

TOTALLY TAE KWON DO

Issue 19

www.totallytkd.com

September 2010

The Free Global Tae Kwon Do Magazine



**WTF 1st Youth
Olympic Games**



10 Page Special



Julia Cross, 6 X World Champion - Exclusive Interview

Thoughts On Won-Hyo

Dead Or Alive

Encyclopedia Of Taekwon-Do Patterns Review

Taekwondo: Before Back In The Day

Whats The Point: Escrima Part 2

Be Careful What You Teach

The Moral Directives Of Tae Kwon Do

Plus More Inside

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

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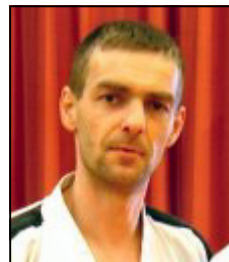
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Editorial

Issue 19 - September 2010

This month again see's a smaller than we are use to edition, but I guess it was only a matter of time, what with the regular writers all ready having submitted most of their major articles for previous issues; others that we would love to write for the magazine ignoring our 'Totally TKD Wants You' Campaign (except this months interviewee) and newer writers thin on the ground - which leaves the question of what to do with the magazine? The magazine needs your input, so please, don't leave it all to others, either get writing or encourage others to do so - or both!



Still, they do say great things come in small packages and this is the case with this months edition. We have an exclusive interview with 6 times ITF World Champion, Julia Cross who has recently retired, but has left a legacy many TKD athletes would love to follow! An interesting article on the practicalities of our training in martial arts in 'Dead Or Alive', and for WTF'ers a great 10 page special report and results for the 1st Youth Olympic Games held in August in Singapore - hot off the press as they say!

Its funny... for the first year or more we pushed and pushed to get more WTF articles and now, at least as far as associations go, the WTF are eclipsing all other organisations with their amount of input into the magazine! Maybe this will encourage more personal articles from WTF Instructors and students alike, as well as showing other big organisations what they really should be doing too! And the most interesting twist to this is that the WTF's input is all thanks to an ITF Master! It was Master George Vitale who personally spoke with the WTF Press guys about supporting the magazine whilst in Korea a few months back! Ironically, his main organisation/s (ie. The ITF) don't seem to be doing the same - maybe they need a high ranking WTF Master to encourage them :-)

We have more great articles for you to discover, so I'll leave you to get reading.

All the best,

Stuart Anslow

Editor

사범스튜
아트앤슬
로창현류
태권도

Issue 19 Contents

<i>Totally TKD News</i>	<i>Page 4</i>
<i>Miss Julia Cross - 6X ITF World Champion Interview</i>	<i>Page 7</i>
<i>Totally TKD Wants You</i>	<i>Page 14</i>
<i>Dead Or Alive</i>	<i>Page 15</i>
<i>Book Review: The Encyclopedia Of Taekwon-Do Patterns</i>	<i>Page 19</i>
<i>Thoughts On Won-Hyo</i>	<i>Page 22</i>
<i>WTF 1st Youth Olympic Games - 10 Page Special Report</i>	<i>Page 26</i>
<i>Taekwondo: Before Back In The Day</i>	<i>Page 37</i>
<i>Whats The Point: Escrima Pt 2</i>	<i>Page 41</i>
<i>Be Careful What You Teach</i>	<i>Page 43</i>
<i>Martial Arts Fraud</i>	<i>Page 45</i>
<i>The Moral Directives Of Tae Kwon Do</i>	<i>Page 47</i>
<i>Submission Guidelines</i>	<i>Page 46</i>
<i>Where To Download Totally Tae Kwon Do</i>	<i>Page 47</i>

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Totally TKD News

Dublin Girls Win Gold At Taekwon-Do World Championships - South Korea



Coach Jon Mackey 4th Dan Taekwon-Do Instructor / Lauren Bradshaw / Erika Walsh / Neidín Coulahan

It's the stuff dreams are made of.

Taekwon-Do fighters, Erika Walsh (14), Lauren Bradshaw (12) and Neidín Coulahan (17) were recently selected to represent Ireland at the World Taekwon-Do Championships and Festival which were held in South Korea in July.

The trio from Cabra, Dublin 7, train at Jon Mackey's Red Star Sport Taekwon-Do club in Cabra West and were part of a large contingent of Irish competitors to travel to Korea, the home land of Taekwon-Do to compete at the tournament. The event attracted top level Taekwon-Do athletes from around the world and boasted a competitor list of over 2000! Not deterred by the huge task ahead of them the three girls performed out of their skins and shocked even themselves by dominating their divisions and winning gold medals for Ireland.

Commenting after the event, their coach Jon Mackey said; *"The three girls so deserve this result. They trained unbelievably hard for this tournament. They trained five days a week during the evenings and even did sessions at 6.30am*

before school. They are a credit to themselves and their parents. They serve as great role models for all other young girls who may be interested in taking up a fighting sport. "

The trip was fully funded through club activities and massive local support.

Team manager Donna Mackey said; *"We ran some great fundraising activities that all the kids in the club supported. We have a great team of mummies and daddies that also lend a helping hand, they are the back bone of our club. We also received some sponsorship from local community groups and businesses, without them the trip would not have been such a success. We just want to say a big thank you to you all"*

Erika, Lauren and Neidín's story and photos of the event can be viewed at www.redstar-tkd.com

To the Editor:



In Issue 17 of Totally Tae Kwon Do, Master Matt Gibb wrote an interesting article on the relative use of the right and left legs in ITF patterns ("The Right-Leg Bias in Taekwon-Do Patterns", July 2010). He concluded there is a right-leg bias, with about 55% of the kicks executed with the

right leg. A more detailed analysis including the difficulty of these kicks showed similar results.

I have briefly reviewed the kicks in the WTF geup poomse, the eight Taeguk poomse and the eight Palgwe poomse. I restricted my analysis to the number - not the difficulty - of the kicks, since Master Gibb's analysis indicates the two approaches likely yield similar results.

I have found results similar to Master Gibb's: there appears to be right-leg bias in the WTF forms. By my count there are 77 leg techniques (front kicks, side kicks, round-house kicks, crescent kicks, stomps and knee strikes) in these 16 poomse. Because of style differences, not everyone will identify the same number of techniques. Of these, I find 31 (40%) are performed with the left leg and 46 (60%) with the right. The Taeguk poomse are a bit more balanced (43% left leg, 57% right leg) and the Palgwe poomse a bit less (37% to 63%). These results are consistent with Master Gibb's findings for the ITF patterns.

I agree with Master Gibb that this would seem to be a topic for further study.

Ira Hoffman
WTF 3rd Dan
Midland, Michigan, USA

1st SportAccord Combat Games To Take Place in Beijing, China



The taekwondo competition of the inaugural SportAccord Combat Games will be held in Beijing, China on Sept. 2, 2010.

The one-day taekwondo competition of the 1st SportAccord Combat Games, which will take place at the University of Science and Technology Beijing Gymnasium, will draw a total of 59 athletes from 27 countries.

The participating 30 male and 29 female athletes, who were mostly selected by the WTF based on the WTF world ranking, will compete for top honors in four male and four female Olympic weight categories. The four male weight divisions are -58kg, -68kg, -80kg and +80kg; while the four female weight categories are -49kg, -57kg, -67kg and +67kg.

The inaugural SportAccord Combat Games feature 13 sports, including four Olympic sports of taekwondo, judo, boxing and wrestling. The other nine non-Olympic combat sports are aikido, ju-jitsu, karate, kendo, kickboxing, muaythai, sambo, sumo and wushu.

As a special program for the spectators, the WTF Taekwondo Presentation Team will make three demonstrations at the competition venue from 8:30 a.m. to 9:00 a.m., from 2:00 p.m. to 2:30 p.m., and 5:00 p.m. to 5:30 p.m.

An instant video replay system will be used for the taekwondo competition of the SportAccord Combat Games, together with a electronic protector and scoring system (PSS).

All the contests will take place at two courts of a size of 8 meters by 8 meters, with a single elimination format. Two bronze medals will be awarded to the losers in the semifinals.

Each contest will consist of three rounds of two minutes, with one-minute intervals between rounds. In the case of a tied score after the 3rd round, there will be a fourth, sudden-death overtime round. In the case of a tied score after the 4th round, the winner shall be decided by all the refereeing officials on the basis of

superiority. The decision on superiority shall be based on the initiative shown during the fourth round.

One referee and four judges will manage the contest. For an effective attack to the trunk, a competitor earns one point. For a successful turning kick to the trunk protector, the competitor earns two points, while a competitor will earn three points for an effective foot attack to the head.

There are two types of penalties: warning, or Kyong-go, and deduction, or Gam-jeom. Two warnings or one deduction penalty lead to the addition of one point to the opposing contestant. If a contestant accumulates four deduction penalties, or eight warnings, during a contest, the contest is stopped and his or her opponent is declared the winner by the referee.

In the event of mistakes in calculating the match score or misidentifying a contestant, the coach can lodge an official protest.

Protests must be lodged within 10 minutes of the conclusion of the contest. The Competition Supervisory Board will deliver its findings within 15 minutes.

In case there is an objection to a judgment regarding scoring, penalties or misapplication of Competition Rules, each coach can make a request to the center referee for an immediate review of the video replay. After receiving the request, the review jury will review the pertinent situation on video replay and has to make a decision within two minutes. If the appeal is successful, the center referee will correct the judgment and the coach will retain the review request quota. Each coach shall have one chance to appeal per contest. If the appeal is not successful, the coach can not appeal again in the same match. The number of requests a coach can make all through the competition is limited to only one. The decision of the Review Jury is final, and no further appeals will be accepted during or after the contest.

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- **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

Exclusive Interview

Miss Julia Cross, IV

6 Times ITF World Champion

15 Times ITF European Champion

By Marek Handzel

Even if Ms. Julia Cross, IV degree, had a 'regular' story to tell, it would still be one bursting at the seams with the incredible power of human determination. A six-time world champion and official Taekwon-do 'hall of famer', Ms. Cross has travelled to the four corners of the world and beaten all comers on the global tournament circuit since 1991.

Sometimes training up to seven days a week, and funding her own travels, she built up a fearsome reputation as a tournament fighter. So much so, that sponsors promising her glories and riches on the WTF scene even came knocking at one point.

But her glittering career came to an abrupt end earlier this year at a time not of her choosing. A chronic hip complaint, which forced her to book some serious time in the operating theatre, meant that she had to finally hang up her pads.

Incredibly however, Ms. Cross had been fighting the injury for at least three years.

Despite being in excruciating pain for most of that period, she continued to train hard and compete at the



highest level. *Totally TKD* recently had the privilege to ask Ms. Cross, a true embodiment of 'indomitable spirit', a few questions about her career and battle with her body...

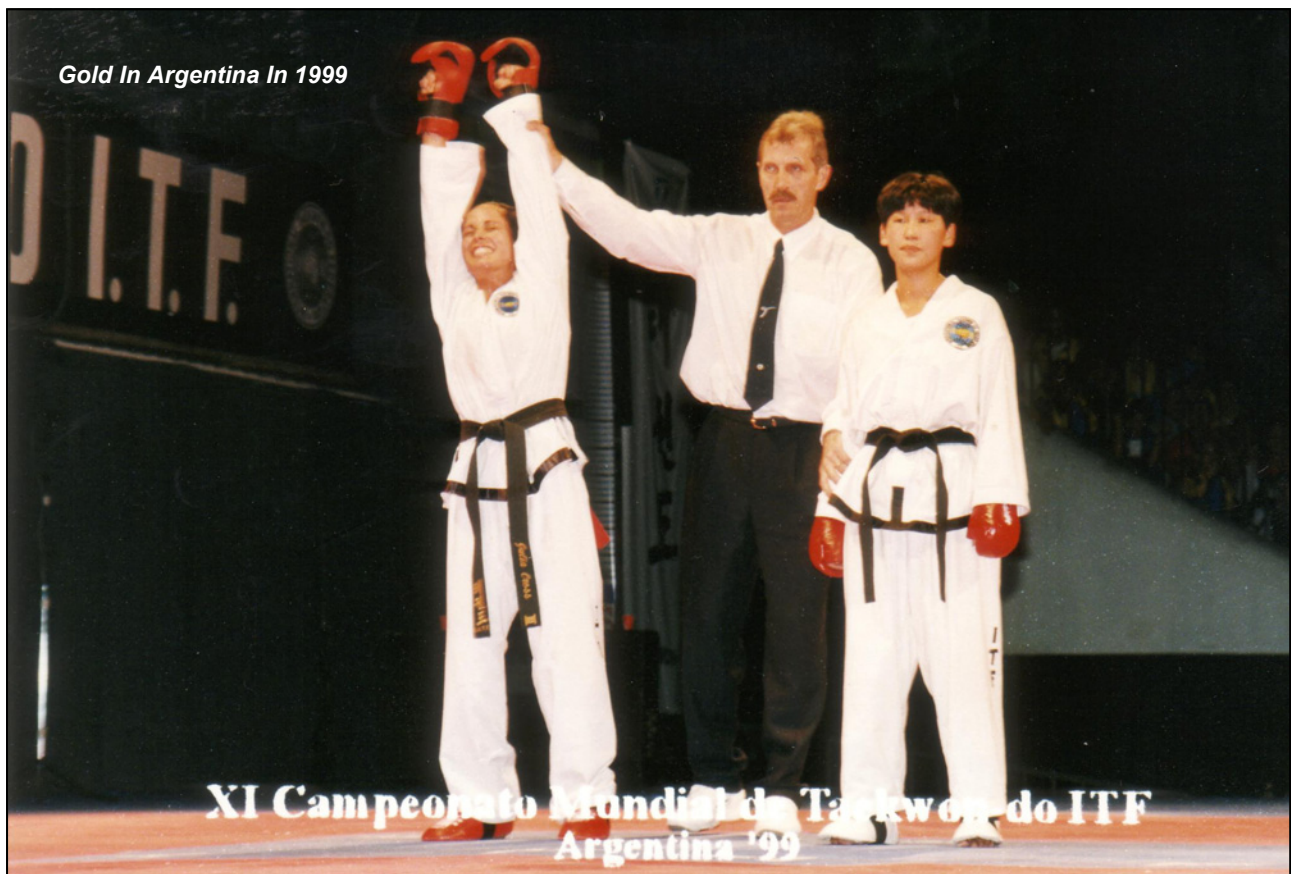
Training & Competing

Why did you choose Taekwon-Do?

