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TOTALLY TAE KWON DO

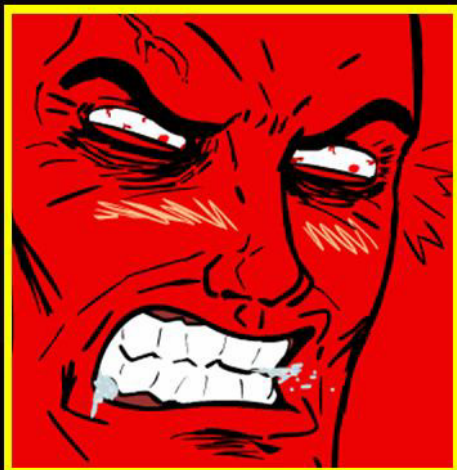
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Issue 20

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October 2010

The Free Global Tae Kwon Do Magazine



Harnessing Anger



***Grandmaster Karel Van
Orsouw Interview***



***WTF Forms
Applications***



Plus

Going Deep Rather Than Wide

55th ITF International Instructor Course

ITF Taekwon-Do In Brazil

I Don't Like Your Self Defence

True Art Of The Wheel Kick

David Kerr - 4X World ITF Winner

TKD: A New Beginning

A Good Boxer Will Always Beat A Good Martial Artist

Competition Basics

Plus More Inside

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

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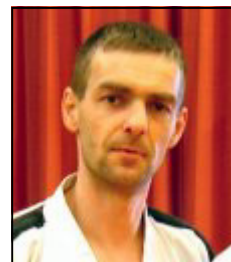
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Editorial

Issue 20 - October 2010

As I write this I am preparing to go to hospital with my son, who is due to have his elbow pinned following a nasty fall from the school climbing frame on Friday (its now Wednesday) - he's only 7! Luckily the instructors at my classes have been great (as they always are) covering classes at very short notice so I could do what a parent should do and be there for my son, so a big thank you to you all - its very much appreciated.



As either students or instructors of martial arts we have to have a certain amount of responsibility, especially where children are concerned. A week or so ago I got an email from some martial arts related mailing list (which I don't think I even joined) saying "a good example of why I don't teach sport karate" with a link to a video clip! I clicked on it to watched it, thinking I'd see some silly moves being pulled off or something, but it was a clip of a guy being murdered - seriously!! It had no martial arts content whatsoever, just two guys rolling on the floor (with another close by), before one gets up and shoots the other! I mean seriously! I emailed the guy back and told him to delete me from his list, how irresponsible he was and that I hoped no young children saw it!

I did get a reply but all it said was 'Done' - no apology or anything! I mean, I'm pretty well interested in martial arts in their guise for self defence but this was not only well over the top, but also very irresponsible as these mailing lists either gather names from forums and such like (in order to sell their wares) or allow anyone ,of any age to sign up - imagine if a 10 year old see's that video!

I googled his name and found that apparently he's 'a living legend' and can 'catch an arrow in his bare hands' - it's a shame that he hasn't much common sense to go with those amazing skills! His web site speaks all about self defence - but who's protecting the children against him!

This month we have a great issue for you, from another great interview to articles on competition involving both body and mind. Couple that with some nice reports and other useful and insightful articles, many of which compliment each other despite coming from different authors from different parts of the worlds! It great to see more WTF forms applications and there I was thinking Simon O'Neill was the only one interested in pushing this side of the KKW/WTF, but you can expect more from Richard Conceicao in future issues. Seriously, if there is no article in this months edition that you enjoy, I'll give you your money back! :-)

All the best,
Stuart Anslow
Editor

사범스튜
아트앤슬
로창현류
태권도

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Contributors: Master Doug Cook, Thomas Gordon, Wajid Raza Isfahani , Ira Hoffman, Richard Conceicao, Seok-jae Kang (WTF Press Centre), Grandmaster Karel Van Orsouw, Paul O'Leary, Andre Conchon, Brendan Doogan, Patricia DeArmas, Jason Ainley, Koo Fockens, Michael Clune, Al Case, Sanko Lewis, Michael Munyon, Stace Sanchez, David Sims & Stuart Anslow

Totally TKD News

Master Chet Yats Inducted Into U.S. Martial Arts Hall of Fame

Master Chet Yats, WTF 5th dan, has been inducted into the United States Martial Arts Hall of Fame. Master Yats was inducted during a ceremony in Nashville, Tennessee on July 31.

Master Yats, a five-time national champion in Tae Kwon Do, has devoted over 30 years to training, competing and teaching. He has run dojangs in Hawaii and California before opening his current schools in Michigan.

Yats began training in the 1970's in California under Grandmaster Yong Sup Shin and continued his training in Michigan under the late Grandmaster Chang Soo Lim. He says, "Nobody gets here by themselves – someone has to teach you. To those that stood behind me, that trained and coached me – I want to say thank you for taking the martial art to heart and being willing to unselfishly pass it on."

Yats won the last of his gold medals in 2001 when he was 50, and has retired from competition to devote his time to teaching. Two of his students have won national championships, and almost two dozen have won championships at the state level.

The induction ceremony featured a number of historical figures in martial arts, including one of Master Yats' personal heroes, Bill "Superfoot" Wallace. Pictured below, Wallace is a former undefeated world champion in full-contact karate.

"There are those that do this to make money", says Yats. "For me, and for the instructors I work with, we do it because we truly love the art. If we teach with our



Master Chet Yats (left) and Bill "Superfoot" Wallace, at the United States Martial Arts Hall of Fame induction ceremony in July, 2010

focus on the art, the business will take care of itself."

TAEKWONDO BELT PROMOTION KARACHI-PAKISTAN

A Taekwondo Belt Promotion test was conducted on 18th September 2010 evening at Zubairi's Martial Arts Centre F.B Area Branch, Karachi which was witnessed by a large crowd of audience, including friends and families of the members of Zubairi's Martial Arts Centre.

Grandmaster Professor Dr Rizwan Mustafa Zubairi, holder of 7th Dan Black Belt and the executive member of Pakistan Taekwondo Federation was the examiner who conducted the Gup promotion test of members of Zubairi's Martial Arts Centre under the rules and regulations of World Taekwondo Federation and Pakistan Taekwondo Federation

The successful candidates were:

Muhammad Zubair-Green Belt, Ayesha Sana Khan-Green Belt, Syed Nabeel Shah-Yellow Belt, Syed Hamza Shah-Yellow Belt, Syeda Aimen Absar-Yellow Belt and Mohammad Zaid-Yellow Belt.

The promotion test and evaluations begun by the recitation of Holy Quran by Grandmaster Absar Hussain Shah. The warm up run and exercise was conducted By Sah Bum Nim Wajid Raza Isfahani (4 th Dan).

The students were tested according to the curriculum taught with respect to modern as well as traditional aspects of Taekwondo training, which includes Ho-Shin Sul, KyukPa, Gyroki and Poomsae. They were also judged for the theoretical knowledge which includes tents of Taekwondo, Korean Terms used in Taekwondo and philosophy behind learning the art and science of Taekwondo.



After the exam Ayesha Sana Khan said that she was very happy to receive such a prestigious award and is committed to gain her black belt in coming years, while Muhammad Zubair said that he wants to be a fighter and achieve gold medal in the National Championship, Hamza and Nabeel are committed to use the skills in self defense and be more flexible and strong. Furthermore Baby Aimen Absar said that she wants to make a record in breaking, while Zaid is committed to adopt self confidence and discipline he has learnt in Taekwondo training in his life.

Grandmaster Zubairi specially performed Keumgang Poomsae to give students knowledge of WTF-Taekwondo roots in its traditional aspects. He has been trained in Taekwondo Jidokwan system.

Taekwondo Competition at 1st SportAccord Combat Games Wraps Up in Great Success in Beijing, China



The taekwondo competition at the 1st SportAccord Combat Games was successfully held in Beijing, China on Sept. 2, 2010.

The one-day taekwondo competition of the inaugural event, which featured eight Olympic weight categories and took place at the Beijing Science and Technology University Gymnasium, drew a total of 58 athletes from 26 countries.

Out of the 26 countries, 17 countries won at least one medal at the taekwondo competition, showing an even level of taekwondo techniques among countries.

According to the medal tally in the women's division, Korea and Chinese Taipei topped other countries as they each won one gold and one bronze medal, followed by Spain and Great Britain with one gold medal each.

In the men's category, Spain and Iran each won one gold and one silver, topping other nations. Korea and Italy followed with one gold and one bronze each.

In the women's -57kg weight category, Chinese Taipei's Tseng Pei Hua

outpointed Israel's Bat-El Gatterer 6-5 in the final match for the gold medal. Tseng, the bronze medal winner at the 2009 WTF World Taekwondo Championships in Copenhagen, Denmark, advanced to the final match as she easily beat his semifinal opponent, Italy's Veronica Calabrese, 6-3.

The bronze medal in the women's category went to Italy's Veronica Calabrese and Egypt's Mohamed Yasser Hend.

In the men's -68kg weight division, Korea's Son Tae-jin beat Iran's Reza Naderian 6-3 in the final match for the gold medal. Son, the gold medal winner at the 2008 Beijing Olympic Games, advanced to the final round as he outpointed his semifinal opponent, Balla Dieye from Senegal.

Huang Jiannan of China and Balla Dieye of Senegal grabbed the bronze medal each in the men's division.

In the women's -67kg weight category, Korea's Hwang Kyung-seon easily beat Croatia's Petra Matijasevic 6-0 in the final match for the gold medal. Hwang, the gold medalist at the 2008 Beijing Olympic Games and the gold medalist at the 2009 World Taekwondo Championships, reached the final match as she brushed aside a stiff challenge from Chinese Taipei's Chuang Chia Chia in the semifinal match.

The bronze medal in the women's category went to Chuang Chia Chia from Chinese Taipei and Khaoula Ben Hamza from Tunisia.

In the men's -80kg weight division, Iran's Masoud Hajizavareh beat Spain's Nicolas Garcia Hemme 3-2 in the final match for the gold medal. Hajizavareh advanced to the final round as he outpointed 6-5 his semifinal opponent, Mauro Sarmiento from Italy.

Mauro Sarmiento of Italy and Kim Joon-tae of Korea won the bronze medal each in the

men's division.

In the women's -49kg weight category, Spain's Brigida Yague Enrique needed a fourth sudden-death round to beat Thailand's Buttree Pueadpong in the final match for the gold medal.

The bronze medal in the women's category went to China's Wu Jingyu, the gold medalist at the 2008 Beijing Olympic Games, and France's Yasmina Zora Aziez.

In the men's -58kg weight division, Spain's Joel Gonzalez Bonilla easily beat Mexico's Guillermo Perez Sandoval in the final match for the gold medal.

Chutchawal Khawlaor of Thailand and Sherif Shaaban of Egypt took home the bronze medal each in the men's division.

In the women's +67kg weight category, Great Britain's Bianca Michaela Walkden earned her country the first gold medal at the event with a superiority victory over France's Gwladys Epangue.

The bronze medal in the women's category went to Korea's An Sae-bom and Mexico's Maria del Rosario Espinoza.

In the men's +80kg weight division, Italy's Leonardo Basile won the gold medal as he earned the first point in the fourth sudden-death round in the final match against Kazakhstan's Arman Chilmanov.

China's Hu Yaxin and Russia's Roman Kuznetsov grabbed the bronze medal each in the men's division.

The WTF Taekwondo Presentation Team made three taekwondo demonstrations at the competition venue, drawing big applause from the spectators.

An instant video replay system and an electronic protector and scoring system (PSS) were used at the taekwondo competition.

Exclusive Interview

WTF Forms Applications

By Richard Conceicao

Because of the increased “sportification” of the WTF, many of the forms have been under appreciated, and, in many schools, de-emphasized. Yet the original fighting concepts are still maintained within them, albeit often overlooked.

My purpose in this series is to take some of the more “obscure” movements from some of the forms and provide some insight into how they can be used in a realistic combat scenario. Hopefully people can take these ideas and add their own concepts and broaden the knowledge of these arts to those who practice it.



Keumgang

The key movement of the form is the keumgang magi—diamond block. It consists of one arm executing a high block movement and the other arm a low block movement. The leg is then raised to knee level.

A key to interpreting this complex action is to stop focusing on the final position and concentrate on the specific motions involved. One arm moves up and back, and the other moves down and back. The knee then moves forward.



In this example we face our opponent with our lead arms clashing (separated here for clarity). While we could perform this from a grab, a punch, or even a handshake, we are demonstrating the technique from this position because it is so commonly encountered

From this position pull the opponents arm down towards your side. Since the normal reaction when your arm is tugged is to pull back, you can use this pulling back to help you spring around to his rear



Once you are behind place your arm around his neck and then pull his head to the side.

Your knee will then be raised to kick out the back of his knee completely destabilizing him.

At this point any number of finishing moves are available to you. As the form indicates you can initiate a throw. You can put a rear naked choke on your opponent by placing the hand of your upper arm on the back of your neck to act as a fulcrum.



Next month we look at Inside To Out Middle Block - Palm Down

About the author: Richard Conceicao has been involved in martial arts for over 36 years. He is currently a 5th Dan in Taekwondo having studied under Grandmaster Richard Chun and is a certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious to find the subtleties that truly underlie the essence of a martial art, combining these elements to meet the needs of the martial artist in a practical manner. As a result of this quest, he has studied for many years in judo, tai chi, baqua, aiki jitsu, western and Japanese fencing, pressure point fighting, and kickboxing as well as the proper and effective use of firearms.

His occupation as a certified Prosthetist/Orthotist has enabled him to employ his knowledge of anatomy, physiology and kinesiology to the martial arts. He is currently researching the commonalities of these arts to broaden the understanding of all current and future martial artists, and to preserve what he believes is being lost. Most importantly, the combat essence of what everyone refers to as “the basics”. He can be reached at Richard@returningwavesystems.com

Richard would like to thank and acknowledge Michelle Kropp and Ron Ellis, for demonstrating the techniques, and Bob Adams (RAdesign.com) for his help in photography and layout.

Exclusive Interview

Grandmaster Karel Van Orsouw

9th Degree, UTI

By Paul O'Leary

On Saturday the 26th and Sunday 27th of June I found myself in Valkenswaard, Netherlands at a training and grading camp for United TaeKwon-Do International. This was quite a major occasion for me as I had not seen Grand Master Van Orsouw since he graded me to 2nd Degree Black Belt in TaeKwon-Do back in 1998. I was also honoured to be present at the presentation of his 8th Degree Black Belt in 1997 and on this trip it turned out that I would have the chance to see him receive his 9th Degree.

Grand Master Van Orsouw's Martial Arts career has spanned 5 decades, and he has held many top positions within the International TaeKwon-Do Federation at Dutch and European level. I got a chance to sit down and speak with him shortly after he received the 9th Degree award. Mr. John Vaughan 4th Degree Instructor from UTI Blarney also sat in on the interview.

