

# TOTALLY TAE KWON DO

Issue 18

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August 2010

The Free Global Tae Kwon Do Magazine



**Matthew Chilcote - Master Dung Le Van - Weapons In TKD**



**Plus**  
**Do It For The Art**  
**Is The Roundhouse Kick A Risk to Your Survival?**  
**Weapons In Taekwon-Do**  
**Surprise: Our Secret Ally**  
**The Philosophy Of Chon-Ji**  
**ICTF Intercontinental Cup**  
**Empty Hand: The Real Karate Kids**  
**Bermuda Taekwondo History**  
**The Value Of Rank**

**Plus More Inside**

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

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# Editorial

## Issue 18 - August 2010

Wow.. A couple of breakthroughs for this (and next month). Finally, we have had some press releases from the WTF.. Many thanks to Seok-jae Kang for taking up the gauntlet and finally sorting something out. Plus, though I won't mention it here just in case, we have had another break through, which hopefully, all going well, you'll see the fruits of from next month.



You'll notice we have a couple of articles with 'Karate' in the title... well, though this is a Tae Kwon Do magazine the articles are of interest to us. Hot on the heels of the release of the remake of 'The Karate Kid' with have details of a new film 'The Real Karate Kids' that follows the lives of some 'real' martial artists and their endeavours in training and competing in tournaments - something that many of us can identify with - I look forward to my preview copy :-). We also have an article on 'The Round House Kick' and whether its 'Karate's Best Kick Or A Risk To Your Survival' - replace Karate with Tae Kwon Do and Roundhouse (unless you use that term) with Turning Kick and it makes the article 100% relevant to us all. It first appeared in Iain Abernethys Jissen magazine and I was impressed so asked both Iain and Martin if I could put it in here, for you guys - I hope you enjoy it, as it's a good, wake-up piece!

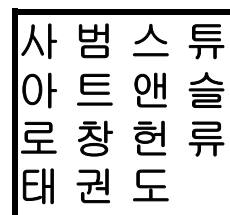
The 'Are You Performing Juche Right or Wrong' debate continues, with a response to last months article by Grandmaster Steiner, which will be its last incarnation in the magazine with further discussions taking place on the TotallyTKD forums, a link to which can be found at [www.totallytkd.com](http://www.totallytkd.com).

Apart from the above, we have the usual mix of great interviews, profiles, insights, reports and informative articles to teach you something new or make you think a bit more, so keep them coming folks.

As always, until the next one - please enjoy this months offering.

Take care,

*Stuart Anslow*  
Editor



Ps. I hear there was a big World Championships in South Korea recently, but we have had no reports on it - a shame that! ;-)



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Edmond Johnson, Grandmaster Mel Steiner, Sanko Lewis, Master Doug Cook,  
Stace Sanchez, Martin O'Malley & Stuart Anslow***

# Totally TKD News



## **WTF Council Approves Aruba as Host of 2012 World Cup Taekwondo Team Championships**

The World Taekwondo Federation held its Council meeting at the Yin Du Hotel in Urumqi, China on July 19, 2010, in which Council members decided on important issues.

The Council gave the Aruba Taekwondo Association the right to host the 2010 WTF World Cup Taekwondo Team Championships and the 3<sup>rd</sup> WTF World Para-Taekwondo Championships in 2012 in Santa Cruz, while it approved the Egyptian Taekwondo Federation to host the 8<sup>th</sup> WTF World Junior Taekwondo Championships in Sharm El Sheikh in November of 2012.

The Council also approved the Burundi Taekwondo Federation as the WTF's 191<sup>st</sup> member national association pending the final approval of the WTF General Assembly in October 2010 in Tashkent, Uzbekistan. In recognition of its efforts for the promotion of taekwondo, the Council also promoted Macao from a provisional member to a full member.

The Council approved the amendment to the Standing Procedure for the Olympic Games and the amendment to the byelaw of the WTF World Ranking.

Council members were briefed on the establishment of the proposed 'WTF Academy,' which will be in charge of

international referee seminars, coach seminars, and taekwondo symposiums, as well as studies for the practical use of the WTF-designated training centers around the world.

They were also briefed on the launch of the WTF' Global Membership System (GMS) and the establishment of a preparatory committee for the WTF's 40<sup>th</sup> anniversary in 2013, as well as the operation of a new system for a referee pool and a judge pool.

The next Council meeting will take place on October 6 in Tashkent, Uzbekistan on the occasion of the 5<sup>th</sup> WTF World Taekwondo Poomsae Championships.

At the very beginning of the Council meeting, WTF President Chungwon Choue introduced Grandmaster Won-sik kang, new president of the Kukkiwon, to the Council members.

"On this occasion, I hope and believe that a closer relationship will be established between the WTF and the Kukkiwon," WTF President Choue said.

In his remarks for the Council members, Grandmaster Kang said, "We must seek continuous change in order to survive. Listening to and reacting to changes in a creative way is the key to success in this modern era."

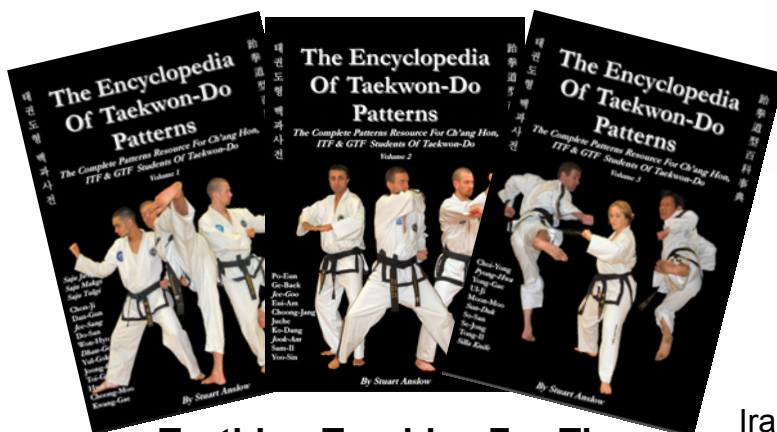
"Those who are insensible and dread to the reformation can no longer remain. Thus, I will make the Kukkiwon a creative and changing organization," Kang said. "My dear taekwondo family, I will bring out the energy required for the future development of taekwondo. Through the Kukkiwon, I will harmonize the thoughts and attitudes of our taekwondo family and I will bring about an era of trust."



Mr. Kang said, "I will take the initiative in the turnaround of the Kukkiwon. The Kukkiwon and the WTF are partners in taekwondo. I ask you to please give me your interest and support as our partner. Our mutual cooperation will work synergetically toward the future development of taekwondo." "I believe with your participation and support will the Kukkiwon, the WTF and taekwondo in a more progressive way. Together let us create a brighter future for the Kukkiwon and our beloved taekwondo family."

In the afternoon, there was a joint press conference for WTF President Choue, Kukkiwon President Kang and Mr. Dai-soon Lee, a vice president of the WTF and chairman of the Taekwondo Promotion Foundation.

*Press Release, World Taekwondo Federation, July 19, 2010. Submitted by Seok-jae Kang*



### Teething Troubles For The Encyclopedia Of Taekwon-Do Patterns

A computer glitch somewhere along the 'techno cyber' line between Publisher, Printers, Distributors and Retailers meant that Volume 2 of the books were listed as 'out of print' following sales of the first batch from places such as Amazon, with many having their orders cancelled by Amazon themselves.

The problem, which was well beyond the control of the author has since been rectified in the US, with all volumes now available. The the UK and other Amazon / Online sites are expected to suit and

hopefully it will all be sorted by the time you read this.

If you were unfortunate enough to actually have an order cancelled, please return and re-order it as Amazon say they cannot bring cancelled orders back.

The books have been very successful since release with copies selling out existing stocks within a few days, so please be patient as Amazon and other places figure out that their supplies keep being over-shadowed by demand.

Unfortunately, the Box Set has still not materialized and is still being looked into (as to the cause of the delays) by the publishers.



### Iran, Korea Clinch Men's and Women's Title of 2010 World Cup Taekwondo Team Championships

Iran and Korea showed its supremacy in taekwondo as they grabbed the men's and women's title, respectively, at the 2010 WTF World Cup Taekwondo Team Championships, which wrapped up on July 20, 2010 after four days of competition in Urumqi, China.

The World Cup event, which took place at the Xinjiang Sports Center Gymnasium, drew 19 male and 20 female teams from 23 countries. All the invited teams fielded four athletes each.

In the men's final team competition, Iran beat Spain 3-1 to clinch the gold medal. Turkey and Korea shared the bronze medal in the men's division.

In the women's division, Korea came from behind to grab the gold medal, while China had to settle for the silver. Korean Wang Hae-ree brushed aside a stiff challenge of China's Lei Jie in the fifth round of the fifth match to earn her country the gold medal.

The bronze in the women's division went to Thailand and Turkey.

Electronic body protectors and an instant video replay system were used at the World Cup event. No protests were lodged during the four days of competition.

All the competitions were conducted in a very orderly, dynamic atmosphere. The three days of preliminaries were conducted in a round-robin format, while the final day of competition was conducted in a single elimination format.

Korea's Hwang Kyung-seon was chosen as the female Most Valuable Player of the event, while Iran's Mohammed Motamed became the male Most Valuable Player.

The Good Fighting Spirit Awards went to Uzbekistan, Kazakhstan and Great Britain. Tunisia, Egypt and Azerbaijan won Active Participation Prizes.

The Best Referee Awards went to Mr. Mohammed Bin Ishag of the United Arab Emirates, Mr. Si Liang of China and Ms. Julie Georges Dib.

Iran's Reza Mehmandoust earned the male Best Coach Award, while Korea's Park Eun-sun won the female Best Coach Award.

*Press Release, World Taekwondo Federation, July 20, 2010. Submitted by Seok-jae Kang*

## Readers Question

Hello,

I practice ITF-style Taekwon-Do. I was wondering if anyone knows of a good Taekwon-Do school that practices Ch'ang Hon style Taekwon-Do, preferably associated with the ITF but not necessary, in the Washington DC area- North Virginia, Maryland, or DC. They just need to practice the style created by General Choi Hong-Hi and teach the Chon-Ji patterns. If someone knows of a do-jang, please email me with information : [trishadearmas@yahoo.com](mailto:trishadearmas@yahoo.com)

Thank you,  
Patricia DeArmas

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# Do It For The Art

By Master Doug Cook

Tae Kwon Do - “the way of defending by kicking and striking with feet and fists” - can be characterized as a uniquely Korean system of empty-hand self-defense techniques proven effective on the field of battle. Clearly, it is also a modern world sport recognized, along with judo, by the International Olympic Committee for inclusion in the Olympic Games. But perhaps most importantly it is a traditional martial art, the operative word here being *art* and as such allows for personal expression within the confines of technical integrity. Used as a vehicle for aesthetic articulation, tae kwon do is further enhanced by the fact that it is a martial way, or *do*, rather than a purely pugilistic system exclusively designed to destroy an attacker in combat.

The contemporary model of a martial way or art evolved from a desire by noted masters of the past to transform their traditional fighting skills, no longer as relevant in times of peace, into systems capable of achieving personal excellence through disciplined martial training accompanied by an implied code of honor. By way of example, tae kwon do, tang soo do, karate do, aikido, and judo are all offspring of defensive methods whose sole purpose was to subdue an aggressor bent on mortal harm with little or no regard given to character development. These potent fighting systems - systems such as daito ryu aiki jujutsu - were diluted or sanitized just enough to remain faithful to their original nature, but made safe enough to train in on a consistent basis by the general public. Granted, kong soo do, tae soo do and tang soo do, the precursors of tae kwon do, were introduced to the Korean armed forces through the Oh Do Kwan in 1953 by the creator of the 29<sup>th</sup> Infantry Division, General Choi-Hong Hi. Symbolized by an insignia depicting a fist

over the Korean peninsula, the “Fist” or “Il Keu” Division distinguished itself by marrying regulation drills with martial arts training making it a truly unique entity within the Korean military. According to General Choi, his soldiers were “ready to fight with or without weapons.” The power of this statement was verified in the jungles of Vietnam where the Vietcong were instructed by their commanders to avoid the Korean fighters at all costs.

Yet the vast majority of tae kwon do practitioners, then and now, were not soldiers but ordinary human beings for whom injury meant lose of work or a prolonged absence from educational activities. For these individuals being on the business end of a well placed backfist no doubt meant severe injury. Likewise, a wrist lock performed with determination could hamper simple dexterous ability for extended periods of time. Yet these techniques are the essence of any defensive martial discipline begging one to invariably ask how often they will actually need to utilize these skills in daily life. This is a question worthy of serious consideration asked by many in the martial arts community today.