I was taken along to a local class by my Father aged 11. He had trained in TKD before in Edinburgh but snapped his Achilles tendon so had been out for around a year. He decided to take it up again but wanted to train local, in Linlithgow, so we decided to go together. I didn't really know anything about different martial arts at this stage.

At what age/level did you start competing?

I was 12 years old and green belt. I remember my first competition like it was



yesterday. I had to fight a black belt boy who was also from my TKD School. Needless to say to got beaten, but it didn't put me off. I was annoyed that he beat me so was determined to win the next time.

Why did you decide to compete internationally?

By the time I was 15 I was competing as a senior as I was winning nearly everything that was going, patterns, sparring and power, so my Instructor, Master Sheena Sutherlands VIII deg, decided that it was time that I and some others had a trip abroad to the Junior European Championships. That was in Vienna 1991. It was a huge eye opener as here there were many, many girls from different countries better than I was. It was incredible. A real turning point for me. I had had a small taste of what I could have if I wanted. And I wanted it.

How would you react to a loss in your early years? Did they help you develop a certain style or mindset?

In the beginning I wasn't very good at

loosing, I hated it. I was much younger and I think when you train so hard and it doesn't go the way you would like, loss is hard to deal with. It was always more sadness than anger. I was never rude or ungraceful, I hope, just sad. As the years progressed I learnt to deal with defeat much better. Thankfully it wasn't too often, but I believe that I was gracious in defeat and in winning. I tried to hold my head up and deal with the emotions when I left the ring, away from others.

I always had the mind set that I would win and could win, in the later stages, probably from 1999 onwards. But I never thought I was too good or underestimated anyone, never. You always have to respect your opponent.

Did you have any martial arts role models that you followed when you were younger?

No really, again I only followed TKD when I was younger. Now I like to watch Jet Li & Jackie Chan, no so much for their skills,

which are incredible, more so for their wisdom. In TKD there were many people who I admired but I never tried to be like anyone else, I was me and I had my own style.

What was your hardest competition to win/one that gave you most satisfaction?

I still think my first World Title in Argentina 1999 was one of the hardest and most satisfying to win. It was the first time I really believed I could be World Champion and I loved every minute of it.

Do you recall who was your hardest ever opponent?

There have been several over the years. I don't think any individual was the hardest; they were all difficult in different ways. You come across the same fighters several times and there are ones that you would rather get first round than others.

What were your favourite competition/country you competed in?

All the World & Europeans where I won Gold were my favourite and I love Argentina and Malaysia was by far the most beautiful and the hotels the best.



North Korea was an eye opener, at 17 and it being a communist country, it was a life changing experience.

Did you have a training routine you followed when you competed?

Always. I trained so hard. In the beginning when I was competing for Worlds/Euros I was training twice a day 6-7 days a week. I now realise that this was way too much and in that there were weights sessions as well.

There are so many routines I followed.

Kicking/sparring drill, pad work, sparring, patterns, strength, flexibility, every week along with squad sessions and classes. I had specific drills on different days.



Given your lack of sponsorship, what made you continue to compete at such a high level?

My love, passion and dedicated to my art, an addiction. The desire to keep winning and become the best in the World. I just loved it so much. It was my life. Going

from one competition to the next, setting myself the next goal and working on mistake I had made, trying to improve all the time.

Were you ever tempted/approached to 'switch' camps and try and challenge for a place at the Olympics, for example?

Yes, one sponsor I had in around 2001 said that if I switched to WTF they would sponsor me for another 3 years. This wasn't even an option, I said no. I do not like the WTF sparring, it is not me. For me the ITF style is better.

What was the 'secret' to your success

Dedication, drive, want, believe with sometime a little self doubt to keep you on your toes. Never, ever think you are too good. There is always someone who wants to beat you and is training to do just that so you always have to be one step ahead and change things all the time so that your opponent expects one thing and you do another. Always train hard. If you want to achieve you have to work. No one is just going to let you win, you have to set yourself a goal, take steps to achieve that goal and work towards it without letting anything stand in your way.

Having now retired from high level competition, what is your focus within Taekwon-Do now? Will it be running your school, or will you be coaching the next generation of International competitors for your association perhaps?

Yes sadly I have. I have had my own TKD School for 12 years now with 120 students. I have now just taken on my own unit which I will turn into a full time Do-Jang. It is a very exciting step, and a little scary. I will build on that and I have some very talented students who wish to compete internationally so I will work with them. I

intend to do seminars when I and fully recovered and one day maybe I will be national coach. It is a dream of mine to do

this and I thought it would be a natural progression but unfortunately due to politics it looks unlikely that I will be coach. I was Team Manager/ competitor for the last 3 years but now my students and my gym will take priority. Who knows what the future holds. Maybe I will create the next World champion.



Julia with Master Sutherland, VIII in Poland

Hip Replacement Operation

I understand that the news of your need for a hip replacement came 'out of the blue' and that your training history may have brought on the condition. Would you have done anything differently if you had known that you were susceptible to such 'wear and tear'? Could you shed some light on the precise nature of the problem – is it simple arthritis?

Well, I will try and keep a long story short. In 2007, January while I was training for the Worlds in Quebec I started to get groin pain which then referred to my back. But me being me I just kept pushing through the pain. I have a good relationship with pain. I never let it beat me. So after I won in Canada it started to get worse and I noticed that my flexibility was deteriorating, no matter how hard I stretched it was getting worse. So by the end of 2007 I went to see my Dr who is very sports orientated and he decided that I had a tear in the joint. So he referred me to a hip surgeon in Glasgow called Mr Gray.

I saw him in the December and after x-rays

he came to me and said' Right Julia, yes your hips is a mess, probably one of the worst I have seen. Not only do you have several tears, bone growth, scar tissue like bunches of grapes. You have not cartilage left and you need a new hip!' I was in shock. After seeing the x-rays he explained what he could do. I had an operation in Feb 2008 which relieved some of the pain and let me win the European championships 2

months later. But Mr Gray was very sure to say that it will not fix the problem as it had stemmed from a slight tilt in my growth plate in my thigh as a teenager which meant that my hip was sitting tilted in the socket, and then with all the years of TKD and the hard way in which I trained it had brought it on 30 years to soon. My other hip is fine. I had several arthritis which only got worse. The pain was incredible every kick or stance, it just got worse. He told me I had 2 years left with my hip.

So yes I knew about the hip but I was in denial and just kept thinking that I would be ok.

So I kept training for Euros and Worlds, through horrendous pain, but that was my choice. I kept thinking that I would not let this beat me. After Argentina 2009- Worlds. I actually couldn't handle it anymore, so again to see Mr Gray and on re x-ray he sat me down and said' how have you managed? Most people with a hip this bad would be in a wheelchair, you've really done it good this time, you've cracked your femur head so it has to go, full hip replacement, we cannot do a hip resurfacement anymore'

I was devastated as I knew it was bad but

stupidly on my part I kept thinking that it wasn't. So that's the story up until I had it replaced in May. No I wouldn't have

changed a thing and I don't regret going on through the pain. It was my life, and still is.



Julia's Replacement Hip

In your interview with the Edinburgh evening news (14/05/10) you mention being in 'shock' over the news. How long did it take you to come to terms with it? Did your martial

arts background help you in any way?

Yes I was in shock, as above, as the realisation was that this operation was going to happen now or my hip was going to collapse. Mentally it was very hard to come to terms with. But as Mr Gray said, Julia you're not dying! I knew this but part of me was about to die. It sounds crazy but that's how I felt. I didn't know anything else apart from competing, I still don't but that is slowly changing and I know things will get better with time.

I am mentally strong due to my training and martial arts and this has helped me with my recovery, being determined to get back to 100% which my surgeon is sure I will. I'll never get full box splits again, but that is a small price to pay for being pain free, well almost.

I have the newest type of hip, a plastic socket and metal femur head that is used for younger hip replacements and sports people.

When did you find out you needed the op and how long was it until you went into Hospital?

I found out in March 2010 and had my operation on 15th May 2010.

**How has your recovery gone to date?
Will you ever return to 'normal'
training?**

Recovery is going well as I am doing everything the surgeon and physio tell me. I was 6 weeks on crutches, which was so much harder than I thought it would be, then when I came off the crutches, 6 weeks ago now I couldn't walk. I had to learn to walk again. It has been very difficult both mentally and physically but I am not swimming, running in the pool, bike, rolex, weights and stances, punching. So in all it is getting there. I will be sparring and doing patterns again soon but I have had to work really hard at building the muscles round the new joint as the all went after the operation as they cut through your muscles. But I am determined to get back to training pain free, which I haven't had for 4 years. I will be apprehensive in kicking with force and impact again but Mr Gray is confident that I will get back 90% of what I had before I had this problem. If that's the case then I will be more than happy. I just can't wait to start jumping about the place.

If it wasn't for your hip, would 'retirement from competition' have even crossed your mind?

I'm not sure. I think I thought I could go on for ever. I was certainly fit enough and had the want to keep going and the experience. I just would have liked to stop when I was ready, not my body telling me.

Advice

What advice would you give to women who wish to follow in your footsteps?

Have a dream set your goals and go out and achieve it. Be prepared to work your butt off.



How hard did you work on developing your kicking techniques? What sort of stretching routine did you follow in your heyday?

Practise, practise and more. Watch others and learn from them. I was stretching twice a day for ½ hour each time to improve and then maintenance. So many different stretching dynamic, ballistic, static.

Should competitors follow their own game-plan or always adapt it to an opponent's style?

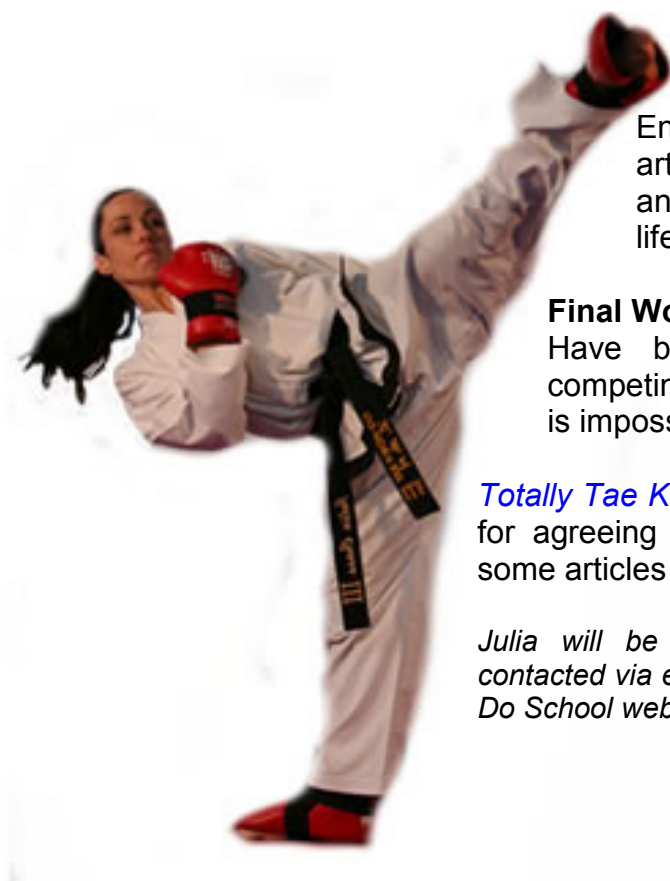
You have to have a game plan but it has to change with each competitor as everyone is different. You can have set techniques that you can use with all but you must be

able to adapt. You can't ever sparr exactly the way you want to. Have different fighting techniques for attacking opponents and defensive.

Sparring is 50% physical, 50% mental. True or false?

True

You said your hip replacement has helped you to realize your life in Taekwon-Do is more than just about



tournament, what do you feel the main focus of training in Taekwon-Do should be about?