Paul: Grand Master Van Orsouw, it's a real honour to have this chance to speak to you,

just after the awarding of your 9th Degree Black Belt. You have had quite a long and varied history in the martial arts. Could you tell us about your early training and how you came to practise the art of TaeKwon-Do?



GM Karel: Well, I started Martial Arts training in 1963 in Kyokushinkai Karate, which is quite a tough style. It was not a full contact style back then, but it was still quite tough compared to other styles. My instructor at that time changed to Shotokan in 1964 and in 1965 to TaeKwon-Do. That was the year TaeKwon-Do was introduced to Holland by the Korean Master Kwon Moo Gun.

He gave a demonstration in our club and we were looking at him that time as Karate-ka's, and said this was much better, much nicer than Karate in our opinion. So the school changed from Karate to TaeKwon-Do. From that day on I practised TaeKwon-Do, which is now 45 years ago.

John: Can you tell us more about your first instructor who made this brave move from one style to another?

GM Karel: My first instructor in Holland was a Dutch Judo teacher named Louis Pardoel. He taught me to look around at other styles. He had a small school in Oss and he was the only person at that time who had a Judo School together with TaeKwon-Do and Karate. Looking back with the knowledge I have now, he was a very good teacher; he took us everywhere and showed us everything.

He taught us not to automatically accept what you hear, but to find out what is right or wrong and then make your decision. So at that time in the Martial Arts world he did not have many friends because he was very critical about things that people said were automatically so. He always said "let's find out, let's think about it before we say yes or no". That is the reason why he changed a few times in his school from Karate to another type of Karate and later on to TaeKwon-Do, and I think it was a wise decision at the time because he was not somebody who would take up things and say "well, this is ok and it should be like this and we will start training it"; he would try to be sure that it was the right thing for himself, for his school and for his students. So, as a young boy you are running behind your instructor and when he would say "we will go and do this style", you will do it. But now, when I look back, I can say well, he showed me more than only TaeKwon-Do. He taught me to look around and to develop myself and things like that. So I always say he was a real Samurai in the wrong body.

Paul: You also spent a long time in the ITF. Can you tell us about your involvement with them and how you came to move on from that group?

GM Karel: Yes. At that time there was only one organisation, which was the ITF. I

was the president of the Dutch TaeKwon-Do organisation. So my function as the chairman meant I was in contact with General Choi and with other Korean Masters. He came over a few times to Holland for teaching or sent other Korean masters like Park Jung Soo, Kim Kwan IL ... I could name many more who came to train in Holland.

Then about 20 years ago I started my own organisation because in the Dutch TaeKwon-Do organisation we spent more time in the workings of the organisation than in TaeKwon-Do. So the organisation was more important than the art. It was a big job to work as a mediator between different schools and instructors, teachers and referees; there was always trouble. So I did that for 20 years and then I decided to focus on TaeKwon-Do as an Art and not so much on the organisation. That was the reason I started the UTI which is still going and I am very happy with it because it is TKD with a high standard and not so focused on the competition but more on the style and to develop TaeKwon-Do as a Martial Art with the emphasis on Art.

Paul: The UTI has quite an extensive syllabus. What was your main goal behind the development of this?

GM Karel: Yes, that is a good question! Well, at that time I looked at TaeKwon-Do as a Martial Art and, in my opinion, it was not complete. So I tried to develop it in a complete way first using the step sparring to show that there are more attacking and defensive possibilities. We then made a lot of extra step-sparring series to try and incorporate all the aspects of TaeKwon-Do. The second reason was that I saw most TaeKwon-Do's were not realistic in defence against weapons. So they are playing with knives and sticks without any awareness of the danger in it. I know that when somebody is well trained with a weapon you have to be very careful. The reason that we developed the weapon

forms is to show the TaeKwon-Doka how dangerous a weapon can be and what the best way to defend yourself against somebody with skills in the different weapons Dan-Bong (short stick), Jung-Bong (mid range stick or hanbo) and Knife (Dan-Geom). All together, hopefully it is a complete system and it brings people to a higher level when they are training for a long time in this style of TaeKwon-Do.

John: Something has not yet been mentioned are the Ki Tuls in the UTI syllabus and I would like your views on how you developed them as they are another aspect that make the UTI that bit different.

GM Karel: Yes. Well I think as a Martial Artist you have to develop your inner power, and it was difficult to find a way to train yourself to develop what the Japanese and Chinese call Ki or Chi or the power that you need to do a little bit more than you normally think you can do. So you shift your level a little bit higher than normal. I think it is a way of training or philosophy where you are constantly bringing this aspect into your training you can automatically develop TaeKwon-Doka's in this case or the instructors. You develop the way they can use their inner power in the way they practice TaeKwon-

Do. So it was difficult to find a way to train it and sometimes it can be difficult to find a way to get people to respect it and understand it. As I said before, the way we practise our TaeKwon-Do is for a small group and they are not only interested in breaking a board or doing a form, but more interested to see how they can practise

TaeKwon-Do for the rest of their life in a healthy way. They are also interested in how they can develop themselves in a way that they develop not only as better Martial Artists, but also as better overall individuals. Hopefully this type of exercise will help people develop more of their social or "soft" skills.

Paul: What is your vision for the future development for the UTI system?

GM Karel: Well I think the system is almost complete; it is just a matter of more training and finishing a few small things. Altogether, it has turned out to be a difficult style, so that means that automatically only a small group of people will train TaeKwon-Do in this way. People like to have success

in a short time, so you see this now in TaeKwon-Do as it is practised today. In no time you have a black belt or another grade. I think if you look at it as a serious Martial Art it takes time, it takes hard work and it's not so simple. If you do it the right



GM Karel using the Dan-bong

way then it has a future.

But I'm afraid it is only for a small group of people who are really interested in TaeKwon-Do as a Martial Art.

Paul: How do you hope people view the UTI in the world of TaeKwon-Do?

GM Karel: Hopefully when people from outside look at the UTI, they see it as a serious TaeKwon-Do organisation. In Holland it is more a foundation and we accept members only when we are sure they want to work hard and go deeper into the philosophy of TaeKwon-Do. So automatically we make our own borders and say well, everybody is welcome to come in, but you have to work at it! I think the level is high especially for the people at gradings because they have to show more than people do in other organisations. On the other hand, I think that if you would like to develop yourself in a serious way in TaeKwon-Do you need a higher standard. When you give somebody a black belt or any graduation in TaeKwon-Do it is a punishment when they are not at the right level because everybody is laughing at

them because they are not at the right skill level for their grade. It is much better to be proud of your technical level at your grade.

John: The UTI as an organisation has an interesting concept that I have admired a lot, which is that you can't join it – therefore you can't leave it. But the UTI exists as an organisation to help other organisations and one of the things it does is that it promotes a training session in Papendal once a month. Could you explain what the UTI does at these Papendal sessions?

GM Karel: Well, once a month we have central training in Papendal, the Dutch national sports centre. Firstly, all the schools that are working with us are invited but there is always an open door for other instructors who would like to develop themselves. It is not important if they are members of another organisation; when they are serious TaeKwon-Do guys and they like to develop themselves then they are welcome on our training sessions. We ask nothing from them, not to change their organisation or to do a grading with us or whatever, just to develop themselves is



Grading group From left to right: Mr. Sean Foley, Mr. Keith Reidy, Mr. Martin Ryan (Instructor BTKD), Mr. Scott Fitzgearld, GM Karel Van Orsouw, Mr. Niall O'Keefe (Head Instructor BTKD), Mr. Jonathan Murphy, Mr. Joe Green.

enough for us to give them a very good welcome to our training every month in Papendal and that is the concept of it. Some organisations do send representatives to our central training to pick up some new techniques, or they come to find an explanation for things they are doing, or they like to bring some extra training techniques and they are always welcome.

The interview finished, we all returned to the evening celebration which was informal and light hearted, much in the same way Grand Master Karel carries himself. The next morning five members of Blarney TaeKwon-Do took part in a Black Belt grading examination with Grand Master Karel, Mr. Gary Brady 6th Degree from UTI Wales and Mr. Gerard Sleijpen 5th Degree from UTI Holland.

“The club members have worked very hard to get to this grading” said Mr. Niall O’Keeffe 5th Degree Head Instructor of Blarney TaeKwon-Do. *“The syllabus is quite extensive.”* The candidates demonstrated all the elements of TaeKwon-Do shown over the course of the weekend along with a demonstration of breaking boards and self defence against

short stick (dan-bong) and mid-range stick (jung-bong). All the Blarney TaeKwon-Do members passed their graduation and gained the following levels of Black Belt: Mr. Scott Fitzgearld 1st Degree, Mr. Sean Foley 1st Degree, Mr. Keith Reidy 2nd Degree, Mr. Jonathan Murphy 2nd Degree and Mr. Joe Green 3rd Degree. “We are all

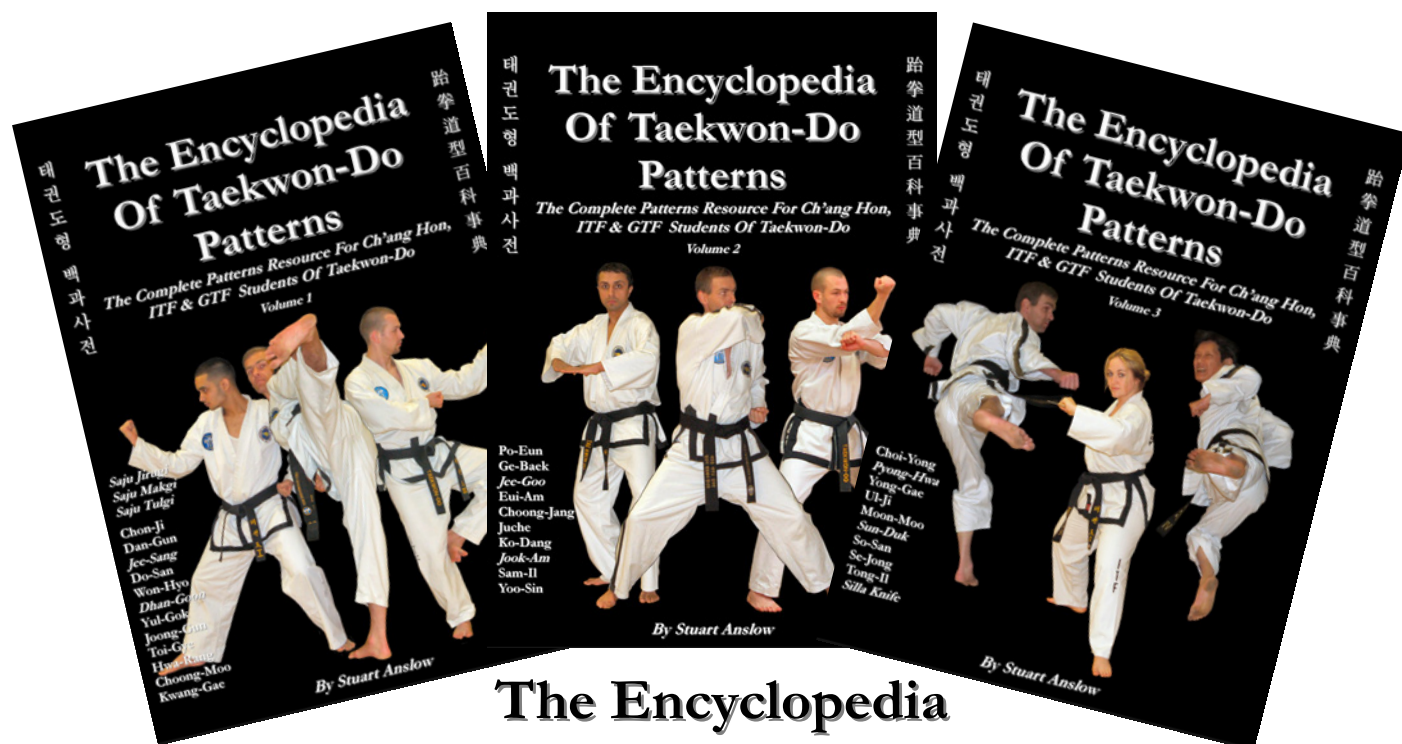
very proud of those who graded at the weekend camp” said Mr. Martin Ryan 4th Degree Instructor at Blarney TaeKwon-Do. He continued “this has been a major achievement for them and the club.”

Mr. Paul O’Leary is a 4th Degree Black Belt in TaeKwon-Do and is the Head Instructor of Rebel Martial Arts based in Cork City, Ireland and is also a member of with the Blarney UTI club in Blarney, Co. Cork. Mr. John Vaughan is a 4th Degree Instructor at Blarney UTI. Blarney TaeKwon-Do is an official member of Grand Master van Orsouw's UTI in Ireland and is open to training or helping all TaeKwon-Do groups, clubs and individuals no matter the style or background. If you

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Going Deep Rather Than Wide

By Master Doug Cook
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Over the course of the past two decades, the martial arts community has experienced inroads by several martial-oriented disciplines, some genuinely rooted in traditional arts, others less so. In the early 1990's Gracie Jiu-Jitsu, a form of the ancient Japanese art refined by Brazil's Gracie family, dominated the burgeoning UFC competitions and became the defacto self-defense standard of many police forces and military units. Shortly after, the Tae Bo craze swept the world with creator Billy Blanks motivating thousands of weight-conscious men and women through a series of instructional videos. Recently, Mixed Martial Arts of MMA has made its debut. With the exception of the Gracie family's contribution, many of these current trends in non-traditional martial arts and martial arts-related programs, have or are likely to reach their apex and begin to fade into obscurity along with the general public's waning interest and a lack of appreciation for in-depth training. This leads us to a point of self-examination concerning the unconditional commitment required for excellence in the traditional martial arts.

On average, the Western mind is a questioning mind. It is also at times an impatient mind. We as a culture are not

content with unexplained actions but frequently require detailed, verbal clarification for almost everything we do. Moreover, we place great emphasis on variety with a plethora of choices at our fingertips including the food we eat, the clothes we wear, and our wealth of leisure time activities. And then there is the matter

of respect for contrasting worldviews coupled with a reverence for the traditions of the past. Being surrounded by friendly nations sharing similar customs, we often evince ignorance in understanding the life styles of others. Compound this with the fact that we as a people presently live on the cutting edge of a technological revolution, the scope of which has never been seen before, and a picture begins to emerge portraying a society that is ambitious, inquisitive and sophisticated, while at the same time often cynical, anxious and mistrustful. Taken in sum, these attributes define our social character and,

on a less overt level, have a direct bearing on the martial arts we tend to popularize.