Paradoxically, individuals who routinely practice a traditional martial art in modern society do so for a myriad of reasons other than to inflict injury on another human being. These reasons can range anywhere from engaging in a decidedly Eastern experience to maintaining physical fitness and instilling focus in children who might otherwise be glued to a computer screen. To many of these adults simply exercising at a gym can be a mind-numbing proposition. Similarly, seeking solace in sedentary quests for enlightenment ignores the body’s need to articulate itself in the spatial plain.



Furthermore, adolescents frequently forced to participate in contests of physical superiority on the gaming fields can prove disheartening at best. Conversely, since traditional tae kwon do is a comprehensive *art* or way, replete with virtue, discipline and vigorous motion, it has the ability, if taught with passion and sincerity, to fill the vacuum created by the exclusive practice of competitive sport or the dogmatic pursuit of confounding philosophical paradigms.

In his delightfully entertaining book *Iron & Silk*, author and martial artist Mark Salzman attempts to make sense of the enormous time and effort he invests in his *wushu* training. One day, accompanied by his teacher, he visits a Taoist temple high in the mountains of China. There, while training, he witnesses a group of young women performing a traditional dance incorporating silk handkerchiefs. Later, upon completing his *taijichuan* session, he questions Teacher Hei about the need for such perseverance in the martial arts since he had never been engaged in a fight nor did he consider himself a fighter. Teacher Hei

responds by saying that if he were truly training for combat he would become a soldier. He further points out that the long spear they are wielding has degraded into nothing more than a cultural artifact with no practical value to the modern warrior. Yet he reminds Salzman that it would be tragic to squander skills accumulated over centuries by masters of the art simply in the name of expediency. "I guess I see what you mean" Salzman allows, "but still, what reason can I give myself for all this effort?" Shrugging his shoulders, his teacher admits "I don't know - why dance with handkerchiefs?"

Readers who are familiar with my books *Taekwondo: Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo – Core Techniques, History, and Philosophy*, and *Taekwondo: A Path to Excellence* know that I am an avid believer in the practical, realistic application of traditional tae kwon do technique during the performance of poomsae, while executing basics on the dojang floor, and while sparring in the ring. Nevertheless, if the serious student is to



*Master Doug executes a side kick at Kumgang Taekwondo Center, South Korea.*

embrace tae kwon do in its fullness an appreciation for precise motion, body placement, and personal expression within the boundaries of technical integrity as it corresponds to the *art* of tae kwon do, are all essential ingredients of holistic training. Admittedly, even on today's electronic battlefield filled with exotic firearms and tactical weapons, empty-hand combat techniques can prove useful in tight, urban warfare. Nonetheless, the majority of our civilian population will hopefully never experience the dangers of hand-to-hand combat. Personally, I practice traditional tae kwon do for its inherent defensive aspects coupled with the moral and physical stamina it cultivates. But, like many of us, the more I practice, the more I realize I have less to defend against. Not surprisingly, over the course of time, constant daily drilling has evolved into a Zen-like state of moving meditation. More and more I find myself performing blocks, kicks, and strikes simply for the *art* of it. Is this wrong? Should I and others like me ultimately be practicing ballet or some other form of artistic dance instead? I think not. Certainly there is a fiercely practical component to our training, but practicality must be balanced, according to the Um/Yang, by impracticality and art is often impractical. Think of Pollack, Martha Graham, and, yes, even traditional Chinese

dancers waving silk-handkerchiefs.

Zen Buddhist doctrine teaches us the importance, through meditation, of developing *mushin*, or mind/no-mind. In the case of tae kwon do, this skill is applied in the ability to repel an attack instantly unhindered by conscious thought. As an added benefit wiping the mental slate clean prior to training also minimizes the toxic effects of self-criticism - selective behavior that can significantly diminish proficiency both in the long and short term. But the cleansing effect on the mind does not need to end there. Once the intellect is uncontaminated by mental clutter and the serenity of moving meditation triumphs, try if even for a moment, practicing tae kwon do *not* in anticipation of an unprovoked attack or to accumulate points in the ring. Try simply doing it for the *art*.

**Master Doug Cook**, a 5<sup>th</sup> dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a student of Grandmaster Richard Chun, and author of the best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo... Core Techniques, History and Philosophy* and *Taekwondo: A Path to Excellence* all published by YMAA of Boston. He can be reached for discussions or seminars at [chosuntkd@yahoo.com](mailto:chosuntkd@yahoo.com) or [www.chosuntkd.com](http://www.chosuntkd.com).

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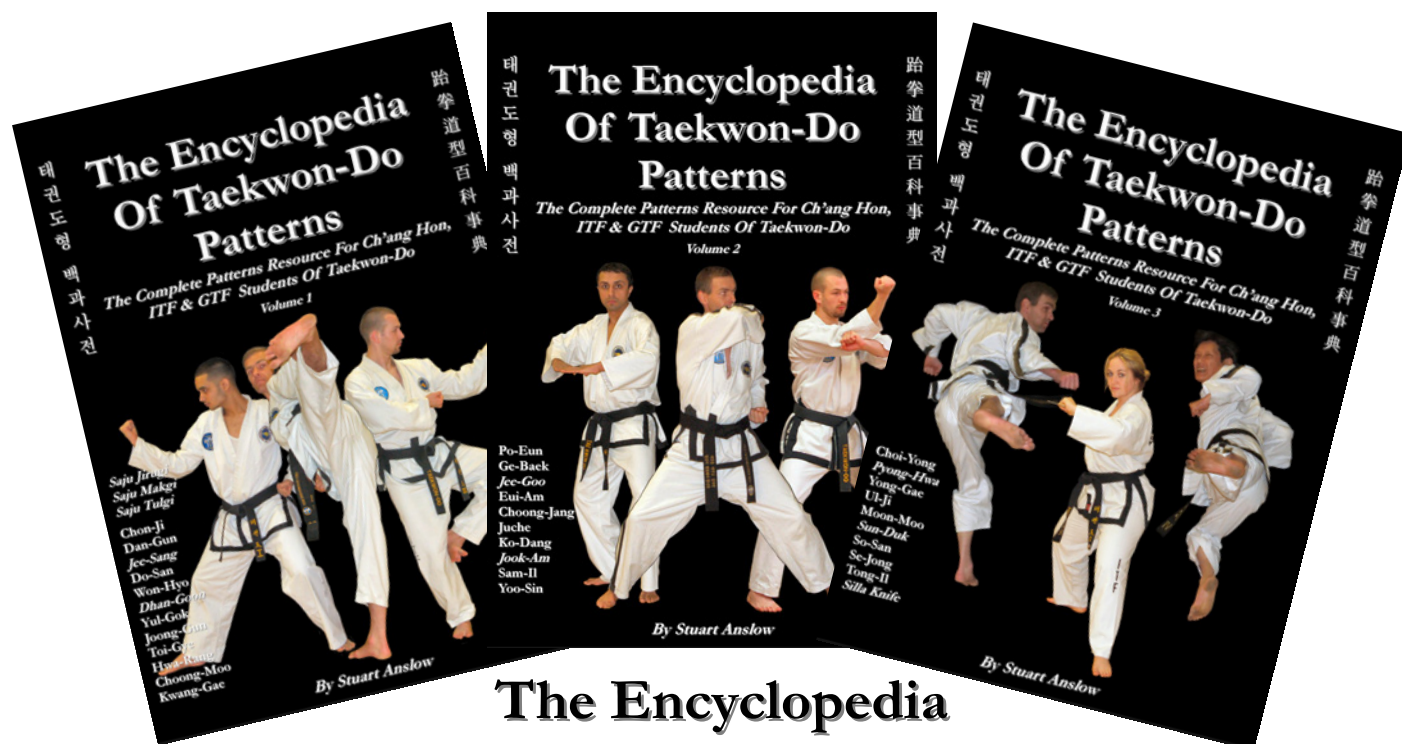
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# 60 Years In The Making...



## **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.

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# ***An Interview With*** **Master Dung Le Van,** **7th Dan**

By Simon John O'Neill

Dung Le Van is a truly exceptional master and martial artist. A man of small physical stature, he is capable of generating tremendous power seemingly without effort from the shortest of movements. His style, while nominally Kukki Taekwondo, is very much his own, and incorporates an enormous and varied range of technique and concepts not usually touched upon in the standard Taekwondo syllabus. Whether coaching championship-winning sport Taekwondo teams or instructing his students in the development of their *chi*, his teaching is without exception surprising, inspiring and practical. Unafraid to question accepted conventions, he has transcended the boundaries of what is expected of a master, and in doing so has attained real mastery.



It is a privilege to have trained with Master Dung Le Van, and I am most grateful for his willingness to share his thoughts with me and our readership once again after so many years.

**Master Dung, why did you decide to take up martial arts?**

I left Vietnam, my native country, in 1960 with the French army. My dad was an officer in the French Foreign Legion and was teaching the Legionnaires unarmed combat for survival in the Vietnam War.

When I arrived in France I was only 5 years old. We used to live in a refugee

camp and that's where I started training. There was a black belt in Karate in the camp and all the children trained with him. As a refugee in France we did a lot of fighting in school. The French children were very racist and I learned to fight to defend myself. It was terrifying at first, but when you get bullied in the end you have to fight back.

I started to train properly in Karate when I did my military service in Orléans and after that when I went to university in Bordeaux. It was Wado Ryu style and I got to brown belt.

**When and where did you start to train in Taekwondo, and who were your early teachers?**

In 1978 I left France and settled down in Bristol with my wife and found a Kukki Taekwondo club. I enrolled and found that this new style fitted my body. Taekwondo was not very popular at that time. The kicking techniques, though, were amazing. My teacher Thomas Yau was such a good traditional martial artist, while Fred Low was a fearsome fighter. He was the South East Asian champion.

**Which style of Taekwondo did you train in? I seem to remember you mentioning Chung Do Kwan.**

The style of Taekwondo then was different. My teachers were originally from the Oh Do Kwan style, which is a branch of Chung Do Kwan. It was formed by the army in Korea. General Choi Hong Hi was a member of the Chung Do Kwan but wanted to develop a military form of Taekwondo, so Oh Do Kwan was the army style of Taekwondo and later became the ITF style.

**Which patterns did you learn? What is your opinion of the newer pattern sets in comparison to the older ones?**

The patterns then were Palgwe. The change from Palgwe to Taegeuk was a major one. Taegeuk has more high stances and is more adapted to children and fighting, while the old Palgwe was

harder and more technical, very much similar to the ITF patterns.

**What was a typical training session like in the old days?**

The training then was not aerobically hard but was hard-hitting on the body. We used to train the old-fashioned way of martial arts. We trained to get our limbs strong and to resist pain. We used to hit our shins and arms with a stick. The horse-riding stance exercise was dreaded by all students. The training then was traditional and at the competition there was no protection, no body armour, no shin guards and certainly no head guards.

**How has British Taekwondo changed over the years?**

Taekwondo changed, and over the years it became a popular way of fighting with its foot techniques. It was during that period when Jacky Chan released his first film, I think *Drunken Master*. Especially when the film introduced a Korean fighter – I can't remember his name ... I think it was Hwang Jang Lee – his kicking was amazing, and it inspired all Taekwondo students to train hard. At that time the British Taekwondo Association represented Britain in the world. When Master Kim Yong Ho appeared on the scene in the 80's, we were glad to see him. He is the most knowledgeable Master and a real martial artist. I have great respect for him because he reorganised Taekwondo in Britain and under him the British Taekwondo Control Board flourished and Britain was then recognised worldwide. We won international competitions and he took the team to international venues to promote British Taekwondo in the world.

**How did you get established as a martial arts instructor in the UK?**

I established myself as a martial arts instructor because when my master Thomas Yau left for Hong Kong I started to train in the ITF style. That was in 1982. I took my black belt again under Master



*Master Le Van (right) with Hussein Mortazavi*

Rhee Kee Ha. It was very different, coming from fighting in full contact to fighting semi contact. I did not like the style after all, and then decided to teach my old way of training.

I was more a traditional teacher and expected students to get fit at home. I never taught them to run around or do sit ups in the class. Master Kim helped me to start my classes. I modelled myself on him. He was a genuine master. He would never cheat his students. He was a devoted Christian and that was his strength. I opened a club at Bristol University because my classes attracted many students. Two black belts, Hussein Mortazavi and Ali Reza Sharafi, helped me to run it.

**What philosophy do you put into**

**practice in your own club? What are the main objectives of your teaching?**

The philosophy I have adopted for my style of Taekwondo was based on my past experience and my views of how Taekwondo should develop in the future. I believe that Taekwondo is a means which enables students to test their physical and mental ability. What I mean is that students should learn about themselves, know how much they can do, stretch themselves to the limits and improve. It's a Buddhist way of thinking: perfect yourself before improving your environment. My philosophy is to build confidence in oneself and then martial arts will be easier to learn. Nowadays Taekwondo has become a sport. It's all kicking and it's frankly plain. Martial arts training is more than this. You can only kick a few kicks in a lifetime and then when



you get old you will give up your martial arts.

Many students only see the strength of sport Taekwondo but miss the essence of martial arts – the *chi*. I have been studying how to gain *chi* in the martial art for a long time. I have not seen it in many of the Korean masters, and even less in the European masters. I have developed my own training for *chi gung* and introduced it in my *poomse*.

**Do you consider modern Taekwondo (Kukki and ITF), as it is currently taught in the majority of schools, to be an effective self-defence method?**

When I studied ITF style, I didn't consider it a self-defence method. As a black belt in ITF I thought at the time that it gave students false confidence. How could you learn to fight without hitting? It was like boxing without hitting. To me, ITF was an old-fashioned martial art. Nowadays, however, much more contact is allowed and it has become much more realistic.

On the other hand, the WTF style has evolved a lot more. It is now more of a tournament fighting art. Its kicking techniques are out of this world, but it is not really a self-defence art either. WTF Taekwondo as it is taught now is sport, not self-defence.

As masters we all have had to change our kicking techniques to get the speed and power for the Olympic-style competition. Our kicks are evolving so quickly that if you

don't experiment with the art you will be left behind. This only happens in sport Taekwondo. Traditional Taekwondo is still the same with its values and ethics, all based on family and society.

**At the time I was in Bristol in the mid-90's, you were teaching close range simultaneous trapping and striking drills, *chi gung* exercises to develop power and focus in short punches, and other practical self-defence skills not**

**usually seen in the typical "sport Taekwondo" class. What kind of programme do you teach now?**

Well, my classes now are not boring old traditional Taekwondo classes any more. I start off with a Tae Bo session which I designed as a warm-up and to introduce fighting techniques without my students knowing it.

We have been very successful in competition. The University of Bristol Taekwondo team won the National University Cup 4 years running. We lost it the following year because of the lack of senior members.

They have to finish studying sometime!. But sport Taekwondo is not self-defence. I believe that the way the martial arts are going is the way that Bruce Lee foresaw; he was years ahead of his time. In my classes I teach a mixture of styles from Karate to Judo to prepare students for a confrontation. Our self-defence system is based on kicking, grappling, punching and throwing. I teach grappling Tai Chi. I often have Tai Chi instructors training with me and they help





*Master Le Van (jumping) with Hussein Mortazavi (left) and Ali Reza Sharafi (right)*

to teach it. Since I last saw you I have also become a black belt in Arnis, Filipino sticks, and I teach these techniques to my senior students.

**What would you teach a student if you only had a limited time to instruct him or her in the basics of self-defence?**

One piece of advice I would teach to a new student about self-defence would be to be aware of your environment at all times. If one is aware of their environment and situation one can avoid confrontation. Let's take an example. No-one in his or her right mind would walk alone late at night through a park. This is inviting confrontation. If you have to do so, then you must be aware of where you are walking. You also must be aware of the people who are on the street and plan your self-defence just in case. What I mean is, whenever I walk home late at night after work, I am aware of everyone in the street, the way they walk, talk and behave. I also look at the street with unlit dark corners and try to avoid them. A lot of

people are not aware of all that and they just walk straight into confrontation.

The other thing is that when confrontation happens, you don't necessarily need to do physical self-defence. Another example. If a group of people attacked me in the street late at night, I would first try to jump on any parked cars to set their alarms off. You will definitely attract the attention of the car owner and therefore help.

In terms of physical self-defence, my teaching philosophy is always orientated towards a strong person attacking a weak person. Therefore, I would teach a new student use of basic kicks. Just kick low at the knee joint or shin. Kicking is more powerful than punching and it also keeps you at a safe distance. You can generate 75% of your power by kicking but only 25% by punching. Taekwondo high kicking is useless in self-defence because you are more open to grabs. At close distance, I teach my students how to strike vital points

with their hands.

### **What is the function of the patterns for you?**

Patterns are firstly a means to teach students to focus, to develop strength and balance, stance and posture, and to stretch their ability to kick and punch. Secondly patterns help students to breathe to develop their *chi*, and if they do them slowly, they allow them to meditate. Thirdly patterns allow masters to pass on their own style to the students, the style they have developed during the years of training. A lot of students think that *poomse* is boring because they prefer sport fighting. They don't understand that *poomse* can teach them real fighting instead of competition fighting. That's why all the traditional martial arts have patterns in their curriculum. Taekwondo *poomse* can be interpreted as self-defence techniques incorporating grappling, kicking and vital point striking. All martial arts should include these three elements.

The new competition rules now enable students to perform the patterns in a more artistic way. They now take into consideration the interpretation of a pattern more than its movement. For example, Keum Gang pattern. You can interpret it as a diamond mountain, whose mood would be strength and balance, and it embodies religious spirit for the Koreans.

### **What projects are you working on at the moment?**

Actually, I'm helping a doctor to write a study on injuries in Taekwondo kicking. Hopefully it will get published.

### **Many thanks, Master Dung, for your time and your answers.**

Thank you. Good luck, train hard and keep writing!

*Master Dung Le Van runs a highly successful Kukki style Taekwondo club in Bristol, UK, and is the chief instructor of the University of Bristol Taekwondo club.*

[www.levantaekwondo.com](http://www.levantaekwondo.com)

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# **The Roundhouse Kick**

## ***Karate's Best Kick Or A Risk To Your Survival?***

**By Martin O'Malley**

Roundhouse kick is one of the most common kicks thrown in striking based competitive Martial Arts. Competitors generate tremendous force in the impacts from this fantastic kick, and anyone who has received 'a good one' will know that it has a significant effect on the whole body, from the pain of the impact to the disorientation as you try to locate the opponent again to give it back to him/her.

Yet, despite its unquestionable effect, roundhouse kick is not seen in Karate Kata. Gichen Funakoshi the 'Father of Japanese Karate-do' doesn't mention it in his books in 1925 or 1936.

Shoshin Nagamine, one of the great masters on Okinawa doesn't mention it in his 1970's training manual, the Essence of Okinawan Karate, while Choki Motobu, contemporary of Funakoshi and one time teacher of Nagamine, noted for his practical applications of Karate demonstrates kicking in his Okinawan Kempo, and yet roundhouse kick doesn't feature.

In fact, I have not seen any book by any Karate master pre-1940 which includes the roundhouse kick (please advise if you have a genuine copy of one which does), and even our own W. E. Fairbairn doesn't

include it in his training manual 'Get Tough'.

Incidentally, Funakoshi, Nagamine and Fairbairn all include front and side kicks, but not side thrust kicks as performed in modern Karate, rather sokuto geri (of a type in Fairbairn's case) is demonstrated.

Why, would such eminent masters of Karate neglect to mention, even in passing the formidable roundhouse kick especially when Funakoshi and Nagamine both list the basic techniques of Karate in their written works? And why would Fairbairn not include this devastating kick in his preparation of the military personnel for battle. The only conclusion that I can come to is that it was not considered a good kick for self protection/ combat situations.

Then, how did it end up in Karate? According to some

sources, including written work by some members of the Shotokai organisation, it was actually Funakoshi's son Yoshitaka (Gigo) Funakoshi who introduced the roundhouse kick to Japanese Karate, along with yoko geri kikomi and ushiro geri. These developments would seem to have come about or at least presented to the world sometime between his father's publication of Karate Do Kyohan in 1936



and his premature passing in 1945.

Now, some will be thinking to themselves, 'who is this guy saying that it isn't a good kick', or 'just because it was developed recently doesn't mean it's no good', but to be honest, I cannot see that generations of people who trained for genuine life threatening situations, cross trained with Martial Artists all over the oriental/south Pacific trade routes, which according to maps in Shuri Castle, included Thailand where some claim the roundhouse kick was originally developed, over the course of several hundred years didn't even consider the technique of roundhouse kick, but a guy who trained for less than 20 years, suddenly and inspirationally developed this exceptionally powerful technique which could devastate the legs of any opponent.

If it had been practiced in Shorin-ryu which Nagamine and Funakoshi both studied, or in Naha-te which according to some Funakoshi trained in under Higashionna, and of which Nagamine's friend Chojun Myagi was a great master, then surely they would have recognised its importance and included it in their teachings, however, the fact remains, they did not and so the question must be asked, why not?

When we consider the key factor in generating power in the roundhouse kick we can see that the supporting foot must rotate significantly during the kick. There can be various discussions as to at what point and how far, but the fact remains that the rotation must occur. We can also see

by just standing and slowly bringing our leg around without rotating the supporting foot, pressure starts to come on the knee, ankle and depending on how far you go, the thigh/hip area. We can literally feel that this is a dangerous movement for our joints. As instructors, we advise students to make the rotation, not just for the power development, but also to protect their bodies.

If we suppose for a moment that you are in a conflict situation, and for some reason, your foot could not turn, suppose it was obstructed by something and you put everything into the kick, I would suggest that you would at the very least seriously damage the ligaments of the knee and ankle joints of the supporting leg, decimating your chances of successful counter attack.

Should you be in a combat situation on the dirt roads, fields or mountain sides of old Okinawa would the surface have been clear enough of obstructions to risk such an injury? Would the battlefields of WWII be any better? And if you did receive such an injury would

your opponent(s) stop and bring you to the nearest doctor for treatment or continue with their former action?

The environment of application must be considered as an integral component to the realistic application of any technique. Example – no one would question the effectiveness of a hand grenade, but no police force would issue its members with them. They don't suit the environment of application.

So what exactly are the risks to us in our



day? Of course, we have tarred roads, pavements, etc, but pot-holes in roads, cracks in the pavements, man-hole lids, kerbs, rubbish bins, steps and stairs, still make for a relatively uneven or obstructed surface. How many times have you personally or someone you've seen trip or miss their footing while walking down a street?

Go into bars and nightclubs, with steps and stairs, beer soaked floors, the act of trying to balance on one foot in this environment is crazy, but then add another component, twisting on that foot, and it's down right dangerous.

Combat Sport-wise, in a clean, clear, dry, unobstructed matted area such as a tatami, boxing ring or octagon, the benefits are immense, however, in the streets and back alleys, pubs and clubs, where obstructions, rough ground and wet surfaces are very common (particularly in our rainy weather), it is questionable as to whether or not roundhouse kick should be even considered for inclusion in Kata applications/self protection training at all.



I can hear people saying, 'but we have always practiced roundhouse kick, it has become an integral part of Karate and self protection, we have to do it'.

Ask any security officer who is involved in Martial Arts how many roundhouse kicks they have used at work over the last year, in fact, ask any security officer at all how many of any kind of kick they've used in the last year. I'd suggest that for all but those in the 'fight every night' pubs and clubs the answer will be less than three. Yet time is

taken, practice is done and participants of classes and seminars all develop their skills at roundhouse kicking.

What does happen is that participants get the feeling of hitting a hard, low roundhouse kick and feel that they are ready for action (which does in itself have some inherent psychological value), however, in actuality, front kick is of infinitely more value.

Then there's the other statement I can imagine people saying – 'when we enter the fight, we'll decide what techniques we are going to use in particular situations'. Sorry, you're not going to be able to think of your own name, never mind decide whether the situation is environmentally friendly enough for one particular technique.

The purpose of this particular piece is not to upset or offend people, but to highlight the need for those interested in the combat application of Karate to examine the techniques from the usual perspectives, base meaning, entry, exit, responses, stopped technique, etc., but also from the perspective of environmental factors, where is the technique going to be used, and what are the limitations on it's use within this environment.

When we take all of these into consideration we can then make a better decision as to whether we are teaching techniques because we always have, or because they are genuinely useful to the people who place their faith in us as teachers.

*Some of the photos within this article are courtesy of [www.kickpics.net](http://www.kickpics.net)*



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# Chosun Taekwondo Academy Students Visit Korea

By Master Doug Cook

At one time or another almost every martial artist dreams of visiting the country from which their chosen discipline has evolved. To the karateka, that region is Japan; to the kungfu practitioner, it is China. But, to the taekwondoist, it is a peninsula rich in greenery with mountains masked in swirling mists that rush to meet the sky. This enchanted nation is called Korea: Land of the Morning Calm. Couple this desire with the opportunity to train alongside revered icons in the martial arts community and you are presented with a winning formula for a highly rewarding adventure. Few people are given the opportunity to genuinely realize this dream. Yet, that is exactly what twenty-one students from the Chosun Taekwondo Academy, a local martial arts and hatha

yoga center headquartered at 62 Main Street in Warwick, New York did this July when they visited Korea – the homeland of taekwondo. The Chosun group was lead on their journey by head instructor and 5<sup>th</sup> degree black belt, Master Doug Cook. Accompanying the group was martial arts pioneer Grandmaster Richard Chun, 9<sup>th</sup> degree black belt and president of the United States Taekwondo Association.

The fourteen-hour flight from New York to Seoul acted as a prelude to an intense seven days of physical, cultural, and academic training. The detailed itinerary included instruction by world-famous grandmasters at the Kumgang Taekwondo Center, the World Taekwondo Instructor Academy, Gulgosa Temple, the Moo Duk



*Master Doug Cook (front) trains with his students at the Kukkiwon*



Kwan/Namchang Dojang and the Kukkiwon - center of taekwondo operations worldwide. Each day presented a diverse and challenging training opportunity. While at the Moo Duk Kwan/Namchang Dojang, or Institute of Martial Virtue, an outstanding demonstration of martial arts skill by Grandmaster Shin Chul Kang's team was followed by a series of kicking drills incorporating the Chosun students ranging in age from 8 to 72 years old. Similarly, Master Byeong Cheol An of the Kumgang Taekwondo Center, a face familiar to the Chosun students from previous training excursions, featured strenuous exercises in self-defense and sparring. Another significant component of the educational journey included a day of instruction at the World Taekwondo Instructor Academy in the tiny village of Yangsu-ri, surrounded by rice paddies, where the Chosun students practiced the most current iteration of poomsae – the choreographed, dance-like formal exercises unique to taekwondo – taught by Grandmaster Gyoo Hyun Lee, a sanctioned standard bearer of the art. Yet for many, training at the Kukkiwon represented the highlight of their training.

There, Grandmaster Jong Beom Park again concentrated on poomsae practice.

In an effort to provide a balanced program that supported both the um and yang, or soft and hard components of taekwondo, the participants traveled to Kyongju, the ancient capital of the Silla Kingdom located in the southeast portion of the country. There they sampled Korea's rich, cultural heritage firsthand. Sights of interest included Bulguksa Temple, Tong-Il Jeon Shrine and the National Museum of Korea.

Yet, in what can only be compared to a scene borrowed from the movie *Crouching Tiger, Hidden Dragon*, a singularly memorable event of the excursion required the Chosun students to endure a steep climb through rain and cloud-like mists to Gulgosa Temple perched high atop the mountains overlooking the Great Kyongju Plain. There, the Chosun students studied Sunmudo, or Traditional Korean Zen Martial Arts, followed by a monastic meal with the resident Buddhist monks.

Master Doug Cook, owner and head



**Chosun Taekwondo Academy students with Grandmaster Gyoo Hyun Lee (center)**



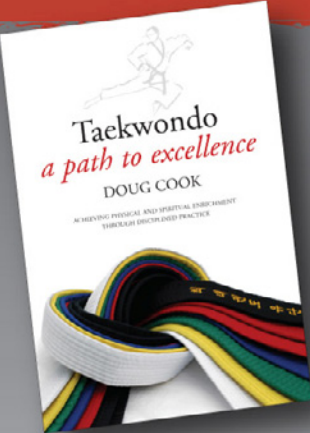
instructor of the Chosun Taekwondo Academy, stated, "It is an honor to provide our students with traditional training of this caliber mixed with the cultural exposure a trip of this nature offers. The students who accompanied Grandmaster Chun and I returned with a less provincial view of taekwondo along with a palette of experiences they will recall fondly for the rest of their lives. This was our school's fifth training tour of Korea and I am already planning another excursion for 2013. I urge anyone interested in the martial arts to join us."

Students participating in the 2010 Chosun Taekwondo Academy Training & Cultural Tour included: Robert Adams, Virginia Makkay, Erica Linthorst, Pamela Pyke, Harold Pyke, Eleanor Pyke, Jake Garrett, Nancy Garrett, Linda Taylor, Sebastian Tune, Thomas Hamling, Chase Hamling, Mary Sudul, Daniela Roche, Patricia Cook, Jeffrey Thompson, Donald Parker, Christopher Jeruzal and Michelle Kropp, as well as Grandmaster Richard Chun and Master Doug Cook.

Aside from offering authentic taekwondo instruction, the academy, which is celebrating its thirteenth anniversary and will be hosting its annual Open House from 11am to 2pm on Saturday, September 11th, also features classes in hatha yoga and tai chi, all taught by

qualified, adult instructors. For more information on the programs offered at the Chosun Taekwondo Academy call (845) 986-2288, or visit their website at [www.chosuntkd.com](http://www.chosuntkd.com).

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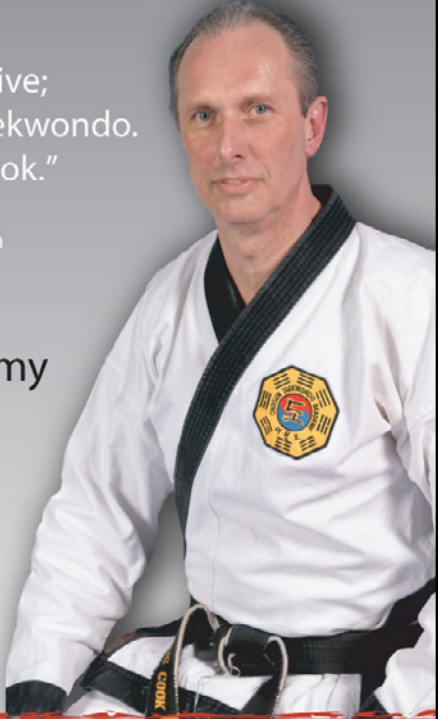
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# Surprise: Our Secret Ally

By Stuart Anslow

## sur·prise

*transitive verb* surprised -·prised', surprising -·pris'ing

- to come upon suddenly or unexpectedly; take unawares

- to attack or capture suddenly and without warning

- to cause to feel wonder or astonishment by being unexpected

- to present (someone) unexpectedly with a gift, etc.

- to cause by some unexpected action to do or say something unintended: *to surprise someone into an admission*

- to bring out or elicit by such means: *to surprise an admission from someone*

**Origin:** ME *surprysen* < OFr *surpris*, pp. of *sorprendre*, to surprise, take napping < *sur-* (see sur-) + *prendre*, to take (see prize)

## noun

- NOW RARE the act of surprising or taking unawares

**an unexpected seizure or attack**

- the state of being surprised; feeling aroused by something unusual or unexpected; wonder or astonishment

- **something that surprises because unexpected, unusual, etc.**

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Many of us now incorporate Boon Hae (or applications) into our martial arts training these days, as to be honest, it is the only way to travel for those trying to gain more from their system or those actually studying their system to the degree it deserves.

There are different levels to training and drilling applications; the most common being to run through a drill with a compliant partner! First a pattern is learnt and then many jump to what I refer to as stage '3' and start practicing applications. However, stage '2' is a very important stage and this is simply looking and studying your patterns in detail or in-depth as it is this

knowledge that is the basis to making an application actually work, as opposed to simply working with complicity – it's all in the small details!

However, despite the various stages of drilling applications, stage '4': drilling them against a resisting opponent presents a couple of major problem! Now, if you are attacked in the street it would usually be because a) your being an a#####e because you have had too much to drink or b) because you seem an easily defeatable target (hopefully – in a weird way, the most likely).

Obviously you have trained in self-

protection routines – colour codes, target hardening etc. Your *'fence'* work is at optimum levels and you have trained *'lessons in aggression'* (switching on/off) as well as studied the effects of adrenaline - but still you are attacked and here is where the difference between the dojang and the street kick in!

As I said, when you are 'attacked' it is because in some way, shape or form you are considered an easy target and thus, easily defeatable – should you respond then you *'surprise'* your attacker, should you respond with an intelligent counter, your attacker will be even more surprised – hopefully as his face hits the pavement and you saunter off unscaved!

In this scenario you have used, not only your training (which you have fostered and honed in the dojang) but also the element of surprise to your advantage – all this helped you obtain victory!



*With the element of 'surprise' unexpected results occur!*

The problem is, how do you actually train *'surprise'* within the dojang? And more to the point, why try to train it at all, after all, all we can all *'surprise'* our opponents in the way described above.

Well, let me answer the second question first, why try to train *'surprise'*? The reason is, not for the advantage it may give, but to see and more importantly to *understand* the effect that it has, and this in turn will shape your future training and will stop you discounting certain applications because they seem not to work so good for you and

thus, in return, add more to your counter arsenal of techniques.

No matter whether you are drilling applications with a compliant or resisting partner they always know that one way or another, one of you will be trying some form of application against them, hence *'surprise is lost'* and its down to technique and, to be honest, how much resistance your partner will offer, as from what I've seen, even in non-compliance type drills, partners *'comply'* more than say a normal person may because they know the effect certain applications will have without such compliance!

Take for example a block that is actually an arm-lock; through training, your opponent comes to understand that once the technique is almost on, to resist would mean an injured elbow joint – so complies more easily

than someone who doesn't understand this! This, though resisting, is human nature or in other words, self-preservation! In a street encounter, the same technique to an unknowledgeable opponent may well result in a broken elbow joint, as that is the final outcome of such a technique and what, as students, we desire when using them in a self defensive mode.

So, the secret to applying a technique, against a fully resisting opponent is firstly to train and drill it so it becomes second nature, but also *'surprise'*. Which leads me back to the first question as the problems



exists of how to train the area of 'surprise' and the answer is.. Surprisingly (no pun intended) – we don't!

We don't, because we can't, as it's a conundrum – if we attempt to train it as in a drill (as most are use to or know drills to be like) in a standard fashion then it's no longer a surprise and thus, we aren't training it.

As an example to highlight this to my students I often use the following: I explain in similar terms as I have in this article about the effect of 'surprise'. Then I get a student slightly heavier than myself and tell him

I'm going to pick him up and he/she should drop their bodyweight and 'think rooted' and basically not allow me to pick them up. Through this, depending on who is picked and how much they understand about 'rooting'

and/or 'thinking heavy' the other students see that it's either impossible, very hard or not without a struggle!

Now, "impossible, very hard or not without a struggle" are not things you want added to the scenario if you have to defend yourself – "easy, quick, like clockwork, as I trained" are the terms I'd like to hear relating to someone having defended themselves – but these all come, in the main, with the element of 'surprise' attached to them.

To train 'surprise' you have to break the rules – perhaps the rules of your dojang (though you could always seek the instructors permission beforehand), but more-so the rules of engagement regarding types of training, as by breaking the rules it allows us to add the element of surprise into the training. We shouldn't go over the top or perform wild or dangerous applications (such as elbow breaks etc.) but by breaking the rules we circumvent our opponent's expectations and thus 'surprise' them.

See how easy a sweep is perform if your



*Taken when shooting pictures for Ch'ang Hon Taekwon-do Hae Sul - I'm sure you can imagine the effect if Mr Gautam (the other black belt) was not acting in jest - the element of surprise at its most painful!*

opponent doesn't expect them because the rules dictate 'no low attacks'. See how easy it is to gain an 'arm-lock' or a 'choke' when the rules state 'no holding or grabbing', even see how easy it is to land a kick when the rules (at that particular

time) state 'hand techniques only' – as opposed to when the rules 'do allow them' - what surprise does it take a technique that perhaps has a 50% chance of working against a trained defender and give is a 90% chance of working and remember – our attacker on the street isn't a trained defender – he/she expects you to capitulate easily, or else you wouldn't have been chosen!

**Why is this important to applications?**

Well, it's because students discard

applications as 'unworkable' too quickly, while continuing to practice that 'flying side kick' over and over and over! And to discard the very techniques that could prove very useful in a self defence situation to me seems silly.

I have two very good examples to offer to make my case that surprise is not only an important factor, but needs to be 'realised', as to its usefulness. The first involves an opponent that knew not only the technique I was about to do, but also what I was trying to achieve via the technique, but he didn't understand the 'how' – how the technique could achieve the result I said it could or moreso, how it works to that effect. The second involved 'breaking the rules' – funnily enough I didn't set out to break the rules, it just sort of happened, but highlights my point nicely.

### **Scenario 1**

We were shooting photos for my first book "*Ch'ang Hon Taekwon-Do Hae Sul: Real Applications To The ITF Patterns*" and I liked to vary the students involved in the role of 'uke' in a effort to get them in the

books. The technique and application were fairly simply in nature so I asked a lower grade (green belt) if they'd like to be in the photo shoot and demonstrate it. He said he would and I explained what I was going to, the technique I was going to use and what the outcome would be and asked them if they were able to pose for the photo's correctly! After a few tries *aka* going through the motions, it became clear that the student didn't understand what we needed to achieve for the shoot. I wanted to photograph – in step by step, single photography – an application for *chookyo makgi* (rising block) that not only moves an opponent backwards, but also upwards as it's executed. I thought I had explained it well, and it was a fairly easy thing to grasp and re-enact (yes, we do that with book photographs – sorry) – but still the student didn't get it and asked me to demonstrate on him – after all, 'we feel and we understand' right!

So I proceeded to demonstrate the application to my student so he could understand it fully and my student resisted to what 'he thought' was going to happen. I



*The applications discussed in 'scenario 2'*



applied the application and he went 2 feet in the air and about 6 feet back – landing on his backside with a ‘very surprised and shocked’ look on his face – we went rushing up to him, slightly shocked as well, to check he was okay! All of us were ‘shocked’ at just how effective the application was and it was this effective, not because of the application itself but because it also had the added element of surprise, as even though the student knew something was going to happen, his mindset had lead him in one direction and the application in quite another – 6 feet back actually!!

The element of surprise helped the application to work more efficiently than anyone suspected because the student didn’t understand 100% what was going on and that maximised the effect of the application.



*Having a laugh with ‘superstar’ Dev Patel, whilst shooting the pictures of my first book*

## **Scenario 2**

Before he became famous in *Skins*, *Slum Dog Millionaire* and now ‘*The Last Of The Airbenders*’ I was free-sparring with my student Dev Patel. It was standard Taekwon-Do competition based free-sparring – full speed, medium contact. All was going as ‘standard’ when, for a split second I noticed Dev held his front arm out further than it really needed to be and without thinking I had grabbed hold of it and performed a 3 move combination from pattern Joong-Gun which resulted with Dev in a choke, with his arm pinned to his back, unable to counter me! If slowed down it would see me perform a ‘forearm guarding

*block*’ to lock my opponent and turn him rearwards slightly, a ‘*palm pressing block*’ to accentuate the lock into a full lock as well as release my other hand for the next movement, followed by an ‘*angle punch*’ which applied the choke technique – in other words moves #28, #29 and #30 from pattern Joong-Gun tul!

I had broken the rules, but by doing so I had proved, with the element of surprise, applications or combinations of applications work! We had been shooting

the pictures for the applications of these techniques at the previous class, hence why it probably just kicked in – another reason to train applications consistently and on a regular basis, after all, repetition is the mother of technique.

Furthermore, I have shown these applications to my class and at

seminars and it was by far the easiest to apply it on Dev, more so than even demonstrating it on a compliant opponent at a seminar – because I was in 100% control and the element of surprise was on my side!

The above examples show that surprise works – however, it is important to know that to fully understand the true effect of an application you need to at least ‘*understand*’ (in the flesh so to speak) the effect that ‘*surprise*’ has on an opponent.

Sometimes, fairly often in fact, applications



that seem hard to execute on a resisting opponent, work like a charm against a surprised opponent – the difference is that one knows what is coming and the other doesn't (just like your opponent on the street!). So don't discount an application you may be having difficulty with in training straight away, as it may simply be harder to do because it is missing that essential element of '*surprise*'.

Like other applications, do not wait until you have to test this theory for real, test it in the dojang/dojo now! At our school we do what's called '*Traditional Sparring*' – this is basically a fight and allows strikes, punches, kicks, take downs, throws etc, even groundwork for a bit – however, even this is not a 100% realistic scenario of how a correctly trained *self defence* application should work – it's a scenario of a fight – what happens when your self defence techniques go wrong (which co-incidentally is what happens when your self-protection routine goes wrong).

A self defence technique (or what I call a pattern application) should be over in a split second – it should just kick in when an opponent grabs you or lunges at you – it is the A,B,C of martial arts – **it's what we train for!** Or what I always thought we trained for (as opinions in martial arts differ these days sadly)!

For this to happen we need to:

1. Understand our patterns inside out and outside in – after all, it's what a majority or our training time is utilised on!
2. *Train in realistic applications to our patterns – emphasis on the word 'realistic'*
3. Drill them over and over (and then some more)
4. *Drill them against resisting opponents intent on hurting us should we fail – we learn by our mistakes!*
5. Understand how the element of 'surprise' works to our advantage!



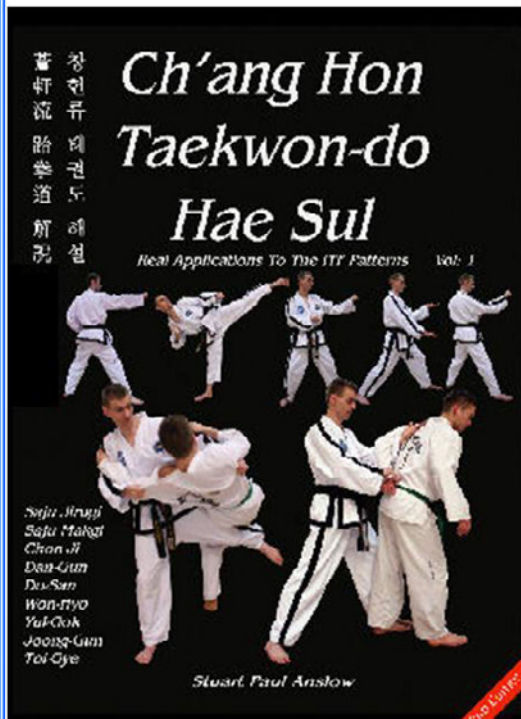
*Stuart Anslow - Traditional Sparring  
with his senior Instructor Vikram Gautam*

So if you are ever unfortunate enough to be attacked outside the realms of your dojang don't rely on the hope that your training may work – know that with proper training and with the benefit and understanding of 'surprise' – it will work! As without putting it into practice, your training is not 100% complete!

**Disclaimer:** Though this article encourages you to 'break the rules' it is in reference to applications that DO NOT harm or injure your opponent and are for the purpose of understanding how '*the element of surprise*' can aid you in regards to self defence. The author, nor Jissen magazine accept any responsibility for students/instructors/individuals taking this out of context and injuring themselves or their fellow students. All students are reminded to exercise 'good judgment' on their choice of application should they execute them on a 'surprised' opponent.

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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).



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**- John Dowding, 3rd degree, ITF**



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# Matthew Chilcote And Martial Arts

By Stephen Drayton

I first met Matthew Chilcote in 1995 when I was working my way through the instructor certification training. Unfortunately, I was unable to work with him very long before we moved in opposite directions; I started a taekwondo club in another city and he was forced to take a hiatus because of family illness. He and his family returned to taekwondo in 2005. By that time I had assumed ownership of the Oskaloosa club and so I have worked with Matthew for the previous six years and seen him through his Second - and Third Degree Black Belts, several weapons, including the bahng mahng ee (single stick), ssahng jeol bong (nun-chucks), and the bo staff.

Matthew has Down's Syndrome which affects his body both mentally and physically. Through martial arts, he has achieved many successes. He attends several tournaments per year including the annual World Championships in Little Rock, Arkansas. This year, he earned a bronze medal in his division in the sparring competition.

The following requested report was sent to Mr. Chilcote's doctors via his father, for their ongoing monitoring of Matthew. They wished to see how martial arts training affected his condition and vice versa.

## **EVALUATION OF MATTHEW CHICLOTE:**

In the years I've known Matthew, I've learned many things about Down's Syndrome. I've seen the limitations and the struggles. I've also seen, and had reaffirmed, how martial arts training is for everyone. Because what I've seen with Matthew is not a Down's Syndrome victim, but an individual unto his own, with his own personality, tastes, likes and dislikes, sense of humor, and abilities. He also has limitations, just as we all do. And martial arts training has helped him in similar ways it's helped many others.



Matthew continues to amaze me. The amazement for me is that I shouldn't be amazed. I realize that there is a cognitive condition present which limits things like lengthy, 'intellectual' or philosophical



conversation, mathematical analysis, or reading and comprehending a scientific paper. This does not mean Matthew is stupid. He knows who his friends are, knows what television shows he enjoys, and one incident I brought up to his father – can analyze certain problems and find solutions, i.e. out how to place something so that it doesn't fall over. This shows intelligence, a reasoning capacity and a willingness to persevere.

I see this in his taekwondo training. Matthew's issues are common to many martial arts students. Balance, power, hand/foot timing, focus. All students have issues with these attributes at one time or another in varying degrees.

The challenge is to see how much the student can overcome and master these challenges to be a better student. I understand because of the Down's Syndrome, there are certain physical features that affect his training.

However, all people have varying physical features which may or may not affect training. Some people are in excellent physical shape and are able to perform techniques without too much effort. Some people's weight or flexibility may hamper their progress. Matthew just has his own unique set of characteristics. In training, adjustments are made, new exercises and methods are tried, and the results vary from day to day. At times, there are setbacks and retraining is necessary to overcome certain problem-sometimes repeatedly; however, the problem is usually solved-even if temporarily-in a short amount of time.

**Balance** – Matthew has consistently shown a slight fear of standing on one foot for too long. This is not unnatural if one has taken a fall in the past. The memory lingers. In warm up, he will resist standing on one leg for certain exercises because it is specifically required that he do so.

However, if that warm up includes kicks out of his taekwondo form, he will do just fine, because he knows he has to execute these kicks with one leg in the air. Matthew's flexibility is extraordinary. (better at times than his instructor's). His kicks are high and usually on target...when he wants them to be. Yes, there are days when he won't kick above his knee or he stumbles on relatively simple kicks. However, on those days, there is usually a reason. His medicine or lack thereof may have an affect; there exists a recurring or new injury or soreness; or he may just be having a bad day, is tired and doesn't feel like working out. Many students are like this. And sometimes, it's a familiar 'game' that is played. If I pay attention to him and push him and urge him to kick higher, he'll resist; a few minutes later, if I'm working with another student, the 'injury' or 'tiredness' suddenly vanishes and he's kicking above his head. This goes for his enthusiasm or his desire to run either laps or short distances from one spot to another.

**Power** – There is potential here. Matthew's power varies from day to day.

When I say power, I mean the force of his technique, the level of enthusiasm exhibited, and the speed at which he operates. When breaking boards, he will have similar problems other students have – not enough speed generated to produce the necessary power to break the board and/or not hitting the correct target area to break the board. His sparring, however, is consistently strong with high kicks, strong punches. Blocks may be weaker and ineffectual, but that problem is shared by many and is not unique to Matthew. The 'game' mentioned above also comes into play. When asked to do a certain exercises, he may claim injury or resist showing me that he actually can accomplish the technique because he just doesn't want to. Push ups are a fine example. There are times when he can't-or won't-do five push ups or do them properly. Usually it's an "I don't want to." situation. Then, a few

minutes later, he'll be off to one side and suddenly drop and execute ten knuckle push ups in ten seconds.

**Timing** – When I refer to timing, usually I'm talking about setting the foot down at the same time as executing a hand technique.

One gains more power and effectiveness by having proper hand/foot timing. It can also be eye/hand or foot timing. I cite the above blocking weakness. His blocking kicks and punches coming at him are, for the most part, too late and too slow to be effective. This is due, in some part, to the Down's. The quickness of reaction time is diminished somewhat. His partner/opponent is kicking faster than his brain

can process, so the block doesn't come at all or arrives late. Again though, this is a common problem with all students in varying degrees. So, when sparring with Matthew, adjustments are made so that he can learn to block more effectively

and, just recently, I opened a new door I would like to explore which may help his blocking speed. I haven't had but a few minutes to analyze the results of the new technique.

I've worked with Matthew on timing in his form on several occasions and it is something in which I need to return to often. Most of the time, when he does exhibit proper timing, it is through repetitious practice, which is how all students learn. I'll discuss memorization later but this is why Matthew is, on a fairly regular basis, able

to block or counter a mock attack with simple self defensive maneuver. Even if I'm joking around with him and throw a controlled punch or aim a simple stick weapon at him, he usually blocks it with ease.

**Focus** – This is a major factor in his training, as it is with all students. Yes, the Down's affects it in different ways, but there are many similarities in Matthew's problems and victories as there is in other students'.

The biggest problem Matthew has is not looking at his target when executing his moves. This is a common problem because the student is concentrating on

executing the proper technique and doesn't realize that by focusing on the intended target of that technique will help in the proper execution of it. Also, when doing multiple reverse or spin kicks, where Matthew is required to pivot in a

circle between kicks, he is so eager to finish the kicks that he loses focus on proper targeting. I am also constantly correcting proper foot placement for his kicks.

Flexibility is fine, but if the foot isn't properly positioned, the kick is ineffectual and may result in injury to the kicker. Watching him work by himself on his form I observe that focus plays a big role. Since no one is telling him what to do or verbally monitoring his progress, I see the focus he



gives himself. I watch him progress through his form and note his concentration on trouble spots (which foot to step, which arm to chamber, etc.). If he is focused at that particular time, he will choose the correct solution and shows the confidence in the execution of the move. If he does it wrong, he will still have the confidence to do the move the best way he remembers. I've watched him perform his entire form with only a few mistakes on many occasions. If he wants to do something, he will persevere to accomplish it and will recognize when he doesn't. If he doesn't feel like reaching a particular goal, he won't.

**Attitude** – Generally, Matthew's attitude is average to excellent. He's smiling, enthusiastic, and willing to assist in holding blocker pads or demonstrating a certain technique or exercise. I would estimate that twenty percent of the classes are below average in this area and only once or twice have I just not

tolerated his lack of a positive attitude and excused him from participation. Those are very rare occasions and usually are accompanied by some other factor such as lack of sleep, medication affect or injury. I've seen him fired up for sparring or board breaking and I've seen him frustrated when things just aren't going well that particular day.

Although I have heard about some of his anger incidents, never have I seen it in class. He may be upset and sarcastic and,

yes, childish in his attitude at times, but I've never experienced malice or intention to commit harm in class.

**Memorization** – This is the area I think is amazing. As I mentioned before, it shouldn't be because Matthew is not stupid, nor have I ever thought him so. He learns and improves like every other student – repetition. When I hear people say they just couldn't memorize a taekwondo form-it's too complex, there are too many moves -I dismiss it as that person not WANTING to take the time and effort to memorize. Matthew is a third degree black belt.



His form has 83 moves. Most days, with minimal guidance, he will execute, in order, all 83 moves. The proper technique may be lacking in some areas, his kicks may not be up to par, but the memorization exists. I can observe how his mind is thinking ahead and thinking back on previous practice sessions.

I watch him make adjustments to correct his technique before he does it wrong. He learns from constant practice how to step, how to stand, the proper position for his arms and legs. As with many students, lack of practice diminishes memory. There are constant struggles to remember something gained in the past that, through lack of practice has recently been lost and must be reiterated.

Martial arts is for everyone and it has the potential, with effort and practice and commitment, to benefit everyone. For



Matthew, the benefit is better physical health, increased self confidence, and, hopefully, better self control. I don't mean the last one to be a criticism because all of three mentioned, plus many more, are the benefits for all students.

And mental health. No, Matthew will never be a certified instructor because he lacks the capability to comprehend a curriculum or understand how to present a lesson or how to monitor and adjust a classroom full of students.

The complex nature of that type of multi-tasking cannot be grasped. But, as I said, this 'lack of cognitive function' does not make him stupid or retarded (in the demeaning way the word is used). He will never drive a semi on cross country trips or be CEO of a major company. However, in the case of the last two examples, neither will I. But, I see the satisfaction of a job well done. I see the joy he takes in people complimenting his efforts. I see the satisfaction after he practices by himself that he's put in some effort not asked for. I see his concentration improve, in the times he prepares himself for class, readies himself for the next move, the focus he puts in the execution of a technique. I see the support he give others and amazement he shows when he sees me or some other

student breaks a board or completes a form. All of this has to spill over into the hours he is not in class. Does he have bad days? Of course. Are there times when he frustrates me by his lack of motivation or unwillingness to try? Yes. Each of us has off days; each of us frustrates others by a stubborn attitude.

What I know is this. Matthew has learned so much from his family and from me. I'm not attempting to show immodesty in saying I've taught Matthew a lot over the years. Yes, he practices at home with his father, but the techniques and many of the subtle and not so subtle nuances of taekwondo are from me. I, in turn, have learned a lot from him. He's taught me patience, motivation to better myself and my teaching abilities, and urges me to think up new and unique training measures to

accomplish my goals. Methods I have shown Matthew work with others. He may just be a forever lovable teenager with a teen's moods and attitudes and he may have only an elementary level of educational comprehension, but the simple and complex 'things' (which encompasses everything from tying his shoes to working his way through 83 advanced taekwondo techniques) I've seen him accomplish are all things, in my opinion, which would lack in effectiveness without martial arts training.



*Matthews Instructor Stephen Brayton*



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# Down's Syndrome Association

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



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

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

## Our mission is:

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

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



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# Weapons In Taekwon-Do?

**By Michael Munyon, ITF, V Dan**

Due to the nature of my job I find myself travelling a lot. As a member of the United States Air Force's Security Forces I can expect to see myself deploying to other countries quite a bit along with my normal change of stations stateside. Every location I find myself at I do my best to operate a martial arts club. This helps to keep me in shape, active and gives me a chance to share what I've learned over the years. From time to time I'll run into an old student who actually continued training after training with me for a stint. The look on their face when they see me is that of happiness and they love sharing with me that they continued their training at a local school. They will also tell me that they do weapons training at their Taekwon-Do school. When I hear this my normal statement is, "Really?"

I then would ask, "What kind of weapons are you learning?" They would normally respond with the Bo, Kamas, Sai and other weapons commonly taught in Japanese or Okinawan arts. My next question would be, "Does your instructor state that it is part of the art of Taekwon-Do?" Due to many of the students being new to Taekwon-Do they don't quite understand why I ask that question. I get a variety of answers from "Yes," "No, it's a separate program" to an "I'm not sure."

There are 3,200 techniques in ITF Taekwon-Do and there are no pictures of

individuals in the encyclopedias using "traditional" weapons." What you do see is a military member with a rifle and bayonet. These are shown to illustrate defenses against common weapons that people of that time would actually come across. Also, since General Choi and many of the pioneers of Taekwon-Do were military they ensured they had defenses against military type attacks and weapons. I did not see them defending themselves against folks with Samurai swords, nun-chukas and etc.

## **Quick Story:**

When I was younger I did find myself interested in learning weaponry. I joined a Kung-Fu/Chinese Kenpo (Law of the Fist) school in Great Falls, Montana called the Dragons Pool and the Tigers Den. Sifu

Jan Marcus was the owner of the school and he allowed me to join just for the purposes of me learning weaponry. My choice of weapon was the Chinese Broadsword. I watched he and several of his students win first place in the weapons category at every tournament they competed in and I wanted to be a first place winner in weapons as well. During my first lesson I was taught some fundamentals. Sifu Marcus would always tease me about how "stiff" I was when working with the weapon. He stated that Taekwon-Do is a "hard" art and that I needed to learn to relax. After a few months of training he gave me the best compliment I could get from him. He







stated, "Michael...I'm starting to see a little Fu in you." After about a year training with Sifu Marcus I decided to call it quits. I was about to leave Montana for my next assignment. During my time with Sifu Marcus I learned a ton of material regarding Chinese weapons and philosophy.

Today I continue to train in Korean martial arts. I've been focusing on both ITF Taekwon-Do and HapKiDo. Through the HapKiDo training I've been introduced to some traditional Korean weapons. They include the short stick, sword, cane and rope. Many people state that learning weapons is easy. They state it's just an extension of your mind and body. Well, good for them, but for this guy, I'm always working on getting better with the weapon techniques. I feel a responsibility to ensure I am proficient enough to eventually teach my students these techniques with the understanding that it is NOT Taekwon-Do. It seems that too many instructors who train in numerous martial arts tend to let one art blend or bleed into the other. With time the lines become blurred and people

start confusing the arts.

I feel that it's a good thing to get a taste of traditional weapons training. It definitely adds variety to training, helps introduce new concepts, adds some extra revenue for school owners and much more. However, I do recall a conversation with a gentleman who trained in Kubuto at a tournament in Billings, Montana. I asked him for some feedback on my weapons routine. One of the things he said still sticks with me today. He explained that many martial arts take a life time to learn. Adding weapons to it just takes away from what you're supposed to be working on. He recommended that you either specialize in one or the other, meaning, the empty hand arts or the weaponry arts. With 3,200 techniques in Taekwon-Do I can honestly see why we DON'T have weapons in ITF Taekwon-Do. My advice to instructors out there is that if you are going to introduce weapons to your Taekwon-Do program, please ensure your students understand that it's a separate program/training then that of Taekwon-Do.

# The Value Of Rank

By Thomas Gordon

The importance of rank always makes for a spirited debate. Some contend they are merely in martial arts for the training. Others chase every single piece of paper remotely in their grasp. And then, for the vast majority of us, we lie somewhere in between.

In the grand scheme of things, in and of themselves, certificates serve no purpose other than a recognition from our superiors of what we've accomplished. However, just

like a college diploma, while the paper may not have much monetary value, the opportunities it provides can be quite rewarding. Like a college diploma, the black belt or instructor certification should only provide enough proof to gain access to a particular career field or instructional

position. Once the person has gotten past the entry level, their advancement should be based on merit, ability, and dedication.

The paper chasers, what can be said about them that we don't all know? They generally posture as if they've earned the rank they're wearing, pose for pictures with high ranking people to boost their own credibility, and get in line for their expensive paper. Eventually some of them even start their own paper processing schemes by forming their own

organizations, honorary doctorate programs, and/or Hall of Fames. I am not knocking legitimate Hall of Fames but for every legitimate Hall of Fame, there's a dozen that's not.

Then of course there's the organizations run by people that are very tight fisted with ranking. I've heard it said, "you can tell how hard a person has worked for their rank based on how hard they make others work their ranking." Indeed that makes

sense. However, I've also seen people that faked & posed their way into high ranking and then tried to make their students work extra hard to "earn their rank." In reality, it was to validate the posers own eking by in the ranking system. In essence, stifling martial artists opportunities is likely due to their own lack of self-

confidence and knowing they aren't what they've pretended to be. "He gives such hard exams so he must be the real deal." Maybe, maybe not.

My view on rank/certification is a lot like my view on money. When people say rank isn't important, to the professional martial artist that runs a school, it's like saying money isn't important. People that make such statements are likely to fall into a few different categories.



*Grand Master Hwang presenting me with a 6th degree*

1 - For whatever reason, they never had rank and therefore devalue it.

2 - They had rank and found the cost was too high. For example, the rank came with too many responsibilities or perhaps they gained rank but lost their social life, family, and/or friends.

3 - They have a lot of rank. It's easy to say rank doesn't matter when you're sitting on a lot of it. For example, I've seen an eighth degree talk about how rank wasn't important as they ran an organization. Would anyone join their organization if they were just a first degree? Of course not.

As I wrote earlier, ranking allows us entry to be able to prove ourselves worthy. It's true that most potential students don't understand ranking other than "instructor is a black belt." However, as an instructor, I look for someone that is capable of training me. If we're talking about training in an art that I'm not real familiar with, a first degree is likely going to be acceptable. When I did some training in Brazilian Jiu-Jitsu, the instructor was a purple belt.

Considering the instructor had 6-7 years of training, he held sufficient enough rank for me to feel comfortable training under him. As I mentioned in the cross training article, I tied on my white belt and was happy being in the student role again. While not a complete novice, I was a novice to BJJ.

On the flip side, I see people with what I consider to be too much rank. Why do you want to be a general when you have no troops? I have a sixth degree in Taekwon-

Do and under me is a fifth degree, two fourth degrees, and several black belts below fourth. Even if I had the other requirements for an eighth or ninth degree, why do I need such high rank? I see guys posturing around like peacocks with all their rank and yet they have no one remotely close to them and some don't even have a school.

To sum this up in a nutshell, I don't think we should run from rank anymore than we should chase rank. If you've trained like you are supposed to, put in your time, and can show proficiency for the rank you're

going for, and worthiness of the ranking, by all means, go for it.



*Grand Master Timmerman presented me with a 6th degree*

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# Empty Hand: *The Real Karate Kids*

By Ashley West

**FIVE COMPETITORS TRAIN TO FIGHT AGAINST THEIR  
TOUGHEST RIVALS AS THEY STRUGGLE TO BECOME THE NEXT  
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In this true story, five young *real life* Karate Kids reveal their strengths and weaknesses, and how they prepare mentally and physically at their dojo to face their rivals at one of the biggest competitions held by the AAU (Amateur Athletic Union) every summer in the U.S.



**Cole Miles** was born March 4, 1997, and was fostered out until the age of one month when his mother, Kerry Miles, decided she could take the responsibility as a

single parent. Tragically, his father died in May 1999, of heart failure after returning home from a trip to Buffalo New York visiting with family. Cole was a very active child and started playing soccer at the age of 7. By the following summer, he was enrolled in Karate under the tutelage of Sensei Louisa Godshaw at the Japan Karate Do Federation. He started going to Nationals in 2006, as a green belt, and has placed in the top three every year since.

**Giavanna Caputo** started training in Japanese Shotokan Karate since August 2001. She was five years old when she



started and has been training and competing ever since. Currently, Giavanna trains at Japan Karate-Do Federation in Mission Viejo, California. Training under Shihan Godshaw, Sensei Godshaw and Sensei

Cigar has been an excellent experience in Martial Arts. She has received her junior Ni-Dan in Karate-Do, and junior Sho-Dan in Kobudo. Giavanna has competed in many local and national tournaments, and in all divisions, including Kata, Kobudo and Kumite.



Born February 10, 1988, **Ashley West** currently attends Chapman University and will graduate in May of 2010. In spring of 2009, she had the opportunity to circumnavigate the globe on a college program

called Semester At Sea. She ran the Great Wall of China, rode an elephant in Cambodia, roasted marshmallows on a volcano in Guatemala, sand boarded down dunes in Namibia and ran a half-marathon in South Africa. Academics have always been her first priority, but Martial Arts training follows closely behind. Ashley walked onto the mats at the age of five, and still manages to train 3 to 4 times per week between college classes. She has competed in two international competitions, nine AAU National Championships, and countless local venues regionally. A broken foot and ruptured spleen were two major setbacks, but Ashley never thought about quitting. Her perseverance and determined mind kept her going despite the physical pain she endured.

**Tommy King** is a self-motivated athlete that has excelled in many sports. However, his passion is the Shotokan style of Karate. With his big sister, Ashley King, as his role model, he has competed at the local,



regional, and national levels of competition. Since 2002, he has achieved 4 AAU National Championships in Kata, Kumite, and Kobudo and 7 Regional Championships.

Tommy has also attained his junior Ni Dan (second degree) black belt rank at the young age of 12. He has worked very hard to reach these tough goals, and is dedicated in his quest to continue his growth in Karate and education.



**Ashley King** was born and raised in Orange County California. At the age of seven, she was first introduced to Karate-Do at the local YMCA, training in the Karate style Shito-Ryu through Sensei Fumio

Demura, and was instantly captivated. At the age of nine, she started training at the Japan Karate-do Federation with Shihan Paul Godshaw where she continues to train today. Her accomplishments these last ten years include becoming a national champion eight years consecutively, competing in three world championships, and even making the USA National Team, representing the United States in international competitions. In 2006 Ashley traveled to Hannover, Germany, in 2008 Novo Mesto, Slovenia, and in 2009 Ft. Lauderdale, Florida for the world championships, medaling silver and bronze and placing in all. Currently, she is training for the next world championship in Italy in 2010 and to accomplish her present goal of becoming a world champion.

Ashley is presently a sophomore at Irvine Valley College with hopes to transfer to UCLA in the fall of 2010. She is a mentor and a teacher, passing what she has learned down to her younger brother, Tommy, as well as teaching at the very dojo





she has grown up training in.

In this documentary, all our competitors and their opponents have one common dream—a fight to the end where anyone can take home or defend the title of National Karate Kid Champion.

### **The Making of *Empty Hand:* The Movie**

In March 2009, the idea of creating a documentary film on Kids Karate was discussed between filmmakers Kevin Derek and Oscar Alvarez. By April 2009, the five competitors were selected and filming began as they freely opened up their home to discuss how Karate has changed their lives. Director, Kevin Derek finds out their struggles in Karate, and how that will affect their performance against their



opponents at Nationals. The toughest challenge for Producer, Oscar Alvarez was to make sure that Derek had an opportunity to interview all the opponents that were scattered throughout the United States. This would create a considerable financial set back in the budget, but it was essential

to capture the opponents training methods and their opinions on their competition. Derek's vision was to give the audience a chance to get invested in each competitor on a personal level, so when it comes down to the tournament you can cheer on the competitor that you can best relate with. The final obstacle for Alvarez was lining up a camera crew to fly into Fort Lauderdale, Florida with Derek to shoot the AAU (Amateur Athletic Union) National Tournament. At this point, they were financially tapped out and were lucky



to find two additional camera operators that worked for practically nothing who were also Karate practitioners, and felt that this story was long overdue. For Derek, this was a dream come true—an opportunity to make a film about Karate, which has been a big part of his life for over fifteen years. One year later, Alvarez sits next to Derek in post-production while Derek edits at 2am looking through 150 hours of raw footage. This two-man crew knows that this will be their nightly routine for the next three months until they lock picture. The time and energy invested in *Empty Hand: The Real Karate Kids* has been far more rewarding and creative by thinking outside the box, than if they had an endless budget to shoot with.

### About the Filmmakers

**Kevin Derek (Director, Cinematographer, Editor):** Kevin grew up in Orange County, attended Columbia College in Hollywood, earning his Bachelor of Arts Degree in Motion Pictures. He has since worked on a number of features and documentary's as a producer and editor. Aside of his love for films; he has dedicated his life to the art of Karate since the age of nine. In his latest collaboration with Oscar Alvarez, *Empty Hand: The Real Karate Kids*, his passion for film and Karate are united in this emotional dramatic documentary.



**Oscar Alvarez (Producer):** A native to Los Angeles, Oscar began his career in the entertainment industry as an actor. An interest to be behind the camera sparked, and in July of 2004, he had an incredible opportunity to be a Production Manager on the documentary *Soldiers Pay* with acclaimed Director/Writer/Producer, David O. Russell (*The Fighter, I Heart Huckabees, Three Kings, Flirting with Disaster*). Oscar worked again with

Mr. Russell on film composer, Jon Brion's music video for his original song "Knock Yourself Out" on the *I Heart Huckabees* soundtrack. In 2006, he left Mr. Russell's office to pursue new projects as an independent Producer and Director. In 2009, he teamed up with Kevin Derek to begin producing and shooting his first feature documentary, *Empty Hand: The Real Karate Kids*. Growing up, Oscar was a huge Bruce Lee fan, so when he had a chance to work on a Karate film he couldn't pass on this great opportunity. Currently, he is shooting his next project *Fumio Demura: The Real Mr. Miyagi*, which is to be completed by 2011.

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# An Introduction To The Philosophy Of Chon-Ji

By Sanko Lewis

The first official pattern of the Chang Hon pattern set is called *Chon-Ji*. The ITF Encyclopaedia defines the first Taekwon-Do pattern as follows:

"*Chon-Ji* means literally "the Heaven, the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth."

In Korean philosophy these two elements (Heaven and Earth) form a syncretic unit often depicted as a red and blue *Taegeuk* (Korean for the *Taijitu*). Unlike the Chinese *Taijitu* which is usually depicted in black and white, the traditional Korean *Taegeuk* is red and blue. The red lobe symbolizes Heaven and the blue lobe symbolizes Earth. *Taegeuk* literally means "supreme ultimate." The symbol is based on the Chinese idea of the *Tao* (*Do* in Korean) which explains that all of creation is made up of two opposing forces. These opposing forces are often referred to in the West as *Yin-Yang* – the Korean term is *Eum-Yang*. There exists thus a slight difference in the Chinese philosophical understanding of *Taijitu* and the Korean *Taegeuk*. Although in essence the same, there is an emphasis in the Korean version on *Chon-Ji* (i.e. Heaven

and Earth). This emphasis is not so apparent in the *Taijitu*.

The observant practitioner of *Chon-Ji Teul* will note that the pattern actually consists of three parts, not two. There are three additional punches at the end (movements 17, 18 and 19). This is actually consistent with another symbol from Korean philosophy known as the *Sam Taegeuk* ("triple grand ultimate"). The *Sam Taegeuk* ("sam" meaning three) is a three lobed

*Taegeuk*. The additional yellow lobe represents humanity. The *Sam Taegeuk* reflects the Korean philosophy of *Sam Jae*, or *Sam Yoso*; meaning "Triple Essence," or the three fundamental essences that define the universe: Heaven, Earth, and Human Being. Marc Tedeschi explains it in his book *Taekwondo: Traditions, Philosophy, Technique* (2003) as follows: "In this aspect of Korean philosophy, the mind and body are inseparable within a

human being, a human being is inseparable from heaven and earth, and heaven and earth are inseparable from each other. Thus, heaven, earth, and human being are destined to exist in unity" (53).

When looking at the number of movements in each part of *Chon-Ji Teul*, it is plausible that the number of movements have special symbolic meaning as well. The



*The Taegeuk or Taijitu, depicting the interplay of two opposing forces.*

*In the Korean philosophy the forces are represented by Heaven (Red) and Earth (Blue).*

*Taegeuk* and *Sam Taegeuk* are often portrayed as surrounded by a series of eight trigrams, known as *Palgwae* in Korean (or *Bagua* in Chinese). A trigram is a symbol made up of three horizontal bars. The bars can be either solid or broken in half and each combination has a particular symbolic meaning. The solid and broken bars represent the two forces in the *Taijitu* or *Taegeuk*. A solid bar refers to the firm, hard or offensive force and a broken bar refers to the yielding, soft or defensive force.

In Chon-Ji Teul, the first two part representing Heaven and Earth each consist of eight movements, which is the number of trigrams in the *Palgwae* seen surrounding the *Taegeuk*. The third part of Chon-Ji contains three movements that coincide with the number of bars in a trigram. These last three movements

consist of one forward punch and two retreating punches. If one considers the first forward punch as offensive and the two retreating punches as defensive, then one is presented with a trigram that starts with one solid bar, followed by two broken bars. This trigram symbolizes "Mountain" in the *Palgwae*. From the description of the next pattern in the Chang Hon series, Dan Gun Teul, we learn that the Korean nation was founded at Baekdu Mountain, which is on the border of present day China and North Korea. On top of Baekdu Mountain is a

crater-lake. It is interesting to note that the name of this lake is "Chon-Ji." In Volume VIII of the ITF Encyclopaedia a photo is shown of Baekdu Mountain and Chon-Ji Lake (p. 116, 117), just before the movements for Chon-Ji Teul is presented (starting on p. 119). The photo is accompanied with the following inscription: "BAEKDU SAN (MT. BAEKDU): Symbolizes the spirit of the Korean people."

Whether *Chon-Ji Teul* does refer to the *Palgwae* and the last three movements represent Baekdu Mountain is speculative as the ITF Encyclopaedia does not directly refer to it. Regardless, it is clear that *Chon-Ji Teul* is full of

deeper philosophical meaning worth exploring. While the *Palgwae* connection is uncertain, the *Taegeuk* and *Sam Taegeuk* link seems plausible.



*The Sam Taegeuk representing the three fundamental essences that defines the universe: heaven, earth, and human being.*



*The Sam Taegeuk surrounded by the Palgwae – eight trigrams.*

As "the initial pattern played by the beginner," Chon-Ji Teul sets the practitioner within a specific worldview. It is a worldview based on ancient Oriental and Korean philosophy. The Chinese *Taijitu* depicts a universe in balance and the Korean *Taegeuk* shows Heaven and Earth in balance. The *Sam Taegeuk* depicts man in balance with Heaven and Earth. There is therefore a possible

ascetic interpretation to Chon-Ji Teul: Through the study of Taekwon-Do a human being is to attain harmony with him or herself, and harmony with the universe.



This journey towards harmony starts with the initial pattern in Taekwon-Do. This would imply that innate to Taekwon-Do is a quest for achieving harmony: harmony with oneself, harmony with other people, harmony with the Earth, and harmony with Heaven.

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- Marc Tedeschi. 2003. Taekwondo: Traditions, Philosophy, Technique

...ooOoo...

Sanko Lewis, 4<sup>th</sup> 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](http://www.taekwondo.co.za)]. He is *Kwanjangnim* of the *Soo Shim Kwan* (a federation affiliated to the SA-ITF) [[sooshimkwan.blogspot.com](http://sooshimkwan.blogspot.com)] and is an assistant instructor at the main ITF Taekwon-Do gym in Seoul, Korea [[www.thewaymartialarts.com](http://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](mailto:saitf.research.education@gmail.com).

## "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](mailto:TKDClinic@totallytkd.com) ensuring "TKD Clinic" is in the subject line

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

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

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

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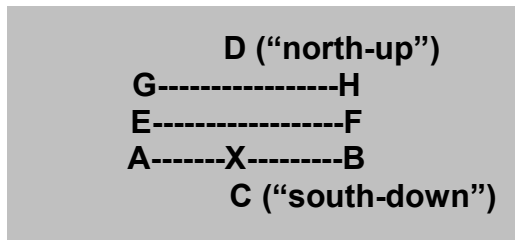


# Are You Performing Juche Wrong Or Not!

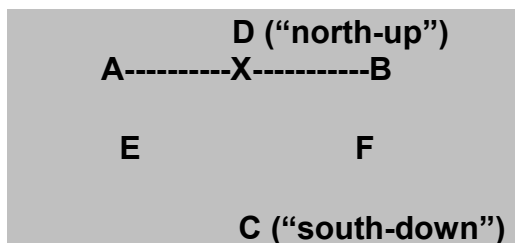
Grandmasters Steiner Responds To Michael S. Boik's Article

The debate continues as to whether the diagram of ITF pattern Juche is incorrect or now? Read the debates in this and the last two issues of **Totally tae kwon Do** magazine, then have you see on the **TotallyTKD** forum (linked via [www.totallytkd.com](http://www.totallytkd.com))

I have to admit being confused by Mr. Boiks answer to my Juche question as all lines are static and do not move around per se, and follow strictly how we face. D is "north", C is "south", A, E and G are to our left ("west"), B, F and H are to our right ("east"), facing towards D. All patterns start full facing ("north-up") towards D, but not all patterns start on line AB. As one moves forward ("north"), one next comes across line EG then lastly followed by line GH further "north", ("up").



## Juche Pattern



Juche is the only pattern that incorrectly moves line EF "south-down" towards C from AB, whereas all other 24 patterns continue to maintain line EF ("north-up") towards D. To fix Juche as done with Ul-Ji, is to move Juche starting point up ("north") to line GH facing D and that way as one performs movements directing you to move towards C ("south-downward") towards line E or F, you now go in the proper direction and still leaving EF "below-south" of GH.

I did have many discussions on the matter over several years with Gen Choi as well as GM Choi and due to political reasons, the pattern remained as is despite it being technically incorrect. As the second President of the ICTF in 2005 and through consultations and agreement with all the seniors, Juche pattern was respectfully adjusted in name and in direction to correct the appropriate issues. A simple exercise is to place letters (A,B,C,D,E,F,G,H) properly on a floor and follow the pattern directions as written and without moving any of the letters. Then the Juche flaw will be more evident. Thank you to Mr. Boik for a unique perspective.

GM Steiner  
[www.chitkd.com](http://www.chitkd.com)

# Bermuda Taekwondo History

By Edmond Johnson

**From the 80s to now taekwondo has change in several ways back then taekwondo didn't have as much exposure and Bermuda being a small country with a huge karate school but now taekwondo has spread island wide. The intensity of training hasn't changed in every Taekwondo school, on the island it is almost religion to train hard**

As for ranks, in Bermuda all ranks are earned not given, in most cases student only grade once or twice a year and it isn't uncommon for a white belt to be as good as a red belt. Taekwondo today on the island has matured in the sense that we represent the highest level of skill and dedication. Our predecessors styles were very hard but now TKD on the island is very fluid and technical but the hard training still remains.

## History of Bermuda Taekwondo

When you think of Bermuda you often think of pink sand, sky-blue water and the oh so soothing tropical breeze .but this island plays host to another treasure this treasure being of eastern decent, Taekwondo.

Since the 1980s Bermuda has a relationship with the Korean martial art of Taekwondo. This relationship was procured and endorsed by Grandmaster Sun Hwan Chung of Kalamazoo Michigan and his student David Avery.

In the early 80s Master Avery came to Bermuda to start a new life with his first wife who at the time a citizen and resident of Bermuda. Although new to Bermuda Master Avery saw a need to introduce Taekwondo to Bermuda the Bermuda public because at the time the martial arts scene was dominated by karate and jujitsu, but after several demonstrations and tournaments his goal was achieved ,Taekwondo began to gain popularity and in 1983 the first Taekwondo Dojang and Bermuda Taekwondo Association was born.



*Bermuda Taekwondo Team*

The Bermuda Taekwondo association was opened in the fall of that year and was located on Bermuda's serene North shore in the basement of the Deep bay apartments where Bermudians were taught in Grandmaster Sun Hwan Chung's style of MOO SOOL DO which incorporates Taekwondo Tangsoodo and Chung's devastating style of Hapkido.

The Bermuda Taekwondo association



would be the first of many Dojang to open on the island.

During the late 1990s (1997) a reform in Bermuda education system would play catalyst to the birth of a new Dojang and breed of Taekwondo. To combat discipline issues in Bermuda new mega school Cedarbridge academy extracurricular activities were implemented one of these being Taekwondo.

The cedar bridge academy club was formed by Kyo Sa Nim Collin painter a decorated police officer and sadists in the Dojang. Kyo Sa Nim Paynter was my first instructor and a great teacher he was. Sadly due to his civil duty to protect and serve the school was dissolved, today only two of the Dojang student still practices Taekwondo. myself Master Edmond Johnson and Kyo Sa Nim Ijea Caines.

While the Cedar bridge academy was open several guest instructors would train with us. One of them being Master Myron Burchall of Dragon Taekwondo. Dragon Taekwondo at the time was well known for their meticulous practice and critique of Poomsae and

militant approach to Kyorugi and the art of MOOSOOLD0. Today I am grateful to Master Burchall for training me and introducing me to grandmaster Chung.



Sport Taekwondo specialist hits our islands in 2001. Located in the western parish of Paget the twin tigers academy was a Dojang that specialized in Kyorugi the head instructor was a black belt from Canada Derrick Evening. The Twin Tigers closed after 3 year of exemplary training and

instruction the instructors closed their doors for personal development as Taekwondo players.



Other Korean arts schools also opened up on the island the Traditional Taekwondo Academy which is run by Master Alene Francis and Pak's karate of Bermuda which is run by Kyo Sa Nim Alan lobby and it is the only Tangsoodo Dojang on the island.

In 2003 Yong Duk Taekwondo academy opened and is owned and operated by myself Master Edmond Johnson (Yong Duk translates into the

courage and virtue). Since its inception Yong Duk Taekwondo has gain popularity in the island and captivated Bermuda with their demonstration and their Latin/ Caribbean style of Kyorugi called "bermy

baa-eh" has also attributed their seemingly overnight success (bermy = Bermuda). More the 90% of all students enrolled at Yong Duk Taekwondo are in their mid to late teens which make teaching and training very exciting due to the fearless element of teenagers as well as their constant hunger for achievement and or success.



The Yong Duk Taekwondo academy is affiliated with Grandmaster Sun Hwan Chung all of their dan rank is earned through him and his most prestigious organization. Ji Shinn Taekwondo is my latest edition to the Bermuda Taekwondo family "JI= wisdom Shinn= truth".  
Bio for Taekwondo times

### **Master Edmond Johnson,**

born January 10<sup>th</sup> 1983 on the island of Bermuda. At age 27 he represents four successful generations of Grandmaster Chung's system and Taekwondo in Bermuda. Edmond began his Taekwondo training at the age of 13 with then 2<sup>nd</sup> Dan black belt Collin Paynter. Edmond trained with Mr. Paynter for a total of two years and developed a strong foundation in the martial arts. Regrettably that school had dissolved due to work commitments by



the head instructor. After his first school had dissolved Johnson enrolled in the Dragon Taekwondo academy where he began training with Master Myron Burchall who was a 4<sup>th</sup> Dan black belt in Moosooldo, while there Johnson trained hard and ultimately earned his black belt from Master Burchall. Under

the skilled instruction of Master Burchall he had perfected his skills especially when it came to Poomsae and Kyorugi. After reaching the rank of the rank of second-degree black belt Johnson was granted permission from Master Burchall to open his own Dojang.

Johnson opened his Dojang in 2003 and also reconnected with Grandmaster Chung to secure the future of Moosooldo in Bermuda. Since his Dojang opened Johnson has represented Bermuda in many world championships and he has also produced a stable of elite athletes. His Dojang Yong-Duk Taekwondo has been so successful it prompted Johnson to open a second school JI-Shinn Taekwondo.

JI-Shinn Taekwondo operates out of The Bermuda martial arts center which Johnson is the co-director of and the head of the Korean arts program which includes Taekwondo Hapkido and Combat MooSool. Combat MooSool is a system that Johnson created after years of working as a body guard and bouncer. Combat MooSool is based on urban warfare with its base being in Hapkido but also fused with elements from Kyokushin karate and Kenpo.



In June 2008 Johnson was elected as the Vice president of the Bermuda Martial Arts Federation making him the youngest executive on their board, while on the executive he has formed Bermuda's first national Taekwondo Squad and documented training program that has been approved by the Caribbean Taekwondo federation.



## Bermuda Taekwondo open

June 13 Bermuda held its first Taekwondo competition after almost 30 years of Taekwondo BEING ON THE ISLAND

The Bermuda Taekwondo open was held in the Jessie Veesey sports center or 60 contestants participated in the event four Dojang to part in the event :dragon Taekwondo ,Paks karate of Bermuda ,

In June of 2009 The Bermuda Martial Arts Federation National Taekwondo Team traveled to Miami and competed in the 2009 Caribbean cup and returned with several medals and a welter weight title. Johnson accredits all of his current success to the teachings and guidance of Grandmaster Chung and his instructors. Johnson is now a 4<sup>th</sup> Dan black belt

Yong Duk Taekwondo and Ji-Shinn Taekwondo.

The day was fill with action packed bouts and spectators loved every minute although the Bermudian public is no strangers to martial arts spectators were astounded at the acrobatic accuracy of Taekwondo. The divisions ran from the





under -5 to black belt adults male and female. The under 5 division had spectators on their feet when Darhje Swann 4 years old released a flurry of kicks including a 540 tornado kick but the action didn't stop there the male heavy division gave us thrills when Kurt Scott battle Jeral Jackman went head to head

with Jackman wining with a sudden death spinning back kick the same technique was also use by Jenea Saltus to win the female division. In the end it was a day to be remembered as the first of many Bermuda Taekwondo Events. We invite all Taekwondo players to our next event

Division	1st	2nd	3rd	4th	5th
<b>Under 5</b>	darzjhea swann	jahkoda maryham	jermal proctor	harry barry	shavon taylor
<b>Pee Wee</b>	chaz trott	malaku salassie	amir willson	nikai dyer	inazi bascome
<b>Junior Novice</b>	jiar phillips	dequan codrington	jasori minors	markuis rawlins	
<b>Junior Intermediate</b>	cameron foote	gezion boyels			
<b>Junior Intermediate 2</b>	j'quan saltus	ezeziel williams			
<b>Junior Girls</b>	tea eja bean	maikah caisey	jazz butterfield	rhea seymour	
<b>Adult Male Novice</b>	chris wilson	frank herbert			
<b>Cadet Intermediate</b>	dennis saunders	lilrico williams			
<b>Adult Ladies</b>	jenea saltus	chirstina smith	jonja barker		
<b>Adult Advanced</b>	kurt scott	umar durrant			
<b>Male Heavy</b>	jeral jackman	kurt scott			
<b>Black Belt Male</b>	jashun thomas	gikai clarke	peter mcglashun		



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# ***P.U.M.A. Hosts*** **International Chang Hon Taekwon-Do Federation Intercontinental Cup, 2010**

By John Dowding, 4th Degree, Warminster Taekwon-Do School



The Professional Unification of Martial Arts was host to the International Chang Hon Taekwon-Do Federation (ICTF) Intercontinental Cup Tournament on the weekend of Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> June 2010.

The event was held in Wiltshire, England and attracted competitors from as far as Canada, Wales and Nepal.

PUMA Masters Raymond Gayle and Mark Ogborne were proud to host the event with such honoured guests as Master Joe Cariati 8<sup>th</sup> Degree and Master Craig Stanley 8<sup>th</sup> Degree from Canada attending, and Mr Anjunath Shrestu 5<sup>th</sup> degree who with his student Mr Padam Tamang 1<sup>st</sup> Degree who competed in Sundays event

endured a tortuous journey from Nepal.

The event started promptly on the Saturday morning on one of the hottest days of the year so far and the heat quickly began to rise in the competitive arena. Saturday's events were for junior and adult coloured belt competitors and junior black belts under the age of 14. The day saw

some excellent competitive spirit and some very promising young Taekwon-Do practitioners performing some excellent patterns and sparring matches.



The main event on Saturday night saw a packed and enthusiastic audience treated to the male and female Team

events. Before the event kicked off the audience, competitors and officials were



treated to a demonstration by the PUMA Flowering Youth demonstration team. The team are hand picked by PUMA chairman Master Ray Gayle and it was truly inspiring to see such a high standard of demonstration from such young practitioners.

The teams events commenced with patterns and the audience was treated to some very high standard displays of Team Patterns with some superbly choreographed routines adding a unique twist to

display of patterns including a very original display of second degree pattern Po-Eun from the English Team.

Saturdays events rounded off with the male and female team sparring events where the competitive spirit was running very high with some outstanding displays

of hard but technical free sparring, however all competitors displayed the true spirit of Taekwon-Do with hard, fair sparring and respect for the referees and umpires decisions. The evening finished with tired but happy competitors heading back to the hotel for some well earned

refreshment and rest to prepare for the individual events the following day.

A highlight of the day on Saturday was the surprise announcement in the evening by Master Cariati that PUMA's very own Master Johnny Black

was to be promoted to 8<sup>th</sup> Degree in recognition of his long and dedicated service to the art of Taekwon-Do. Master Black is a truly humbling and inspirational Master who remains true to his love of Taekwon-Do that started when he began his training in Hong Kong in the 60's. Master Black gained his Taekwon-Do black





belt in 1971 and it was superb to see him honoured in this way, and speaking personally I couldn't think of anyone more deserving of this honour. It was fantastic to be present on this special occasion and Master Black was truly overwhelmed by this honour.



and superb displays of patterns including a Canadian competitor performing the rarely seen pattern Tong-Ill.

The day's events finished with the special technique category and then it was time for goodbyes and farewells. The attitude and spirit of

Sunday the 27<sup>th</sup> saw the individual Black Belt events; patterns, sparring and special technique get under way with all competitors giving it their all including many who had fought hard the previous evening. Once again a great Taekwon-Do spirit was displayed by all with some very hard fought matches

everyone involved was first class and exemplified the tenets of Taekwon-Do and the spirit of Martial Arts. I was proud to be involved as an official and look forward to the next Cup and meeting old and new friends again.



# 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](mailto: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
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**taekwondoitf.it** - Web Site of Taekwondo ITF Calabria

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

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

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

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

**nkma.us** - Northwest Korean Martial Arts

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

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

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**'When the opponent expands, I contract; When he contracts, I expand; And when there is an opportunity... I do not hit...it hits all by itself.'**



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