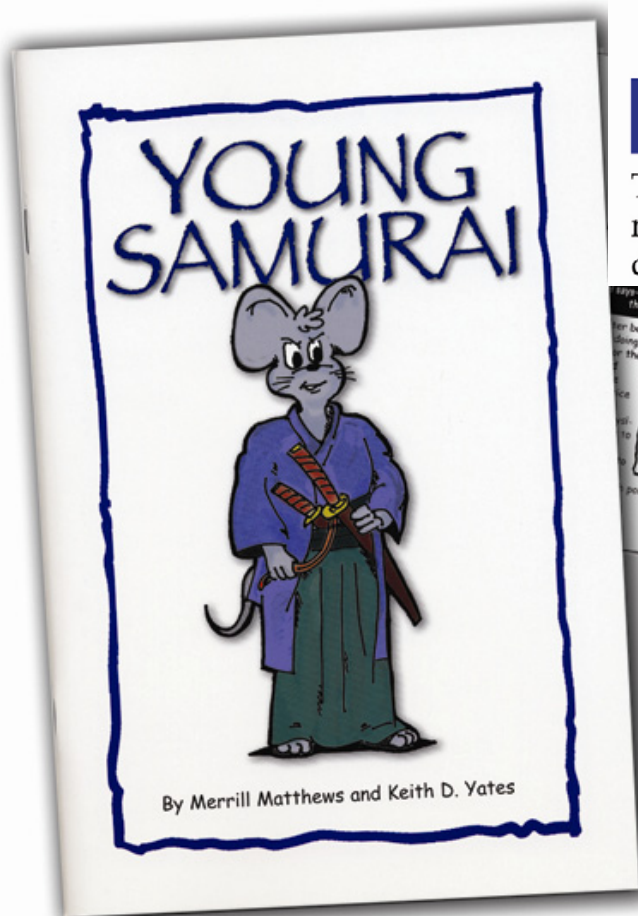
Enjoying it and helping the Martial side of the art make you a better person more structured and disciplined and the Art side to help you in life. Always be humble and help others.

Final Words?

Have belief in yourself, make the most of competing as it is over before you know it. Nothing is impossible if you want it badly enough

Totally Tae Kwon Do magazine would like to thank Julia for agreeing to this interview, as well as considering some articles for future editions of the magazine.

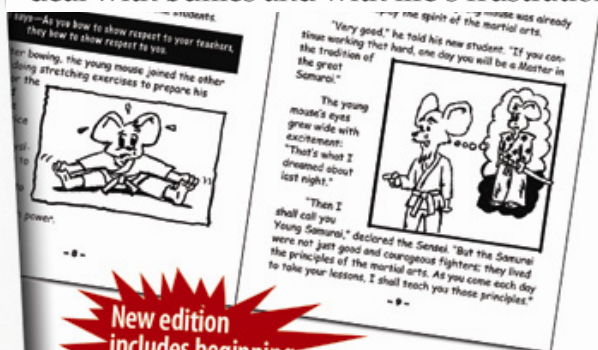
Julia will be available for seminars soon and can be contacted via email on jcrosstk@aol.com and her Taekwon-Do School website is www.southqueensferrytkd.info



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'Dead or Alive'

By Kris Mansfield

Having recently re-read 'Streetwise' by Peter Consterdine and finding it still to be absolutely fantastic, I believed it was high time to check out 'Dead or Alive' by Geoff Thompson, which is a perfect accompaniment to Consterdine's modern classic.

Now, before I begin let me state that I have been involved in "real" fights, though not hundreds, due to the area I lived in and had trained on and off in a few different martial arts. Whilst in University I decided to take up WTF style Tae Kwon Do and was making good progress. Or so I thought. I was actually busy reprogramming what

had always come quite naturally to me. I wasn't punching as much because they don't score points in competition. I wasn't head-butting or grappling because, yes, you've guessed it! You can't do that in competition! I was almost starting to

believe that I could pull off a spinning hook kick in a real encounter (ala Terry O'Neil) due to minimal success with the technique in sparring and competition, but in reality couldn't throw it at all. A few years ago I was given a massive wake up call. I was quickly forgetting what a real fight was like. There is no referee, there are no rules.

Five years on from starting TKD, with my first Dan grading looming on the horizon, I was out in town for drinks. It was your average Saturday night out in Liverpool city centre, my girlfriend, step-brother and I had met friends, had a few too many drinks and had a good night. Walking to get a taxi we met trouble. We were subjected to a nasty and unprovoked attack involving eight Neanderthals. Needless to say, we didn't "win." I managed to get away with a split lip, fending off three of them with my arms forming a barrier (which I later discovered was a form of 'the Fence') my girlfriend was armed with a bag of chips, which she launched at the nearest person (ancient

O k i n a w a n technique, I'm sure) and my step-brother, well... he was on the floor at this point, after throwing maybe two punches and was unconscious having his head jumped on and kicked into the curb by the remaining cave-dwellers.



Traditional Blocking Application

I feel a question coming on at this point. Maybe something like, "Well, what did you do when you saw this happening? Did you use your previous TKD training?" The answer quite simply is no. In all honesty, I froze and watched the assault happen in slow motion. After what felt like an actual eternity, I ran to help my...what? Unconscious? Dead? Step-brother/best mate.

Thankfully he began to regain consciousness, still lying in the middle of the road, with cars driving past. I was so angry at myself. Why did I drink that last pint? Why didn't I cross the road when I saw a group of drunken idiots? Why didn't I start dropping them as soon as they were in front of me? Why did they pick us? It took me a good while to take control of these feelings. This feeling, which Geoff Thompson refers to as the 'Black Dog' in his book, was well and truly chasing me around the park and I couldn't out-run it.



A More Realistic Range

When the police finally arrived and we identified the culprits, we were then faced with questions such as "Who started it?"(!) I was told to "calm down" and to "stop swearing" or I would be arrested. I had never experienced this sort of situation before. We were the victims of the assault, yet we still needed to justify this to the 'second-enemy', the police. Both Geoff and Peter, remind us that even if you do act in 'self-defence' and with 'reasonable force', it is what you say after the encounter, that determines the outcome in court.

I told the Police officers that I had ran after two of them chasing them on to a bus. I was asked "why" I had chased them, as the attack was over. If I would have hit one of them following this I could have been charged with assault. This subject matter is explore in great detail in 'Dead or Alive' and is something that should be

contained in every book on self-protection. Following this assault, no charges were made, as there was no evidence that the people who we had identified had been the ones who attacked us, even though my blood was on one of their shirts. CCTV, we were informed, was not working that night.

Fortunately, the only damage was a severely bruised ego and a lot of pent up anger. I realised that something needed to change. As a child and teenager, growing up in your typical working class area, my Dad's advice was always, stay away from trouble, but if you can't, make sure that you get the first shot in! This is basically the crux of 'Dead or Alive' and all sound self-protection advice. Avoid violence at all costs. Escape a situation if possible. But if you need to protect yourself, hit first and hit hard. You do not want to end up in a *fight*.



Kris & Rob - Mid-block Bunkai

As a result of this, I decided to stop training in TKD as I found it unsuitable, in its sporting form, for an actual street encounter. I was learning techniques that are used in a sport with rules. I had spent no time training in workable bunkai, as you only needed the patterns/forms to pass your grading. I also realised that I, myself, need to take responsibility for what I was doing.

Mo Teague, in the Appendix of 'Dead or Alive' reminds us all of the dangerous and

debilitating effects of alcohol and fighting. Basically they are like oil and water. They do not mix well. Alcohol can make you aggressive and become the loud, obnoxious 'Two-can Van Damme' type, who wants to take on the world, or simply it reduces your perception and decision making skills. I know that I was too drunk when we were attacked, I thought that it happened 'out of the blue' because I was not switched on. I was in 'Code White', happily devouring my take-away, thinking about being home with the missus.



Floor Arm Break With Neck Crank

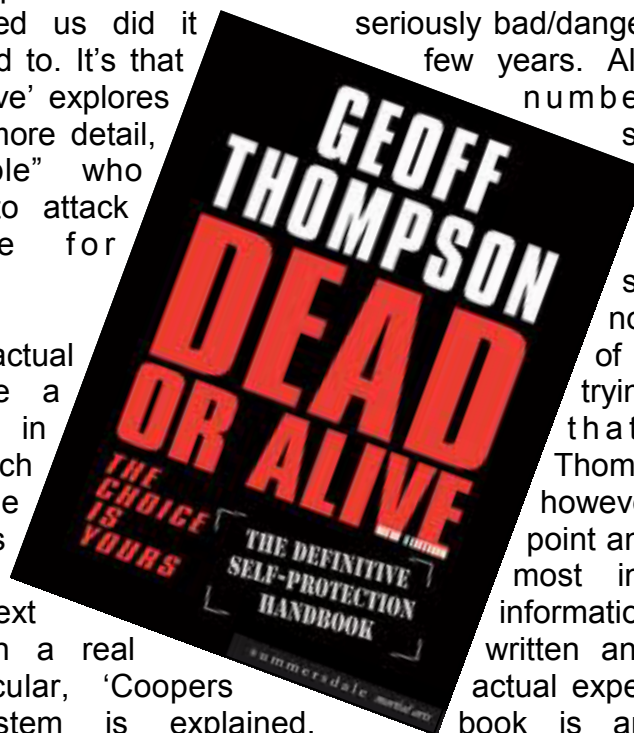
This is not to say that I blame myself or my friends for the attack, rather we/I should have perceived the problem before it was, quite literally on top of us. The people who attacked us did it because they wanted to. It's that simple. 'Dead or Alive' explores this mindset in far more detail, interviewing "people" who purposely go out to attack random people for enjoyment.

With regards to actual 'fighting,' there are a couple of chapters in 'Dead or Alive' which demonstrate techniques, but it is the other information contained in the text that is essential in a real situation. In particular, 'Coopers Colour Code' system is explained, something that is also recommended in 'Streetwise' and is definitely a mind-set which I use now. In addition to this, Geoff

Thompson covers all of the pre-fight rituals, which must be understood and trained in order to survive a violent encounter.

Having become a member of Peter and Geoff's brainchild, the British Combat Association four years ago, under the tutelage of Sensei Jon Ryley, I have never looked back. The training is realistic and honest. The training can be painful at times. But this is needed. We 'absorb what is useful' from the likes of Western Boxing, Kali, Karate Jutsu, JKD, Torite Jutsu and apply them to realistic scenarios.

I have wanted to write this little article for a while now, as I am an avid reader of martial arts literature and have read some seriously bad/dangerous books in the past few years. Also having been in a number of dangerous situations, I have a minimal, but actual understanding of what is required to survive a street encounter. I am no expert on the subject of self-protection nor am I trying to convince anyone that I am. Geoff Thompson's 'Dead or Alive' however, is straight to the point and contains some of the most important martial arts information that you can find written anywhere and is by an actual expert on the subject. This book is an absolute must for anyone interested in the life protection arts and I cannot urge you enough to read this book. Dead or alive, what do you choose?



"The TKD Clinic"

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



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

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

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

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



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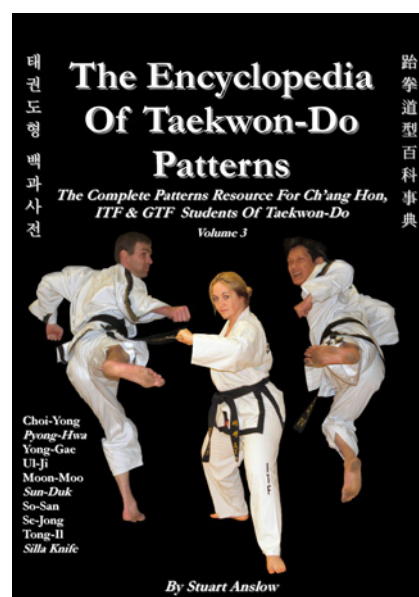
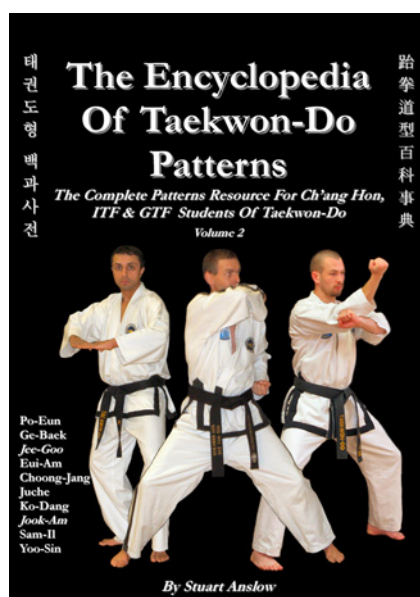
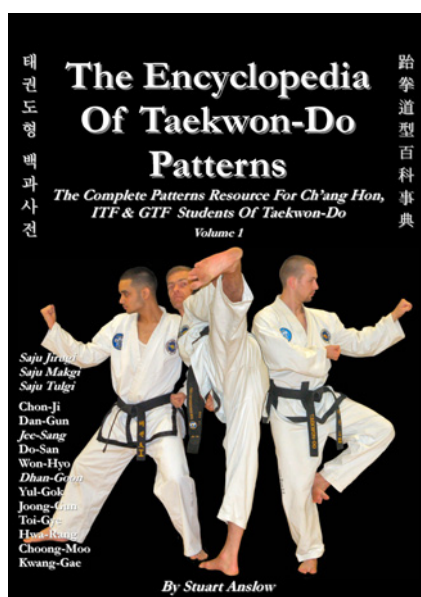
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Book Review

The Encyclopedia Of Taekwon-Do Patterns Vols 1, 2 & 3

By John Dowding, 4th degree, PUMA



Not to be confused with the 15 volume Encyclopedia Of Taekwon-Do by General Choi. This is the latest work from respected Taekwon-Do stylist Stuart Anslow.

Stuart's previous work Chang Hon Hae Sul explored the hidden applications in the Chang Hon pattern set. With this latest publication spanning three volumes, Stuart has tackled the more conventional area of pattern movements and performance.

This set of books is not about application, its simply a step by step guide to learning and performing the relevant pattern applicable to all grades from 9th kup to 9th Degree. Every Chang Hon pattern is explored in some depth from Chon Ji to the final pattern required for Seventh Degree and above Tong IL. What is also unique from a Chang Hon stylists perspective is

that Stuart has included both Ko Dang and Juche and is the only work that documents all 25 patterns created by General Choi and the pioneers of the ITF

Stuarts work is unique in that not only does it include the 25 Chang Hon patterns but also provides step by step instruction in the six Jee-Goo Hyungs created exclusively for the GTF by Grandmaster Park Jung Tae and the Silla Knife pattern created by Grandmaster Kim Bok Man. These GTF hyungs have never been published in this format before and the Silla knife pattern was only available in Grandmaster Kim Bok Man's book Practical Taekwon-Do. Whilst not directly relevant to Chang Hon stylists, these make a fascinating reference work for all serious students of Taekwon - Do, and I personally have enjoyed studying the hyungs created by GM Park which not

surprisingly for anyone with any knowledge of GM Park contain some interesting kicking combinations which are not for the faint hearted or stiff legged!

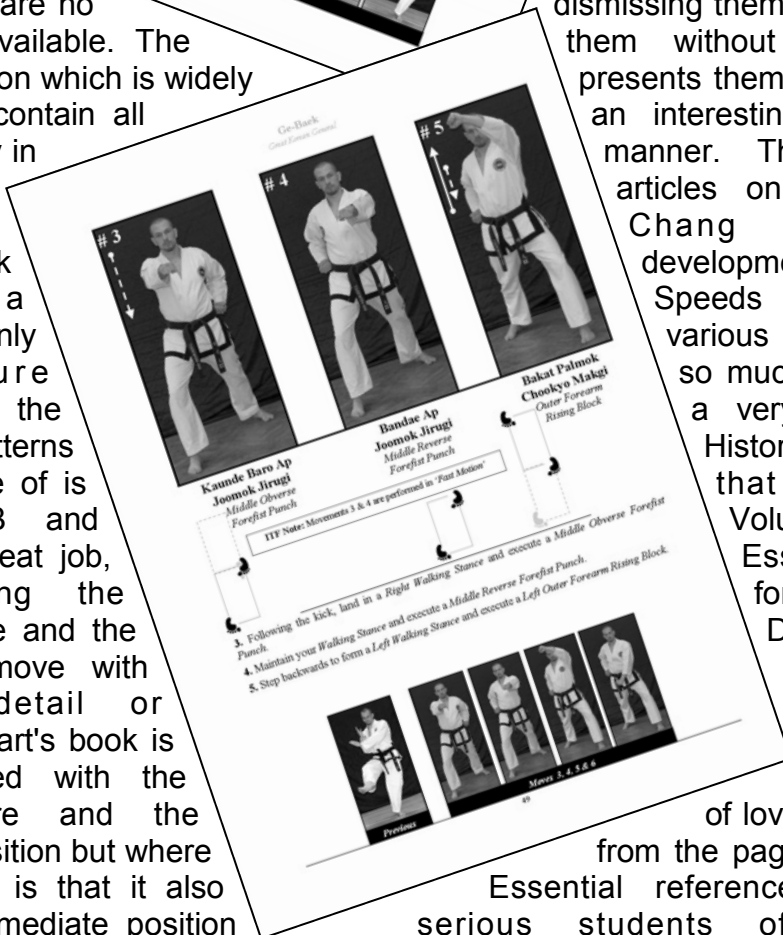
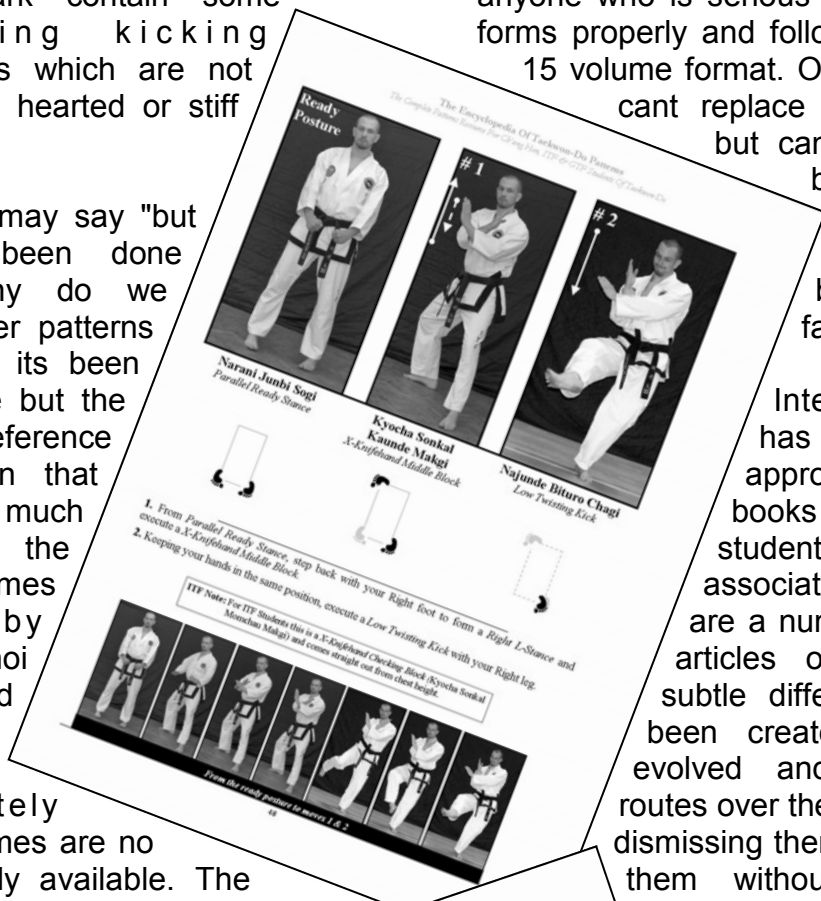
Now some may say "but this has been done before! Why do we need another patterns book?" Yes its been done before but the only other reference book I own that gives this much material is the full 15 volumes written by General Choi himself, and

unfortunately the 15 volumes are no longer widely available. The condensed version which is widely available does contain all patterns but only in text form which is much harder to follow or check if unsure of a move. The only other picture reference for the higher grade patterns that I am aware of is by the TAGB and doesn't do a great job, merely showing the previous posture and the finished next move with very little detail or explanation. Stuart's book is clearly illustrated with the starting posture and the finished next position but where it scores highly is that it also shows the intermediate position that the student travels through to arrive

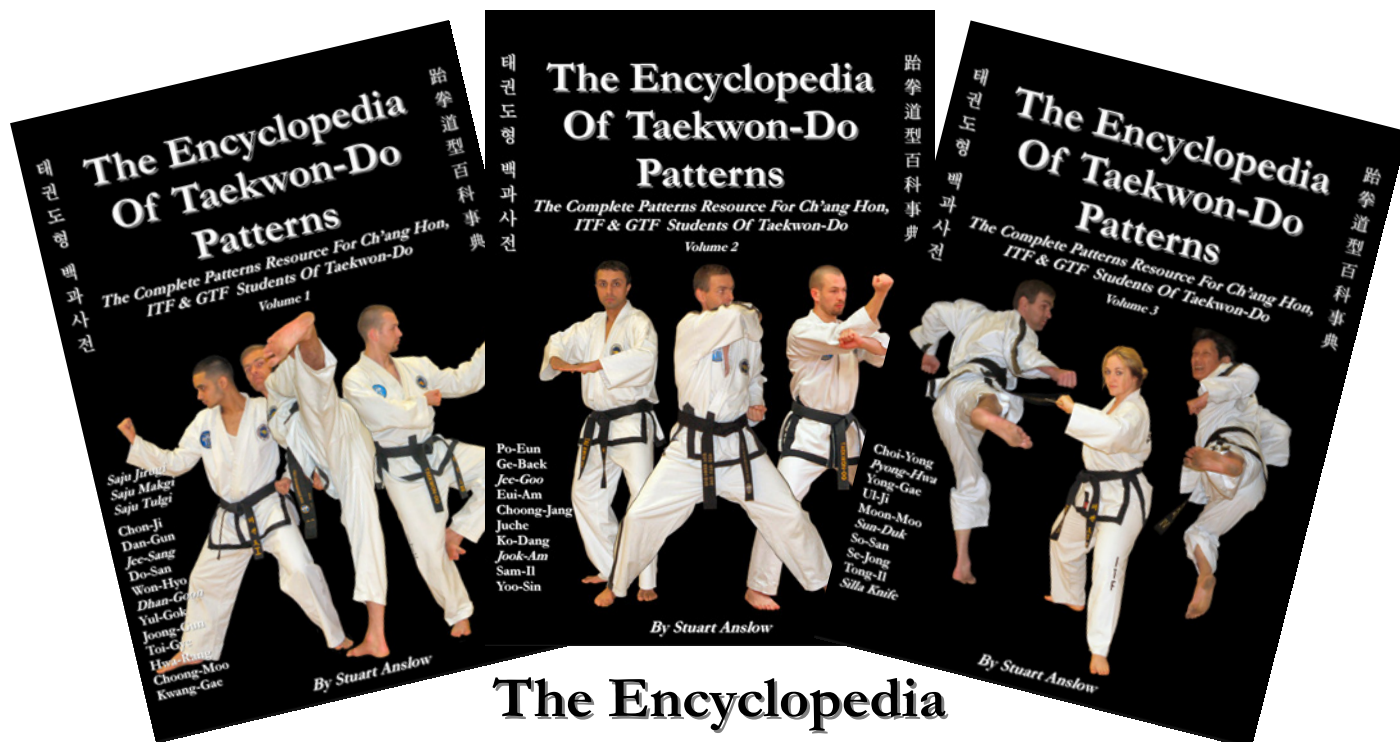
at the end position, this is invaluable to anyone who is serious about learning the forms properly and follows General Choi's 15 volume format. Obviously the books cant replace a good instructor but can provide that link between dojang and home practise that other books of this kind fail to do.

Interestingly Stuart has taken a very broad approach and these books are directed at all students irrespective of association or style. There are a number of fascinating articles on the small but subtle differences that have been created as TKD has evolved and taken different routes over the years, rather than dismissing them Stuart embraces them without prejudice and presents them for the reader in an interesting and insightful manner. There are other articles on the history of Chang Hon patterns development, Sinewave, Speeds in patterns for various movements and so much more including a very complete Full History of Taekwon Do that appears in Volume 1 of the 3! Essential reading for the Taekwon Do historian.

Ultimately this has obviously been a labour of love and that shines from the pages to the reader. Essential reference work for all serious students of Taekwon-Do regardless of rank or association.



60 Years In The Making...



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

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

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

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

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

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

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

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

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

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Thoughts On Won-Hyo

By Sanko Lewis

The fourth pattern in the Ch'ang Hon pattern set is named after one of Korea's most interesting historic figures, the Buddhist philosopher Won-Hyo.

The ITF Encyclopaedia explains Won-Hyo as a monk who introduced Buddhism to Korea (the Silla Dynasty) in the year 686 AD. His introduction of Buddhism to Korea is probably much earlier as some sources have it that 686 was the year that Won-Hyo passed away.

Probably Won-Hyo's most noted contribution to Buddhist thought was towards the philosophy of "consciousness-only." On a stormy evening in the year 661 Won-Hyo and a friend, Ui-Sang, were on their way to China, hoping to further their studies in Buddhism. During a heavy rainstorm they took shelter in what they

believed to be a stone sanctuary. Sometime during the night Won-Hyo was overcome by thirst. Feeling around in the dark he picked up something he thought was a bowl and in it, to his delight, was water; so he quenched his thirst from the gourd. The following morning Won-Hyo and Ui-Sang woke up and to their amazement realised that the shelter was not a sanctuary, but a tomb strewn with skulls, and the bowl was not a gourd with fresh water, but a human skull filled with brackish water. This experience was pivotal in Won-Hyo's search for truth. He came to the conclusion that the world is a construct of our consciousness. Won-Hyo left the priesthood, but continued to spread Buddhism as a layman. He wrote twenty-three works on Buddhist philosophy.

I've always been fascinated as to why



General Choi Hong-Hi included a religious figure in the twenty-four patterns. The General had always been adamant that Taekwon-Do should be free from religious ideologies. He even stated specifically that meditation in Taekwon-Do is not like the meditation done in Buddhism. Why then did he include a Buddhist figure as part of the Ch'ang Hon pattern set?

I've come to two conclusions.

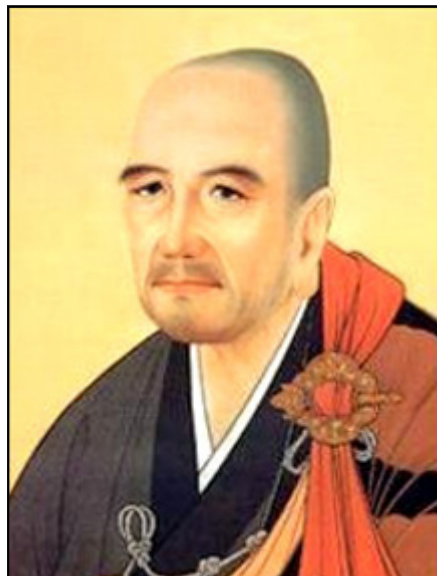
The first interpretation, I think, resonates with General Choi's personal ideology. The General was imprisoned and awaited the death penalty under the Japanese government. Fortunately World War II ended shortly before his execution. On a later occasion the Korean government declared General Choi an enemy of the state because he openly opposed the then dictator-president. General Choi was forced to leave Korea. These two chapters in the General's life were probably the two greatest hardships he experienced. Regardless, the founder of Taekwon-Do seemed resolute in his life calling. The General chose not to dwell on the negatives, but focussed single-mindedly on what he considered to be his vocation – the spreading of his philosophy through Taekwon-Do. In a sense, General Choi applied Won-Hyo's discovery, that we choose how we want to interpret our world.

This notion of reality being chiefly part of our consciousness is fundamental to Korean thinking and is even evident in their lexis. For instance, to say *I have a cat*, one would say *There exists a cat*, in Korean. This shows how consciously acknowledging the existence of something is very important in Korean thinking. (Similarly, denying the existence of something may also be a coping strategy

for Koreans.) The idea that man's interpretation of reality holds power over reality, is referred to also in a later pattern, called Juche, which is the philosophical idea that man controls his own destiny. In other words, you are in control (and responsible) for your own decisions – and therefore for the results in your life.

My second interpretation has less to do with ideology, and more with martial art technique. The pattern Won-Hyo, I believe, is a tribute to the ancient martial arts, especially the Chinese martial arts, and specifically Shaolin Kung Fu.

The first link is the Buddhist connection. Shaolin is a Buddhist sect. The Shaolin Monastery was established by the Emperor Hsiao-Wen in AD 496. It is generally accepted that Shaolin monks were some of the first to officially systematically practise martial arts.



It is said that Bodhidharma taught the "18 Hands of Lohan," a form of non-combative Yoga-like postures at the Shaolin Monastery, to improve the health and concentration of

the monks. Legend has it that Shaolin Kung Fu evolved from these postures, although archaeology points to martial arts being practised at the monastery even before Bodhidharma's visit. Regardless, it is commonly believed that the Shaolin Monastery is the birthplace of the Oriental martial arts. Some of the oldest archaeological evidence of martial art activity at the monastery depicts two occasions of combat. The first was in 610 when bandits attacked the monastery, but were fought off by the monks. Another battle is recorded to have happened in 621.

There is therefore proof of martial art activity within Buddhist spheres around the



same time that Won-Hyo (617-686) lived. Is it possible that Won-Hyo may also have participated in martial arts? There is no evidence to back such a notion. This does not mean, however, that General Choi did not infer to Chinese martial arts through this pattern. In fact, the pattern Won-Hyo includes some interesting postures that are definitely of Chinese martial art origin.

The ready posture of Won-Hyo Teul, Close Ready Stance A (*Moa Junbi Sogi A*), depicts the closed fist in front of the face, with the other hand folded over the fist. This posture is common in Chinese martial arts (especially the hard styles, such as Shaolin Kung Fu). It is often used in Chinese martial arts as a ready posture and as a greeting posture.

Another technique of Chinese martial art origin is the Circular Block (*dollimyo makgi*) – movements 19 and 22 in Won-Hyo Teul. This technique also occurs in another Korean martial art, Tang Soo Do (Korean Karate), in their pattern called Bassai. This pattern was in its entirety borrowed from Okinawan Karate, but is originally of Chinese derivation.

Both techniques, Close Ready Stance A and the Walking Stance Circular Block, are easily identifiable as Chinese martial art postures, and can possibly be traced back to Shaolin Kung Fu. The reference to the philosopher Won-Hyo furthermore connects with the Buddhist tradition, which came to Korea from China. I'm of the opinion that Won-Hyo Teul is a pattern in honour of the Chinese martial styles. If such homage was indeed the intent of this pattern's creator, I cannot say. However, every time I perform Won-Hyo Teul, I'm confronted with Chinese symbolism – and at least in my mind, this pattern brings homage to the Chinese martial art traditions and links Taekwon-Do to a long history of Oriental martial art practise.

...ooOoo...

Sanko Lewis, 4th Dan in ITF Taekwon-Do and black belt holder in Hapkido, is Director of Research-and-Education for South Africa-ITF (SA-ITF) [www.taekwondo.co.za]. He is *Kwanjangnim* of the *Soo Shim Kwan* (a federation affiliated to the SA-ITF) [sooshimkwan.blogspot.com] and is an assistant instructor at the main ITF Taekwon-Do gym in Seoul, Korea [www.thewaymartialarts.com]. He also teaches subjects in literature, academic literacy, and applied language in the Department of English Studies at a university in Seoul, and has a master's degree in Creative Writing. Mr. Lewis can be contacted at saitf.research.education@gmail.com.



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1st Youth Olympic Games

- Singapore -

News Submitted by Seok Jae Kang

Russia & Israel Win Gold Medal on 1st Day of 1st Youth Olympic Games

Russia and Israel clinched one gold medal each on the first day of the taekwondo competition at the inaugural Youth Olympic Games on Aug. 15, 2010 in Singapore.

In the women's -44kg weight division, Russia's Anastasia Valueva outpointed Ukraine's Iryna Romoldanova 7-1 in the final match to win the gold medal. The

bronze medal went to Seymar Tuncer of Turkey and Tajikistan's Shukrona Sharifova. Ms. Sharifova, who earned a wild-card ticket to the taekwondo competition, made a 3-1 upset victory over China's Li Zhaoyi, the bronze medalist at the WTF World Taekwondo Qualification Tournament for the Youth Olympic Games, in the opening match.



Womans -44kg final. Valueva (RUS) vs Romoldanova (UKR)

The taekwondo competition took place on the fourth floor of the International Convention Center in downtown Singapore.

In the men's -48kg weight category, Israel's Gili Haimovitz won the gold medal as his final-match opponent, Mohammad Soleimani Delgarm of Iran, withdrew from the final match.

The taekwondo competition of the 1st Youth Olympic Games, which runs through Aug. 19, attracted a total of 99 young athletes, aged between 16 and 17, from 66 countries.

Of the 99 athletes, 59 athletes, 29 male and 30 female, earned the tickets to the taekwondo competition through the WTF World Taekwondo Qualification Tournament for the Youth Olympic Games. Host Singapore received two male and two female tickets, while 36 athletes, including 19 females, participate in the taekwondo event through the NOC

Results - Day 1

Women's -44kg Weight Category

Gold : Anastasia Valueva (Russia)

Silver : Iryna Romoldanova (Ukraine)

Bronze : Seymar Tuncer (Turkey)

Shukrona Sharifova (Tajikistan)

Men's -48kg Weight Category

Gold : Gili Haimovitz (Israel)

Silver : Mohammad Soleimani Delgarm (Iran)

Bronze : Gregory English (USA)
Lucas Guzman (Argentina)

universality places, better known as 'wild cards.'

Four cameras for instant video replay were installed at the competition court, with no protests related to refereeing and judging.

Between the semi-final and final matches, there was a 15-minute taekwondo

demonstration by the WTF Taekwondo Presentation Team for the taekwondo spectators, drawing big applause from the jam-packed spectators.

Reflecting the high popularity of taekwondo, all tickets were sold out for the five-day taekwondo competitions.

In the afternoon, there were two one-hour taekwondo demonstrations and training for taekwondo techniques by the WTF taekwondo team for Youth Olympic Games athletes and spectators.

each on the second day of the taekwondo competition at the inaugural Youth Olympic Games on Aug. 16, 2010 in Singapore.

In the women's -49kg final match, Thailand's Worawong Pongpanit needed a fourth sudden-death round to beat Jordan's Dana Touran for the gold medal.



Iran's Keveh Rezaei delivers a kick to Kazakhstan's Nursultan Mamayev in the men's -55kg final, taking the gold

Ms. Pongpanit, the third placer at the 2010 WTF World Qualification Tournament for the Youth Olympic Games, tied at 4-4 after the third round with Ms. Touran, who finished second at the WTF World Qualification Tournament.

The bronze medal in the women's division went to Jessie Bates of the United States and Melanie Phan of Canada. In the first round, Ms. Bates, the fifth placer at the WTF World Qualification Tournament, made a

3-0 upset victory over Korea's So-hui Kim, who finished first at the WTF World Qualification Tournament.

Thailand, Iran Grab 1 Gold Medal on 2nd Day of 1st Youth Olympic Games

Thailand and Iran earned one gold medal

The taekwondo competition, which attracts 99 young athletes from 66 countries, takes place on the fourth floor of the International Convention Center in downtown Singapore. In the men's -55kg weight category, Iran's

Results - Day 2

Women's -49kg Weight Category

Gold : Worawong Pongpanit (Thailand)

Silver : Dana Touran (Jordan)

Bronze : Jessie Bates (USA)

Melanie Phan (Canada)

Men's -55kg Weight Category

Gold : Keveh Rezaei (Iran)

Silver : Nursultan Mamayev (Kazakhstan)

Bronze : Jia Jun Daryl Tan (Singapore)

Quoc Cuong Nguyen (Vietnam)

Keveh Rezaei outpointed Kazakhstan's Nursultan Mamayev 4-2 in the final match to clinch the gold medal. Mr. Rezaei advanced to the final match with two consecutive RSC (referee stop the contest) victories.

Jia Jun Daryl Tan of Singapore and Quoc Cuong Nguyen of Vietnam took home the bronze medal each in the category. For host Singapore, the taekwondo bronze medal marked the first medal at the inaugural Youth Olympic Games.

Reflecting the high popularity of taekwondo, a lot of people applied for the taekwondo training program offered by the WTF Taekwondo Presentation Team on two occasions in the afternoon on the third floor of the International Convention Center, where various IOC-organized Culture and Education Programs (CEP) are under way.



Great Britain's Jade Jones (left) delivers a kick to Vietnam's Thanh Thao Nguyen in the women's -55kg final

Olympic Games on Aug. 17, 2010 in Singapore.

In the women's -55kg final match, Great Britain's Jade Jones needed a fourth sudden-death round to beat Vietnam's Thanh Thao Nguyen for the gold medal.

The bronze medal in the women's division went to Singapore's Shafinas Abdul Rahman and Sweden's Jennifer Agren. Singapore earned two bronze medals in taekwondo in two days.

The taekwondo competition, which drew 99 young athletes from 66 countries, takes place on the fourth floor of the Suntec International Convention Center in downtown Singapore.

In the men's -63kg weight category, Korea's Byeong-deok Seo beat Portugal's Mario Silva 9-5 in the final

match to earn his country the gold medal. Mr. Seo reached the final match as he outpointed his semifinal opponent, Mexico's Alejandro Valdes, 5-0.

Mexico's Alejandro Valdes and Turkey's Berk Sungu won the bronze medal each in the men's category.

In the afternoon, Dr. Jacques Rogge, president of the International Olympic

Great Britain, Korea Clinch Gold Medal on 3rd Day of 1st Youth Olympic Games

Great Britain and Korea won one gold medal each on the third day of the taekwondo competition at the 1st Youth

Results - Day 3

Women's -55kg Weight Category

Gold : Jade Jones (Great Britain)

Silver : Thanh Thao Nguyen (Vietnam)

Bronze : Shafinas Abdul Rahman
(Singapore)

Jenifer Agren (Sweden)

Men's -63kg Weight Category

Gold : Byeong Deok Seo (Korea)

Silver : Mario Silva (Portugal)

Bronze : Alejandro Valdes (Mexico)
Berk Sungu (Turkey)

Committee, visited the taekwondo venue to watch four matches for about 1 hour, together with WTF President Chungwon Choue. Several other IOC members also visited the taekwondo venue.

Members of the WTF Taekwondo Presentation Team greeted the IOC president at the venue entrance, taking Dr. Rogge by surprise. When leaving the venue, the IOC president praised the taekwondo competition as “well-organized.”



Korea's Jin-hak Kim (left) delivers a kick to Russia's Aliaskhab Sirazhov in the men's -73kg final match

As part of the IOC-organized Culture and Education Programs (CEP), the WTF Taekwondo Presentation Team, together with the Singapore Taekwondo Demonstration Team, offered taekwondo demonstration and training sessions for the athletes and spectators in the afternoon on the third floor of the International Convention Center.

Korea Sweeps 2 Gold Medals on 4th Day of 1st Youth Olympic Games

Korea showed its supremacy in taekwondo

as it swept two gold medals at stake on the fourth day of the taekwondo competition at the 1st Youth Olympic Games on Aug. 18, 2010 in Singapore.

In the women's -63kg final match, Korea's Soo-yeon Jeon outpointed Germany's Antonia Katheder 4-0 in the final match for the gold medal. Jeon advanced to the final match with a superiority victory over the German.

The bronze medal in the women's

category went to Spain's Nagore Irigoien and France's Samantha Silvestri.

In the men's -73kg weight category, Korea's Jin-hak Kim brushed aside a stiff challenge from Russia's Aliaskhab Sirazhov in the final match to earn his country the second gold medal in taekwondo. Kim beat Sirazhov 6-4 in the final match.

Kim reached the final match as he came from behind to beat Ukraine's Maksym Dominishyn 6-4 in the semifinal match.

Ukraine's Maksym Dominishyn and Lebanon's Michel Samaha clinched the bronze medal each in the men's division.

Results - Day 4

Women's -63kg Weight Category

Gold : Soo-yeon Jeon (Korea)
Silver : Antonia Katheder (Germany)
Bronze : Nagore Irigoien (Spain)
 Samantha Silvestri (France)

Men's -73kg Weight Category

Gold : Jin-hak Kim (Korea)
Silver : Aliaskhab Sirazhov (Russia)
Bronze : Maksym Dominishyn (Ukraine)
 Michel Samaha (Lebanon)

The taekwondo competition, which drew 99 young athletes from 66 countries, takes place on the fourth floor of the Suntec International Convention Center in downtown Singapore. The five-day taekwondo competition ends on Aug. 19, which will feature two weight categories: the men's +73kg and the women's +63kg.

In the women's +63kg final match, China's Zheng Shuyin outpointed Mexico's Briseida Acosta 2-1 in the final match for the gold medal. Zheng, the gold medalist at the 2010 WTF World Junior Taekwondo Championships, advanced to the final match as she easily beat his semifinal opponent from Cuba, Yuieimi Abreu, 8-2.

As part of the IOC-organized Culture and Education Programs (CEP), the WTF Taekwondo Presentation Team, together with the Singapore Taekwondo Demonstration Team, offered taekwondo demonstration and training sessions for the athletes and spectators on the third floor of the International Convention Center.



As part of the IOC's Culture and Education Program (CEP), members of the WTF Taekwondo Presentation Team perform a taekwondo demonstration for the visitors to the 1st Youth Olympic Games

The bronze medal in the women's category went to France's Faiza Taoussara and Cuba's Yuieimi Abreu.

In the men's +73kg weight category, China's Liu Chang needed a fourth sudden-death round for the gold medal against Germany's Ibrahim Ahmadsei. Liu, the second placer at the WTF World Taekwondo Qualification Tournament for the 2010 Youth

Olympic Games, advanced to the final round as he outpointed his semifinal opponent from Jordan, Yazan Alsadeq, 2-1.

Jordan's Yazan Alsadeq and Canada's Stafan Bozalo grabbed the bronze medal each in the men's division.

The taekwondo competition, which drew 99 young athletes from 66 countries, took place on the fourth floor of the Suntec

China Sweeps 2 Gold Medals on Final Day of 1st Youth Olympic Games

China swept two gold medals at stake on the final day of the taekwondo competition at the 1st Youth Olympic Games on Aug. 19, 2010 in Singapore.

Results - Day 5

Women's +63kg Weight Category

Gold : Zheng Shuyin (China)
Silver : Briseida Acosta (Mexico)
Bronze : Faiza Taoussara (France)
Yuieimi Abreu (Cuba)

Men's +73kg Weight Category

Gold : Liu Chang (China)
Silver : Ibrahim Ahmadsei (Germany)
Bronze : Yazan Alsadeq (Jordan)
Stafan Bozalo (Canada)

International Convention Center in downtown Singapore for a five-day run.

Out of the 66 countries, 26 countries won at least one medal at the taekwondo competition, showing an even level of taekwondo techniques among countries.

According to the medal tally, Korea won three gold medals, followed by China with two gold medals. Iran and Russia clinched

one gold medal and one silver medal, while Great Britain, Israel and Thailand grabbed one gold medal in taekwondo.

The WTF Taekwondo Presentation Team made its final taekwondo demonstration between the semi-final and final rounds for the spectators of the taekwondo competition, drawing big applause from the spectators.



Korea's Soo-yeon Jeon (left) delivers a kick to Germany's Antonia Katheder in the women's -63kg final



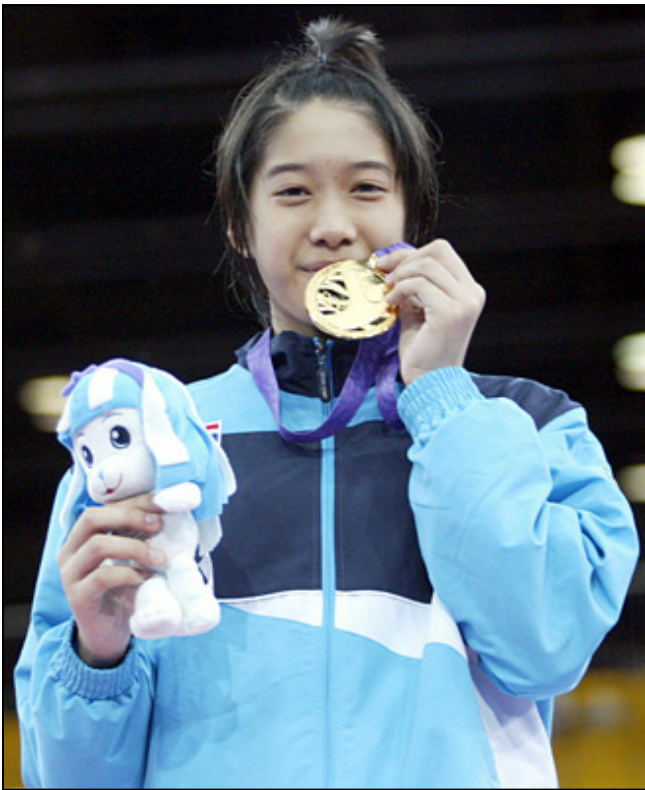
Dr. Jacques Rogge (first from left), president of the International Olympic Committee, watches the competition with WTF President Chungwon Choue and other IOC members



Iran's Keveh Rezaei celebrates after winning the gold medal in the men's -55kg category



Moments of Friendship in Men's -55kg Division at Awards Ceremony



Thailand's Worawong Pongpanit, the gold medal winner in the women's -49kg weight category of the 1st Youth Olympic Games, shows off her medal



Iran's Keveh Rezaei, the gold medal winner in the men's -55kg weight category of the 1st Youth Olympic Games, shows off his medal



As a show of friendship, Iran's Keveh Rezaei (left) and Kazakhstan's Nursultan Mamayev raise their hands in the air shortly after the conclusion of the third round of the men's -55kg final match



Medal winners in the women's -49kg category pose during the awards ceremony. Thailand's Worawong Pongpanit won the gold medal and Jordan's Dana Touran grabbed the silver medal. The United States and Canada won the bronze medal each.



Thailand's Worawong Pongpanit (left) delivers a kick to Jordan's Dana Touran in the women's -49kg final, taking the gold



Medal winners in the men's -55kg category pose during the awards ceremony. Iran's Keveh Rezaei won the gold medal and Kazakhstan's Nursultan Mamayev grabbed the silver medal. Singapore and Vietnam won the bronze medal each. For host Singapore, the taekwondo bronze medal marked the first Youth Olympic Games medal ever.



China's Zheng Shuyin, the gold medal winner in the women's +63kg weight category shows off her medal



Medal winners in the women's +63kg category pose during the awards ceremony. China's Zheng Shuyin won the gold medal and Mexico's Briseida Acosta grabbed the silver medal. France and Cuba won the bronze medal each.



China's Liu Chang, the gold medal winner in the men's +73kg weight category shows off his medal



Korea's Byeong-deok Seo (left) delivers a kick to Portugal's Mario Silva in the men's -



As part of the IOC's Culture and Education Program (CEP), members of the Singapore Taekwondo Federation Demonstration Team give a free training on basic taekwondo techniques to visitors to the 1st Youth Olympic Games on the third floor of the Suntec International Convention Center in downtown Singapore



Medal winners in the men's +73kg category pose during the awards ceremony. China's Liu Chang won the gold medal and Germany's Ibrahim Ahmadsei had to settle for the silver medal. Jordan and Canada won the bronze medal each.





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Taekwondo: Before Back In The day

Observations From Training In The Old Kwans

By Al Case

To begin, I would like to compliment TotallyTKD for issue 17. The article on the sine wave concept was especially juicy, and in reading it certain things came to mind concerning the beginnings of Taekwondo.

To qualify myself, and the things I am about to say, let me say that I studied the Kang Duk Won back in the sixties, and I have stayed true to that Art for over 40 years. Several things have happened in the world since then--a mild understatement--and the article I just referenced does mention certain phenomena in the art of Taekwondo, which phenomena relate to the origins of Taekwondo.

About 1970 two Korean fellows entered the Kang Duk Won in San Jose. They introduced themselves and presented themselves as representatives of a new organization, an organization that would bring the Korean martial arts under one banner. I don't recall the name of the organization they represented. I do recall that they offered to promote everybody in the school one extra belt rank upon entry into the organization. Of course, the school would have to learn a new series of forms. My instructor listened politely, thanked the

gentlemen, and responded that he would prefer to stay with the old forms--thank you and good day.

Over the years I thought of that incident, and I looked into the various Taekwondo forms. And, like my instructor before me I stayed with the older forms. The older Kang Duk Won forms (Pinans, etc.), in my opinion, had more power.



Eight Step Blocking Drill We Did EVERY Class, Without Fail

And one might ask the question, 'why, if the original karate had such power, was Taekwondo necessary?'. One reason

Taekwondo was necessary has to do with the state of Korea at the time. A war having been fought, an independent nation having been forged, there was a natural

desire for a

nationalistic expression, which desire manifested in Taekwondo. The Japanese, having been taskmasters in Korea, were rejected, as were their arts. And, it must be mentioned that General Choi Hong Hi wanted to improve his country, to make it strong, and his desire that everybody have the power of the martial arts was very real.

One of the minor points of Master Androque's article was that General Choi Hong Hi did possess karate power. But,

'Japanese-ism' being on the wane, and the need to train large numbers of men quickly being an imperative, the transition to the Taekwondo forms was made.

Was this change successful? To answer this question let me offer the reader a couple of points. Body motion is body motion, and the moves of the martial arts should result in a certain expression of personal power. With the rapid transmission of data, however, and two different sets of forms being introduced, data was lost. Large amounts of men were trained, but without the attention to certain concepts, the power of that original karate did not manifest.

Master Androque mentions this type of power: a relaxation and whole body, whiplike motion. This was the power we practiced in the Kang Duk Won. It took a little longer to generate than other types of power, but it was real, and it depended on these concepts, and here we come to a major point. Both the Koreans and the Japanese lost this type of power.



Front Kick...not high, but emphasis on the proper angle of hip turn and other body mechanics.

The Koreans lost it because of the difficulty in transmitting concepts to large numbers of men. The Japanese lost it because of the difficulty in transmitting concepts to large numbers of men. How interesting that the same thing resulted in the same phenomena in two different arts.

In the case of the Japanese arts, there was an additional factor, and one which, in this author's mind, complicated the issue. Understanding this factor, one can better

understand what has happened in Taekwondo. To present this factor let me go back, before the advent of Taekwondo.

The Kang Duk Won was one of the original kwans, and it made use of the classical Karate katas. Interestingly, however, the Kang Duk Won did not come from Japan; it is not Japanese Karate. Kang Duk Won has lineage through Toyama Kanken, who was a classmate of Gichin Funakoshi's, and who was an Okinawan. Further it was treated to an influence of Shaolin through Master Kanken, and later, through the incredible contributions of Yoon Byung-In. Thus, while Master Funakoshi's Karate was translated through tournaments and spread via the young

turks of the Japanese college system, Master Kanken's Karate stayed true to the teachings of the great Okinawan Masters from which Master Kanken learned, which included such legends as Itosu Anko, Ankichi Aragaki, Choshin Chibana, Yabu Kentsu, Yasutsune Itosu, and Kanryo Higashionna. And perhaps became even truer through the Shaolin influence.

The reason I mention this is because many of the kwans did have a Japanese influence, and here we come to the real problem. Many of the Kwans, being influenced by the Japanese, picked up a few rather devastating bad habits. To mention two:

1. Chambering, and otherwise segmenting motion, which, again, destroys whole body movement.
2. Holding the hips back (an example of

chambering) and then suddenly snapping them, instead of making them part of the whole body movement.

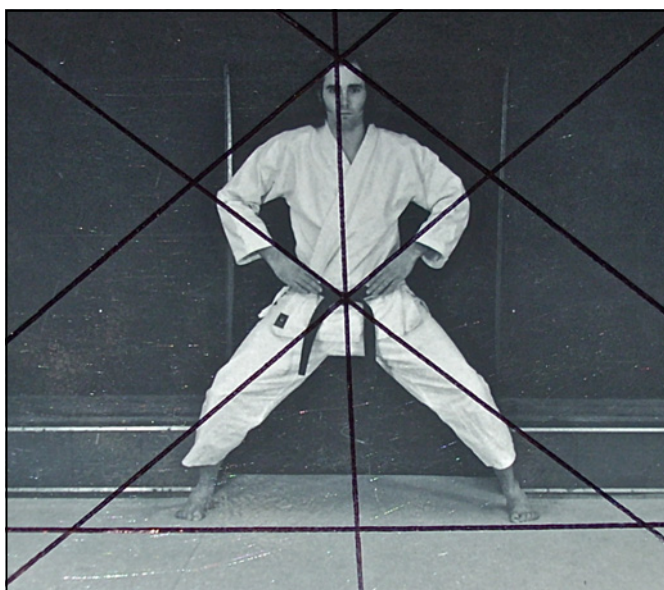
There are other problems, some glaring and some subtle, but all of these bad habits tended to destroy relaxation, disjoint the body motion, and ruin the relaxed, whole body whiplike motion that Master Androque refers to. These habits I have mentioned are possibly the easiest to comprehend, verify, and correct.

Now, we could claim something simple, such as these kinds of errors are merely part of the growing process of a young art. Perhaps, maybe, but I would tend to believe that the real culprit is a lust for power. Many of the moves that destroy whole body motion of the whiplike variety, you see, are the result of a false sense of power. It feels powerful, therefore it must be powerful. Or, it looks powerful, therefore it must be powerful.

Unfortunately, such ain't the case. Real power is generated through the cultivation of emptiness (relaxation), that one might forge and guide energy in the proper manner. Before Karate was introduced to Japan and Korea, this type of power was passed down through small classes, individual teaching, and actual hands on transmission. The hands on transmission, from my own experience, and as verified by Master Androque's wonderful article helps the student understand the physics inherent in such concepts as whole body motion, relaxation (emptiness), and whiplike motions. With large classes, and

instructors in the middle of whole system forms changes, this bit of knowledge was not always properly distributed.

Now, I realize that my observations may raise a few hackles, and that is certainly not my intent. I don't wish to portray the Kang Duk Won as the Holy Grail, to infer that all arts have fallen into the 'traps' I have mentioned, or otherwise disparage the artist. To the contrary, forty years of practice have convinced me that my art is not best, and that any art can be the best, depending on the artist's ability to utilize proper physics. Thus, my intent is to express the historical reality behind Master Androque's viewpoint, and to encourage students to not just do the forms, but look to where they came from, and to examine them on a level of physics.



I used to take pictures and draw lines, searching for the right angles to support the proper generation of power.

If the reader be Shotokan based, please examine the karate before Funakoshi to see if I have basis for my thesis. If the reader be Taekwondo based, please examine the Kwans, for they are the roots of General Choi Hong Hai, and they are where his power came from, and, again, verify whether my thesis has any credibility.

Such examination should bear me out, at least be interesting, and hopefully contribute to the arts. The art cannot be stoppered, you see, and as Master Androque demonstrates, time, and the dedicated efforts of instructors in all arts, have brought forth proper physics and a resurgence of art.

In conclusion I say again that Taekwondo, like Karate before it, grew fast, maybe too fast, and the original concepts were not



My work out partner, Doug Anderson, seeking fine

always taught. Interestingly, the new forms, now that they have been forged over generations, may be even more effective than the old in developing the power that I, and Master Androque, speak of. Still, even as the power emerges, I recommend a look at the roots. This will aid the development, and perhaps make clearer some of the phenomena that today's students will encounter.

Whether you study the Pinans, Heians, Taeguk, Poomse, or whatever, the body is a motor, and the motion chosen can create a power which Taekwondo is borrowing into, and Shotokan must regain. That power is physics based, can be learned as fast as the student learns to pay attention to detail, and is, as the subtitle to Master Androque's fine article indicates...'More Power than Meets the Eye.'



Horse Meditation...myself, today, forty years of Kima Chasie (Horse Meditation)

About the author: Al Case began training in the martial arts in 1967, and wrote his first MA article in 1981. Since then he has written over 300 articles, and nearly 100 books, home study courses, and training manuals. Students interested in the form, techniques and power of the old Kang Duk Won should examine his book of the same name. It is available on his website, MonsterMartialArts.com

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Whats The Point?

Escrima Pt 2

By Paul O'Leary

Following on from my previous Won-Hyo/escrima article a few issues back, we are onto part two of our exploration through the idea of using escrima batons with the movements of Won Hyo Tul.

Keeping the idea of practical attacks to defend against we are going to work with the idea that we are defending against a double lapel grab.



The above pictures show the empty hand version of the pattern.



Pictures 3 to 5 -Both or front lapels have been grabbed *(left pic). Bringing the batons over the top of the arms we drive them into the biceps to cause the attacker to drop their weight forward (Middle Pic). Using both hands we drive the batons into the neck of the attacker while we lift our left leg around to the outside of the attackers left leg. Then by

pushing out with the batons, we hook our leg around and through the attackers performing a throw.

This is a nice one to play with as it is so simple. I hope you have fun with the idea and get to follow the rest of the applications in future issues.

Paul o'Leary, 4th Dan Tae Kwon Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is a senior member in Blarney United TaeKwon-Do International in Cork City, Ireland and the National Co-ordinator for the AoDenkouKai in Ireland. To contact him about seminars on Pressure points or Patten applications for Self Defence with Prof Clark or himself please call him on 00-353-86-3545032 or email: adkeire@gmail.com

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Be Careful What You Teach!

It Might Send Off The Wrong Message

By Michael Munyon, 5th Dan, US-ITF

Many years ago I was watching a promotion examination at a friend's dojang in another state. I was asked to sit on the judging panel and as always, I was honored to be asked to participate in watching the success of students promoting to their next rank. Something was said and done though that caught my attention during the examination. The

students (Jejas) were now at the end of their examination and they had to demonstrate breaking techniques. For those of us who have been training and teaching martial arts for awhile we always have one or more students who have a little trouble when it comes to

breaking. This could be due to their natural survival instincts telling them not to do that because it will hurt. It could be due to not mastering the technique enough to have the confidence to break with it or any other list of reasons. A young teen had to break with a hand technique, but was having difficulties. She made two attempts and the boards refused to break. The school owner and head judge got up from the judging table and walked over to the young lady and tried to coach her through her break. Something was said to the young girl that helped her to break the

board. Suddenly, the young girl's eyes became focused; her respiration became hardened and deeper. Suddenly, she Kihapped very loudly and broke her boards. Everyone applauded and was happy with her successful break.

After everyone broke the judges reviewed their notes and we decided that everyone



honestly deserved to promote to their next rank. While handing out certificates and belts I saw the young girl walk up and was having some discomfort with her arm. I asked if she hurt herself and she stated a little,

but she'll be ok. I was curious though what motivated her so much to break her boards so I asked her. She said that her instructor told her to "get angry." Also, she was told to pretend it was someone she didn't like. Now, when I was a younger black belt and was just learning the ropes of teaching I recall being told the same thing and naturally I too followed in those footsteps. It wasn't until later in my life and with more maturity that I realized that teaching ANGER to young teens or even adults wasn't the proper way to "motivate" them. My question to you is, ultimately, what is

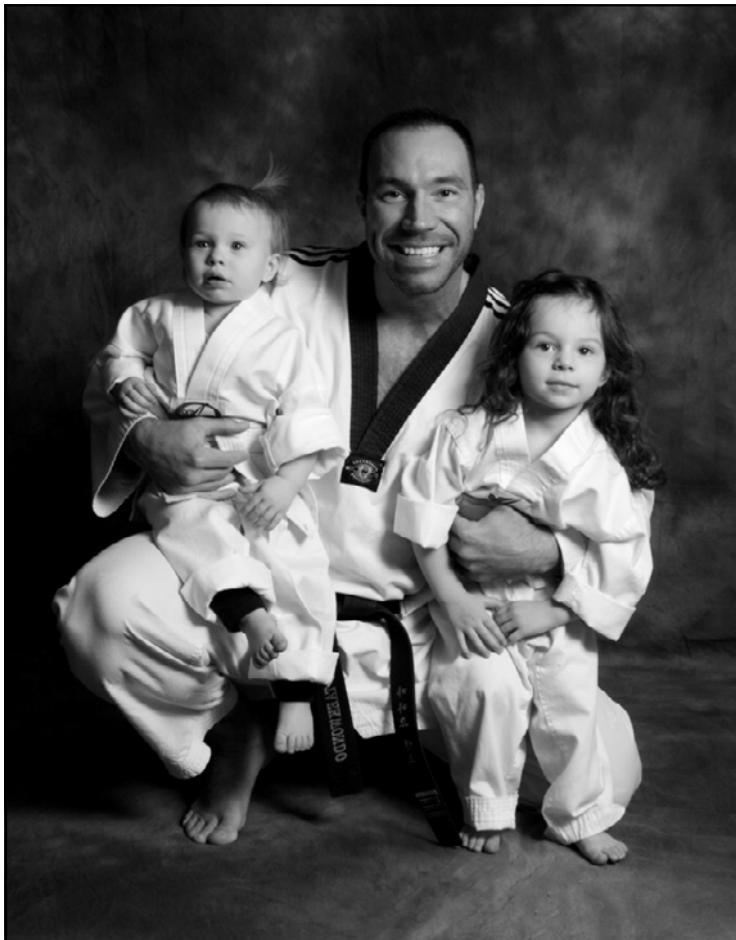
my message we are giving to young people when we tell them to become angry, pretend the board is someone we don't like and attack it?

Shortly after the examination the judges all went out to eat. We talked about several things regarding the examination and martial arts in general. I felt that I should have said something about my feelings, but wasn't sure how everyone else would have felt or thought about me if I said, "Hey guys, is anger the answer to helping folks break boards?"

So, I just let things be for that evening. The following Monday I decided that I should just get things off my chest and talk to my friend. We sat down inside of his office and I asked him if I could talk to him about something that was weighing on my mind. It was hard for me because my belief system and thought process might be completely different than his and I didn't want

to impose my thoughts on him and make him feel uncomfortable. So, I used the best tact that I had and asked him why he said what he said regarding the young girl testing. He took a second to think about it and after a moment he explained that his instructors used to tell him the same thing and it worked so he did it as well. I candidly smiled and asked if he thought teaching students to become angry and visualizing someone they didn't like was

the best route for helping folks to break boards. He smiled and said that he was sure he could find other ways to get the same result. Also, he mentioned that saying what he did actually goes against what we are taught in the martial arts. We do not strike people in anger. We use martial arts for self-defense and try to walk a path of peace and harmony. The use of anger in any situation definitely demonstrates a lack of self-control which is one of the tenets of Taekwon-Do.



A few moments later we started talking about other things off the topic, but ended the conversation with some ideas about what to say and teach to help students with certain aspects of their training. This was a positive experience all around. I was able to mentor a fellow instructor. We were able to see something we were taught over the years that probably needed to be reviewed.

Alternative

teaching ideas and techniques were created to help students with their breaking and other aspects of their training.

The pictures in this article were provided by Michelle Ella (featuring Sabrina Ella) and KickPics.net (featuring Master Vanyo), for visual purposes only and are unrelated to the articles content.

Martial Arts Fraud

By David Sims, II

I have often said in conversation that the biggest problem with martial arts industry is that it is unregulated and that the general public are uneducated. In becoming an instructor I am shocked at the level at which this is actually at. I have been involved in martial arts for 15 years and have been Chief Instructor of my own academy for 18 months. In the 18 months I have been teaching I have never been questioned with regards to my certification to teach or my insurance. Not only is this by students and parents, but even more frightening is that this also includes the managers of church halls, community centres, leisure centres and the such. The only people that asked for certificates was LA Fitness but then they are my employers and a big chain even so I had to basically tell them what I needed to teach martial arts as they didn't really know. No parent has ever even asked to see a current up-to-date CRB and this shocks me! If you ask any good instructor about their history, certification or organisation, they will bore you to death and would not be offended in any way, shape or form.

The reason that I decided to write this article is that as a professional salesman I pride my self on selling with integrity. The other day a very well known Karate association were door knocking my street. When I answered the door I was asked by what I would call a physically unfit looking person if I was interested in some more info on their Karate classes, so I invited him in which he declined, I then used my superior sales methods to turn the conversation and question him. When I asked his grade he told me he was a brown belt I then asked him about competitions and he said he didn't ever do one which I found a bit odd considering he was a brown belt in one of the most

commercial organisations in the world which no doubt hold many regional, national and international competitions. I then asked how long he had trained to try and authenticate him and he told me he had trained for about a year or two. I replied with my gosh you must be amazing, you got to brown belt in a year! By this point he seemed somewhat flustered so I told him that I had heard they have coloured belts teaching classes and that an instructor has a black and white striped belt and can become an instructor by going on a residential course. He did not really have an answer to this and not wanting to make him feel too awkward I asked him about his favourite Kata and he named me two very low grade Kata that he said were his favourites By this time he was trying hard to get away and I had extracted all the information that I needed to realise that I didn't want to know anything more about the Karate Schools. On a side note my sister used to pester me to take my nephew to taekwon-do who was 5 at the time, and it just didn't seem like a good idea as I never had my own school. When the same organisation knocked on her door she enrolled him and they stuck him at the back of the class doing sitting stance punch, he did 3 lessons and quit. Now he loves TKD and is one of my top prospects for the future.

There are many 'mcdojos' or 'belt factories' in the martial arts industry. In Taekwon-do there are 10 coloured belt grades and it would take between 3 and 5 years to get through them depending on many factors but there are also organisations that have many more and sometimes charge for a grading a month putting up to 4 stripes on a belt before the student receives a new one. There is a place round my way that offers 30minute lessons for kids and adults.

The next article in this series will concentrate on the enrolling in a school and the sort of things you may need to know, it will detail some questions that would be good to ask and the sort of answers you may expect to receive.

There is a very good website leading the fight with regards to 'mcdojos' and the people on the site are particularly adept at finding people out, again it is unreal the amount of bullshido that is out there, find out more at www.bullshido.net

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The Moral Directives Of Tae Kwon Do

By Master Doug Cook
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If the general public were left to the mercy of the cinematic eye, most would undoubtedly come to the mistaken conclusion that the martial arts were simply disciplines of unbridled aggression. Yet, beneath the dramatic kicks and ferocious strikes of tae kwon do, lies a benevolent heart. This is made all the more evident by the fact that self-restraint, respect and, yes, compassion, are all vital elements cultivated by the martial artist.

It is not uncommon for dojangs around the world to engage in community service and fundraising events that benefit humanitarian causes. Yet it is natural for the layperson to ask just how a pursuit so resonant with violent overtones can generate goodwill and benefit humankind. The answer to this question lies in a focused understanding of Korean history.

Traditional tae kwon do takes much of its ethical guidelines from principles established in the late seventh century through the practice of Hwarang-do, or the "Way of the Flowering Manhood." The Hwarang represented a fraternity of elite warriors drawn from noble stock. Aside from their knowledge of *kwonbop* and *subak*, two native martial arts of the day, these youthful soldiers were distinguished from other combat troops by virtue of their unique holistic training in archery, music, poetry, equestrian skills, and Eastern philosophy. Furthermore, the Hwarang lived under a strict code of honor handed down by the Buddhist monk, Wonkwang Popsa. These basic moral principles included loyalty to the king, filial piety and restraint against misuse of force in battle. In AD 668, the Sillian leadership, using the Hwarang as their instrument of war, succeeded in bringing the three kingdoms under central control.

Considering the sophistication of the order, Hwarang-do provided fertile ground for the growth of future kings, generals, and statesmen destined to guide the kingdom of Silla from relative obscurity to its once-legendary position as an influential regional power. One great example of acquired compassion through the search for spiritual enrichment are the deeds and actions of Kwisang and Chuhang, whose exploits ring clear in the annals of Korean history. It is almost impossible to accurately portray the impassioned narrative that likely took place in the late seventh century between Wonkwang Popsa and the two inquisitive Hwarang warriors mostly due to the fragmentary manner in which the overall history of the Korean martial arts have been documented. Yet, if we were to journey back in time to the age of the Hwarang, perhaps the transmission of this ancient wisdom, at least as I see it, would have taken place something like this:

A full moon shone against an ebony sky, its light falling diagonally through the slender branches of the birch trees that rocked gently in the autumn breeze. Although it was well after midnight, Kwisang was restless, tossing and turning on the pine needles he and his loyal comrade had gathered to make their beds. Chuhang slept peacefully across the clearing, warmed by the receding embers of the fire from the night before. It had been a long, arduous journey and the two companions took delight in knowing that their destination drew near.

For some time now the pair of young warriors had shared a concern stemming from the wanton bloodshed they observed almost daily, perpetrated by undisciplined troops on the field of battle. Realizing that

their common adversaries fought to preserve the national honor and dignity of their respective kingdoms just as they did, it seemed overly cruel to indiscriminately take life so brutally when not directly threatened.

But the benevolent thoughts and complex concerns of these men were unique in the history of Asian warfare since they were no ordinary soldiers. Instead of being kin to the ordinary folk that composed the rank and file army defending the tiny kingdom of Silla to which they belonged, Kwisan and Chuhan were warriors of the Hwarang. With minds unsullied by cynicism they reasoned: Should not this respect for life be universal regardless of borders? They were confident that the answers to this question and others concerning purification of the mind would be made apparent to them in the days ahead.

After rising and consuming the morning meal, they mounted their steeds who till now stood grazing in the grassy field beyond. Both young men felt optimistic about their upcoming audience with the

Buddhist monk, Wonkwang Popsa. Acknowledged far and wide for his compassion and wisdom, the elderly sage, now fifty-nine years of age, was currently residing at Hwangnyong Temple and even now was extolling the virtues of the Buddhist faith at the Assembly of One Hundred Seats.

Kwisan and Chuhan traveled through that entire day and into the night uninterrupted, feeling their anticipation rise with each hoof beat. Exhausted after gingerly picking their way through brambles and hoping their horses would not stumble on the narrow, rock strewn path that precipitously wound its way down the mountain toward the vast expanse of the Kyongju Plain, the young warriors at last caught their first glimpse of the temple walls silhouetted by the rising sun. Passing monks foraging for the few sticks of firewood so scarce in that environment, the pair passed through the ornate portal of the spiritual compound. Once dismounted, their road-weary horses were stabled.

Kwisan and Chuhan were silently led by a



Master Doug Cook (foreground) trains with his students at Tong-il Jeon Shrine in Korea, a memorial to the Hwarang

group of weathered monks toward a central temple where a congregation from throughout the kingdom had assembled to witness the ministrations of Wonkwang. Upon entering the vast hall, it was difficult to see, given the contrast between the dimly lit interior and the brightening sky outside. Clouds of incense, so intense that they were intoxicating, suffused the air. Those participating in the morning's first meditation practice were dispersing to enjoy a meager breakfast. Kwisan and Chuhan passed through the throng and humbly approached the master's door. Beckoned to enter, they raised their robes in the Confucian custom of greeting. Kneeling before the sacred master who was leaning on a tall staff and adorned in a gray undergarment covered by a scarlet robe, Kwisan respectfully intoned: "We are ignorant and devoid of knowledge. Please convey to us principles which will serve to instruct us for all the days of our lives." The great master Wonkwang replied there are ten injunctions in the Bodhisattva ordination. "But, since you are subjects and sons," he continued, "I fear you cannot practice them all. Here, however, are five directives for laymen. The first is to serve your King with loyalty. Second, tend your parents with filial piety. Next, treat your friends with consideration and sincerity. Fourth, do not retreat in the face of battle. And, finally, be discriminating concerning the taking of life. Though you may have need, do not kill often. These," the kind monk concluded, "are the good rules for laymen." Rising in unison, the two Hwarang bowed in supplication and left the chamber feeling gifted with a shared knowledge that would ultimately travel down the centuries to shape the very fabric of Korean and thus taekwondo, ethical principles.

These ancient, moral directives, transmitted to Kwisan and Chuhan by Wonkwang Popsa, eventually evolved into what is widely recognized today as the *Student Creed of Tae Kwon Do*. As cultures merged, however, it was

expanded to instill trust between teachers and students, fidelity in marriage, respect for elders, and perseverance in deeds and actions. Today, we wonder who in the distant past could have predicted that the ethical curiosity exhibited by two young Sillian warriors would result in the prominent posting of these principles in dojangs around the globe with the intention of promoting honorable behavior in martial artists of all ages and backgrounds. As it reads today, these moral precepts include:

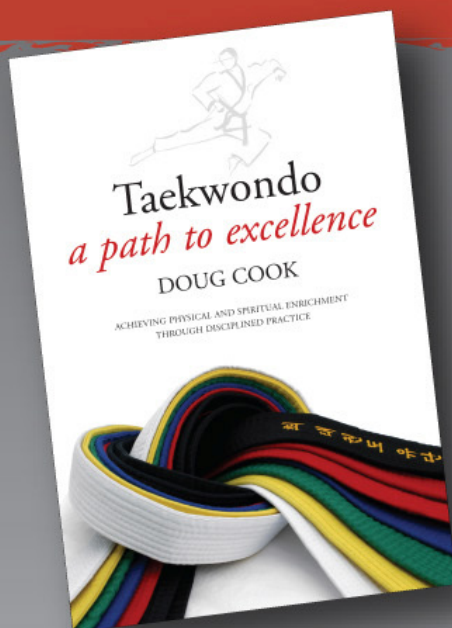
STUDENT CREED OF TAE KWON DO

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Use good judgment before harming any living thing.
9. Never retreat in battle.
10. Always finish what you start.

As a testament to the timelessness surrounding the ten noble principles that comprise the cornerstone of the Korean martial arts, many training halls routinely call for their recitation at the close of a practice session. Moreover, they remain a dynamic blueprint for ethical conduct. Not to be construed as a neighborly set of values or the casual lines of some benevolent poem, this creed represents a direct link to the past and a reflection of the true essence surrounding the good deeds of traditional tae kwon do.

Master Doug Cook, a 5th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of the best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo...Core Techniques, History & Philosophy* and *Taekwondo: A Path to Excellence*, published by YMAA of Boston. He can be reached for discussions or seminars at info@chosunkd.com or www.chosunkd.com.

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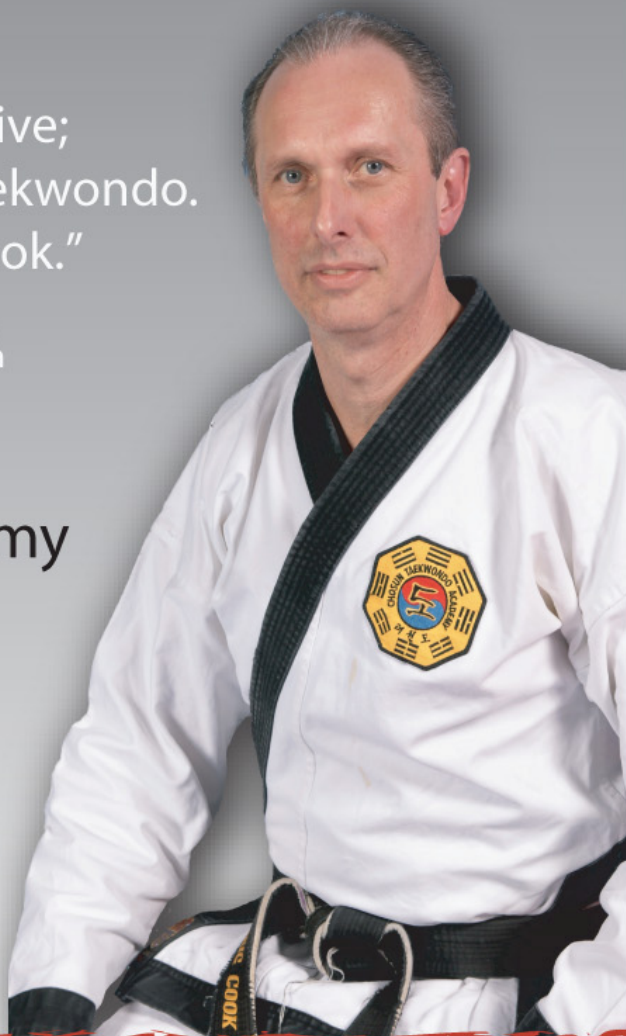
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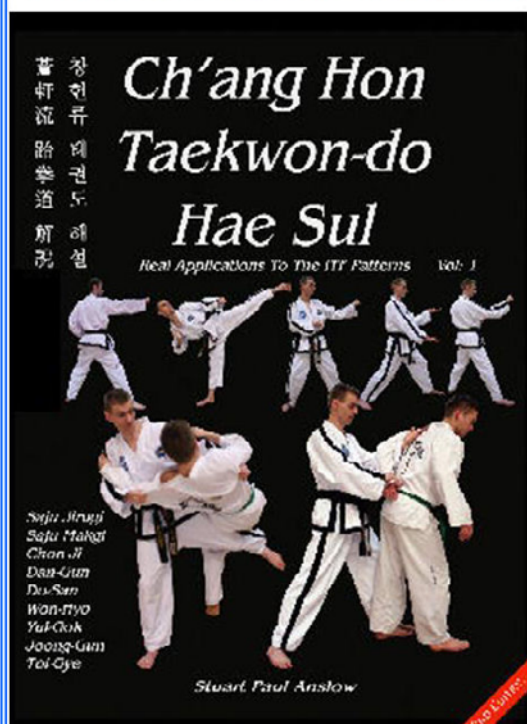
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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

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

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

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