Looking back, most martial arts, including karate and taekwondo, were taught very differently in the past than they are today. Venerable masters, both here and abroad, would demonstrate techniques of varying complexity with a minimum of explanation



*Master Doug Cook practices Original Koryo
at Bulguksa Temple, South Korea*

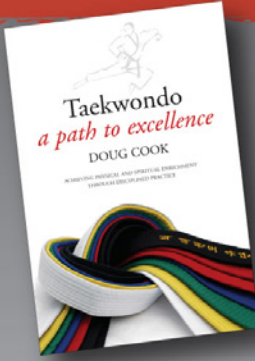
while worthy disciples quietly observed. The students would then practice, mimicking their teacher without comment until deemed proficient enough to advance to the next level. Sometimes this took hours, other times days or weeks. Moreover, instruction in poomsae or kata would be limited to four or five formal exercises over the course of the martial artist's entire life rather than the twenty-plus typically required of a black belt today. Students were also expected to display a commitment to the overarching philosophy and cultural traditions that sanctioned or limited the use of hard-earned combat skills. Furthermore, mastering these skills necessitated seemingly endless repetition affording little time for impatient protest. In short, martial artists of the past were expected to cultivate a profound understanding of the mechanics, purpose and consequences of the techniques they were gifted with by going *deep* into their art rather than simply *wide*, leaving no room for an involvement with potentially conflicting styles. How then does this principle apply today given the general public's expectations concerning modern martial arts like MMA that tend to sample many styles and cultures?

Without a doubt, a sincere practice of the *traditional* martial arts demands unyielding discipline, perseverance, patience, and the acceptance of philosophical concepts often foreign to the Western mind. Subsequently, given our modern approach to living overshadowed by a desire for diversity, we can see how these conditions might be compromised. Remaining steadfast to a single discipline such as taekwondo, rather than becoming involved in the

amalgam of styles evident in MMA, requires an uncommon commitment and focus. Clearly, the attraction of jumping from a throw found in Japanese judo to a kick featured in Thai kickboxing may hold a fascination for many. But, at least in my estimation, we may be short changing ourselves by not investigating a single, traditional art to its core.

Recently a group of my students and I traveled to Korea for our 2010 Training & Cultural Tour. Those who accompanied me were astonished at the depth of knowledge and ability manifested by masters we came in contact with. This was taekwondo in its fullness; we went *deep* beyond the simple dynamics of a low block into the purpose of the chamber, the initial contact, and the ultimate follow through of the technique. Simultaneously, we paid close attention to

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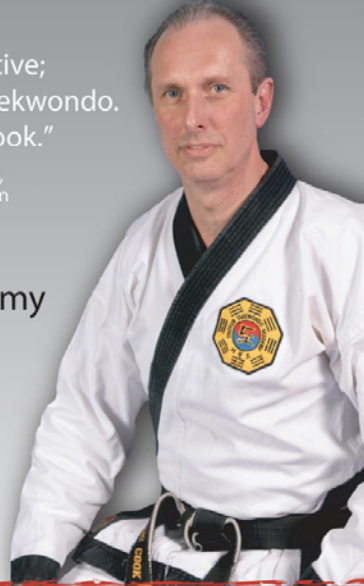
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instruction in poomsae, the essence of taekwondo. Unfortunately, a concentration on detailed technique such as this appears to be sadly lacking in the many martial-styles that leap from one discipline to another, going *wide* rather than deep.

One of my students once said, following a particularly demanding training session, that “there is no elevator to the top floor of traditional taekwondo - instead it is a walk-up with many flights of stairs.” So, metaphorically speaking, in order to gain proficiency in traditional taekwondo the student must immerse themselves in *deep* training to the point where they realize that everything they do is part of practice rather than accepting the erroneous concept that practice is a limited and simplified part of their life.

Choosing to study MMA or any other martial-related forms of exercise in and of itself is not necessarily off the mark. Rather the attraction to these styles dovetails with

the general public’s expectations of the martial arts as seen on television or in the cinema and given the hectic schedules of people today, is perhaps a convenient method of becoming involved in practice in the first place. Yet, to the practitioner seeking a holistic understanding of a single martial art that includes embracing the culture from which it is drawn, going *deep* rather than *wide* should be the obvious course to take.

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 three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and his most recent contribution, *Taekwondo—A Path to Excellence*, focusing on the rewards and virtues of tae kwon do, all published by YMAA of Boston. He can be reached for lectures, seminars or questions at www.chosuntkd.com or info@chosuntkd.com.



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What The Mind Believes The Body Achieves:

The Mindset You Need Going Into Competition

By Patricia DeArmas, ITF 2nd Dan

You walk into the room where the competition will be held. It's as large as needed for this grand event, and rings are set up for the sparring and pattern competitions. You can see fellow Taekwon-Do competitors, each with a belt tied around his or her waist. You're probably excited and nervous at the same time, but you know that all you need is the do-bok on your back and a bag of sparring gear to win that gold medal you've been wishing for... THAT is where you are WRONG. You need something else to bring into competition, something that isn't even a physical object, and this something is an interesting blend of several key ingredients that lead to success when competing. It's called your mindset.

Mindset: the way you are thinking. In this case, the way your mind is set for a Taekwon-Do competition, whether you're doing patterns, sparring, breaking, or Pre-Arranged Free Sparring, depending on what you choose to do at the tournaments you go to and the organization style you follow. There is a saying that goes, "What the mind believes, the body achieves," and your competition mindset will cause this to

become reality for you. Of course, this is assuming that you have worked hard to gain good physical skills. You can't expect to become good without practicing your sparring, patterns, board breaking, and Pre-Arranged Free Sparring. If you don't practice, and do so with perseverance and determination, all your dedication to your mindset will be for nothing. You can convince yourself that an apple is an orange with all your might, but that apple will not transform into an orange. Therefore, you can convince yourself that you're good at sparring, but if you don't practice your sparring and try to make yourself physically good at it, then your

mindset, though it will help, will not be equal to your physical abilities. To become a good competitor, you need to blend mental toughness and physical toughness together, or else your recipe for success cannot be completed.

For your ideal competition mindset, you're going to have to make sure that you include the following:

- Determination and perseverance
- Refusal to lose
- Refusal to feel negative feelings in the



- heat of competition
- Resiliency
- Confidence
- Belief in yourself, and that you're the BEST
- Belief that YOU LOVE THE CHALLENGE
- Belief that you can solve any problem no matter what

All of the above together is important in having the best competition mindset. But it is vital that you believe that you possess each of the above qualities, or else you will not have them. *What the mind believes, the body achieves* is totally, absolutely true. If you believe that you are the best, you become the best. No, I am not saying that you should simply act cocky or arrogant, but that you should just convince yourself, just let your mind believe that you ARE confident, you ARE determined, you ARE the best, you are everything you need to be the best that you want to be. Target your weakest quality first. Say, that you are not confident in yourself, and that lack of confidence is your weak spot. Repeat over and over to yourself, either out loud or in your head, "I am confident. I know I am great," until you believe that it is true with your entire being. Do this with each of the qualities mentioned in the list given earlier, until you believe with conviction each and every thing is true. You can also do this with other good qualities, like patience, motivation, and optimism, or anything that you believe you lack that, if you possessed, would make you a better competitor.

You must convince yourself you're better

than your opponent. That you're better than you think you are. Put up papers around your house in places where you will see them that read, "I am confident," "I am resilient," "I refuse to lose," "I love the challenge," and so on. Fill a blank journal book with quotes that motivate you and other pages that focus on how you are determined, confident, etcetera. When you're walking around anywhere from one to thirty days before competition, think of a word for each step you take. Walk out the words, "I-am-the-best," and other



statements that will help you learn believe. The 90% physical training in Taekwon-Do is to develop a 90% good mental attitude. But sometimes, you need to do some extra, mental training too, and you can do this easily on your own, or practice your good mindset while doing Taekwon-Do in the do-jang. All you need to do is believe how you want to feel.

This works because thoughts and body movements can trigger emotions in your body. Good actors can simply think of something sad and make themselves cry, or think of something joyous and make themselves happy. All the best competitors are good actors- their competition mindset causes them to feel the way they want to feel in order to compete their best. Not just to think what they want to feel, but actually feel what they want to feel. Competitors that aren't 'good actors' are rarely good competitors. You might have the best patterns in the world, but if you have a lousy mental attitude, you can't beat anyone. You'll make yourself worse than you really are, even if you could physically be really good.

Here are two Taekwon-Do tournament-scenarios that demonstrate how, with the correct mindset, you could be fantastic.

1. You're sparring someone really tough. When the center referee calls out "Si-jak!" and signals for the sparring match to begin, your opponent immediately rushes you with a flurry of punches. You weren't prepared to spar someone with this tactic and you begin to back up. *I love the challenge*, you think to yourself, *here is a problem I'll love to solve!* and you block, duck forward and punch back, surprising the attacker and pushing them backwards. You launch a side kick, but your opponent moves to the side of the kick and goes forward to punch you again. By the time you realize the fist is coming, it's there. You're hit in the head, hard, and you're feeling dizzy. You begin to feel defeated, but you refuse to show it and change your mindset so that you feel confident instead. *Okay, you got me once, but there is still time left in this battle*, you think, and your resiliency pays off as you push back your opponent with a front thrusting kick, following it up with a high section turning kick. *You want to win, but I refuse to lose!* you think, and from that moment on you dominate the fight and win the match.

2. You're about to compete in a pattern competition. You watched who you're facing practicing their pattern and they were really good. But instead of feeling nervous, you think, *I can compete with the best because I am the best. I have*

great patterns. I am confident. I am determined. I am the best. When you're called to compete, you do your pattern and you feel as if your body flows into the positions you need it to be in magically, and you feel calm yet energized. You complete the pattern knowing you were as good as you thought you'd be.

To provide a complete, accurate understanding, an explanation of 'refusing to lose' during the battle is necessary. This does not mean that if you lose in competition you should deny that you lost and argue with the judges; this just means that *during* the battle, you should not be focused on how much you want to win, but instead, focused on trying to prevent the other person from beating you. It just means that you should have the mindset of not letting yourself lose during the fires of competition, and obviously this does not mean in an unfair way such as cheating.



Convince yourself that you are the best, and you can become the best. For the millionth time, it is proven to be true: what the mind believes, the body achieves. I highly recommend that every Taekwon-Do practitioner that competes in tournaments or teaches others that compete in tournaments should read the book *The New Toughness Training For Sports* by James E. Loehr, Ed.D. This is an amazing book that teaches you how the right mindset can cause you to be the best you can be in any kind of competition when blended with physical toughness. It teaches you how to get your own good mindset and how to learn mental toughness that will help

you become a great competitor. This book works for any kind of sport or martial art, and it is also well-written so that you are entertained and focused while reading the easy to understand explanations and instructions.

Now you have learned the recipe for success at tournaments. You know the mindset you need to take into competition. So next time you go to compete, bring your do-bok, gear, and water bottle. But don't forget your ideal mindset, and belief in yourself.

A recipe for success:

- 1 mind of good mindset and mental toughness
- 1 body of determination and perseverance

- 1 part good practicing
- 1 whole loving the battle and refusing to lose

Directions:

What the mind believes, the body achieves.

About the Author: Patricia DeArmas is a 2nd degree black belt in ITF-style Taekwon-Do and started her Taekwon-Do journey at age eleven with the Las Vegas Taekwon-Do Club. (www.lvtkd.com) There, she won the Most Outstanding Student Award two years in a row and as a 1st dan black belt won the Best Black Belt of the Year Award before moving to a new state. She is an ITF-USA national champion and hopes that she can state the above awards without sounding arrogant!

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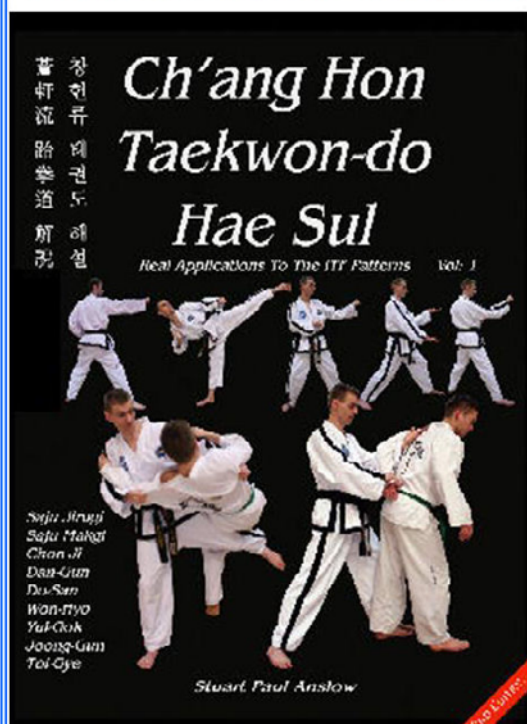
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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

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.

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

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Competition Basics

by Jason Ainley

In this article I want to look at the competition side of Tae kwon do and look at some basic points that can improve our sparring skills.

As an Instructor and student of Tae kwon do my main priority in training and teaching has always been the self defence side of the art, though when training and teaching in the UK I did have had some success in combat sport both individually and with my students.

Combat sport can have benefits for us and many students who get involved in Tae kwon do for self defence reasons will also get involved in the sporting side of the art.

Competition Tae kwon do can help us:

1. Increase our strength / stamina
2. Improve your timing, reflexes and reaction.
3. Help with adrenaline management
4. Help us develop a resistance to contact.

Continuous sparring will develop our aerobic and anaerobic capabilities, facing different opponents in class and in competition will help aid our adrenaline rush teaching us to keep focused in a stressful situation, and help us develop a resistance to contact giving us the confidence if ever hit then we hit back straight away.

There are over 3000 Tae kwon do techniques

but to be successful at competition style sparring then a fighter perhaps only needs around 5 techniques.

To be successful in competition a fighter needs to develop defending, attacking and counter attacking techniques into their style.

Fighting Stances

Side On Stance

Side on stance is a defensive stance that makes a fighter a smaller target by covering the target areas {front of the body}, a side on stance is also perfect for throwing lead leg side kicks or turning kicks.



Children and competition a great confidence builder





Open Stance

An open stance is used when attempting to kick of the back leg turning, hook or axe kicks, the back leg is positioned so it is in line with the target.

Lead Leg Side Kick/ Turning kick

From a side on stance a lead leg side kick or turning kick can be easily executed.

Both these kicks are excellent range finders when thrown at mid section level and can open the gaps for the main techniques to follow.



Lead leg side kick can also be used as a defensive as you can keep an opponent at distance by checking their advance.

Back Fist / Reverse Punch

Can be used as single techniques or in a combination when following up from a lead leg kick. The reverse punch can be used to cover up back leg turning kicks / hook kicks or axe kicks.



The pictures below show the techniques shown together:



Fig 1: From side on stance fighter finds range with lead leg side kick.



**Fig 2: Drops lead leg to side of opponent while executing back fist.
(Dropping leg to side of opponent aligns the back leg to target)**



Fig 3: Mid section reverse punch.



Fig 4: High section back leg turning kick

Using the lead leg finds the range on an opponent, and the hand techniques set up the final kick.

More examples below:



Fig 5: Lead leg side kick



Fig 6: Back fist



Fig 7: Back leg hook kick



Fig 8: Back Kick

Sparring tactics also involve deceptive techniques, you can try to trick your opponent into anticipating your next move then attack with another technique example below.



Fig 9: Attacker throws midsection lead leg turning kick.



Fig 10: Repeats technique



Fig 11: Chambers lead leg to throw another



Fig 12: From chamber position hops forward and changes kick to lead leg axe kick

Footwork And Movement

Tae kwon do sparring when done correctly involves fighters moving round and round in a circular motion rather than backwards and forwards like karate. By stepping to the side enables a fighter to stay within range of an opponent making it easier to counterattack.

Example of a side step and attack is shown below:



Fig 13: Attacker throws lead leg turning kick, defender side steps with back leg



Fig 14: Lunges forward with backfist

Bridging The Gap

Below is a technique that was demonstrated by Grandmaster Hee Il Cho on his many UK seminars. The technique is a method for closing the gap between you and your opponent and is known as the shuffle step.



Fig 16: Both fighters move around slightly out of striking range

Fig 17: From a open stance attacker throws lead hand back fist as a distraction while simultaneously pulling front foot back 3 inches and stepping through with back foot (Shuffle step)



Fig 18: Attacker throws left leg turning kick to the mid section

Fig 19: Then throws reverse punch

Fig 20: Finishing with high section turning kick

Predictability

Although we are only using around 5 techniques in our main sparring arsenal it is very important that we avoid being very predictable in our approach, being predictable in our sparring will leave ourselves vulnerable to counter attacks examples of being predictable when sparring are

1. Always opening with the same technique
2. Always stood in the same stance (e.g. left leg always at the front) switch stance regularly.
3. Stepping / moving around in the same direction.

Counter attack

Over the page is an example of how to set up a counter attack.



Fig 21: Opponent throws lead leg turning kick defender pushes back out of range

Fig 22: Opponent moves forward and throws lead leg turning kick

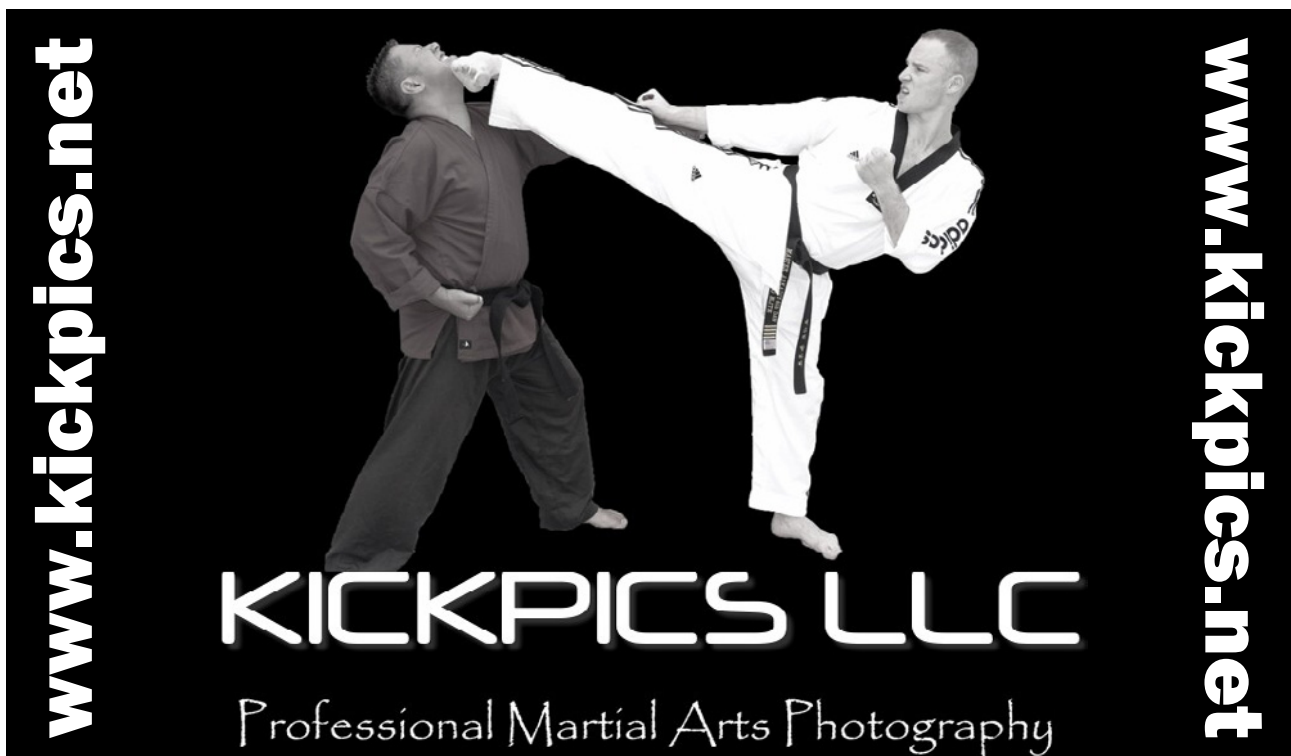
Fig 23: Defender counters with back kick

Points to remember

1. Train to be in good condition, so you are not concerned about losing your wind. When fatigued move around your opponent without attacking until your wind is back never stand still.
2. Move around in a side on defensive stance and be on the balls of your feet and be prepared to move in any direction.
3. Use simple techniques first to find your range and to open up your opponent then finish with more complex techniques example, strike to the body first with fast quick kicks then go to the head with high section techniques.
4. Avoid being predictable in your sparring.

Thank you to Eastern Cyprus Taekwon-do junior students for providing the photographs that accompanied this article.

Jason Ainley, 4th Degree Black Belt, Eastern Cyprus Taekwon-do



55th ITF International Instructor Course

Budapest, Hungary

by Michael Clune, 2nd Degree

On the weekend of 3rd – 5th September I had the opportunity to travel to the beautiful city of Budapest, Hungary for the 55th International Instructors Course (IIC) with the ITF Technical Committee, under the Acting Presidency of Grandmaster Pablo Trajtenberg, hosted by the Hungarian Taekwon-Do Federation led by Master Harmat László. The IIC was held in the Corvinus University Sports hall not too far from the Hotel Flamenco where the majority of IIC participants were staying in. Prior to the IIC each day we were treated to a hill climb to get to the IIC venue. It actually worked a treat as we required a less vigorous warm up once the IIC began! On Friday evening 3rd September at

2.00pm Grandmaster Trajtenberg officially opened the 55th IIC in Budapest. 160 participants from various parts of the world took part. Those in attendance observed a moment's silence, as a mark of respect, for the late President Grandmaster Tran Trieu Quan who was so tragically taken away from us during the Haiti Earthquake last January. Afterwards Grandmaster Bos then began the warm-up with some excellent and enjoyable footwork exercises which got everyone in the mood for the weekend ahead.

It never fails to impress me the continued enthusiasm of Grandmasters Marano, Trajtenberg and Bos when they teach at



The Grandmasters with participants from Ireland at the 55th IIC in Budapest



The Author with Grandmaster Trajtenberg after the IIC

the IICs having taught 55 up to and including this one. Over the weekend they covered the Tuls from Chon-Ji to Tong-II and the proper execution of movement within each. The Grandmasters placed a lot of emphasis, throughout the weekend, of understanding the applications for the movements being performed in Tuls and sparring (3, 2 & 1 Step) actually trying them out with a partner to get a sense of how they work and how they can be utilised better. The also placed emphasis on how we should move between techniques i.e. being relaxed and proper use of sine wave in order to maximise the potential benefits of each techniques.

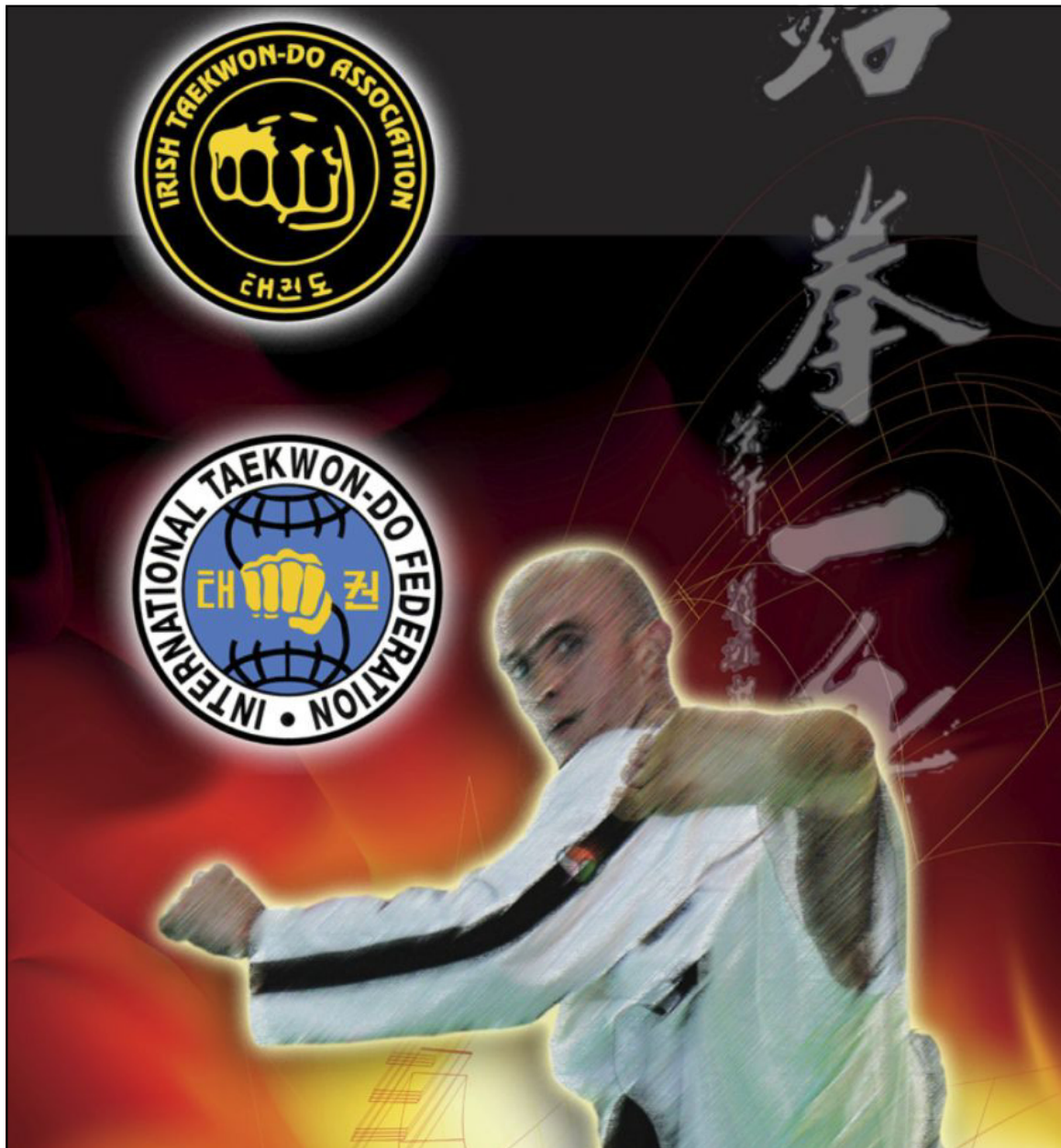
Over the weekend they also covered the Theory of Power, various warm-up exercises, types of sparring etc. The Technical committee were assisted by Master Weiler 8th Degree who spoke to us, during his session, on the proper execution of various exercises and stretching exercises used in Taekwon-Do to prevent injury. During one of the sessions Master Tadeusz Loboda, President of the AETF, took us Red Belt to 3rd Degrees while the Seniors worked on their patterns. He and

his assistant showed us some excellent very basic self defence techniques from simple grabs. He demonstrated or should I say his assistant demonstrated them on Master Loboda with great amusement from those around including Master Loboda himself. At the end of the IIC, the Masters in attendance, including our very own Master Wheatley from Ireland, presented the IIC Certificates to the participants. As we were staying in Budapest until the day after the IIC we took the opportunity to visit some of the sights of this beautiful city.

I would like to thank my fellow Irish Taekwon-Do Association members, whom I travelled to Budapest with, for a weekend that will stay with me forever including some great photo opportunities with the Grandmasters. Also it would be remiss of me not to thank the ITF Technical Committee for another great IIC.

While I have this opportunity, in writing this report and having attended 7 International Instructor Courses to date with the ITF Technical Committee, I would appeal to those 2nd Kup Red Belt and higher to avail of the upcoming IIC being organised by the

Irish Taekwon-Do Association for 28th – 30th January 2011 in Tralee, County Kerry in Ireland. We are being given the honour and opportunity to host 3 of the greatest ITF Taekwon-Do Instructors in the World in Grandmaster Hector Marano, Grandmaster Pablo Trajtenberg and Grandmaster Wim Bos. Having attended 7 IICs to date with them I have always and will still learn something new from them. I am really looking forward to them returning to Ireland in January 2011. Invitation and information is available from the Irish Taekwon-Do Association website at www.taekwondo.ie and from ITA Instructors.






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Harnessing Anger

By Thomas Gordon, 6th Degree

In 1997, I sat in total disbelief as Mike Tyson bit both of Evander Holyfield's ears in frustration of being outmatched and looking for the second defeat at the hands of Holyfield. Makes a person wonder if it was his fierceness and stalking in the ring is what attracted Robin Givens. Without a doubt it was his unwillingness or lack of ability to control that temper out of the ring that helped lead to their divorce and her claims of domestic abuse.

But hey that's nothing compared to most any Hockey game where a fight is almost guaranteed to break out. Anger issues everywhere.

However, are these good examples of why we should lump all anger as a negative emotion? When you read of someone being perverse and hurting children, do you get angry? I do. When you think of someone intentionally hurting a loved one, do you get angry? I do. Is that wrong? And anyone that knows me will vouch that I am rarely seen without a smile on my face and few people have seen me angry. That doesn't mean it isn't a necessary emotion and has its place.

Studies have shown that hockey players who are aggressive score more goals than those who are not, and that men who win karate matches score higher on anger, vigor and self-confidence scales than those who lose. A strong surge of anger can even help you get through pain that would otherwise hold you back. (Men's Fitness "Playing mad - use of anger to stimulate athletic performance" by Susan E. Davis, July 1998) Los Angeles psychiatrist and Men's Fitness advisory board member



Mark Goulston, MD is quoted as saying, "Anger releases a rush of adrenaline that makes you feel powerful and overwhelms pain, that's why people can continue to play in football games even when they're injured."

Negative states such as anger were used sometimes by athletes or coaches to generate additional energy, a finding that accords well in line with a previous study on situational anger on karate performance (Robazza, C. Bortoli, L. Hanin, Y. 2004 Precompetition emotions, bodily symptoms, and task-specific qualities as predictors of performance in high-level karate athletes. Journal of Applied Sport Psychology, 16, 151-175.)

So what does all this mean and why am I taking the time to write an article about it? I read Mr Munyon's article on anger and was quite intrigued because I have used a similar approach of focusing anger to help a student break boards.

Please allow me to open this article up with my feelings about Mr Munyon. He's a friend of mine and there aren't many true friends in this world. I've had him at our school and in our home and I've been to his home. If it weren't for his unselfishness willingness to help me prepare, I wouldn't have been able to test for sixth degree as

soon as I was. So while I consider him a friend, I must respectfully disagree with his article entitled, "Be Careful What You Teach" in the September 2010 issue.

At our school, when testing, we have patterns, one steps, self defense, sparring, and board breaking. Each school does things differently but in our school the tester must break their boards in order to pass. The tester gets three tries and on the second failed attempt, the tester is allowed to change the board technique and board holders. Only color belts that break are the 1st & 2nd gups and we use breaking as a demonstration of power. We use different size boards based on age and weight. Smallest is a 5"x12"x1" board and adult men break two 11"x12"x1" boards. This is something we've done since I started teaching in 1992. That doesn't make it right, just makes it familiar and we've tweaked it along the

way trying to get the most out of the desired effect which is a student having the positive atmosphere of a pressured testing. I failed my third degree exam over board breaking so I understand the pressures of breaking boards.

All of that stated as an opening to understand why we require board breaking. Not that it's the only way, just the way that we found works for us and gives us the results we're looking for. No interest in using extremely difficult boards that could injure a tester or perhaps even mess up a growth plate, just make them push past their comfort level.

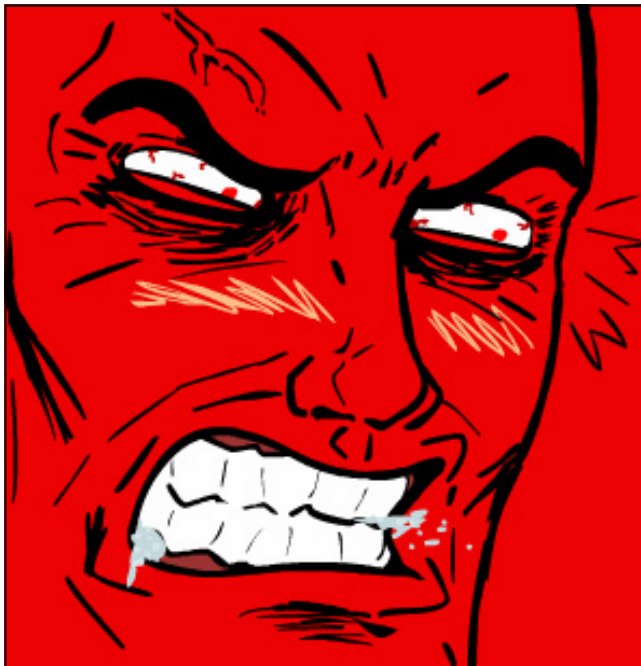
The article was calling into question about

the use of anger. Everyone gets angry at some point. For some, anger is necessary to get past that first hurdle. Once they have passed that hurdle, they should learn to harness that energy without having to invoke anger. The way the article was written and perhaps the way people generally view anger is that it's a negative emotion. I have never claimed to be a psychologist so perhaps it is an unconstructive emotion. I recall reading in the bestselling book of all time that a certain man got angry when he found gambling in the temples. There were

several instances of His anger and according to the story, this same man never sinned. For those of us liking theological discussions, does that mean anger is so bad? I don't think so.

For the student struggling to break the board because of confidence, after logical explanations, several examples of how the boards

break, and many attempts, we will sometimes use anger to help them see the boards are indeed breakable. In the future hopefully they will not need to get angry to go through the board. I don't know that I've ever gotten "angry" to go through boards or blocks but to each their own. Looking at MMA fighters I've seen the competitor come out calm and collected. Then I've seen the guy come out there like he was ready to obliterate the other guy getting his ring corner to slap them in the face before the bell rings. The MMA competitor that is all angry doesn't run over and annihilate the referee or announcer; he channels that anger towards the guy across the ring. Ironically enough typically after the competition is over, the two fighters bow or



even hug each other. For me, I'm more along the thoughts of the calm guy but then again, I'm not getting paid big money to get into a cage.

Seems the misconception is that losing your temper means you lose control and go into a rage.

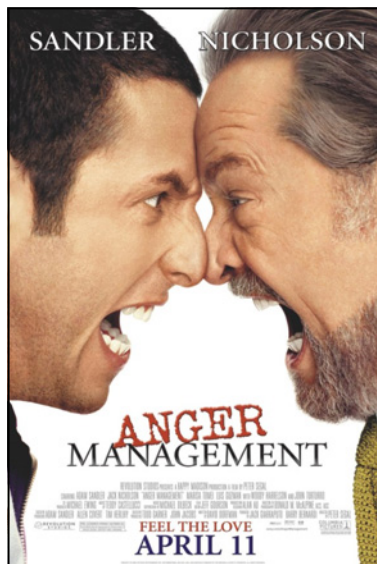
Perhaps for some. Maybe Dr Bruce Banner becoming the Hulk is what comes to mind. I'm thinking out loud here that there were some obvious anger issues going on there. Last season I was playing Offensive Left Tackle and another player grabbed my face mask. Next play,

he got me again. He couldn't beat me with clean techniques so he had to cheap shot me. Finally I got agitated with his continual face masking and the seemingly oblivious blind referee. So next play he reached up and face masked me and struck his radial nerve with a knifehand. He sat out the rest of that quarter and the next quarter. I didn't go ballistic, didn't yell, and didn't fuss. Just dealt with it with a calm head and without breaking any rules. And as a stab at humor, watching him on the sidelines had an amazing calming effect on me.

Anger can mobilize psychological resources for corrective action. Uncontrolled anger can, however, negatively affect personal or social well-being. (John W. Fiero, Anger, Ethics, Revised Edition, Vol 1) Anger is innate

and a natural progression from frustration. (To many sources to list) In our own school at a recent testing, we had a young lady that couldn't break her boards and became frustrated. From there she had the options of getting the frustration under control and striking with a calm head,

quitting, or losing control. Over the last eighteen years, I've seen all three options chosen. She did the first option and moved onto the next rank. So with due respect my dear friend, becoming angry does not necessarily mean losing control so therefore it doesn't necessarily go against the tenets of Taekwon-Do. In



fact, I see an argument that teaching a student to channel the "angry energy" through a board (or any obstacle for that matter) could actually be a demonstration of self control. Not abandonment of logic and senses through blind rage, but rather channel the energy to help them push through a challenging obstacle.

If you want to read more while relating to our own art, Peter Westbrook a 6-time Olympian, 13-time U.S. National champion in Fencing entitled, " Harnessing Anger: The Inner Discipline Of Athletic Excellence" where he writes about overcoming strong adversaries on and off the fencing mat.

Thomas Gordon
6th degree Taekwon-Do/2nd degree Hapkido
5th Annual Korean Martial Arts Festival
Crestview, FL on April 15-17, 2011
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TKD: A New Beginning

Or Why You Should Never Stop Practicing Taekwon-Do

by Koo Fockens

Back in 1980-81, I was a kid at school, we just moved house, and I was the new kid on the block, and at the school grounds for that matter. Needless to say, I was the prime target for the local bullies to be picked on, and picked on I was, being not much of a fighter at the time (I argued with my mum at the age of 4 even that I would hurt someone if I did, you can guess my mum's reply I think) I was regularly beaten up. My parents thought enough is enough, you will have to learn a martial art, perhaps that will help you, at least learn how to defend yourselves.

So it was that in mid to late 1981, I started Taekwon-Do classes every Monday evening, in my home town of Delfzijl, the Netherlands. After about 3 or 4 months, I went for my first belt test and this was the first time I saw and met the owner of the Taekwon-Do school I was training with (the sessions in Delfzijl were run by an assistant instructor). His name, Willem Jacob Bos. At the time he held the rank of 4th Dan in ITF Taekwon-Do.

I graduated with flying colors for my yellow belt and was asked if I could not train more often than just the Monday evening, which encouraged me greatly, and so my training intensified from 1 to 2 nights a week. I went through the ranks as normal, and eventually I received my 1st dan in 1986,

and then my 2nd dan in 1988. (by the way I've never met any of the bullies since I started training TKD, perhaps they were afraid, or so I'd like to think!).

I trained a lot myself, and also enjoyed being assistant teacher and ran classes for the younger, as well as my own age and older on a regular basis, either while

Master Bos (now a 5th Dan), was away in his function of the national coach of the Netherlands, or simply because it gave me great experience and pleasure.

In the meantime, I was training hard for my 3rd dan graduation which I was aspiring too. Master Bos, in the meantime, also got offers from Italy to coach their national team, and when this resulted in many medals for Italy he was

offered the position permanently, which was a dream come true for him, to be able to professionally work in TKD, earning a living, and so he gradually spend more time over there, but which for me meant that someone who was always able to push me forward was not as often around.

Not long after, I graduated from Technical College, and a professional career at sea then soon followed, which meant I got a lot less time for TKD, I tried to keep up with TKD in my spare time on board the ships I worked on. However at some point, when



Master Bos had already left the Netherlands for good and lived in Italy, I returned to the gym I always trained at, and found it closed.

Not being able to find one that was of the same standard I was used to (I guess I was spoiled), my TKD training suffered, and combined with the busy work I had, it gradually came to a complete stop.

From time to time, I'd pick up a martial arts book if I came across one, but was an 'arm chair martial artist' for a long time, nearly 20 years in fact! In this period I'd also moved to the UK as I met my lovely wife at sea, and now live in Devon, with two young children.

As armchair with books, evolved into laptops with internet connection, and my career changed from being a seafarer to a land based job, I found more time to research Martial Arts again, and found a TKD school in my region.

I hesitated to contact them, as again, I recalled the excellent teachings I had in the past, and was afraid to be disappointed to find a school not teaching to the same standards. Then I looked at my waist line, and a spare tire had developed there. Time for action! The final push was when I came across an article which described my former master's promotion to Grand Master 9th Dan. That was it, I realised that I too would have gotten much further if I had not totally 'given up', even though with my career my progress would have been a lot

slower, but I would be in a better shape now too.

Truth be told, even now I can't attend regular classes due to my job, as I still travel a lot, but I can practice in hotel rooms, attend classes at least 1 to 2 times per month, but it's better than nothing, and with the internet, I can keep in touch with my instructor etc. ask questions, and we can work on those when I am physically present at class.



So the lesson learned in a nutshell:

- Don't give up when things get harder, instead find yourself a new goal, adjust your training schedules, systems, and goals accordingly, but keep active! (One of the tenets of TKD is *P e r s e v e r a n c e* remember! I hadn't taken note of that too well...)

So now, being mentally woken up, or got a firm Ap Chagi on the backside, I am back at practicing ITF Taekwon-Do. In the 4 months that I've been active again,

I've already relearned the patterns up to Kwang-Gae (I realised that you never really forget, you just need reminding), and now that I am 40, I again have a chance at competing at seniors level :-)

I have also set myself a goal with my current instructor, Steve Millis 5th Dan, of South Devon Taekwon-Do schools (see: <http://www.tkd4all.com>) to try to get ready for my 3rd Dan graduation around

September 2011, a goal I nearly reached 20 years earlier.

Even if I don't succeed at this right away, I have a goal, a push in the back, and this is very important to keep going for me. I've also recovered from the shock that the ITF is now split in 3, there's even a GTF founded by the late Master Park Jung Tae, and many more I can't begin to keep track off.

While it saddens me that such splits have happened, it also made me more determined to continue training. The TKD world around you may change, but YOUR Taekwon-Do does not need to, as long as you keep working at it, and enjoy it, keep doing it.

The spare tire is slowly disappearing, I'm nearly able to do splits again (which was a non-issue for me in my younger years), and I am no longer out of breath when I climb a long flight of stairs. I still have some way to go, and I am no longer 20 years of age, but there's a future in Taekwon-Do at 40.

So if you are in a similar situation as me, and/or wondered if you should (re)start TKD actively in your later years, the answer is a resounding YES!

Yours in Taekwon-Do
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Use Of Force

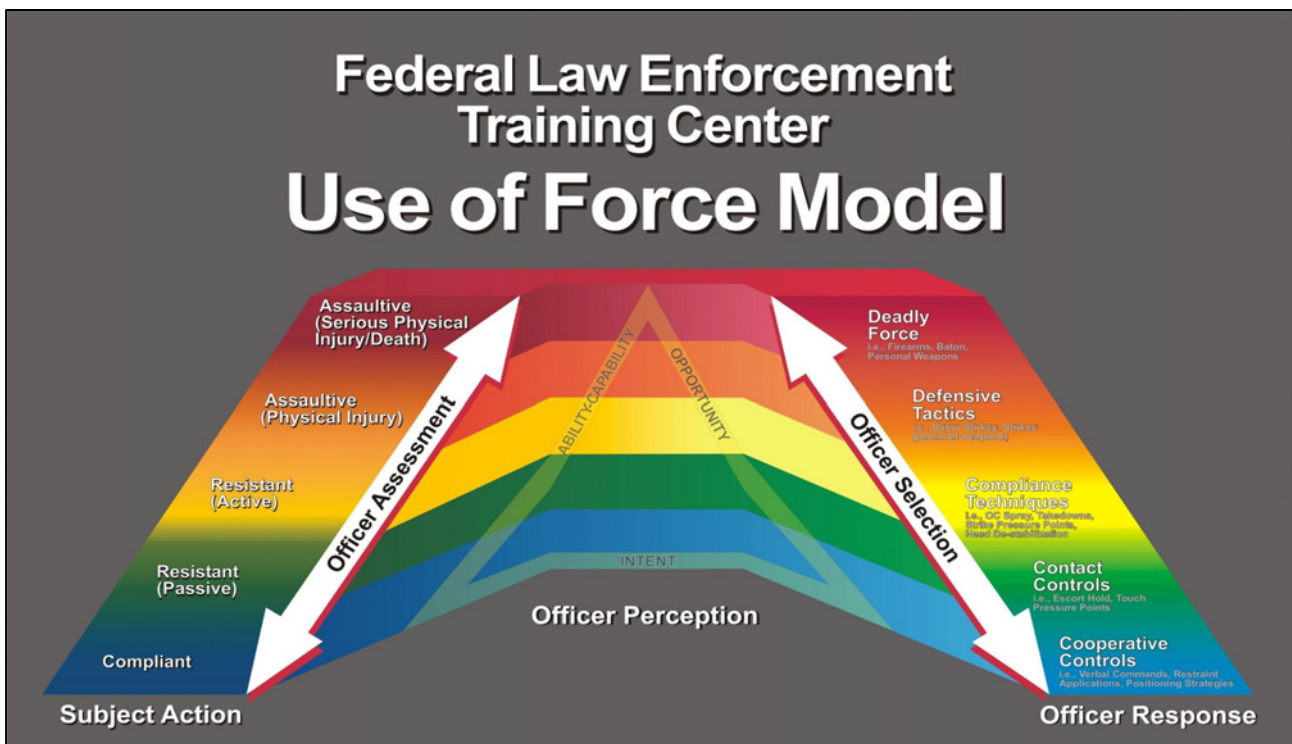
Law Enforcement / Military / Martial Arts

By Michael Munyon, ITF/USKMAF

Many people often ask the question “When can I use my martial arts?” Many instructors emphasize that students should NEVER use their martial arts unless there are no other options. Other instructors follow suit with that concept, but actually break down examples of when and when not to use their martial arts. While teaching at Keesler Air Force Base in Biloxi, Mississippi, I taught a Taekwon-Do program for kids and it was the kids who always asked when they could use their martial arts. They would tell me about other kids who would pick on them at school or their brothers and sisters picking on them and in a way, they were trying to get my permission to “defend themselves” against their siblings. I’m sorry to say that I did not condone using Taekwon-Do to teach their siblings a lesson. It was then I felt that I should talk about Use of Force in the martial arts class room just as much as

I train my fellow law enforcement and military members. For the purpose of this article the terms of “use of deadly force” and the ability to use martial art techniques are interchangeable. Note: Always... Always...Always use minimum force necessary to stop someone from continuing the act which caused you to use force.

As a member of the Security Forces I train young men and women who defend our country in the Use of Force both stateside and at overseas locations. Our sources of training come from both civilian and government regulations. The current structure and model we utilize in the Air Force is derived from the Federal Law Enforcement Training Center (FLETC). It shows the progressive Tools, Tactics and Procedures (TTPs) law enforcement officer utilize when dealing with individuals who



are non-hostile to those who are extremely violent. Use of Force training is required annually and entails both a written and practical exercises.

Each color of the Use of Force model represents the following:

Blue – The officer is engaged in duties with an occupationally produced perception of responsibilities and risks. The broad foundation of the UFM is represented by the baseline of the color-keyed assessment spectrum.

Green – The officer perceives a level of noncompliance within the confrontational environment, evolving into the deployment of tactics.

Yellow – The officer perceives the situation escalating and the level of noncompliance has increased. This color indicates an activated level of alertness and caution.

Orange – The perception of danger has accelerated for the officer and there is a more directed focus on officer safety and defense.

Red – The potentially lethal degree of risk is the most infrequent, and yet the most critical for officer safety and survival. The highest level on the UFM correlates to the most intense color in the threat assessment spectrum, red.

Now, you might wonder how this applies to the non-law enforcement/military member. Well, if you feel your life or the life of another is in danger ask yourself if the individual who is threatening to do bodily harm has the following:

Ability-Capability: Addresses subject's ability to carry out a threatened action.

Opportunity: Indicates the action or threat the officer or sentry is imminent but not necessarily instantaneous.

Intent: The mental state initiating an overt act (words or deeds) in the furtherance of a threat, action, or crime.

If all three of these are "Yes" then you have the right to defend yourself or that of another person. However, if one of these does not exist then I would not recommend utilizing deadly force. Always use the minimum force necessary to get away or help another individual in danger. By definition Deadly force is that force a reasonable person could expect to cause serious bodily harm or even death.

We are trained that there are 8 reasons when law enforcement/military personnel can utilize deadly force. I am going to talk about only three of them because they definitely pertain to when someone could use their martial arts to save their own life or the life of another.

Inherent Right of Self-Defense: Applies when an individual reasonably believes he/she is in imminent danger of death or serious bodily harm. Deadly force is authorized when individuals reasonably believe that a person poses an imminent threat of death or serious bodily harm.

Defense of Others: When an individual reasonably believes others are in imminent danger of death or serious bodily harm.

Serious Offenses Against Persons: To prevent the commission of a serious offense that involves imminent threat of death or serious bodily harm (for example, setting fire to an inhabited dwelling or encountering a sniper), including the defense of other persons, where deadly force is directed against the person threatening to commit the offense.

When it comes so to using force every individual either civilian, military or law enforcement is ultimately responsible for their actions and must be able to legally justify their actions. If you utilize excessive force **YOU** can be prosecuted.

Other martial art systems actually have a creed or oath they take as a guide to use if they are questioning their ability to utilize their martial arts. American Kenpo for example has the Kenpo Creed which reads as followed:

I come to you with only Karate; "empty hands." I Have no weapons, but should I be forced to defend myself, my principles or my honor. Should it be a matter of life or death, right or wrong, then here are my weapons, Karate; "empty hands."

The legendary Hwa Rang Youth Group had a Warrior Code:

Be Loyal to your King (country)
Be obedient to your parents
Be honorable amongst friends
Never retreat in battle
Always make a Just Kill

As an instructor in the martial arts I'd like to recommend more school owners teach the different aspects of the Use of Force. Teaching students to run from a fight definitely keeps them out of jail and possibly the hospital. One of the first questions I ask my students after we bow in is, "What do you do if someone wants to start a fight with you?" They reply "Run." After that, we jog numerous laps around the gym as part of the warm up. In conclusion, I mentioned how the Use of Force applies to law enforcement, military and civilians. I've also covered a few examples of when one might have to or would be allowed to use martial art techniques. Hopefully, nobody who reads this article will ever have to defend themselves or someone they love, but if they do, just be prepared to validate your reasons and always...always...always... use minimum force.

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I Don't Like Your Self Defence

By Sanko Lewis

Whenever I look at self-defence requirements in most martial art syllabi (including Taekwon-Do) I am left with much concern. Where do these requirements come from and how are they relevant to us, here and now, to my students?

One of the first self-defence requirements in the syllabi of most Taekwon-Do and other martial art schools is a release from a wrist grab. One has to wonder why this is so? Surely this is not the most common attack, is it? Ask ten people who have been in physical confrontations and see how many of them were actually grabbed by the wrist. Of all the students I've taught, only one has told me of having been grabbed by the wrist. Maybe another reason for this self-defence technique being taught to a beginning martial artist is because it is such a simple manoeuvre? Merely pull the arm free at the grip's

weakest point, namely the thumb. Even so, the simple wrist grab scenario is never that simple.

In a real life situation, the wrist grab is usually just a set-up for a more serious self-defence scenario. If an attacker grabs your wrist / arm / clothing, it is usually a setup for another attack. At least three scenarios come to mind: (1) the attacker grabs you to keep you close so that he can pummel you with his free fist; (2) the attacker has another weapon, probably a knife, pressed against you and has taken hold of you so that you cannot easily move away from the weapon; (3) the attacker has taken hold of you in order to pull you away for better positioning, so that he can continue his assault somewhere else. In only one of these three scenarios is the wrist grab release the first priority. In the first scenario the chief priority is not



escaping from the grab, but defending against the attacker's free fist. In the second scenario the first priority is the weapon in your side. And even in scenario three, where a release from his grip is priority, the type of self-defence technique taught in most schools are not taught against an opponent that is forcefully pulling you, with you most likely being off-balance. I'm not saying that students should not learn how to escape from a wrist grab; what I am saying is that the actual wrist grab is seldom the most pressing issue when the arm is grabbed. It is the rest of the attack, the associated punch, the weapon by the side, the pull, which are the more important problems and unfortunately these are seldom considered.

What is generally taught as self-defence is actually model sparring – a form of pre-arranged sparring that demonstrates idealised defence against an attack. The instructor tells your training partner how to attack you, and tells you exactly how to defend against this particular attack and also which counter-attack to exactly which vital spot will work best for this specific positioning of yourself and your training partner. When done properly, pre-arranged sparring is often quite pretty to watch, and seemingly very effective; but model sparring is not how a real life self-defence scenario plays out. In an actual violent encounter you seldom expect the attack, which is completely opposite to model sparring. You seldom know when the attack will happen or what type of attack it will be. And it would probably be better to talk of attacks (plural), rather than attack (singular) because the attacker is likely to do more than just grab your wrist and stand there waiting for you to do a wrist grab release.

When we as instructors teach model sparring and call it self-defence, we are misleading our students.

I had a student, whom I'll call Ruth. As far

as self-defence went, Ruth was one of my star students. During promotional tests I would tell the attacker how to attack (sometimes Ruth would be privy to what attack would come, sometimes not). Ruth would guard herself from the attack and then counter with strong successive counters, probably thumbs to the eyes, attacks to the throat, elbow strikes to the side of the head or knee strikes to the groin and thighs. Afterwards she would retreat sufficiently, not merely stepping back in a ready posture. Ruth's self-defence demonstrations were never pretty, but anybody witnessing it would agree to its efficiency. She always convinced me that if she was to find herself in a violent assault situation that she would not be an easy victim and I therefore always gave her high scores on the self-defence section of her promotional tests. However, I also knew full well that if another instructor – one used to pretty wrist releases and picture perfect counter attacks – were to grade her, that her score would be far less than what I gave her. The reason would be not that she is bad at self-defence but that her self-defence did not resemble model sparring.

Since I do not always test my own students, I eventually started to teach them two types of self-defence techniques. The first type of "self-defence" techniques are based on model sparring:

The attacker grabs your wrist. You step forward into a walking stance, releasing your grabbed arm by turning it out in the weak part of the attacker's grip and counter-attacking with a punch to the solar plexus with your other hand. You may include a kiap for effect. Step back into a guarding stance.

This type of self-defence is better called something else; maybe "Model Self-Defence"?

The second type of self-defence techniques are based on likely real life scenarios.



The attacker grabs you and start pounding you with his free hand. Defend yourself.

For the first type of “self-defence” I teach specific attacks with specific counter techniques. The aim is to make it look effective. For the second type I teach basic principles for surviving an unexpected attack. There are usually no “blocking” techniques, merely guarding. Counter-attacks are not prescriptive, rather general suggestions are made based on the weakest points on the opponents body and the best attacking tools that require the least amount of conditioning. The eyes and throat can easily be injured even if the attacker is well conditioned. A palm heel strike is better than a fist (which could easily break against the hard skull of the attacker). Elbow strikes and knee kicks are

very strong, even for physically smaller people. The aim is not to make it *look* effective; the aim is to *be* effective.

I think that what is considered self-defence requirements are often traditional or cultural. Many Oriental martial arts, for instance, have self-defence techniques based on people sitting on the floor. While these are interesting to know, they are quite irrelevant to my particular students who hardly ever sit on the floor. Self-defence requirements should also have a certain profile in mind. Women are more likely to be grabbed; hence women need to learn more defences against grabs. However, most students training in martial arts are men; why then are such a big percentage of self-defence techniques taught grab releases? The self-defence

requirements for martial art syllabi should always get serious thought. Requirements should reflect the likely violent scenarios practitioners are to expect within their own society. Focus should also be given to the most likely victims of violent encounters; statistically speaking that is probably young men. Furthermore, pre-arranged sparring (i.e. model sparring) should not be confused with proper self-defence training.

It might seem that I am advocating against the practise of pre-arranged sparring, which is not the case. There was a time that I did not teach model self-defence at all. What I found was something quite interesting: some of the students, even though they understood the principles of self-defence, when suddenly confronted with the real life scenarios only, without the model self-defence, i.e. pre-arranged sparring, training as a prelude, did not know how to react. This made me realise a number of things: Merely understanding the principles is not enough as many students (especially beginners), do not know how to manifest those principles in practical, creative ways. Although they have the head knowledge, this does not naturally manifest in body knowledge; i.e. reflexive bodily responses. They first have to think about the principles. What model self-defence and prearranged sparring teach them are certain habits, certain stock responses that they do not have to think about – mere reflexive motions that occur because of the good habits that were engrained in them through model self-defence practise. Someone with years of training, whose body acts reflexively, need not be stifled by such stock responses. They have the kinaesthetic ability to react to different scenarios and situations in creative ways. Other people, without the years of training, do not have that kinaesthetic sensibility, and for them model self-defence training is crucial to instil instinctive responses to certain situation. It is here that the responsibility of the teacher comes in to play. The teacher should ensure that the types of situations are

reflective of realistic violent encounters. To return to the illustration from earlier – the scenarios should be realistic: Not merely wrist grabs but a grab immediately followed by a strike.

Finding out what such likely self-defence scenarios are, is quite relative to where you live. What is taught as self-defence in a martial art gym should be relevant to the society in which that gym is located, or to the specific self-defence needs of the students and their most probable violent encounters.

This is not as easy as one would suppose. I'm teaching in Korea a mixed group of individuals, many of them, of course, Korean. The self-defence needs of these Korean students are radically removed from the self-defence needs of my students in South Africa (or even my American students here). Here in Korea violent crimes are so uncommon that practically every time a violent crime occurs it makes the news. In South Africa, on the other hand, violent crimes are so common that they are often not considered news worthy anymore.

The students whom I teach here, and even the chief instructor, considers my self-defence teaching somewhat violent. Now anybody that knows me knows that I am not a violent person. It's different when I teach self-defence, however. I've even been told here once that some of my self-defence techniques are "dirty." True, they are dirty, but if we're talking actual self-defence then you need every dirty trick in the book. I'm merely teaching a level of aggressive effectiveness which I believe would be necessary in actual violent crime scenarios – scenarios reflective of the extreme crimes that occur in South Africa where I hail from.

A typical person living in South Korea will hardly ever be confronted with real violence in the streets. In public, angry people in Korea tend to resort mostly to



shouting and name calling. There are no guns on the streets, and gang violence, I've been told, involves sticks and knives, but is something seldom heard of and only a problem in certain parts of a small number of cities. Violent crimes involving the general public in Korea are quite low. (It could be that crimes are under reported for appearance sake. Saving-face is an important concept in Korea.) Unfortunately many parts of the world are not as safe as South Korea; South Africa being a prime example.

When we talk about self-defence are we talking about women and children learning to defend themselves against abusive husbands and fathers? Are we talking about high school boys meeting each other after school for a brawl on the rugby field? Are we talking about young men fighting at pubs and outside of night clubs? Are we talking about attempted date rapes? Are

we talking about muggings? Are we talking about high-jacks? Burglaries and raping of the women? Farm-attacks and murder? The thing is, all of these scenarios require different types of self-defence, levels of defence, ways of training, ways of thinking, and even legal considerations. Two guys vexing for the same girl at a night club, whom have decided to walk outside and have so entered into a mutual agreement of physical prowess, is a completely different kettle of fish from someone ambushed in a parking lot, and this is again far removed from farmers overwhelmed by ruthless murderers on their farm.

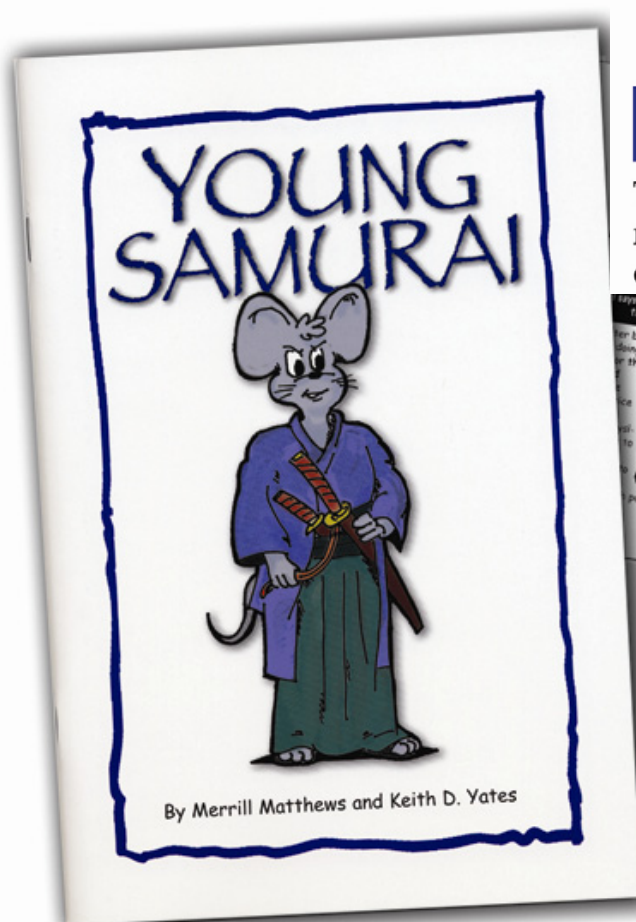
I do not take the view of some people that suggests that martial art gyms cannot teach self-defence and that self-defence and martial arts function in two completely different realms. They are different, yes, but they also overlap enough for a martial


art school, I believe, to be able to teach practical self-defence. However, the first step in that direction is *honesty*; the second step, *clarity*. A self-defence instructor must have an honest reflection on the relevance of the "self-defence" he is teaching, and should also be very clear as to the real needs of his students. If you cannot be brutally honest about the relevance and likely effectiveness of what you are teaching, it is better not to claim to teach self-defence at all.

Please Note: The pictures that accompany this article are provided for visual presentation only and are UNRELATED to the article itself. Pictures are courtesy of KickPics.net and feature Master Swaney, Mark Liverio and Ms Cochnar

...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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Half-Facing

By Brendan Doogan

The Korean for half facing, banmoom, perfectly conveys the purpose of this posture. It means literally 'half body'. Only half your body is available to the opponent as a target.

The literature has this to say:

- “The body must always be half facing the opponent when stepping backward and forward (sic).” Vol 4 p202
- “Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent.” Vol 2 p 135
- Stances can be full, half or side facing both in attack and in defence. Vol 2 pp 135-159.

Half facing is mainly for defence. Another reason is to help prepare for the next movement in a pattern – the stepping for the flying side piercing kick in Choong-Moo tul ensures we use a corkscrew motion in the kick. Of course there are many attacking techniques possible when half facing as well, but the main reason is defensive.

The diagram shows why. If we imagine the defender's body to be ten squares wide



when full facing, we can say the target available to the opponent is also ten squares wide. If we turn the body just a bit, so that the right shoulder is just a little further back than the left, we can see that the available target is somewhere near nine squares wide – 90% of the target is still there. If we turn the body to 45° the target is seven squares wide – 70% of full facing. This is still quite a lot, but the right side of the defender's shoulder is quite far back, much further out of the opponent's reach. If the defender were to turn even further they'd end up side facing, which leaves very little exposed to the attacker, but also

makes the opponent's back leg and arm much harder to use.

Therefore the best way to perform half facing techniques is exactly how they sound – half facing to 45°.

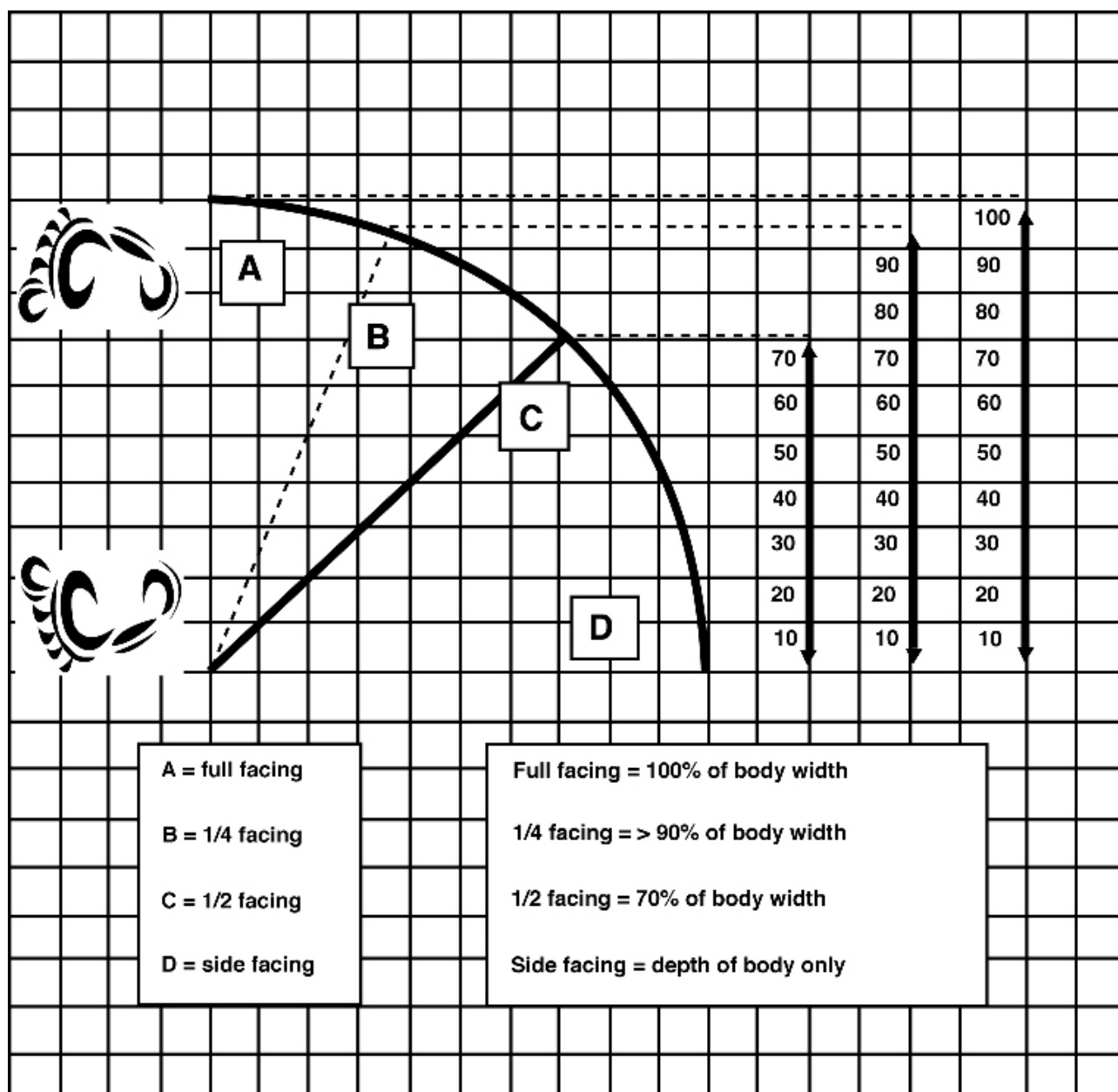
Tips:

Rear-foot, L and fixed stances are always half facing. Be careful with the fixed stance punches in Won-Hyo and Hwa-Rang tuls, and the L stance punches in Toi-Gye tul.

Step through you patterns saying the facings out loud. E.g. Chon-Ji tul: “half, full, half, full, half...”

Almost all hand techniques with the word

'front' in them are to the centre line and full facing.



Reference:

The 15 volume encyclopaedia on Taekwon-Do by General Choi Hong Hi

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Whats The Point?

Escrima Pt 3

By Paul O'Leary

We are on to the third application in this series of Escrima techniques that can be found in the movements of Won Hyo or Pyong Ahn Ee Dan in this case. I'm not making a statement that these techniques were the intended applications or that they are better than original or official ones that are offered by TKD groups. Just that they seem to fit into the muscle memory we have developed from performing them over a period of time.



Pictures 1 to 3: Korean Karate ready position for the Knifehand Guarding Block, Landing the Knifehand Guarding Block and Straight Finger-tip Thrust



Pictures 4 to 7: Show the movements using the batons without an attacker to give you a better idea of the drill that can be applied to this.



Picture 8: The attacker swings at our head with a right handed cross body strike. We block the attack by crossing our left hand over our right and meeting their baton with our own.



Picture 9: Next we hook the end of the baton in our right hand over the attackers baton and pull their arm down to our side while we strike out with our left hand baton to the head.



Picture 10: The attacker tries to punch us in the gut area and we drop our left baton down on the attacking arm.



Picture 11: We move in and strike down on the attackers neck or clavical area.

I hope you enjoy the drill this application will give you and that you find more uses for the movements through your own practice. Finally I would like to thank Mark Gahan 1st Dan JungShin Mu Do Kwan Tae Kwon Do for being my attacker in this article.

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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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.

A Sincere Look At The True Art Of The Wheel Kick!

An analysis of a Wheel Kick by a member of the old Kang Duk Won

By Al Case

I was teaching a young kid one day, he was a rather youthful black belt, and I asked him to show me his wheel kick. First there was some confusion, there always is as what I call a Wheel Kick some people call a Round House, but then he snapped off a beautiful, head high Wheel Kick, and I cringed.



What's wrong with this kick?

There are four items to be considered in executing a Wheel Kick. These items are set in stone, based in physics, and, unfortunately, not practiced by many, and, therefore, will most likely be contested by many.

Number one: you must sink your weight while kicking. To be explicit, you must bend your support knee at the

I didn't cringe because the kick was so deadly, I cringed because if he ever hit somebody with that kick he would break his ankle. The kick, you see, while perfectly executed, had the foot at an odd angle and the ankle was bent in a way that it could not bear weight. In fact, if the fellow had attempted to bear weight, as I said...snappo. Ankle broken.

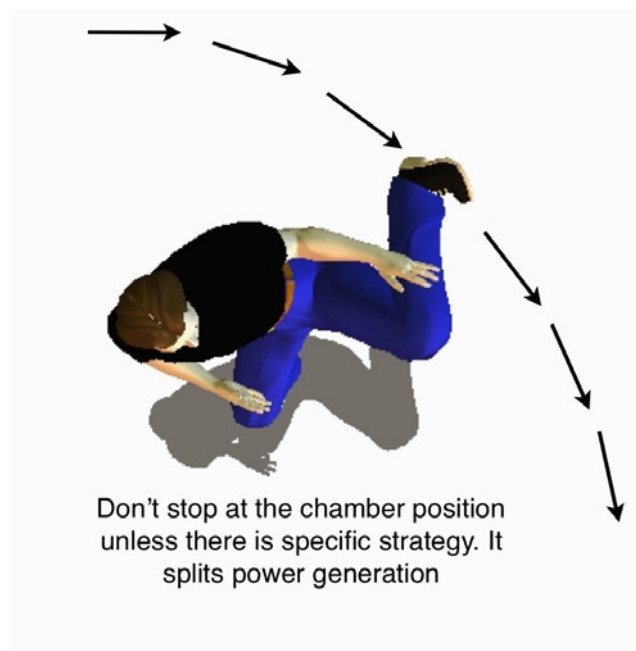
peak of the kick. The basic reason for this is that the body is a motor, and motors must be fixed in place. Most people straighten their support leg, which pushes them off the ground, destroys the connection with the planet, and does not properly utilize the energy of the planet.

To be truthful, the kick really did look beautiful. It looked mystical and neat and I have no doubt he would have been applauded in many schools for the sheer perfection of his form. It was certainly better than my old body could do. But it was wrong; the physics of his kick were simply wrong. Now, this brings to mind a number of problems, all of which I intend to ignore except for one: the correct physics for executing a perfect Wheel Kick. Or, at least the type of wheel kick we were practicing in the Kang Duk Won back in the sixties when Karate first hit our shores.

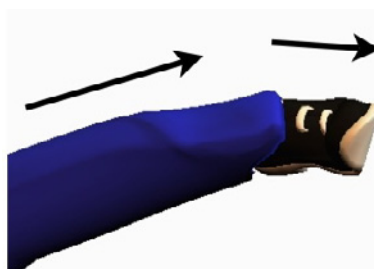




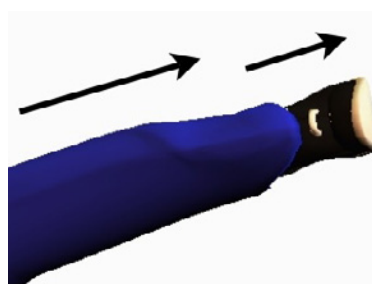
Number two: the kick must be liquid from the ground to the target, and from the target to the ground. If you chamber the kick, which is to say if you hold the kick in the cocked position, then the trajectory of the foot is broken, and generation of power in the kick is broken into two stages. The two stages are the initial launch of the kick, and the launch from the chamber position. Two cycles of action make the kick slower, and divide the generation of power into two actions, which is not as efficient as one action. Yes, you can utilize chambering in a strategic manner, and you must be able to kick from the chamber position, but the optimum kick is one uninterrupted whip from ground to target, and target to ground.



Number three: the foot configuration must be weight bearing. This is easy to prove. Simply turn your foot sideways and run the fifty yard dash on the sides of your foot. This is not only inefficient, but it starts to hurt. This was my major problem with my young student's kick, his foot was bent so that the ankle could not take the sudden increase of weight that a proper kick will encounter.



The foot is bent, the toes are bent, and this foot will not be able to support sufficient weight to be effective. It does, in real-life, look really cool.



The foot is straight, the toes are straight, and this foot will be able to support sufficient weight to be effective. It doesn't look as good, though.

Number four: you must kick with the correct part of the foot. This is a most interesting problem, as there are three different parts of the foot that one can use in a Wheel Kick: the instep, the toe, the ball of the foot.

The toe must not be discounted, but it takes a tremendous amount of specialized

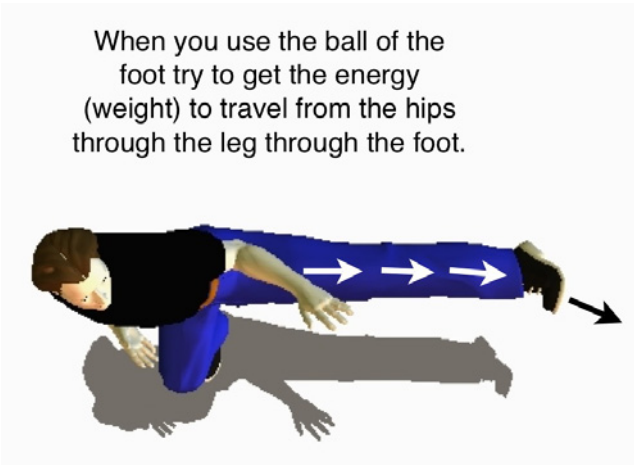
training to accomplish. This is a part of the foot that should be utilized only after one has become experienced.

The instep of the foot is the most utilized, and this is too bad. Let me explain. When you use the instep you are swinging the leg like a baseball bat. This does not require artistry, it requires brute force and a 'bashing' personality. To offer a rather concise but unwieldy metaphor, to use the instep of the foot is like being a housepainter. Nothing wrong with it, it gets the job done, but it lacks artistry. Michaelangelo (grin) would never use the instep of his foot in a Wheel Kick. Or, to offer what I hope is a better analogy: a round house goes around the house, the weight must swing wide and be disconnected from the house. A Wheel Kick wheels (pivots) with the whole body, thus using and aligning all the body weight right from the foundation of the structure to the target.



That brings us to the third part of the foot: the ball of the foot. To kick with the ball of the foot is like striking with a hammer. Visualize the ball of foot Wheel Kick from overhead and this becomes obvious. The configuration of the foot is like a hammer. Now, ask yourself a rather interesting question: which is more efficient, the hammer or the baseball bat? And, if you will let me rephrase this question in a totally brutal and gratuitous (and practical) manner: would you rather hit somebody in the head with a baseball bat or a hammer?

If you follow my reasoning here you will select the hammer. It is simply smaller, the fellow won't see it coming, the head of the hammer is much more suited for impact with a small area of the skull, and so on. The baseball bat he will see coming, the force will be distributed over a wider area, and while obviously powerful and can do the job, can more easily be avoided.



To summarize the argument here, the instep is easily mastered, does not require as much artistry, and does not fully utilize the weight of the body. Yes, there is some hip in it, but the leg is coming in sideways without a lot of body directly behind it. The instep is the broad brush of the housepainter.

On the other hand, the ball of the foot is more difficult to master (but not as difficult as the toe) and the line of the body at the point of execution goes through the foot, through the leg, through the hips, and into the ground, thus offering a more direct line of power and putting a lesser amount, but very concise amount of weight into the technique. The ball of the foot is the finer brush of the artist.

That all being said, I usually think of the process of teaching somebody how to use a Wheel Kick in the following manner. A beginner will use the instep. He needs to learn quick and be effective. An advanced student will use the ball of the foot, it is more efficient, requires artistry, and demands more from the student.

Specifically, it demands more attention to detail, and thus more awareness.

More awareness = less power = more efficiency = more art.

I came up with this formula for art that we followed in the old Kang Duk Won. It is very interesting to apply this formula not just to the wheel kick I have mentioned here, but to all your techniques.

Al Case has been studying the martial for over forty years. His research into the actual physics of the body is available on The Master Instructor Course, which is available at his website, MonsterMartialArts.com.



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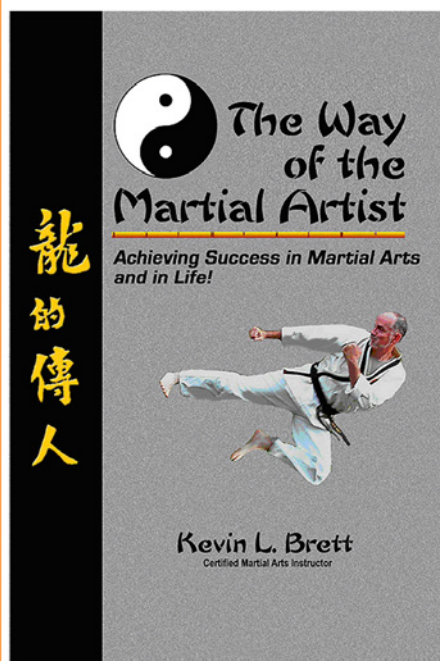
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A Good Boxer Will Always Beat A Good Martial Artist

By David Sims, II

My old instructor my Jim Doyle has told me on a couple of occasions that his father, who was a boxer, had told him that 'a good boxer will always beat a good martial artist'. I had always assumed that this was false. That was until I met a guy called Jack Dexter at the old gym we both worked at. Jack is an amateur boxer who could quite easily be a pro if that was truly what he wanted.

His fight record is over 60 amateur fights with roughly about half wins, what would be considered to be a good amateur record. Since he was 14 he has trained at the world famous Ingle gym in Sheffield. This gym has produced such talent as Prince Naseem Hamed, Herol 'Bomber' Graham, Junior Witter and Jhonny Nelson. The Ingle style is sometimes classed as awkward but the truth is most fighters who come out of their gym are just as good orthodox as they are southpaw. Jack Dexter is no different. It is not until we



first started to spar that I realised my instructor's father was right. Jack has hit me with shots to the jaw that have made me want to cry. I mean literally cry, my bottom lip was going and everything! He has also hit me with body shots that have made my heart feel like it is going to stop, which is no joke let me tell you.

In TKD sparring I have always been



Jim Doyle, 2004

taught to get in and out of range and I found it really difficult to switch from a kicking range to a punching range. As Taekwondoists we often use evasiveness and counter attacking and let's face it most of the time we like to use kicks, which, from my experience of fighting kickboxing competitions, are far superior to most other arts. Therefore we are maybe not as used to standing in the pocket and taking shots compared to a boxer. Also most of our sparring be it at club or competition level are done on mats and not in a

ring, unless your train at a club where there is a ring of course. Mats allow you to get out of the kitchen when the fire is too hot so to speak. A ring does not permit this. Most Chang Hon TKD sparring is classed as light-continuous (although this is sometimes a misnomer for full whack!), whilst the aim of most boxing match's is to knock your opponent out cold.



shots that really hurt, like the odd accidental punch to the throat! However I'm getting better as time goes by and it has improved my TKD sparring no end. A punch on the nose doesn't hurt when the pain goes and I'm getting used to the body shots, albeit with added core training every other day. I have always said that if you want to be a fighter then you

After a good 12 months or so of regular boxing sparring I think my hands have improved immensely. I still get caught with

have got to go out there and find other fighters to fight and would highly recommend you go and find a half-decent boxer to spar with and see how your had skills fare. Bring on the 2011 WAKO's!!



Training Session With Master Leighton, Instructor Jim Doyle back row, far right

ITF TaeKwon-Do In Brazil

& David Kerr's 4X World ITF Wins

By Andre Conchon



Master Sang In Kim, 8th Dan

In 1970, General Choi Hong Hi sends the ITF Instructor Sang Min Cho with the mission to introduce TaeKwon-Do in Brazil, along with Sang In Kim and Kun Mo Bang.

Sabumnim Paulo de Tarso Ribeiro Maltez starts to train TaeKwon-Do with Master Sang In Kim in 1972. After years of great dedication to TaeKwon-Do, Paulo de Tarso opens the Brooklin Taekwon-Do academy, in São Paulo, in 1982.

André Conchon starts to train TaeKwon-Do with Sabumnim Paulo de Tarso in 1983 at the Brooklin TaeKwon-Do Academy and earned his black belt in 1988. Along with Renato Pitombo, Pedro Borges, Túlio Rodriguez and others, formed the Brooklin brothers team, winning various tournaments. During his WTF competition years, he became São Paulo state

champion twice, third place on the Brazilian national competition and second place on the Brazilian national competition on the following year.

André Conchon opens the Morumbi TaeKwon-Do Academy in 1989. Along with Renato Pitombo's Pamplona TaeKwon-Do and Paulo de Tarso's Brooklin academy they started the Tong-Il TaeKwon-Do.

David Kerr started to train with André Conchon, after previous TaeKwon-Do instruction on the USA, on his new Morumbi Taekwon-Do Academy in 1990, still in the WTF style.

On May 29, 1990, General Choi Hong Hi visited Brazil, attending the invitation from Master Raul Hector Sanchez (Master Raul was working on the ITF style in Rio de

Janeiro for six years), former student of Master Pablo Trajtenberg (Actual ITF president after the loss of Master Trần Triều Quân), Master Djalma Clementino dos Santos (former student of Master Sang Min Cho), along with other instructors, like Taney Campos and Claudio Sidney Lopes. On this occasion, took place the first International ITF TaeKwon-Do Instructor and Umpire seminar in Brazil, conducted by the Grand Master General Choi Hong Hi and Master Pablo Trajtenberg.

Sabumnim Paulo de Tarso and his black belts joined ITF soon after, in 1991.

In 1992, André Conchon, along with Master Raul Hector Sanchez, Edimir Kawakubo and Carlos Gallo went to the 1992 world ITF TaeKwon-Do championship in Pyongyang, North Korea, on the TaeKwon-Do palace. It was a fundamental experience to absorb the technical sparring and forms details of the ITF system.



(from left to right, green and yellow uniforms) André Conchon, Carlos Gallo and Edimir Kawakubo on the TaeKwon-Do Palace, 1992, North Korea



View of the TaeKwon-Do Palace, Pyongyang, North Korea

ITF style TaeKwon-Do in Brazil started to grow in number of events and André Conchon's MORUMBI TAEKWON-DO team was very competitive. André Conchon along with David Kerr won many InterState Championships, each one on their own weight class. It was clear that David had a lot of potential at the time. His first International victory was in 1995, on a tournament held at Forte da Urca, Rio de Janeiro. André Conchon and David Kerr were first place winners then.

Pan American ITF TaeKwon-Do Championships, Regina, Canada, 1996

At this tournament, Paulo de Tarso becomes the official brazilian coach for then on. David Kerr really appeared as a TaeKwon-Do star, winning the tournament, fighting the only 3 times world ITF champion at the time, the Canadian Paul Germain. After the individual sparring, he joined the rest of the Brazilian team along with André Conchon, to accomplish the silver medal in team sparring, bronze on team special technique and bronze on team power test. The team sparring was being watched by General Choi, and was an honor for the entire tournament.



From left to right: Andre Conchon, Paulo de Tarso and David Kerr, Canada, 1996

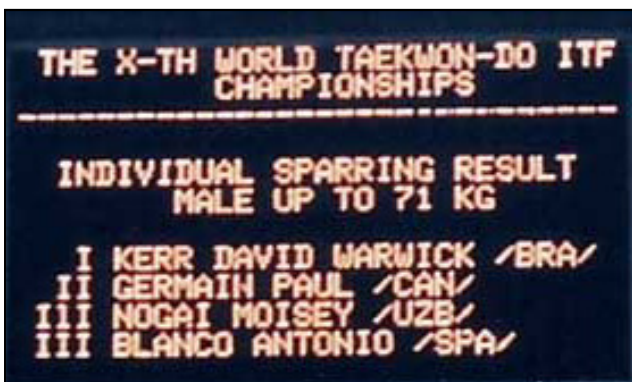
X World ITF TaeKwon-Do Championship, Saint Petersburg, Russia, 1997

David Kerr won his first world ITF title,

defeating Paul Germain once more. It was the biggest achievement ever for the Brazilian TaeKwon-Do at the time, the first time a Brazilian became a world TaeKwon-Do world champion. André Conchon did some goods fights, but dislocated his shoulder on his third fight and had to be removed from the competition.



*David Kerr
defeating Paul
Germain at the
world ITF
championship
finals*



David Kerr from Brazil first place winner on the individual sparring up to 71 kg

The other Brazilian medallists were Daniel Abissamra (patterns), Murilo Barbosa (silver – sparring), Ana Lucia (sparring).

XI World ITF TaeKwon-Do Championship, Argentina, 1999

At this world Championship, Brazil wins its first team medal. David Kerr won his second consecutive gold medal. Daniel Abissamra is second place winner in sparring and Carolina Melo is 3dr place winner in sparring.

Daniel Abissamra becomes the first

Brazilian with medals in both patterns (Russia 97) and sparring (Argentina 99). General Choi was present at the event as well.



*David Kerr wins
his second world
championship in
Argentina, 1999*

XII World ITF TaeKwon-Do Championship, Italy, 2001

At this tournament, David Kerr wins his third consecutive world championship, and reaches the record of the Canadian Paul Germain, with the difference that David wins all the titles consecutive. He was elected the best TaeKwon-Do fighter on the last three world ITF Championships, a great Brazilian pride.



Leonardo Capote wins special technique the silver medal and Romildo Amaral won third on Power test.

*David Kerr 3x world
TaeKwon-Do
Champion*

XIII World ITF TaeKwon-Do Championship, Poland, 2003

The first World ITF Championship after the death of Gen. Choi Hong Hi. On this tournament, Thomaz Barada from Slovenia wins his third world championship and equals Paul Germain and David Kerr as the only three 3 times world champions. Sabumnim Paulo de Tarso does his last world championship as Brazilian coach, after 5 world championships. Mara Galbiati fights on world championships for the 5th time, and the Brazilian TaeKwon-Do fighter with more world championships participations. David Kerr loses his final match and wins the silver sparring medal, with another great performance.



David Kerr final match against the opponent in Poland 2003

XIV World ITF TaeKwon-Do Championship, Germany, 2005

Philippe Rangel from Brazil wins the Bronze (3rd place) sparring medal for Brazil and Brazil places second on the team special technique. David Kerr did not medal for the first time in 8 years.



*Phillippe Rangel
(Brazil)*

XV World ITF TaeKwon-Do Championship, Canada, 2007

David Kerr wins his 4th world championship, after five bouts. The final was against a very talented Jonathan Batista from Argentina.



David Kerr doing a spinning back kick on Jonathan Batista



David Kerr executing a high roundhouse kick



David Kerr (right) on one more bout



David Kerr 4 times World Champion

2 day sparring course with 4 time World Champion, Sabum David Kerr

On July 16-17, 2010 nearly 100 participants took part in an intensive 2-day Sparring Course with 4-time World Champion, Sa bum David Kerr. The seminar hosted by Sabum Marcello F. Cancelliere of Red Tiger Tkd and the ITF-USA covered Conditioning, Strategy, Timing, Counter Attacking and Speed and was attended by ITF-USA Members from all over the East Coast as well Canada. