold History of Tae Kwon Do (ECW Press, 2008) page 144) and since then a vast proportion of “loyalists” have made their best efforts to keep and increase such distinction. Actually, Gen. Choi himself during his last years introduced certain



Left: With Gen. Choi and Master Park Jung Tae (1987);

elements into the sine wave that aimed towards improving aesthetic qualities and polishing “style” beyond combat-oriented concerns.

It is interesting to note that, according to Bruce D. Clayton (Shotokan’s Fighting Secret. The hidden truth behind Karate’s fighting origins, Ohara Publications, Burbank, 2004), Shotokan resulted from the transformation by Shorin Masters Matsumura and Itosu of earlier Karate models based on Chinese Ch’uan Fa “complex applications-oriented” criteria into a linear, power-oriented modern Karate that eventually became Master Gichin Funakoshi’s Shotokan. So analysis of body mechanics for increasing power at the expense of in-depth study of forms applications was to some extent part of the DNA of the type of Karate that landed in Korea. Gen. Choi added one significant step in the same direction.

As said in the beginning of this article, all martial art techniques are subject to the principles of physics. I am not a specialist in that field, but I will resort to the Internet for the following bullet points to enter into another important concept of ITF Taekwon-Do basics:

- Newton's First Law of Motion states that for the motion of an object to change, a force must act upon it, a concept generally called inertia.
- Newton's Second Law of Motion defines the relationship between acceleration, force, and mass.
- Newton's Third Law of Motion states that any time a force acts from one object to another, there is an equal force acting back on the original object. If you pull on a rope, therefore, the rope is pulling back on you as well.

Until now I have referred to matters pertaining to the Second Law. Now, I want to focus on the Third. A probably unique characteristic of ITF basics is the use of the

“compensation” or “reaction” of the techniques. Paraphrasing Newton’s words, *“To every action there is always opposed an equal reaction; or, the mutual actions of two bodies upon each other are always equal, and directed to contrary parts.”* When striking a solid object (such as a padded wall) with our fist, we may allow ourselves to dive into the target, since such object shall resist and prevent us from falling forward, providing the reaction that will cancel our action. Now imagine a person who wants to strike with full power to the air. An untrained person, if earnestly committed to the strike, will lose its balance, and will naturally use a circular strike (a hooking punch) because it is easier to control. If a strong, direct, full power punch is asked, he will find no resisting object or person at the end of his strikes, and therefore he will have to provide his own “reaction” to compensate the technique and maintain proper balance. That is what we do in forms (tul, poomse, hyung, kata). That reaction has been typically identified with the clenched fist at the side of the body in a sort of back elbow strike, known in Karate as “hikite”. But that is just an example, and not the concept itself: the back elbow action is not reaction; simply the most visible way of compensating forward-driven techniques in Taekwon-Do. Actually, the ITF redesigned many techniques originated in Karate so that, for example, a circular strike moving inward with the right hand would be cancelled by the left hand also moving inward (same path, opposite direction) –the second move in Won Hyo and Toi Gye tul are good examples to this. In outward techniques, the symmetrical opposite limb will also move outward. So, although it is not a fixed rule, a forward motion will be cancelled by a back-oriented compensation and viceversa, and side motions will follow similar principles. That is what explains why many ITF techniques have abandoned the original “flavor” of Shotokan or Okinawan Karate when the motion of certain part of the body is no longer explained in terms of combat (grabbing, striking to the other side, etc), but

exclusively on the physics of power.

For these purposes, let us consider a suspended board or brick that we want to break with a direct punch. While in a fixed breaking several people (or an apparel) will provide resistance to the strike –so the alternatives will be either broken boards or a broken fist-, in suspended breaks a strike lacking enough speed will simply push the object away. Actually, most of the strikes we see in fixed breaking demos would fail the suspended test. The objective is that the fist goes through the target in the same way a bullet would. The

key word is speed upon impact –not a fast, non telegraphed motion, since the concern is not that the boards will move-. Have you

ever seen how experts actually do this? The expert will take one or two steps

towards the target breaking his inertia, go headfirst and in a sudden motion, when he is almost past the line of impact, shoot his (right) fist through while jerking his (right) foot back as if kicking. I've had the honor of taking a class with Master Kim Suk Jun (former member of the ITF Demo team), whose impressive video doing this is available at the Internet in his home page. I recommend you check it out at <http://www.sjkim-taekwondo.com>

At a point, the suspended fist strike served as a revelation to understand the funny “back pedaling” piston like motion found in the ITF reverse punches (second motion of Do San pattern). I have heard some traditionalists criticize it stating that it no-one would attempt to make a serious break to the front while sliding back. I have already referred



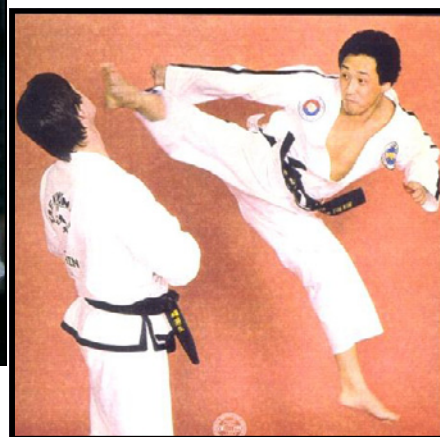
When punching, a target will provide the reaction against the fist



ITF patterns include several ways to provide a reaction for “cancelling techniques” (in the picture, three alternatives for a front fist strike in sitting stance)



The author with ITF Demo Team member Master S.J. Kim, kicking in the picture to the right



to how Choi Kwang Do teaches that the back knee should be bent. But actually the back kick in suspended punching breaks gives the answer: adoption by the ITF of sequential motion has an effect in the way techniques are compensated / cancelled. And the secret is that the way you train to cancel your techniques will influence your striking habits. Seasoned martial artists know that proper repetition is the key to mastery. Experience tells that most martial art students practice their forms going through the diagram at probably $\frac{3}{4}$ of their maximum power. Except when we put ourselves into "performance mode" because we are in a tournament, test, or simply there's someone watching, repetition is done at a logically moderated effort. Under the traditional system, this means final acceleration of the attacking or defending tool is neglected during practice, because there is no special motion triggering it. On the other hand the ITF system, emphasizing an abrupt, jerky extension of the back foot (simultaneous to exhalation, hip & wrist rotation and lowering the center of gravity), compels the student to get used to routinely accelerating his striking tool, even in partially uncommitted practice of patterns. So the ITF style of training patterns ensures repetition of certain technical gestures that will result in very useful habits for powerful striking. As the student progresses, the importance of his center of gravity (the center from which opposing forces originate) and the control of the body axis becomes clearer and tangible. From the center, one force goes forward and the other, opposite. As I write this I remember Master Hee Il Cho's iconic jump

spinning back kick, with a fully extended reaction leg. In the context of modern ITF patterns, any piston motion that leads to sliding back is a big mistake, since the final position of the "back hip" should be slightly closer to the target than in the beginning. The piston motion helps to realize the importance of synchronizing the whole body while keeping it relaxed and vertical (that is very important: the head must not go back and forth), flexing the knees timely, and exhaling. When properly mastered, this motion can be reduced to a minimum, and allow a Taekwon-Do expert to generate power without resorting to pure mass. An

advanced Taekwon-Do black belt should be able to generate power in very short ranges and without using wide stances, even to the point of striking powerfully without a firm base—retreating from the target, in midair, on one foot, etc-.

* * *

Power does not substitute coordination. Both

attributes need to be practiced, and they are both related to relaxation and fine body mechanics. Before fully turning to modern ITF-style training I was a proficient black belt, quite balanced in terms of power and coordination. A renewed, precise understanding of the practical physics of classical ITF Taekwon-Do led me to modify my training with great results. I am aware that my interpretation of the sine wave is similar, but not exactly the same, as that proposed by the ITF major branches these days. In my case, there is still plenty of room for improvement. But I credit the sine wave for certain goals I have achieved. Knowing that I am able to deliver truly powerful strikes without much motion has made a



Instructor Leo Di Lecce performs a spinning jumping side kick. Note the reaction provided by the extension of his non-kicking leg, and how he controls his body position to ensure a strong impact.

real difference in my martial arts level. Anyone dedicated enough, no matter how small is built, may access such power following proper instruction. That was something very important to Gen. Choi Hong Hi, physically as small and mentally as hard as a pebble.

ITF style may have discarded more training elements than what is desirable, although it is hard to pass judgment over recent history. But



According to the author, Taekwon-Do has successfully combined skills from Japanese and Korean sources into one consistent system which requires utmost dedication.

the military Taekwon-Do that Gen. Choi once envisioned achieved his goal: to give birth to a Korean martial art more powerful than the Karate he had learnt. He succeeded. And, as they say, the rest is history.

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

Taekwon-do DVDs
Available from
www.raynerslanetkd.com

The Ground Can Be Your Friend

By Michael Munyon, ITF, V Dan

It still amazes me how the bad information that is going around these days about ground fighting. A very talented martial artist who lives very close to my apartment teaches ju-jitsu. During one of his classes he announced that "They say 80% of all fights go to the ground." I inquired, "Who's they?"

Suddenly you hear crickets. I agree that being familiar with ground techniques and ground fighting is very important. In fact, with the right training the ground can be your friend. Many people in "striking arts" prefer to stay on their feet and enjoy delivering punches and kicks from the far and medium range. If they were taken to the ground though would they have the tools to defend themselves?

There are a few basics when it comes to ground techniques. One of them is knowing how to strike from the ground. There are many different positions to defend and attack from similar to "stances" while on your feet. While on the ground you can strike and defend from your back, your side, kneeling position and much more. A few of these techniques you can even find in your Taekwon-Do Tuls. In the Tul Choong-Jang the Taekwon-Do player drops to the ground and executes a high turning kick. Also, while on the ground the Taekwon-Do player traps his opponent's foot and executes a punch while on their knees.



Many "rules" (if there is such a thing) to ground fighting are similar to those of stand up fighting. Here are a few basic examples and pictures to help give the reader a visual of miscellaneous techniques from the ground.

Stance:

When on the ground it is very important to place those parts of your body (points of contact) which provide you with the most amount of balance and mobility. If possible a simple position is what I call taking a knee.



Your foot to knee to ball of foot create a triangle. Like a tripod it is stable. If your points of contact do not form a triangle then you could be pushed or pulled off balance pretty easily.

Keeping your guard up:



Depending on how close your attacker is

and what attack is perceived coming your way you might have your own guard that works best for you.

Striking:



Delivering strikes from the ground can be as effective as strikes standing up. However, many of your target areas will differ. Being lower to the ground means you'll probably strike from your opponent's foot to possible under their chin.

The best way to improve your ground

techniques is to practice them as much as your standing techniques. Strikes, blocks and movements should all be incorporated in your ground work. You could also include step sparring, free sparring (Like when an adult spars with a little kid. Usually the adult drops to their knees) and much more. Your imagination is your only limitation in this area of training. Don't be afraid to experiment with new ideas from the ground. Who knows, one of these days you might have to defend or attack from the ground. I say, be ready!



An advertisement for KICKPICS LLC. It features two men in martial arts uniforms. One man is in a white uniform with a black belt, performing a high kick towards the other man, who is in a brown uniform. The background is black. The text "www.kickpics.net" is written vertically on both sides. At the bottom, it says "KICKPICS LLC" in large white letters, and "Professional Martial Arts Photography" in smaller white letters below it.

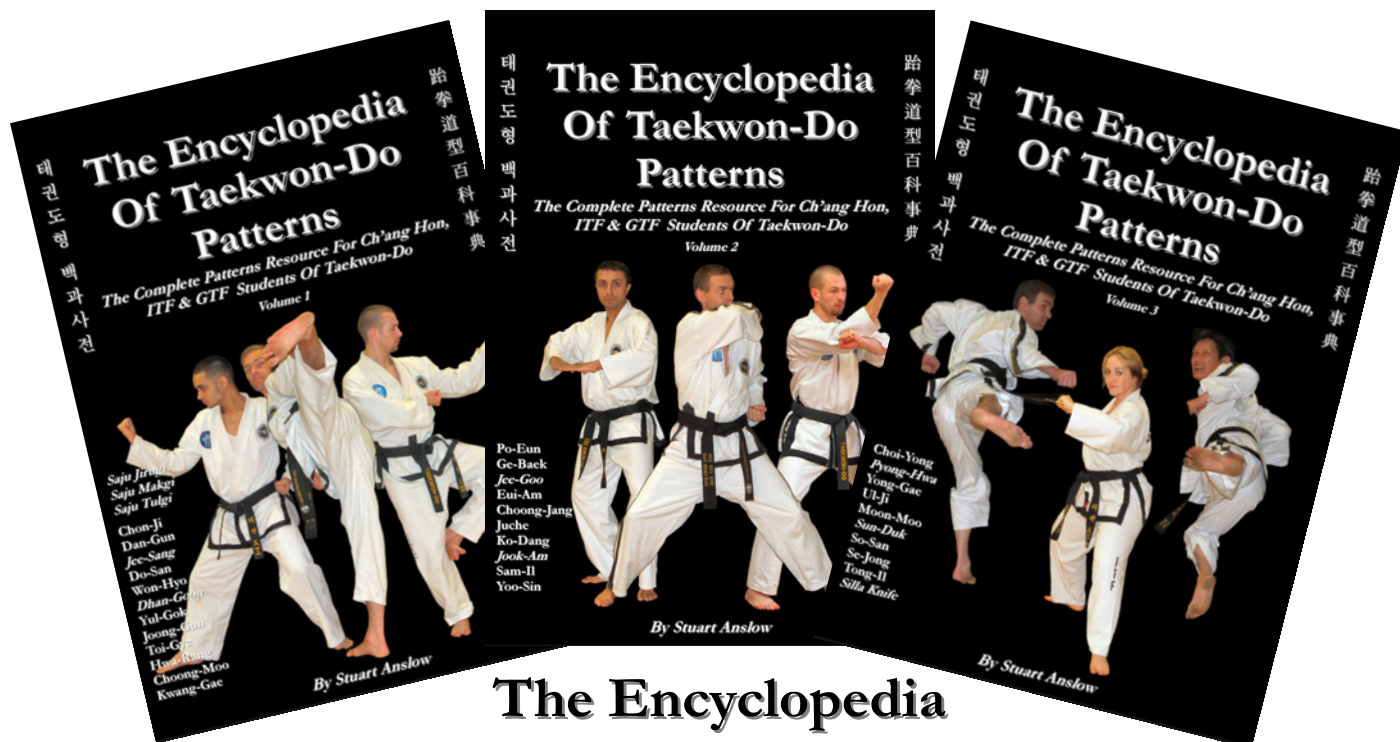
www.kickpics.net

KICKPICS LLC

Professional Martial Arts Photography

www.kickpics.net

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.

The Only Pattern Books You'll Ever Need!

AVAILABLE ON AMAZON NOW

**VOL 1: ISBN 978-1-906628-16-1 - VOL 2: ISBN 978-1-906628-17-8 - VOL 3: ISBN 978-1-906628-18-5
3 VOLUME SET: ISBN 978-1-906628-24-6 (COMING SOON)**

HONEST JOHNS PRODUCT REVIEWS

“Stretch To The Max”: By Roy Bertrand

I was pleasantly surprised to receive this book to review for Totally Tae Kwon Do magazine, not least because I get a free book, but because I am allowed to write anything I like within the review, both the good and the bad, so readers can be sure the review is accurate and non-biased.

What is also nice is the fact that the book is an entire body workout (flexibility wise) and doesn't just cover flexibility in the legs, but also the back, neck, shoulders, even wrists, in fact just about every joint or muscle in the body has a section on it for stretching it further.

So, the book is called “Stretch To The Max” by a UK author and Taekwon-Do Instructor Mr Roy Bertrand and is of course a book on stretching.

The book is 196 pages long, soft cover and measures approx. 5 x 8 inches (although I didn't measure it with a ruler!). The cover is colour and the inside pages are black and white (or grey scale as is the more technical term).

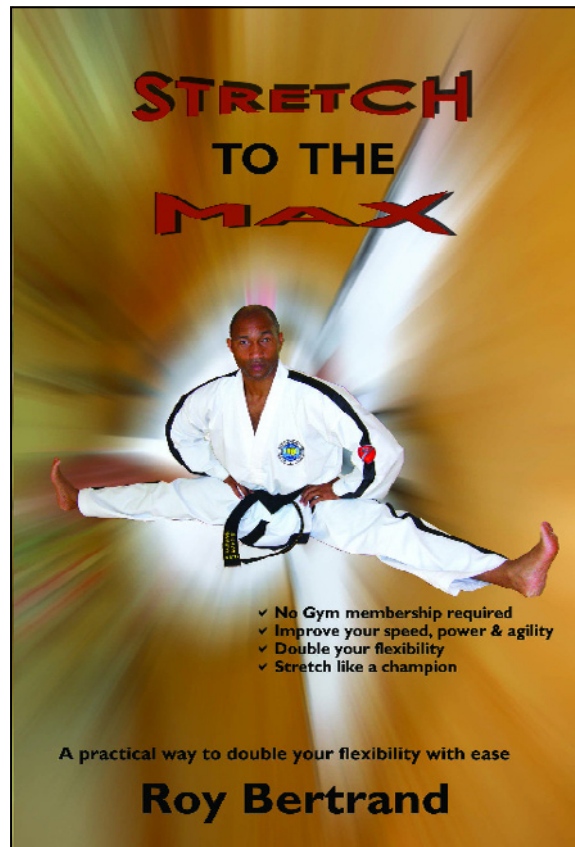
Upon opening this book I was pleasantly surprised because Bertrand hasn't just relied on his own flexibility to give readers little more than a picture book with positions most of us will never be able to achieve, but instead uses his knowledge of being a qualified personal trainer, 20 years of Yoga, Neuro-Linguistic Programming (NLP) and of course Taekwon-Do to prepare and guide us through the various stretches.

The book starts off by explaining the different types of flexibility, stretching exercise types (dynamic, static and PNF stretching), its benefits and even physical inflexibility.

For those who like all the technical jargon, it details all the muscle groups and what they do in regards to the body itself. However, don't think this is an overly technical book because its not, well it is but at the same time its also not, because of the way its written. You can, as an instructor devise a whole routine for your class, using all the technical terms to

look cool or you can, as a student, use the book simply to increase your kicking flexibility or help your back improve - because that's how its laid out.

Each stretch is shown by the author by the way of multiple photos rather than just in the final position of the stretch. The photos



are large and clear and more importantly easy to follow. Each stretch and set of photographs are accompanied by detailed instructions and advice on performing each stretch.

The back of the book has 5 sample routines including a class warm up and loosening the hips workout, plus others. I would have liked to have seen more of these so there is more variety in each routine, but overall they are quite good.

Finally, at the very end of the book is a nice little 'extra' for the readers - I'll leave that for you to find out.

As this is an "Honest John" review I wanted to include some negative points to equal out all the good points, but to be honest I didn't really have any, so instead I'll list a couple of things I found odd instead.

I found it a little odd was that each picture

is labelled with a number i.e. 'figure 64' but these labels only sometimes appear in the text. While its not a major issue as the texts and pictures are clear and concise anyway, its just a little 'odd' - well to me!

The book also has quotes scattered about, they are fun to read but have no relevance to the books contents - again, not a major thing at all.. Just a little odd.

Finally, the book seems to have lots of white space along the outside borders, which makes me think that perhaps the photo's could have been a little larger!

Overall, this is an excellent book and will make a worthy addition to any student or instructors collection, due to its overall coverage of stretching (which co-incidentally isn't just for martial artists but covers many other sports too). I will certainly be using it in the future to (hopefully) increase my own flexibility and



Figure 32

*If you don't
want to slip up
tomorrow, tell
the truth today*



Figure 33



Figure 34

Abdominals (3)

Martial Arts Purpose – All kicks, Punches, strikes and throws

1. Lie on your back with your heels close to your hips
2. Place your palms on the floor under your shoulders, fingers pointing towards your feet.
3. Stage 1- Inhale, raise your trunk, and rest your forehead on the floor
4. Hold for 10 seconds

Stage 2 – Exhale, extend your arms and legs and raise your body into the full bridge (ensure wrists are parallel to your shoulders)
Hold for 10 – 30 seconds

will also be recommending it to some of my fellow students.

Many thanks to Mr Bertrand for writing such an excellent book and for Totally Tae Kwon Do magazine for supplying my free copy to review - no, you can't have it back!

Rear Cover Blurb

Stretch to the Max, a practical way to increase your flexibility with ease, is a step-by-step guide that provides you with a variety of exercises ranging from very simple maintenance stretches to far more challenging ones like the 'Road Kill'. In addition each section has a time sequence so you know how much time to spend working out. Invaluable if you have a busy schedule.

'There are stretches in this book that will challenge the most gifted athlete'.

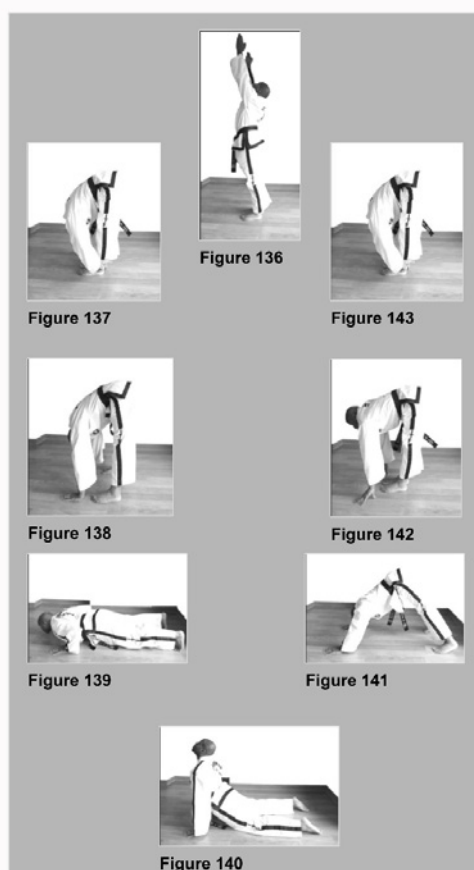
About The Author

Roy Bertrand has been practising the martial art of Taekwondo for 30 years and holds a 6th Dan Black Belt. He has successfully coached students to National, European and World Championship gold. As a qualified Personal Trainer, he understands how the body works. As a Trainer of Neuro-Linguistic Programming (NLP), Hypnosis and Time Line Therapy™, he understands the mind and its relationship to the body. Having practised yoga for more than 20 years, his stretching ideas have a unique spin.

The book is available now.
ISBN: 978-0956542007

"No Gym Membership Required"

- Honest John



Good Morning Stretch

Martial Arts Purpose – Downward, Axe, Crescent, Pushing kick

1. Stand with the feet a hip width apart
2. Inhale; stretch your arms over your head a shoulders width.
3. Exhale, keep knees tight and reach down to the floor, placing your head to the knees.
4. Inhale, lift the head, concave the back and push the hips up.
5. Exhale, jump the legs back and lower yourself into a half push up position
6. Inhale, and roll forward onto the toes. Shoulders must be down, tilt the head backwards and stretch the lower back.
7. Exhale and push the hips upwards. Push the heels toward the floor, stretching the hamstrings. Also, stretch from the shoulders through to the hands
8. Hold this position for 5 normal breaths
9. Look toward the hands, inhale and jump as close to them as possible.
10. Exhale bring your head and your chest as close to your legs as possible.
11. Inhale and return to position (2)
12. Now return to position (1)
13. Repeat (1) – (11) 4 more times

1 Step Sparring

Combat Techniques For The Street

By Jason Ainley

One Step Sparring (ilbo matsoki) is the most practical of the step sparring formats. It puts together General Choi's philosophy of blocking and counter attacking instantaneously enabling a student to focus his/her technique into a vulnerable area of an attacker's anatomy.

One step is generally introduced into a students training at around 6th kup level by most large associations and federations but if a students sole purpose for Taekwon-do training is purely for self defence then a student should be introduced to training methods that aid this sooner rather than later.

A problem with most traditional martial arts is that the defence fits the attack Taekwondo against Taekwondo, Karate against karate etc, the attacker kihaps then steps forward and makes walking stance front punch, defender counters punch with appropriate blocks and strikes and then this is repeated on the other side.



Fig 1 Attacker steps forward into Walking stance executing front punch



Fig 2 Defender moves into sitting stance making outer forearm knife hand block while simultaneously making front punch to face

The problem here is the attack, in a real situation the punch is very unlikely to be delivered in a straight line unless of course the puncher is a trained fighter e.g. boxer, martial artist, in an physical encounter outside the dojang the opening attack is more likely to be a wild swinging haymaker punch.

If the practise of 1 step sparring is to develop the foundation of practical self defence skills then training should be based around a typical street attack.



A common street scenario - from a verbal threat to a wild swinging punch

In this article we can look at how we can adapt one step sparring to be more in line with a real self defence situation. The following defences are based around a wild swinging punch and include counters, arm locks and takedowns.



1. Attacker lunges forward and throws punch, defender bends knees and rolls under it.



2. Defender rises up keeping right arm locked to side of body and executes right Hook/ uppercut punch into solar plexus, using the rising motion to generate power.



3. Defender then strikes with inward elbow strike





1. Attacker lunges forward and throws punch



2. Defender rolls under it



3. Defender rises up and executes inner forearm strike to solar plexus



1. Attacker lunges forward throws punch



2. Defender lunges forward inside range of punch while covering side of head



3. Defender drives through opponent using forearm strike, generating power from the lunge forward



1. Attacker throws punch

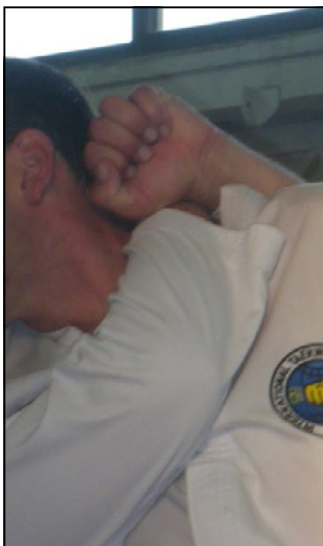


2. Defender bends knees and rolls under it

... continued on next page



3. Defender rises and strikes with right inner forearm to neck while simultaneously bringing left arm on the outside of right arm.



4. Defender applies pressure to carotid artery (similar to inner forearm block chamber)



5. Defender steps through and takes down attacker with right leg



1. Attacker throws punch



2. Defender lunges forward inside range of punch while covering side of head



3. Defender strikes with outer forearm while simultaneously trapping opponents arm, by wrapping left arm over opponents and placing left hand on right bicep.



4. Defender applies pressure by pushing down on opponents shoulder with right arm and raising left arm



5. Defender steps through and takes down attacker with right leg



1. Different angle of attack this time, attacker lunges forward with downward attack



2. Defender steps forward and blocks attack with chookio magi while simultaneously executing palm strike with right hand



3. Defender applies downward pressure with right forearm on attackers upper arm



4. Defender continues to apply pressure steps through and takes attacker to the floor

Putting the techniques into practise

Practising with a partner is essential to enable a student to develop timing and distance. Start with your partner throwing half speed and power punches and then gradually increases to full speed when timing improves. Practise the striking techniques against impact shields, punch bags and body protectors.

Points to make 1 steps more effective

1. Attacker kihaps and immediately punches, not waiting for defender to kihap back.
2. Attacker lunges forward rather than just stepping.
3. Attacker throws wide swinging punches.
4. Defender steps inside of punching range.
5. Defender makes use of bodyweight by keeping arms close to body generating power by the lunge forward focusing power through point of impact.

6. When rolling under punches do not bend down to low.
7. Emphasis should be placed on striking techniques before locking and takedown techniques.



*Eastern Cyprus Taekwon-do demonstrate practical 1 step sparring
at the Ayios Nickolaos armed forces day festival.*

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.

HONEST JOHNS PRODUCT REVIEWS

**GOT A PRODUCT YOU FEEL YOU SHOULD TELL
THE WORLD ABOUT?**

*A new uniform, training aid, book, DVD or something else? Well,
drop an email to the editor and he 'll send you Honest John's address
to send them to for a honest review!*

*Honest John will ensure your product is thoroughly tested by students
of Tae kwon Do, then tell the world his opinions on them through the
pages of the magazine*

Only quality products need apply!



Coming Home: Training With The ITF In South Korea

By Jay Boyle

My original Taekwondo club was, in a word, traditional. The etiquette and behavior rules were as entrenched and developed as the sequence of steps and techniques in the patterns we performed. All black belts were addressed as 'Sabumnim' or referred to by their surname. As black belts, we were invited to weekend training sessions only open to us, not all grades. One of the points of etiquette was to write a letter to our instructor if we were going to be absent from these classes for any length of time. This is how, when I decided to move to South Korea, I found myself having a meeting with my Senior Instructor and Club Instructor, explaining my motivations in moving to Korea.

Like a lot of students, one of the main reasons I wanted to visit South Korea was to experience some traditional Taekwondo training in the homeland of all things taekwondo. I never realized how hard trying to find a new dojang would be. My experiences here in South Korea have been, in a word, different. After trying my hand in several different dojangs, and several different styles, I finally found somewhere that felt like home. The etiquette may not be as entrenched, and

the atmosphere is definitely more relaxed, but I still feel like this dojang is right for me. It took me a long time to find, but that is because schools like this are so rare in Korea. I'm not talking about quality, or the ability of an instructor to speak English, or even a friendly club atmosphere. All of these things can be found in dojangs all around the country. No, my new 'home' was down to one thing – my style. ITF Taekwondo.



It may seem strange to many readers to think that ITF taekwondo, the art developed by Gen. Choi and taught to the 29th Infantry Division, made famous in hand to hand battles during the Vietnam War, and taught to thousands of students in hundreds of countries is so hard to find in its own homeland. But its true – in the city of Seoul,

home to over ten million Koreans, and probably thousands of WTF dojangs, has one, and only one, ITF dojang.

It was by pure luck that I stumbled across it, but I am so glad I did. Not only is this the only ITF dojang here in Seoul, but it is also ran, and taught, by Master Kim Hoon, 4th Degree ITF Taekwondo, ex-Korean Tiger International Demonstration Squad member *and* Secretary General to the

newly formed ITF-Korea.

Master Kim is a man beset on all sides by indifference, ignorance and disapproval of change. His efforts to re-introduce the style of ITF taekwondo in Korea are driven by a true love of, and passion for, taekwondo. Sadly, this is an attitude not shared by everyone here in Korea. Since the ITF/WTF split and the exodus of Gen. Choi from Korea, it seems taekwondo history has been unofficially re-written, to the point where most Koreans don't even realize that there are two styles of taekwondo. One of my Korean friends even told me I should not tell people I train in ITF, as it is a 'North Korean' style and people might judge me badly for being a sympathizer!

Facing an entire culture that is not only unaware of the differences between the styles, but also hostile to ITF, he has still had some measures of success. Working together with officials from various universities and the Kukkiwon, ITF-Korea has successfully organized the upcoming 2010 World

Championships to be held in Cheongju, South Korea. He has also spread clubs throughout the country; as well as Seoul, there are ITF dojangs in Daegu, Busan and several other major cities in Korea.

Unfortunately, the attitude of Koreans towards ITF taekwondo has led to a serious problem recruiting students for his dojang. Most of Master Kim's students are expats living here in Seoul. Only a small minority of the students are Korean natives. However, Master Kim does not let this bother him, he welcomes all students, whoever they are, and whatever their background. He treats all students equally, men, women and children, regardless of age. He simply wants to teach, and share the art that he loves so much. I feel very privileged to have an instructor like this, and though my taekwondo experience is now different, I have definitely found somewhere I feel I belong. Master Kim is an instructor that is truly embracing the 'international' side of Taekwondo, with students from South Africa, the U.K., America and Korea.



Master Kim Hoon



Taekwondo Diptych

And he is always willing to accept others into his growing number of students.

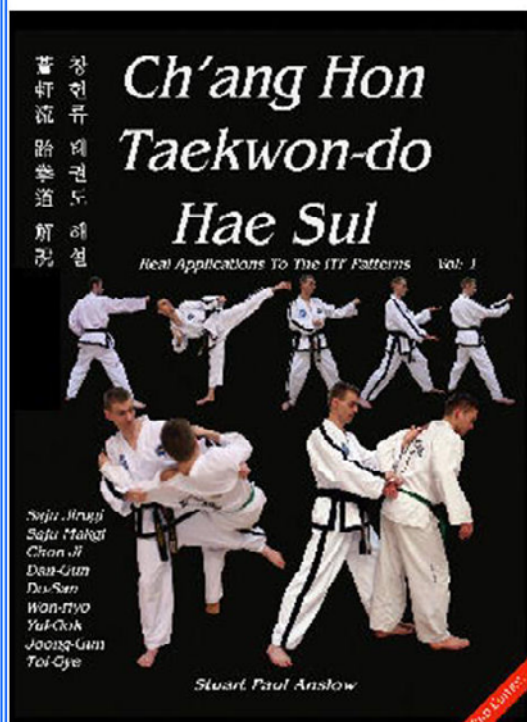
If ever you are in Seoul, feel free to drop into his dojang... you will be given a warm welcome in the 'home' of the ITF here in Korea.

(Details of Master Kim's dojang can be found at www.thewaymartialarts.com, and you can join their facebook group – simply search for "The Way Martial Arts". Details of ITF-Korea can be found at www.kitf.org, but the website is mainly in Korean.)



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

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



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

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

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

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

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



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

Training Through Knee Injuries

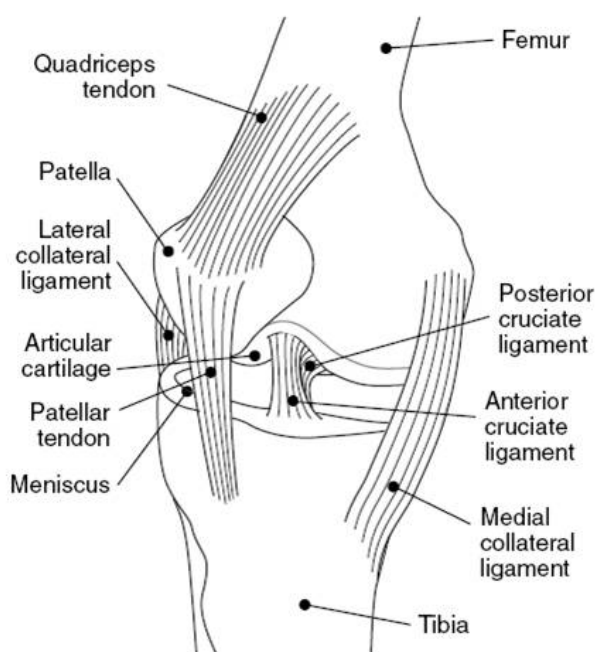
By Ira Hoffman, WTF 3rd Dan

KNEE, noun, (from Dictionary.Com): the joint of the leg that allows for movement between the femur and tibia and is protected by the patella; the central area of the leg between the thigh and the lower leg.

KNEE, noun, the largest joint in the human body, capable of millions of load-bearing actions over the course of a lifetime, and a critical element in a large variety of activities including walking, running, jumping, swimming, and tae kwon do.

KNEE, noun, one of the most injury-prone joints in the human body, site of common career-ending damage, almost ridiculously delicate and sensitive to certain stresses and strains, subject of millions of medical visits per year, and a source of unending arthritic pain and discomfort for many, including tae kwon do practitioners

Which definition is correct? All of them, of course. The knee is a wonderful and terrible mechanism, and appears in the diagram below.¹



The wonderful: the average person takes about 6200 steps per day², although this number is likely to be much higher for TKD students and other active people. Average life expectancy in the United States is about 77.7 years³. Omitting the first year of life when babies crawl rather than walk, the average person takes:

$(6200 \text{ steps/day}) \times (365 \text{ days/year}) \times (76.7 \text{ years})$

or more than 173 million steps in their life⁴. For an active person who lives to age 100, that total can reach over 300 million steps.

Various studies have shown the maximum impact - the maximum downward force - during walking is about 1.2 to 1.3 times a walker's body weight⁵. Assuming the average person weighs 140 pounds (a mass of about 64 kilos), the total pounding each knee takes over the course of a lifetime can exceed 15 billion pounds. What a marvelous device!

And the not-so-wonderful: On the other hand, the knee is a hinge joint and is not as stable as "ball and socket" joints (like the hip). Because this hinge joint, "sustains some of the greatest stresses and ... is seriously injured with relative ease, the knee is ... a site of vulnerability."⁶

In 2003, patients made approximately 19.4 million visits to physicians' offices because of knee problems. It was the most common reason for visiting an orthopedic surgeon⁷. The knee is subject to ligament tears, tendinitis, meniscus injuries and bursitis. Loose bodies torn off of the interior structure of the knee can become lodged in the joint⁸. The kneecap can become dislodged. And the knee is particularly

susceptible to various forms of arthritis, especially osteoarthritis⁹.

Girls and women suffer more knee injuries than boys and men when they perform comparable activities and sports, perhaps because of gender differences in the muscles around the knee¹⁰. Even pets have knee injuries¹¹!

The Knee in Tae Kwon Do

The knee is a critical element in normal, everyday motions: walking, running, skipping, jumping, and even just standing in place. And therefore the knee is a critical element in much of TKD: stances, basic kicks, running kicks, skipping kicks, jump kicks, even spinning kicks require stability in the base knee in order to turn properly. Without the knees to support the lower body, many hand techniques would be difficult to perform. And finally, it would be fruitless to spar without the ability to move quickly - an ability dependant, in large measure, on healthy knees.

Proper use and positioning of the knee is especially important in the first stages of TKD. I have beginner students memorize

these four elements of a basic poomse-style kick:

1. bend your knee, pointing it at the target
 2. extend the kick
 3. bend your knee again, pointing it back at the target
- step down with control

All four of these steps are critically dependant on the proper operation of the knee. Without a strong, stable, and smoothly-working knee, much of TKD is difficult or even impossible.

I've had a total of five surgeries on my left knee, the most serious being reconstruction of the anterior cruciate ligament (ACL). I had my first surgery at age 14; my most recent was at age 51. I've twisted my knee, sprained my knee, and even been kicked directly in the kneecap while sparring in class. I have arthritis, and my medial collateral ligament has never been repaired, leaving me with continuing weakness in the joint. I will eventually require a total knee replacement.

Yet I continue to train and teach, generally



Bending the knee is critical in kick preparation



and straightening the knee is critical in kick execution

about six times a week.

Conditioning

There are a variety of exercises which can be done to help recover from knee injuries and knee surgery. While no exercise can strengthen ligaments, exercise can strengthen the muscles that surround the knee. These stronger muscles can help stabilize the knee. The exercises can be done on the floor, using equipment at a gym, or even on a flight of stairs. But the key is consistency: the exercises should be done continuously, perhaps two or three times a week, for the long haul – and this is especially important when recovering from major knee surgery. See your doctor or physical therapist for details that will be applicable to your individual situation.

Jeff Muhleck from the LinkedIn social networking service has been a lifelong soccer player and martial artist, but has never had knee surgery. He writes, “A year or so ago I began adding weight lifting into the mix. For lower body I do full range exercises, low weight and many reps to help build the muscle around the knee as well as keep it pliable and flexible. It has helped as my knees are not as sore as they used to be after rigorous soccer and/or martial arts workouts.”

Bob Perry, the owner of The Kick Jazz Company and an instructor there, injured his knee cartilage while warming up for a TKD class in 1981. His injury did not require surgery, but his stretching and conditioning routine changed. He writes, “I reinvented my attitude about stretching and took it more seriously. I also researched and implemented the development of my support muscles around the knee. Mainly by leg lifts and long distant swimming twice a week ... My cross training now is bicycling 11.3 miles daily, dance and Taekwondo aerobic classes at my Taekwondo Family Fitness Center”

Physical Support

I use a fitted knee brace when I train or

perform other activities involving uncertain footing. Braces vary widely, from those available over-the-counter to those requiring a doctor's prescription and individual measurements of your knee. The best braces provide support and stability while not overly impeding activity. My brace is designed to offset some of the weakness in my medial collateral ligament and to prevent hyperextension of the joint.



In normal use, most people aren't even aware I'm wearing my brace. In this picture it's not visible at all:



Two LinkedIn followers reported their experiences post-surgery: Mariana Husain was injured in a tournament in 1999 and had three operations in 2000, including repair and removal of her lateral meniscus. Her post-surgery experiences are similar to mine, in that she is unable to spar or kick as well as she could before her injury.

And Sean Gilliland tore his ACL and meniscus in 2006 in a skiing accident, and is now back both in TKD and skiing full speed and full strength, except for some occasional pain.

TKD Modifications

At age 52 and after five knee surgeries – never mind all the other assorted wear-and-tear on the body that comes after decades of activity – I can't do all the things I used to do. I can't run 10 miles at a time. I can't play basketball in the hot summer sun for two hours without a break, day after day. And I can't jump 5 feet up, spin around and throw a dozen kicks in mid-air, land lightly and then jump and do it all over again¹².

So I've adjusted. I jump less – I've modified the techniques to do very small jumps, almost hops, to minimize the impact on my knee. I don't do crescent kicks with the left leg during sparring or on heavy targets. I spar less, and when I spar the emphasis is on technique, not competition. My drills, my workouts, and my training focus on execution rather than sheer speed and power. I do more poomse and less sparring, more flexibility exercises and fewer leg drills on bags and targets.

And to compensate I teach more – a lot

more. I lead demonstrations rather than doing demonstrations. And when I demonstrate, I focus on hand techniques rather than kicks, as in the break below:

But within those limitations I continue to train, to teach, to demonstrate, to learn, and the have fun.

Summary

Self-control and perseverance are two of the central tenants of Tae Kwon Do, but respect, discipline, and confidence are also key elements of our martial art.

Exercise discipline and perseverance to train hard, to prepare your body for the rigors of activity.



Exercise self-control and self-respect for yourself, for your body. A bit of pain might be okay for some, but don't push an injury too hard. If your body says "Enough", you should listen!

Exercise maturity and good judgment. Make decisions that are appropriate, not those that will result in injury.

Exercise confidence in yourself. Train as you like in order to feel better about yourself, not to be better than someone else. Don't push yourself past the point of injury because of someone else. Doing your best doesn't mean being better than someone else. It means being better today than you were yesterday, and striving to be even better tomorrow.

Exercise balance - not just physically, but in your mind and spirit. If you need to adjust your TKD training because of an injury, then make the adjustment. Find the

right balance between hard training and training that causes more injury.

And finally, take care of yourself! Tae Kwon Do is an activity, a sport, a martial art - and a huge amount of fun! With a little care, a little preparation and exercise, and some adjustments, Tae Kwon Do can last a lifetime.

¹. <http://en.wikipedia.org/wiki/Knee>

². <http://walking.about.com/od/measure/a/averagesteps.htm>. In this survey men took an average of 7192 steps per day and women 5210 step per day, which averages to about 6200 steps per day.

³. As of 2006; see <http://www.cdc.gov/nchs/fastats/lifexp.htm>

⁴. Yes, I've ignored leap years. You didn't really want that much additional math, did you?

⁵. <http://www.answers.com/topic/walking> and www.mathaware.org/mam/2010/essays/TongenWunderlichRunWalk.pdf

⁶. <http://www.answers.com/topic/knee>

⁷. <http://orthoinfo.aaos.org/topic.cfm?topic=a00325>

⁸. A particularly painful condition, as I have regretfully come to know.

⁹. The description of knee ailments can be found at <http://www.mayoclinic.com/health/knee-pain/ds00555/dsection=symptoms>

¹⁰. www.jbjs.org/Comments/pdf/JBJA085050782.pdf, www.childrensmemorial.org/documents/KIPP_v2_7_07.pdf and <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2378176/>

¹¹. <http://www.mypetsdoctor.com/dog-cat-cruciate-knee-injury> and http://www.ehow.com/about_5464908_dog-knee-injuries.html

¹². To be fair, I couldn't do this before my knee surgery, either.

The author is a WTF 3rd Dan with six years of TKD teaching experience. He teaches and trains with his wife Doro, also a 3rd Dan, at Yats' Tae Kwon Do in Midland, Michigan. This article was written during recovery from another minor knee problem. The author follows his own advice with extensive stretches, warm-ups, and continuing leg exercises.

Down's Syndrome Association

www.downs-syndrome.org.uk



A Registered Charity
No. 1061474

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

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

Our mission is:

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

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

Developing A Sensitivity To Ki In Taekwondo

By Sanko Lewis

While reading Kenji Tokitsu's *Ki and the Way of the Martial Arts* (2003) I was wondering how his ideas, which focuses mostly on the art of Kendo, would translate to Taekwon-Do. This essay will contemplate methods for developing sensitivity to Ki in ITF Taekwon-Do, based on some ideas put forward by Tokitsu and some of my own reflections. Although it is more accurately pronounced as "Gi" in Korean, in this essay I will continue to use the term "Ki," as it is most commonly transcribed into English.

An essay on Ki in the martial arts is founded on some presuppositions. The first, of course, is that Ki exists. Since the purpose of this essay is not to prove the reality of Ki, let's assume for the sake of the argument that it does in fact exist. A simplistic definition of Ki is that it is a type of energy found in animate things and to a lesser degree also in inanimate things. In people it is sometimes equated with the body's nervous system which relies on electric impulses to relay messages. It is furthermore connected with a person's will or intention. Most Oriental martial arts concur on its existence. Another assumption, which we will also accept as true for now, is that Ki can be sensed. A person that takes the time to practice certain skills can actually acquire sensitivity to Ki, not only to the Ki in him or herself but also to the Ki in other people. Such sensitivity can be quite useful for a martial artist for it could warn you of your opponent's intentions. A third assumption is that it is possible to project Ki beyond yourself. Colloquially we can express it as "giving off a vibe." Some charismatic people seem to beam an attractive energy,

while other people seem to instill in us a sense of uneasiness. Many martial artists believe that they can use their Ki in this way to intimidate their opponents. Lastly, some martial artists believe that it is possible to project one's Ki into and opponent and cause physical harm. This latter possibility will not be the concern of this essay.

Developing sensitivity to Ki could serve at least two purposes for martial artist. By acquiring sensitivity to Ki, especially the Ki of other people, a martial artist can increase his defensive capability. Since it is believed that a person's Ki telegraphs his movements, if you are able to hone into your opponent's Ki, you could "feel" your opponent's intention. This means that it is possible to sense what your opponent will do a fraction of a second before he or she actually does it. With such foreknowledge you are better equipped to defend against an attack as well as better prepared to set up a counter attack. At the same time, a person trained in Ki is capable of projecting his or her Ki to his or her opponent. By doing this one is able to instill in your opponent a sense of uneasiness, even fear. In so doing you can psychologically dominate the combative encounter. It is believed that the real fight occurs in the mind, so if you win over your opponent's mind you have in essence already won the fight. Tokitsu explains that "in order to conquer physically, it is necessary to first conquer the mind . . ." (32).

In *Ki and the Way of the Martial Arts* Tokitsu elucidates how these two purposes are applicable in Kendo. Kendo is a Japanese combat sport using a

bamboo sword called a *shinai*. The Kendoka (Kendo practitioners) are dressed in safety armour. Strikes are only allowed to a handful of specific areas on the opponent's body. Striking is usually accompanied with a loud shout, known as the *kiai*. (The Korean term for *kiai* is *gihap* and literally means a "concentration of Ki.") Success in Kendo often goes hand in hand with feint attacks. "For the feint to succeed, your opponent has to confuse it with a movement of actual attack," and "if the feint succeeds, it is because your gesture, as minimal as it may have been, has succeeded in troubling the mind of your opponent," explains Tokutsu (32, 33). At advanced level Kendoka are less likely to demonstrate any outward feints. The advanced level practitioner attempts to "cause a movement in the mind of [his or her] opponent without producing any outward sign" (33). In the place of outward feints, the advanced level Kendoka disturbs the Ki



Two practitioners may stand facing each other, their shinai crossed at the tip only revealing minute motions, for extended periods of time with no dramatic movements at all

of his or her opponent by projecting his own Ki onto the opponent. It is for this reason that most people actually finds Kendo quite boring to watch. The two advanced level practitioners may stand facing each other, their *shinai* crossed at the tip only revealing minute motions for extended periods of time with no dramatic movements at all. Then suddenly there will be a flurry of movement, some screaming, and a point scored. While no overt action was visible during their initial stillness, a big battle was actually occurring in the minds of the two opponents. They were

sensing each other's intentions, intimidating each other, fighting a battle of Ki. "The most important combat takes place in this not particularly dynamic-looking exchange," says Tokutsu (35). Only at the moment when the Ki of one Kendoka overwhelmed or disturbed the Ki of the other, did the first land his attack. Tokutsu quotes the famous Kendo proverb: "Do not win after having struck, but strike after having won."

In the sport of WTF Taekwon-Do sparring we find an unarmed counterpart to Kendo. When novice players spar each other their match is much more dynamic than when advanced players spar. Novice players

seem to kick wildly and powerfully, often shouting ceaselessly. A bout between experienced WTF players looks quite different. The two opponents will face each other in a tension filled silence. Like the little movements of the *shinai* tips in the Kendo match, so the

advanced level WTF competitors move only a little; bouncing in their knees or demonstrating careful, almost nervous, footwork. The non-WTF onlooker looks at the match with frustration as nothing seems to happen. Just little nervous jolts in the players' bodies as each anticipate the movement of the other. Then suddenly a flurry of powerful kicks and counter-kicks are exchanged with deafening *gihaps*. Like with Kendo, in advanced level WTF Taekwon-Do the real combat takes place during the time before the exchange of physical attacks occur. WTF has mastered

the art of counter-attack so a foolish opening attack is sure to lose you a point. Instead the player has to make feints, and intimidate his opponent, disturb his Ki, to create an opening. Only then dares he attack.

Both Kendo fencing and WTF Taekwon-Do sparring are ideally set up for developing sensitivity to Ki. First, both Kendo and WTF Taekwon-Do uses protective armour. The armour takes away some of the fear the practitioner may have of being hit and in so doing helps the practitioners to be more relaxed. Being relaxed is crucial to sensing Ki. Seeing as the practitioner is not constantly in a “closed” defensive posture, he or she may be more “open” to experience Ki. Second, both Kendo and WTF Taekwon-Do have a very limited target area. Since practitioners need not worry about too many targets on their person being attacked and since the limited target areas also narrow down the scope of possible attacks from one’s opponent, practitioners can spend more psychological energy elsewhere. This freed up psychological energy can be used to anticipate the opponent’s intention instead. Third, the initial space between the practitioners is also big enough for them to feel the energy between them better. Tokitsu suggests that in a martial art like Judo where there is no initial separation of physical contact, there is hardly any opportunity to “grasp the intention of your adversary across the space that separates you” (40).¹ Similarly,



Like the little movements of the shinai tips in the Kendo match, so the advanced level WTF palyers move only a little . . . Then suddenly a flurry of powerful kicks and counter-kicks are exchanged with deafening gihaps

in full contact Karate or ITF Taekwon-Do sparring matches “the combatants anticipate violent physical contact from the start, and this tends to galvanize ki inside the body and prevent its diffusion outward. Therefore the possibility of opening to the sensation of ki is limited” (41). It is not that ITF Taekwon-Do cannot develop sensitivity to Ki in sparring; in fact, one often sees the same kind of sensitivity in ITF Taekwon-Do among the elite competitors who also seem to “wait” more during sparring bouts. However, in WTF Taekwon-Do such “waiting” and anticipation of one’s opponent’s movements are practically expected, while in ITF Taekwon-Do’s sport sparring “waiting” is often reprimanded by centre referees giving warnings to “inactive” fighters. In order to make ITF Taekwon-Do more spectator friendly authorities are forcing competitors to be more active in their sparring. One of the reasons WTF Taekwon-Do has come under review by the Olympic Games Committee is because it is not spectator friendly enough—there’s not enough visible action. Those periods of inactivity are too boring for spectators that do not comprehend the mental battle happening *before* the physical battle occurs.

As an ITF practitioner I am quite interested in how such Ki sensitivity can be achieved in ITF Taekwon-Do. Following I will discuss four possibilities: breathing and stretching exercises, patterns, step-sparring, and focussed free sparring.

ITF Taekwon-Do focuses a lot on its “short sharp breath” used with fundamental technique training. While this way of breathing has many valuable functions, it is not the type of breathing typically employed for Ki training. Breathing exercises used for Ki training tend to be more relaxed and smoother. There are different systems known for Ki development, the most famous is probably Qigong (the Korean is *Gigong* or *Hoheup Jojeol*; the latter literally means “controlled breathing”). Qigong exercises involve controlled breathing usually focussed on energising the body with Ki. The most famous Qigong set is the *Baduajin*, known in English as the “Eight Section Brocade” or “Eight Silken Movements.” The movements, which originated in China c. 1150-1300, are yogic stretching and breathing exercises reputed to increase Ki with a focus on health improvement. While I believe Qigong exercises like the *Baduajin*, which I practise on occasion, to be a good method for developing Ki, Qigong training is not without risk.

There have been cases of psychosis caused by Qigong training (usually Qigong meditation), especially among people with a predisposition to mental disease. If meditation is followed as prescribed in the ITF Taekwon-Do Encyclopaedia, not involving a “total divorce from the world, like a dead body, but rather an active moment to reflect on our past mistakes in silence and in the privacy of our thoughts, and through penitence, to continue our self-improvement toward becoming better men and women” (Volume 1, p. 58), then I

doubt it could be harmful. A person need not become a serious Qigong practitioner to enjoy the simple benefits of stretching and controlled breathing. When emphasis is put on breathing and relaxation, some of the typical static stretching exercises performed before or after a Taekwon-Do session can be adapted for Ki training. Emphasis need merely be placed on relaxed, controlled abdominal breathing, with practitioners becoming aware of the sensations in their body while stretching and breathing properly. This will result in a natural flow of Ki and may cause a natural awareness of Ki to develop.



An elderly gentleman practises Tai Ch'i Chuan, a form of Qigong, in Hong Kong. Tai Ch'i Chuan is a type of pattern training that helps with the development of sensitivity to Ki

Patterns are also a method for developing sensitivity to Ki. The soft style martial art Tai Ch'i Chuan (*Tae Geuk Kwon* in Korean) is basically Qigong in continuous motion; Tai Ch'i Chuan is sometimes referred to as meditation in motion. While I personally am yet to sense Ki through patterns (I've felt it doing stretching and *Baduajin*), some family and friends have confessed becoming aware of Ki while training the patterns. My brother,

whom is also an ITF practitioner, has shared with me that he experienced a sensation of energy flowing from him, especially in his hands, sometimes while doing patterns. A friend, whom has black belts in ITF, WTF and Hapkido, also admitted to Ki-sensations from time to time when practising the ITF patterns. While I have not yet experienced Ki during pattern training, I can understand why the ITF patterns are quite suited for it. Patterns performed in other systems of Taekwon-Do (WTF and other Chang-Hon systems) are

usually performed with much tension and muscular power. Any objective viewer would immediately identify them as representative of hard style martial arts. ITF Taekwon-Do, however, has become much more relaxed because of its iconic (and often misunderstood) sine wave principle. The sine wave motion, when performed correctly, requires that the practitioner be completely relaxed, except at the moment of impact. The tempo of ITF Taekwon-Do patterns have also slowed down over the years. With a few exceptions, the tempo is generally never rushed.² ITF Taekwon-Do has also moved away from the stocky Karate motions of its past. The preliminary motions in ITF Taekwon-Do have become more circular contributing to more fluidity in technique. In this sense, patterns in ITF Taekwon-Do have moved towards a more soft style approach with normally more relaxed and fluid movements, and a slowed down tempo. This way of movement is more conducive to Ki training.

While breathing and stretching exercises and patterns can help you become aware of Ki in

yourself, it does little to hone your skills for sensing the Ki in other people. One part of Taekwon-Do training that I believe can help with developing sensitivity to the Ki (or intention) of one's opponent is prearranged sparring. Prearranged sparring usually involves two practitioners practising together. The appointed attacker attacks with a set number of movements. Often the defender knows exactly how the attacker will attack. For instance, Three Step

Sparring usually involves that the attacker steps forward with three walking stance punches. The defender is then required to defend against these set attacks by blocking each punch and finishing the sequence with a counter attack. Or Two Step Sparring may involve two attacks, likely a hand attack first, followed by a foot attack second. The defender blocks the two attacks and finishes the exercise with a counter attack. The main purpose of prearranged sparring is to acquaint the



The author and another black belt practitioner "waiting" and anticipating each other's intentions during a controlled free sparring exercise at the main ITF dojang in Seoul, Korea. Notice how both players are completely relaxed, yet focussed.

practitioner with appropriate angles and distances for various offensive and defensive manoeuvres. It also gives the defender the opportunity to try out a variety of different defensive and offensive manoeuvres. If the defender knows exactly what the attacker will do, prearranged sparring will add little for Ki development; however, a slight modification can change prearranged sparring into excellent reaction and Ki-sensitivity exercises. If the prearranged sparring is performed with the number of attacks known (be it Three Steps, Two Steps, or One Step), but the type of attacks are unknown, the exercise suddenly requires the

defender to anticipate how his partner will attack. This makes the exercise similar to a real sparring match in that the practitioner knows that an attack is coming, but does not know in what form it will come. The defender is required to act reflexively. The novice practitioner often waits to see what attack is coming; advanced practitioner relies less on sight and more on an *intuitive feeling*—a sensitivity to their partner's intention or Ki.

Free sparring, if approached with Ki training in mind, is also applicable for developing sensitivity to Ki. When the sparring session is focussed not on kickboxing-like brawling, not on overwhelming the opponent with a barrage of attacks, but rather on fewer focussed techniques, then we move to sparring more geared to Ki sensitivity development. Of course, this type of free sparring is actually what we see with advanced level ITF Taekwon-Do competitors—techniques are focussed and deliberate; the game is as much psychological as it is physical; the competitors react to attacks in an intuitive way, as if they anticipated the intent of their opponents. One way to encourage this type of sparring is to practise with light contact, or alternatively to don protective armour. This may help practitioners to be more relaxed. Point sparring, instead of continuous sparring, can also instil in practitioners a sense of more reflexive sparring, rather than brawling. A possible argument against such training for Ki sensitivity is that it does not reflect real life; that fighting in real life is closer to the kickboxing brawl than the nervous waiting one sees in WTF sparring. That is probably true. However, real life combat often happens unexpectedly or many times opponents in street fights would square off, do some posturing and partake in mutual name calling before one suddenly swings the first punch. A person practised in sensing the intentions of other people may actually have an advantage in these situations. Furthermore, someone adept at projecting his or her own Ki can send a clear message to any would be opponents that you will not be an easy pushover, showing them an inexplicable and intimidating calm strength. Keep in mind that for the ITF practitioner these varied sparring exercises function merely as a training tool with a specific purpose in mind, and should not replace conventional sparring.

Developing sensitivity to Ki is certainly useful; however, it is not the be all and end

all of a martial arts training regime. I once had a discussion with an MMA instructor who criticised traditional martial arts' use of training methods such as patterns and prearranged sparring. His argument was that training in these is useless because they contribute little to real fighting. What he failed to realise was that training in patterns and prearranged sparring is not intended to precisely mimic "real fights." Instead these exercises are abstractions of the combative encounter, zoomed in on very specific points and practising those alone in order to hone specific skills. The purpose of prearranged sparring is to acquaint the practitioner with angles and distances specifically, not to teach fighting in general. This MMA instructor was blind to see that in his own system he does similar things, like jumping rope and shadowboxing. Apart from the fitness, one of the functions of jumping rope is that it teaches footwork; it is not intended to teach fighting, although it may improve one's fighting ability. Shadow boxing is similar to pattern training. My encounter with this MMA instructor did make one point clear, that we should not confuse these exercises with real fighting. The same goes for Ki sensitivity training. Training focussed on developing sensitivity to Ki is useful, but ought not to be the only focus in martial art training. On the other hand, neglecting it may leave your martial art experience less than it could be as it may enhance both your defensive and offensive capabilities.

Richard Strozzi Heckler is a doctor in psychology and also an Aikido practitioner. In his book *The Anatomy of Change: East/West Approaches to Body/Mind Therapy*, Heckler talks about, what he calls, "contact"—what I have revered to as "sensitivity to Ki." Heckler affirms that by "training the perceptive and intuitive aspects of the body, we can 'read' or sense [Ki]. This type of perception is like that of the experienced sailor who can 'read' the conditions of the sea. There is nothing particularly mystical or magical

about what he can see and sense; it is simply a matter of experience . . . Through certain practices, especially in the movement and contemplative arts, this type of perception can be developed so that sensing qualities of [Ki] becomes second nature” (120). In a sense, this quote summarises the point of this essay, which is that attaining sensitivity to Ki is indeed possible through training in certain practices. I’ve suggested breathing and stretching exercises, pattern training, adapted step-sparring and focussed free sparring. Since these practises are already part of the typical Taekwon-dojang, they can easily be adjusted to also enhance the development of Ki sensitivity.

¹ Having practiced in grappling arts as well, I know that in the grappling arts developing sensitivity is also applicable. However, the sensitivity in grappling arts is slightly different from the sensitivity to Ki suggested by Tokitsu. For Tokitsu the sensitivity to Ki can actually be employed to anticipate an opponent’s intention *before* he or she moves, rather than while they move.

² Although the general tempo of the patterns has slowed down, the actual techniques are usually not performed slowly. With a few exceptions, most techniques are performed with emphasis on acceleration. In other words, the individual techniques are usually done quite fast, but the overall tempo (i.e. the intervals between techniques) is relatively slow.

References:

Choi, Honghi. ITF Encyclopedia. Volume 1. Heckler, Richard Strozzi. 1984. The Anatomy of Change: East/West Approaches to Body/Mind Therapy. Boulder: Shambhala.

Tokitsu, Kenji (translated by Sherab Chödzin Kohn). 2003. Ki and the Way to the Martial Arts. Boston: Shambhala.

Image Credits:

“[Etobicoke Kendo Club](#)” by [Dimitridf](#) on [Flickr](#) under a [Creative Commons License](#): Attribution, Non-commercial, No Derivative Works 2.0 Generic.

[WTF Sparring Photo](#) by [Korea.Net](#) on [Flickr](#) under a [Creative Commons License](#): Attribution, Non-commercial, No Derivative Works 2.0 Generic.

“Tai Chi” by Sanko Lewis under a [Creative Commons License](#): Attribution, Share Alike 2.5 South Africa.

“Waiting” by Cory Wells. Copyrights reserved.

...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 [www.thewaymartialarts.com/]. 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

Don't miss the opportunity to advertise in what is the most popular magazine for Tae kwon Do students, worldwide.

Get in touch now!
Email: adverts@totallytkd.com



Julia Cross
6X World Champion

Book Review

“The Korean Martial Art Of Tae Kwon Do & Early History (Revised Edition)”

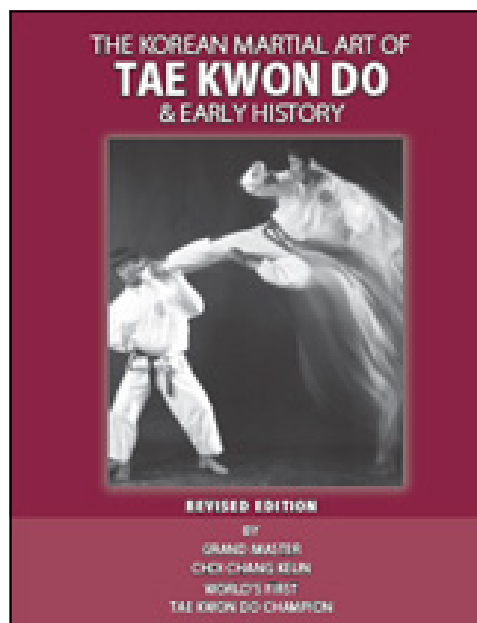
**By Grandmaster C.K. Choi
Review by David Price**

Grandmaster Choi Chang Keun (C.K. Choi) has been studying Tae Kwon-Do since 1956, and in 2007 published his book *The Korean Martial Art Of Tae Kwon Do & Early History*, and this year (2010) a revised edition was released.

The book focuses on what GM Choi calls “practical training systems with effective self defence techniques”. Under this umbrella the varied free fighting techniques consisting of punching, striking, blocking, dodging and kicking are covered.

Each technique is described and clearly displayed with uncluttered pages, demonstrating possible applications of the movements. To a higher grade this part of the book may seem a little simplistic, but to a lower grade or Tae Kwon-Do novice it is a great aid in learning where to apply various strikes, kicks or blocks.

The meanings of all the original Tae Kwon-Do Patterns are included, providing a handy reference. The lack of the actual patterns themselves in the book doesn't really cause problems because there are



so many other books out there dedicated to the patterns. This book is centred around free fighting techniques rather than patterns in any case.

Within this new edition, GM Choi has included the Sparring Patterns which he developed to develop practical fighting skills and muscle development. Within these sparring patterns, each consists of a single type of technique or movement; e.g. punching, palm heel

striking, knife hand striking, forearm blocking, etc. these sparring patterns provide a very good muscular and cardiovascular work out as well as developing fighting techniques. I myself have begun including them in regular training at my club as I found them very beneficial.

Another new section in this book is a set of training guide lines explaining what exercises should be practiced at different grades. It is described quite clearly although the black belt patterns are listed with only 2 at each grade instead of 3, which could be a little confusing.

Whereas the first part of the book focused on Tae Kwon-Do free fighting, the second half contains a well documented history of the art through to the present day, describing in detail the inauguration of Tae Kwon-Do, the way it was taken around the world by the Pioneers, and the rise of the WTF. I found this a very enlightening read and found it a little more accessible than other accounts.

On the whole The Korean Art OF Tae Kwon Do & Early History is a great aid in studying Tae Kwon-Do, though the application of the free fighting techniques described within may not be useful to already experienced black belt students, but still worth purchasing because of the sparring patterns and the history section.

My mark: 8/10

2nd Annual **ALL-STAR** **SPECIALLY CHALLENGED** **MARTIAL ARTS** **CHAMPIONSHIPS & BANQUET**



AAU Sanctioned event celebrating the efforts & achievements of individuals challenged with Physical, Emotional & Developmental Disabilities.



July 24, 2010

**Salem Lutheran Church
New Community Center
Tomball, Texas (N.W. Houston)**



All Stand-Up Martial Arts Welcome: Ages 4 & Up



- Patterns/Forms • Weapons
- Board Breaking • Demonstrations
- Sparring (including Wheel Chair)



ELECTRONIC SCORING & MATTED RINGS

Entry Deadline: July 16, 2010 Entry Fee: \$45 (1st event), \$10 each additional Event

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- 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.aausports.org to obtain their membership.



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



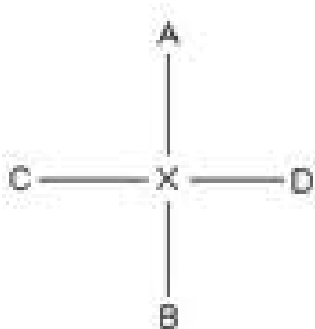
Are You Performing Juche Wrong?

By Michael S. Boik

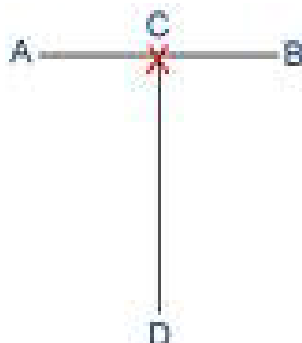
In a recent issue of Totally Taekwon-Do Magazine, an article was published by GM Steiner titled; Why Does Juche Head In the Wrong Direction? . In the article he asks, " why does the pattern start on line A/B towards D and then "retreat" (goes back) to line E/F when all along, line E/F has been and still is, "forward" of line A/B?". Is GM Steiner correct?

Questions we need to ask; 1. What line do the patterns start on? 2. When is a line formed and when is it a point or direction? 3. Are these lines always in the same spot?

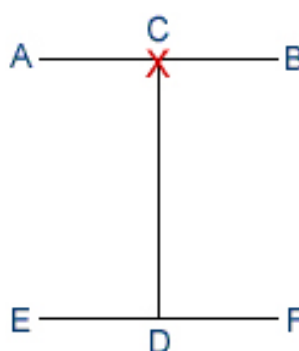
Let's look at the first question; **What line do the Patterns start on? and when is a line formed and when is it a point or direction?** Looking at all the diagrams in which the Patterns follow, all the Patterns start on C/D line with one exception, Po Eun. When a movement in the Pattern deviates from C/D line and starts a new line, it becomes A/B line. This can be seen in Pattern Chon Ji, and Choong Jang.



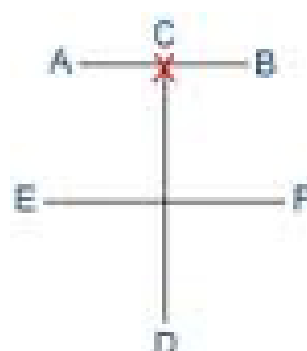
Chon Ji Diagram



Choong Jang Diagram

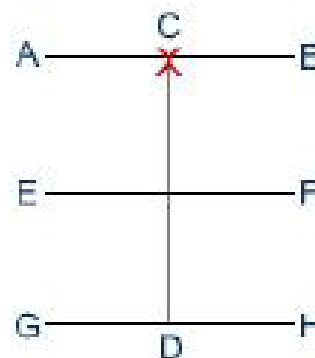


Tan Gun Diagram



Toi Gye Diagram

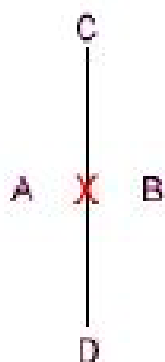
Now we have three lines on which the movements travel. Every time the movement deviates from C/D line it forms a new line. This is true all the way to pattern Se Jong which has four lines.



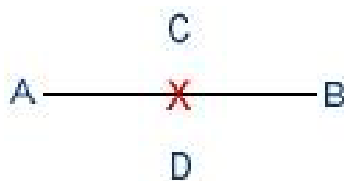
Se Jong Diagram

You have two lines on which the Patterns movements travel on. When the movements travel down C/D line and again starts a new line, that new line is called E/F line. This can be seen in patterns Tan Gun and Toi Gye.

We now know when lines are formed but when is it a point or direction? If a technique is performed to the left or right of C/D line as in Ge Beak or above and below A/B line as in Po Eun but not deviating from the line, it is a Point or direction.



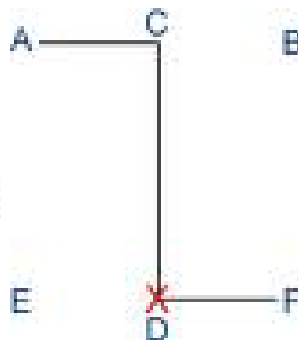
Ge Baek Diagram



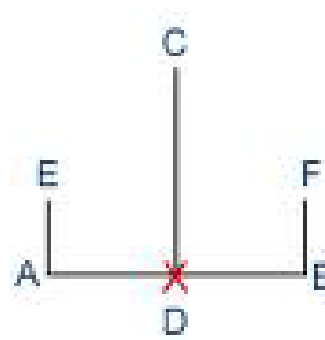
Po Eun Diagram

As the movements travel up and down or side to side the points do not change. They are either points A or B in Ge Baek or points C or D in Po Eun. As long as the movements stay on the Line there are only two added points.

Now let's look at the third question; **are these lines always in the same spot?** By looking at most of the Diagrams, GM Steiner would be right. The patterns with three or more lines do follow his logic with line E/F being Forward of line A/B except for Juche. Let's use the two examples that GM Steiner uses for his reasoning; Juche and UI Ji.



Juche Diagram



UI Gi Diagram

Both patterns start at D on C/D line. In pattern Juche the very first movement is off C/D line therefore starting a new line which would be A/B line. In pattern UI Ji the movements travel along C/D line from D to C at which time the first movement off C/D line is performed making it A/B line. As the movements travel back down C/D line from C to D and the movement is performed of C/D line again is becomes E/F line.

GM Steiner said in his article; "How many instructors have missed this "small" detail without questioning and yet still teaching it incorrectly?" Looking at the examples above I would conclude that pattern Juche is being performed correctly and no changes need to be made.

**If your reading this ...
...so are 25,000 others!**

**Don't miss the opportunity to advertise in
what is the most popular magazine for Tae
kwon Do students, worldwide.
Get in touch now!**

Email: adverts@totallytkd.com



4th Annual Korean Martial Arts Festival

Aka "Gathering Of The Masters"

By Thomas Gordon, UITF

Crestview, FL, USA - On April 16-18, 2010, martial artists came from all over the USA, Canada, and as far as Australia to be a part of the Fourth Annual Korean Martial Art Festival.

Friday morning, Grand Master Hwang, KS (K-9-1) arrives with a bandaged hand. About a month earlier he had caught it tangled up with a snow blower and broke three fingers in five places. I'm sure he didn't have a doctor's note to be out on the floor teaching Taekwon-Do. That night things started with Grand Master Hwang conducting a second degree testing for Alberto Barbon & Richard Rounsaville and a first degree exam for Bobby Jackson & Felicia Gordon. With his normal graciousness, looking around and seeing a few high ranks in attendance, he called for Grand Master Timmerman from Canada (of Kuk Sool, Hapkido, & Kong Shin Bup background) and Grand Master Booth from Australia (Hapkido back-



ground) to come sit the panel with him. Immediately following the exam, Grand Master Hwang does a seminar on Taekwon-Do fundamentals. Injured hand and all, he does a 90 minute seminar giving the participants a chance to see one of the few ITF Pioneering Grand Masters in action. He complains about not being able to kick like he used too as we all sit there dumbfounded as the 67 year old kicks over his head without stretching or warming up. He sits for 90 minutes on a testing panel and then goes out on the floor and starts kicking like he's a teenager. It's amazing to watch as I reflect of those old pictures of Grand Master Hwang demonstrating a vertical side kick for Nike's "Just Do It" campaign.

Saturday morning starts out with a greet & meet and at 9AM, Grand Master Timmerman does a seminar using a small don bong to help accelerate the pain....as if he needs anything to "accelerate" pain. His 90 minute session passes way too quickly. Grand Master Booth pulls out another version of don bong and does his session with everyone laughing as he showed many ways to make use of the weapon. He has about as many ways to make you laugh as he does to make you cry in pain. A talent that wasn't wasted this weekend. The tone has been set and we're three for three on excellent presenters.

After lunch we come back to first rotating session with Master Troy Trudeau (from Tennessee) doing a seminar on cane techniques and Master Kevin Janisse (from Oregon) doing small joint manipulation. Master Trudeau has done this seminar all four years



and it seems to always get a crowd. And Master Janisse was showing ways to level the playing field regardless of how big the attacker is because if someone grabs that pinky, it's gonna hurt!

Chief Master Marlin Simms (from Georgia) starts out with a Power Point presentation on Knife Throwing. He gave a step by step breakdown of how many rotations at how many feet and how to make it go faster or slower. After classroom presentation, we all go outside and take turns throwing the knives at the targets.



To wrap the day up, Master Steve Kincade (from Mississippi) had a little of everything with sword and empty hand. At the same time across the dojang was Mr Calvin Longton (from Florida) doing a session on gun defense. I've been to gun disarming clinics that should be renamed to "how to get yourself shot." Longton always does a first class session.



Sunday is the final day with Grand Master Jimm McMurray (from Texas) doing a seminar on rope/belt & knife. Everyone looks to be half glazed over but Grand Master McMurray has a way of bringing the best out of people. 30 minutes into it and everyone lively and ready to go. Using the belt makes a painful technique more painful. And the knife drill is always a crowd pleaser.



The whole weekend was a buzz about Grand Master Timmerman's "Gathering of Grandmasters" in Sault Ste Marie, Canada on August 13-15. This event was like a warm-up for what's to come at his event



where martial artists from various backgrounds can all come together for weekend of training without all the egos that seems to plague the martial arts.

Next year is already in the works for April 15-17, 2011 with info at

www.SoutheastMA.com.

Information for August 13-15, 2010 seminar can be found at <http://www.nkmaa.ca>



Imptec MegaStrike

Product Review

By Michael Carr

Imptec offer a variety of training tools in the form of air shields and other striking equipment – the built in electronics mean that the equipment gives you feedback on your striking power and reaction time. This review explores the features of the MegaStrike, and more importantly if it improves your strikes!

USING THE MEGASTRIKE

Attach it to a punch bag using one of the 4 straps, or just hold it as you would hold a normal airshield, flick the switch on the front and you're good to go!

The digital display located at the top of the bag can display 2 sets of information.

1) Striking force – This data is displayed as a number between 0 and 250, the reading has no units since the surface area of a forefist used for punching is much smaller than the instep of the foot used for a turning kick. This means readings from different kinds of strikes cannot be compared.

2) Reaction time – This setting makes use of a small buzzer located next to the digital display. After pressing the reset button, the buzzer will sound after an



The bag is struck below the target area, therefore a score of zero is achieved

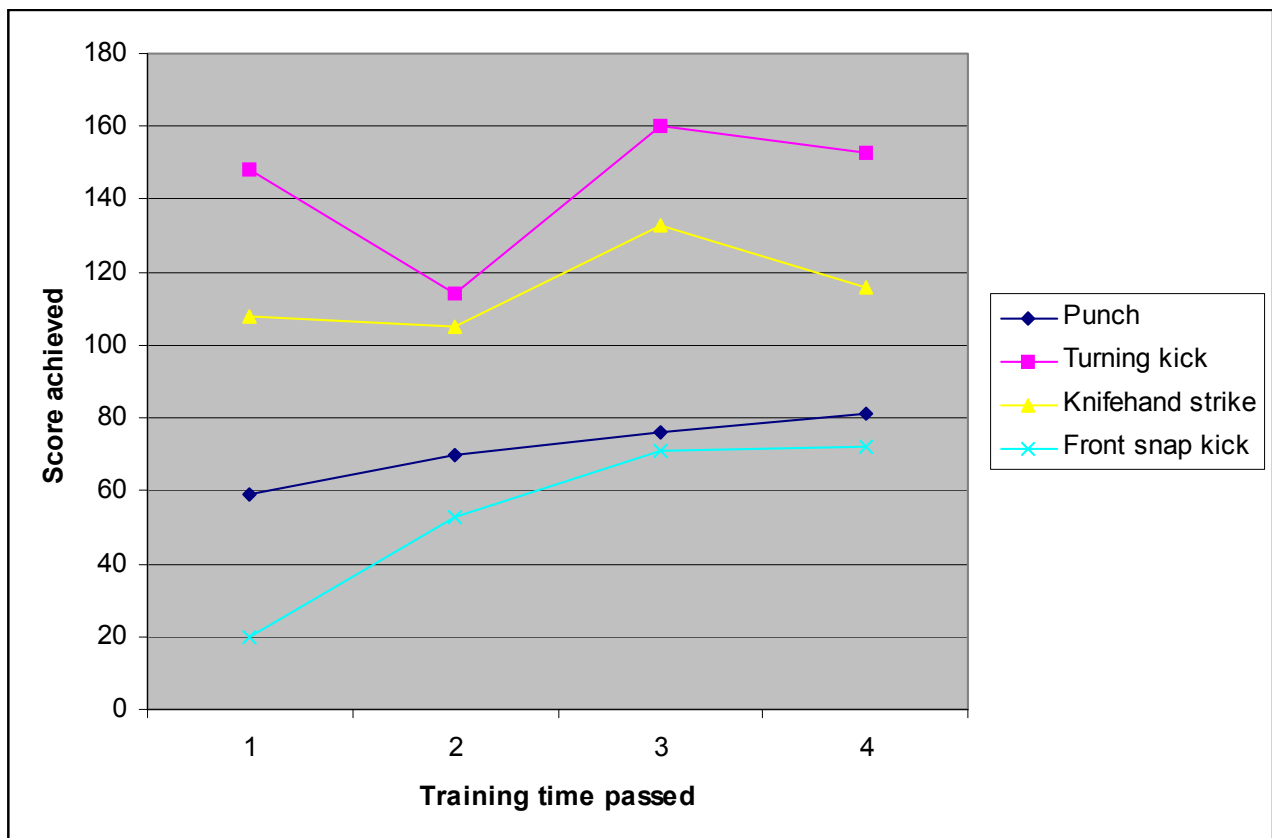
indefinite amount of time and stops when it senses a strike, the reaction time is displayed immediately.

TESTING THE MEGASTRIKE

1) **Striking force** - 12 students from Shaftesbury TaeKwon-Do (Wirral, UK) were involved in testing the megastrike over 12 weeks, each student trained once per week using the bag and then recorded their scores quarterly after training – during testing, the 1st score achieved per technique was recorded (students were not allowed best of 3 etc). 4 techniques were chosen to be tested for power. The results for one candidate are shown over the page.

The megastrike has a sensor located inside a specific target area marked by a yellow star, if you strike outside this target area you will score zero. However, if you strike slightly off centre of the target area, your score will dramatically decrease.

Your score is therefore a reflection of both POWER and ACCURACY – The results show that a turning kick scored most erratically, probably due to its



The variation seen above was similar for most candidates

inaccurate nature when compared to a straight punch. This is similar to when training with plastic breaker boards, failure to strike the board in the centre is often the reason the boards do not break.

It could be argued the target area is not large enough, and a more accurate reading for power would be achieved by increasing the area. It could also be argued that a smaller target area improves both accuracy and power. The option to have both a large and a small target area is perhaps an idea Imptec can develop in the future.

2) Reaction time – Interestingly, the candidates were more interested in spending time increasing their striking force than their reaction time, and chose to use this setting less during training. During testing, the focus on striking the bag as quickly as possible resulted in both poorly executed techniques and low power strikes. Without the presence of an instructor enforcing the proper technique, I do not believe this function would be effective in the long term. This function is slightly more

complicated to use when compared to the striking force function and did not always perform as per the instructions.

IN SUMMARY

The imptec megastrike offers a user friendly interface which offers realistic feedback in terms of power and accuracy of techniques. Out of the 12 candidates involved in testing this product, 7 of them increased their scores by at least 5% on average over the training period, the largest improvement being a 21% increase on average. Within the limitations of this test there is sufficient evidence to suggest this product does increase striking force when used as directed.

Possibilities for improving the megastrike lie within the size and location of the sensor, a more user friendly “reaction time” function and a built in memory to save previous high scores.

I hope this review has been informative – For further information visit <http://www.imptec.co.uk/>

Kiran Chakraborty

One Of The Youngest Black Belts In Taekwondo!

By Chandra Chakraborty

It was just after his 3rd birthday, in 2005 when my son, Kiran first encountered Taekwondo. We had no idea about this form of Martial Art but one of my friends at work was talking about his son and daughter who did Taekwondo classes, here in Gloucester. We were looking for activities for Kiran to do, so I asked him if I could come and have a look. A few weeks later I went to Martin Paradine's Taekwondo class at Bentham, Gloucester. There were a few young students there, but none as young as Kiran. I stayed for the whole class and I was really impressed by Mr. Paradine's (5th Dan) teaching methods. He was friendly with the student and liked and respected by them.

The following week, I took Kiran with me. I asked Martin whether Kiran could start at his young age. Martin suggested giving it a go and seeing how he coped. My friend's son (Joe) and daughter (Holly) went to the same class, and Kiran knew them very well. That was a big help. Another encouraging fact was that, I met with Martin's young Black-belt at the time- Mr Greg Hay; he was only couple months older than Kiran was now, when he got his Black-Belt. At that time he had just become World Champion at Dublin.

In the first few months, Kiran was very nervous and used to follow Joe and Holly around. Sometime he would get frightened by being with the older boys. When he got overwhelmed Martin would send him to me, and after a bit of encouragement he joined the class again. Within a few months he got used to the environment and got his Orange Belt just before the age of four.



Since then he has always been eager to learn his patterns. He went to classes twice a week and practiced at home twice a week as well. He was very good at his theory too-not sure if it was due to his age or personal ability. Even at his early age he put older boys to shame and kept them on their toes. We had an old video of Taekwondo patterns by Martin, which we used as a learning tool and it really worked for him. Watching the video in slow motion allowed him to learn all the moves in detail. I encouraged him to ask questions in class if he

didn't understand any moves. Sometimes he was the only one to ask questions in the class.

I have to say that I have never seen such a humble person as Mr. Martin Paradine. He is 5th Dan in Taekwondo (ITF) and eligible for 6th Dan and practising martial arts for nearly 30 years. He has achieved

a lot and worked with all the great Taekwondo masters, yet he never talks much about his achievements. His teaching ability, especially with children is excellent. Children always feel comfortable around him and everybody respects him in the club. I have never heard him shout or lose control. He is the same person that I met 5 years ago. Without him and his encouragement Kiran would not have got his Black Belt today.



course he is very happy boy. His 9th Birthday is in July. He goes to Dingle well Junior School in Gloucester and he is now in year 4. He is in the top group in the class. His other interest is Cricket. He plays for Staunton and Course cricket club and plays under 11 matches regularly.

Taekwondo has not only made him disciplined and physically strong, but has also improved his confidence as well. He now helps out

Kiran did his BLACK BELT grading on 11th of April 2010 under Mr Andrew Champion. He got his result on 10th of May 2010. Of

in the club and loves to teach lower grades. I think TAEKWONDO is excellent for all young children as a foundation for life.



Get involved with UNICEF

There are many ways to get involved and fundraise for the world's children from trekking in Nepal, motor biking in South Africa, skydiving at your local parachute centre or running in one of the many road races across the country.

UNICEF can offer you guaranteed places in many challenge and running events, including the popular Royal Parks Half Marathon this October, so please get in touch today and help us change the lives of vulnerable children. You can make a difference.

To find out more:

www.unicef.org.uk/howyoucanhelp ☎ 0844 801 2414 ✉ fundraisinghelp@unicef.org.uk

unite for
children

unicef 

The Right-Leg Bias In Taekwon-Do Patterns

By Matt Gibb

Introduction

Almost from the moment we start Taekwon-Do (TKD) as a white belt, we are told that we must practise kicking with both legs equally. In fact, we are often told to spend more time practising with the weaker leg. For the majority, the weaker leg is the left.

Most students who reach 1st degree black belt and subsequently learn Gye-Baek Tul will have noticed that in this pattern there is a definite and quite obvious bias towards the right leg. This will be especially noticed by left-legged people.

This article will show that there is an inherent bias towards the right leg *throughout* the patterns in TKD.

Colour Belt Patterns

While those who reach 1st degree will notice the right-leg bias in Gye-Baek, many may not have noticed the bias in the colour-belt patterns.

Some patterns are symmetrical, that is to say that every move performed with the right side is also performed with the left, and vice versa. A symmetrical pattern, by



2007 side kicks – from the 2007 World Championships in Canada

definition, cannot have a bias towards the right leg over the left. The first six patterns we learn are symmetrical, at least in terms of the kicks performed:

- Chon-Ji and Dan-Gun do not contain any kicks;
- Do-San has two middle front snap kicks, one with each leg;
- In each of the next three patterns (Won-Hyo, Yul-Gok and Joong-Gun), each leg performs a front snap kick and a middle side piercing kick.

Toi-Gye is the first pattern in which we see a bias. Of the four kicks in this pattern, three are with the right leg. Each leg performs a low-section side front snap kick, but the right leg also gets a middle-section front snap kick and a knee upward kick.

Hwa-Rang is the next pattern and contains the next example of bias. While the turning kicks are equal (one with the right and one with the left, both high section), there is also a single middle-section side piercing kick performed with the right leg.

Choong-Moo is the ninth pattern in TKD. It is the final colour-belt pattern, for those at

the grade of 1st kup, and it has 30 movements. It also gives us our next example of right-leg bias, and this is much more obvious than in the previous two patterns. In fact, I'm surprised that I never really noticed it when I was a 1st kup; perhaps that's because I'm right legged. Towards the end of Choong-Moo there are two middle-section side piercing kicks - one with the right leg and one with the left (moves 25 and 26). During the middle section of the pattern, we find move 14 is a high turning kick with the right leg, balanced out with move 17, which is a middle turning kick with the left leg. The bias, however, is at the start. The seventh move is a right-leg middle side piercing kick, and the 9th move is a right-leg flying side piercing kick. There are no equivalent left-leg side kicks. To try to "balance things out", there is a middle-section back piercing kick for the left leg at move 15, but, in my opinion, this pattern certainly favours right-legged people. And let's not forget the right-leg knee upward kick at move 12.

Let's use the table (below) to summarise the kicks in the colour belt patterns to confirm the right-leg bias we have found so far:

Pattern	Right Leg Kicks	Left Leg Kicks	No. of Kicks
Chon Ji	-	-	0
Dan Gun	-	-	0
Do San	Middle front snap kick x 1	Middle front snap kick x 1	2
Won Hyo	Low front snap kick x 1 Middle side piercing kick x 1	Low front snap kick x 1 Middle side piercing kick x 1	4
Yul Gok	Low front snap kick x 1 Middle side piercing kick x 1	Low front snap kick x 1 Middle side piercing kick x 1	4
Joong Gun	Low side front snap kick x 1 Middle side piercing kick x 1	Low side front snap kick x 1 Middle side piercing kick x 1	4
Toi Gye	Low side front snap kick x 1 Middle front snap kick x 1	Low side front snap kick x 1	4
Hwa Rang	High turning kick x 1 Middle side piercing kick x 1	High turning kick x 1	3
Choong Moo	Middle side piercing kick x 2 High turning kick x 1 Knee upward kick x 1 Flying side piercing kick x 1	Middle side piercing kick x 2 High turning kick x 1 Back piercing kick x 1	8
TOTAL	17	12	29

Summary Of Kicks In Colour Belt Patterns

We can now see that there is a definite bias towards the right leg in the colour belt patterns; 59% of the kicks are with the right leg. But, there are only 29 kicks in the colour belt patterns. Rather a small number to draw any firm conclusions about TKD patterns as a whole. Let's now look at the black belt patterns, where the number of kicks increases.

Black Belt Patterns

The first two black belt patterns (Kwang Gae and Po Eun) are symmetrical, and contain equal kicks on the right and left sides. In Kwang Gae, each leg performs a pressing kick, a middle side piercing kick and a middle front snap kick, while in Po Eun each leg performs a single pressing kick.

But when we get to the third and final 1st degree pattern, Gye Baek, the symmetry is lost and the bias towards the right leg is quite astonishing. For the right leg, there is a low twisting kick, middle side piercing kick, two middle turning kicks (one of them is while shifting) and a flying side piercing kick. For the left leg, there is a single low side front snap kick.

The first 2nd degree pattern, Eui Am, is symmetrical, with four kicks for each leg. The next pattern (Choong Jang) is not, though. For the right leg, there are three low front snap kicks (one with the knee), a high turning kick (from a crouched position), a middle front snap kick, and a middle side piercing kick. For the left leg, we again find

a single front snap kick (middle section).

Juche, the third 2nd degree pattern, is one of the most difficult patterns in Taekwon-Do. It is broadly symmetrical, except for a few moves, and this is the first and only pattern where we find more kicks with the left leg than with the right. Kicks the left leg performs that the right leg doesn't are a pick-shape kick and a slow-motion middle back piercing kick. Does this make Juche biased towards lefties? I don't think so, because there is another asymmetry in the

kicks. This is in the form of a flying two-direction kick, with the right leg performing a side kick and the left a twisting kick. This kick may seem even at first, but in my opinion it is much easier for righties to perform than it is for lefties. This is because it is a left leg take-off, and is performed in a very similar manner to a right leg flying side kick. I would therefore say that while Juche has more kicks with the left, overall it is about even in my opinion.



Left turning kick - from the First TKD World Cup in Orlando, 2004

The picture improves slightly with the 3rd degree patterns, although we still find a right leg bias in Sam Il. Both legs perform a middle side piercing kick, but for the right leg there is a middle-section twisting kick and a sweeping kick, while the left leg has a low front snap kick.

Yoo Sin and Choi Yong are, however, both symmetrical, with eight kicks split evenly between left and right in Yoo Sin, and twelve kicks split evenly between left and

right in Choi Yong.

As we move on to the 4th degree patterns we still find a right-leg bias.

In Ul Ji, the right leg again performs more kicks than the left. With the right leg, a middle crescent kick, middle side piercing kick, mid-air kick, flying high kick and middle turning kick are all performed. The left leg has only three kicks: two middle front snap kicks and a middle back piercing kick.

Yon Gae is a symmetrical pattern and is therefore without bias to one leg, and the same is nearly true of Moon Moo. Nearly. Moon Moo is almost entirely symmetrical, but move 58 is a mid-air kick with the right leg, which isn't repeated with the left.

We now move to patterns with which I am not familiar, namely the two 5th degree patterns (Se Jong and So San) and the 24th and final pattern in Taekwon-Do (Tong Il) for 6th degrees. I can, however,

comment on these patterns by studying the lists of moves.

Se Jong has only two kicks. It is not symmetrical, but the kicks balance out: a right leg middle side piercing kick and a left leg middle turning kick.

So San, though, has nine kicks: five for the right leg and four for the left. The right leg has a flying front snap kick that is not performed with the left.

Finally, with Tong Il, both legs perform a back piercing kick (middle section for the right leg, high for the left) and an inward vertical kick. The right leg performs a downward kick, but this is balanced by an outward vertical kick with the left leg. The balance is lost when the right leg performs one kick more than the left leg: a high side piercing kick.

Again, let's summarise the kicks in a table:

Pattern	Right Leg Kicks	Left Leg Kicks	No. of Kicks
Kwang Gae	Pressing kick x 1 Middle side piercing kick x 1 Middle front snap kick x 1	Pressing kick x 1 Middle side piercing kick x 1 Middle front snap kick x 1	6
Po Eun	Pressing kick x 1	Pressing kick x 1	2
Gye Baek	Low twisting kick x 1 Middle side piercing kick x 1 Middle turning kick x 2 (1 x shifting) Flying side kick x 1	Low side front snap kick x 1	6
Eui Am	Low twisting kick x 1 Middle reverse turning kick x 1 Middle side piercing kick x 1 High reverse turning kick x 1	Low twisting kick x 1 Middle reverse turning kick x 1 Middle side piercing kick x 1 High reverse turning kick x 1	8
Choong Jang	Low front snap kick x 2 High turning kick (crouched position) x 1 Middle side piercing kick x 1 Middle front snap kick x 1 Knee front snap kick x 1	Middle front snap kick x 1	7
Ju Che	Middle side piercing kick (slow) x 1 High reverse hooking kick (slow) x 1 Middle hooking kick x 1 High side piercing kick x 1 Reverse turning kick (dodging) x 1 Two direction kick (side kick) x 1	Middle side piercing kick (slow) x 1 High reverse hooking kick (slow) x 1 Middle hooking kick x 1 High side piercing kick x 1 Reverse turning kick (dodging) x 1 Two direction kick (twisting kick) x 1 Pick-shaped kick x 1 Middle back piercing kick (slow) x 1	14

Summary Of Kicks In Black Belt Patterns (continued opposite)

Pattern	Right Leg Kicks	Left Leg Kicks	No. of Kicks
Sam Il	Middle side piercing kick x 1 Middle twisting kick x 1 Sweeping kick x 1	Middle side piercing kick x 1 Low front snap kick x 1	5
Yoo Sin	Low front snap kick x 1 Waving kick x 1 Middle crescent kick x 1 Middle side piercing kick x 1	Low front snap kick x 1 Waving kick x 1 Middle crescent kick x 1 Middle side piercing kick x 1	8
Choi Yong	Middle turning kick x 1 High reverse hooking kick x 2 Middle side piercing kick x 2 Middle front snap kick x 1	Middle turning kick x 1 High reverse hooking kick x 2 Middle side piercing kick x 2 Middle front snap kick x 1	12
Ul Ji	Middle crescent kick x 1 Middle side piercing kick x 1 Mid-air kick x 1 Flying high kick x 1 Middle turning kick x 1	Middle front snap kick x 2 Middle back piercing kick x 1	8
Yon Gae	High reverse hooking kick x 1 High side piercing kick x 1 Mid-air kick x 1	High reverse hooking kick x 1 High side piercing kick x 1 Mid-air kick x 1	6
Moon Moo	High side piercing kick x 2 (1 x slow) High reverse hooking kick (slow) x 1 High back piercing kick (slow) x 1 Middle front snap kick x 1 Middle side pushing kick x 1 High reverse turning kick x 1 High twisting kick x 1 Sweeping kick x 1 Side checking kick x 1 Middle side thrusting kick x 1 Mid-air kick x 1	High side piercing kick x 2 (1 x slow) High reverse hooking kick (slow) x 1 High back piercing kick (slow) x 1 Middle front snap kick x 1 Middle side pushing kick x 1 High reverse turning kick x 1 High twisting kick x 1 Sweeping kick x 1 Side checking kick x 1 Middle side thrusting kick x 1	23
Se Jong	Middle side piercing kick x 1	Middle turning kick x 1	2
So San	High side piercing kick x 2 High turning kick x 1 Low front snap kick x 1 Flying front snap kick x 1	High side piercing kick x 2 High turning kick x 1 Low front snap kick x 1	9
Tong Il	Inward vertical kick x 1 Downward kick x 1 Middle back piercing kick x 1 High side piercing kick x 1	Inward vertical kick x 1 Outward vertical kick x 1 High back piercing kick x 1	7
TOTAL	68	55	123

The picture is now much clearer, having counted the kicks in the black belt patterns. There are a total of 123 kicks in the 15 black belt patterns (noting that we have counted the flying side-twisting kick in Juche as two kicks). 68 of them are with the right leg and only 55 with the left. That is a split of 55% to 45%. A slight reduction in the relative difference we saw in the colour belt patterns (which was 59% to 41%).

Summary and Conclusion

A definite and consistent bias to the right leg is seen throughout the patterns. We first encounter it in Toi Gye (the pattern for those at 3rd kup). We then find it in Hwa Rang, Choong Moo, Gye Baek, Choong Jang, Sam Il, Ul Ji, Moon Moo, So San and Tong Il. Of the 24 patterns in TKD, fully ten of them have a right-leg bias.

Overall, combining the colour belt and black belt patterns, there are 152 kicks. 85

(56%) are with the right leg and only 67 (44%) are with the left!

But why the obvious bias? Perhaps General Choi and the other masters and pioneers who designed the patterns were right legged themselves. Or, perhaps there are good reasons for more right leg kicks, similar to the reason that Choong Moo finishes with a left hand attack. I rather suspect that it's the former. If so, then was it done deliberately? I doubt it. It was probably something that was simply overlooked.

The Difficulty Level of the Kicks

We've seen that there is a right leg bias in the TKD patterns; but that looked primarily at the *numbers* of kicks in the patterns. What about the difficulty level of the different kicks? As you may have noticed, in several



Right leg side kick - from the First TKD World Cup in Orlando, 2004

patterns the left leg often seems to get the simple front kick, while the right leg gets kicks of a greater difficulty (see Gye-Baek, Choong-Jang and Ul-Ji).

Looking closely at Gye Baek, we know there are six kicks: five with the right leg and one with the left. But, can we really say that the left-leg front kick "offsets" one of the right leg kicks, to give a difference of four, when we know that the right leg has to perform kicks such as flying side kick and dodging turning kick? Clearly, the only kick given to the left leg in Gye Baek Tul is one of the easiest kicks to perform. Is there any way, therefore, to examine the difficulty of the kicks given to the right and left legs? And would it show an even greater bias towards the right leg?

Well, let's try giving each kick a nominal score related to its difficulty (see table below).

Kick	Difficulty Rating	Kick	Difficulty Rating
Front Snap Kick	1	Side Kick (Piercing, Thrusting, Pushing)	2
Knee Front Snap Kick	1	Side Checking Kick	2
Knee Upward Kick	1	Inward Vertical Kick	2
Flying High Kick	1	Outward Vertical Kick	2
Flying Front Snap Kick	1	Downward Kick	2
Sweeping Kick	2	Pressing Kick	2
Waving Kick	2	Side Kick (slow motion)	3
Crescent Kick	2	Back Kick (slow motion)	3
Twisting Kick (Low)	2	Flying Side Kick	3
Turning Kick	2	Reverse Turning Kick	3
Back Piercing Kick	2	Reverse Hooking Kick	3
Twisting Kick (Mid)	2	Dodging Turning Kick	3
Twisting Kick (High)	2	Mid-Air Kick	3
Hooking Kick	2	Dodging Reverse Turning Kick	4
Pick-Shaped Kick	2	Reverse Hooking Kick (slow motion)	4
		Two-Direction Kick	4

You may disagree with some of these scores (I haven't taken infinite care when assigning them) and therefore you may want to try this process yourself, giving your own difficulty scores to the kicks.

We can then apply these scores to the kicks in the patterns, by seeing how many of each kick are featured and with which leg.

Colour Belt Patterns

We start with the colour belt patterns. We have already seen that there is a 59%-41% split in favour of the right leg in terms of the number of kicks. Will this relative difference change when we take into account the difficulty of the kicks?

Kick	Number of Kicks		Difficulty Rating	Total Difficulty Score (no. of kicks x difficulty rating)	
	Right Leg	Left Leg		Right Leg	Left Leg
Front Snap Kick	Do-San x 1 Won Hyo x 1 Yul Gok x 1 Joong Gun x 1 Toi Gye x 2	Do-San x 1 Won Hyo x 1 Yul Gok x 1 Joong Gun x 1 Toi Gye x 1	1	6	5
Knee Upward Kick	Toi-Gye x 1 Choong Moo x 1	-	1	2	0
Side Piercing Kick	Won Hyo x 1 Yul Gok x 1 Joong Gun x 1 Hwa Rang x 1 Choong Moo x 2	Won Hyo x 1 Yul Gok x 1 Joong Gun x 1 Choong Moo x 1	2	12	8
Flying Side Kick	Choong Moo x 1	-	3	3	0
Turning Kick	Hwa Rang x 1 Choong Moo x 1	Hwa Rang x 1 Choong Moo x 1	2	4	4
Back Piercing Kick	-	Choong Moo x 1	2	0	2
TOTAL	17	12		27	19

The total difficulty score for the right leg is 27, while for the left it's 19, and 27 plus 19 gives 46.

$$27/46 = 0.59$$

$$19/46 = 0.41$$

This means that, surprisingly (or perhaps not), the relative difference is the same, at 59% for the right leg and 41% for the left.

For the colour belt patterns, therefore, the bias to the right leg in the number of kicks is reflected in the difficulty of the kicks. So, we don't see the predicted increase in bias to the right leg.

Perhaps we will in the black belt patterns.

Black Belt Patterns

We've seen the 55%-45% bias to the right leg in the number of kicks in the black belt patterns. Will this relative difference increase when we analyse the difficulty levels?

Kick	Number of Kicks		Diffi- culty Rating	Total Difficulty Score (no. of kicks x diffi- culty rating)	
	Right Leg	Left Leg		Right Leg	Left Leg
Front Snap Kick (Low, Middle, Side)	Choong Jang x 3 Yoo Sin x 1 Choi Yong x 1 Moon Moo x 1 So San x 1	Gye Baek x 1 Choong Jang x 1 Sam Il x 1 Yoo Sin x 1 Choi Yong x 1 Ul Ji x 2 Moon Moo x 1 So San x 1	1	7	9
Knee Front Snap Kick	Choong Jang x 1		1	1	0
Side Kick	Kwang Gae x 1 Gye Baek x 1 Eui Am x 1 Choong Jang x 1 Juche x 1 Sam Il x 1 Yoo Sin x 1 Choi Yong x 2 Ul Ji x 1 Yon Gae x 1 Moon Moo x 1 Se Jong x 1 So San x 2 Tong Il x 1	Kwang Gae x 1 Eui Am x 1 Juche x 1 Sam Il x 1 Yoo Sin x 1 Choi Yong x 2 Yon Gae x 1 Moon Moo x 1 So San x 2	2	32	22
Side Kick (slow motion)	Juche x 1 Moon Moo x 1	Juche x 1 Moon Moo x 1	3	6	6
Flying Side Kick	Gye Baek x 1	-	3	3	0
Turning Kick	Gye Baek x 2 (1 x dodging) Choong Jang x 1 (from a crouched position) Choi Yong x 1 Ul Ji x 1 So San x 1	Choi Yong x 1 Se Jong x 1 So San x 1	2	12	6
Back Piercing Kick	Tong Il x 1	Ul Ji x 1 Tong Il x 1	2	2	4
Back Kick (slow motion)	Moon Moo x 1	Juche x 1 Moon Moo x 1	3	3	6
Pressing Kick	Kwang Gae x 1 Po Eun x 1	Kwang Gae x 1 Po Eun x 1	2	4	4
Twisting Kick (Low)	Gye Baek x 1 Eui Am x 1	Eui Am x 1	2	4	2

Continued opposite

Kick	Number of Kicks		Diffi- culty Rating	Total Difficulty Score (no. of kicks x diffi- culty rating)	
	Right Leg	Left Leg		Right Leg	Left Leg
Twisting Kick (Low)	Gye Baek x 1 Eui Am x 1	Eui Am x 1	2	4	2
Twisting Kick (Middle, High)	Sam Il x 1 (Middle) Moon Moo x 1 (High)	Moon Moo x 1 (High)	2	2	1
Reverse Turning Kick	Eui Am x 2 Moon Moo x 1	Eui Am x 2 Moon Moo x 1	3	9	9
Reverse Turning Kick (Dodging)	Juche x 1	Juche x 1	4	4	4
Reverse Hooking Kick	Choi Yong x 2 Yon Gae x 1	Choi Yong x 2 Yon Gae x 1	3	9	9
Reverse Hooking Kick (Slow Motion)	Juche x 1 Moon Moo x 1	Juche x 1 Moon Moo x 1	4	8	8
Hooking Kick	Juche x 1	Juche x 1	2	2	2
Pick-Shaped Kick	-	Juche x 1	2	0	2
Two-Direction Kick	Juche x 1 (side kick)	[Juche x 1 (twisting kick)]	4	4	0
Sweeping Kick	Sam Il x 1 Moon Moo x 1	Moon Moo x 1	2	4	2
Waving Kick	Yoo Sin x 1	Yoo Sin x 1	2	2	2
Crescent Kick	Yoo Sin x 1 Ul Ji x 1	Yoo Sin x 1	2	4	2
Mid-Air Kick	Ul Ji x 1 Yon Gae x 1 Moon Moo x 1	Yon Gae x 1	3	9	1
Flying High Kick	Ul Ji x 1	-	1	1	0
Side Thrusting Kick	Moon Moo x 1	Moon Moo x 1	2	2	2
Side Checking Kick	Moon Moo x 1	Moon Moo x 1	2	2	2
Side Pushing Kick	Moon Moo x 1	Moon Moo x 1	2	2	2
Flying Front Snap Kick	So San x 1	-	1	1	0
Inward Vertical Kick	Tong Il x 1	Tong Il x 1	2	2	2
Outward Vertical Kick	-	Tong Il x 1	2	0	2
Downward Kick	Tong Il x 1	-	2	2	0
TOTAL	68	55		143	111

We again find that the relative difference is almost the same. The total difficulty score for kicks in the black belt patterns is 254. Of this, 143 (56%) is with the right leg, and 111 (44%) is with the left. Almost the same as the 55%-45% we saw in the *number* of kicks.

Summary and Conclusion

The total difficulty score for kicks in all 24 patterns is 300. Of this, the right leg gets a score of 170, while the left gets a score of 130. This gives an overall split of approximately 57%-43%. This is a slight increase over the 55%-45% split we saw in the numbers of kicks, but not a large difference.

It therefore seems that the bias towards the right leg is fairly consistent throughout the TKD patterns. In the overall analysis, we have seen that the left-leggers are certainly at a disadvantage in patterns.



The author performing a side kick on the Rockefeller Centre in New York, 2008

Approximately 10% of people are left sided. It would be interesting to study TKD patterns champions over the years, to see if 10% of them are left legged. The right-leg bias in the patterns would probably suggest that the actual number of left-legged champions is lower than 10%.

Note on the author: Matt Gibb is a 4th degree black belt in the ITF under Grandmaster Trajtenberg (formerly Grandmaster Tran Trieu Quan). He is an International Umpire and is Secretary of the Vision Taekwon-Do Association (www.visiontkd.co.uk).

The TAEGEUK CIPHER

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

by Simon John O'Neill

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

book available at
www.combat-tkd.com
www.amazon.com



Get Yourself In print

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

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

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

Issue Deadlines are the 20th of each month

Submission Guidelines

1. All articles must be submitted in word, RTF or plain text format only with minimal formatting
2. All articles must have photos and pictures to accompany them
3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
6. Please ensure you spell check your work before sending
7. Please send words in hangul or hanja/Kanji as Jpeg files
8. All articles must be the author's own work or have permission from the author to the submitter to publish them with this magazine - please state this in the email sent
9. Upon submission, the submitter of the article and neither the magazine or editor is responsible for any errors, libel or copyright breaches contained within the article (both text, photos and/or pictures) when published. The magazine, nor its editor or staff can be held responsible for anything pertaining to an article or photographs/pictures published
10. The magazine reserves the right to choose what articles to publish and in which issue of the magazine they are published in.
11. The magazine reserves the right to publish articles in the edition of the magazine it chooses, but will endeavour to publish most articles immediately
12. The author of the articles retains full copyright of their work, but by submitting it to the magazine agrees that it can be published within the magazine, both now and in the future
13. The magazine will be encrypted to prevent the copying of articles and pictures, but cannot be held responsible for errors or circumventing of these procedures
14. Once published, any article, both text and photos are subject to the public domain and therefore cannot be retracted. By submitting articles you agree that you understand this.
15. The magazine reserves the right not to publish all pictures submitted with an article, but will try its best to do so depending on space available.
16. The magazine reserves the right to split long articles over several issues if necessary
17. Articles will only be accepted by email, either grouped or in a zip file.
18. The magazine reserves the right not to publish every article submitted, without reason.

Download Totally Tae Kwon Do

This page is a list of sites where you can download your free copy of *Totally Tae Kwon Do*. You are free to use this magazine as a service and attraction for visitors to your site, so long as it is downloadable free of charge. If you have uploaded *Totally Tae Kwon Do* to your site as a download, please let us know and we'll list you as a distributor as you are doing a service to the Tae kwon Do world, as well as the magazine itself.

Send us details of your web page URL, a brief description of your site and a contact email address (see list for examples). As a distributor, you'll also receive the magazine before anyone else so you have time to upload it to your site.

Business are free to set up the magazine as a download from their sites (as long as its free to do so), but cannot be listed on this page and instead should contact editor@totallytkd.com for advertising rates.

Totallytkd.com - The Home of Totally Tae Kwon Do Magazine

raynerslanetkd.com - Home of Rayners Lane Taekwon-do Academy

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

dumainetaekwondo.com - Dumaine Taekwondo

usadojo.com - USA Dojo.com

Kinetictkd.com - Web site of Focus Martial Arts

HONEST JOHNS PRODUCT REVIEWS

**GOT A PRODUCT YOU FEEL YOU SHOULD TELL
THE WORLD ABOUT?**

*A new uniform, training aid, book, DVD or something else? Well,
drop an email to the editor and he'll send you Honest John's address
to send them to for a honest review!*

*Honest John will ensure your product is thoroughly tested by students
of Tae kwon Do, then tell the world his opinions on them through the
pages of the magazine*

Only quality products need apply!





TOTALLY TAE KWON DO

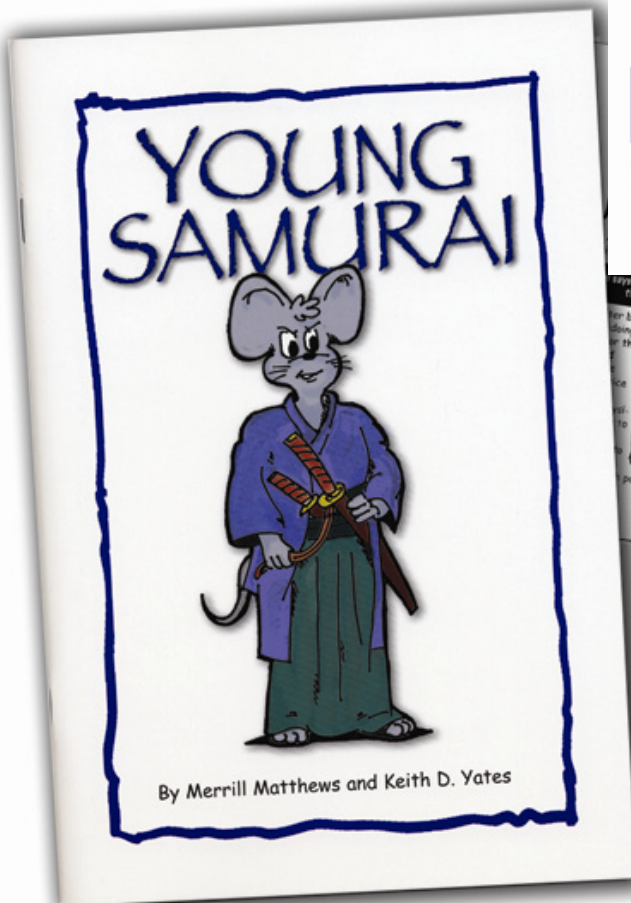
The Free Global Tae Kwon Do Magazine

LIKE WHAT YOU'RE READING & WANT
TO TALK TO OTHER ABOUT IT?

THEN JOIN US ON OUR INTERNET FORUM

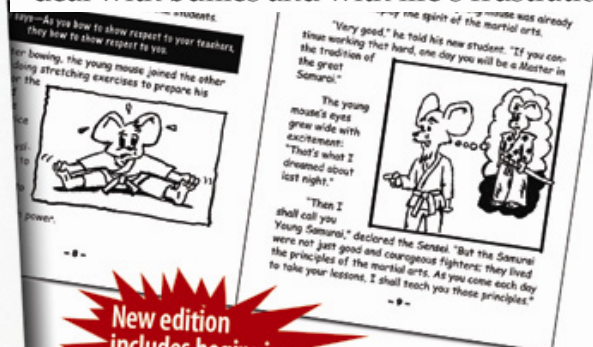
VISIT WWW.TOTALLYTKD.COM TODAY

Or come directly to the forum
<http://totallytkd.proboards.com/>



PERFECT FOR KIDS

Tells of a young mouse's journey in the martial arts as his wise sensei helps him deal with bullies and with life's frustrations.



New edition
includes beginning
taekwondo moves.

Order at
www.akato.org

Go to the "resources" page.

'A master can tell you what he expects of you. A teacher, though, awakens your own expectations.'

– Patricia Neal



Issue 18: 1st August, 2010

www.totallytkd.com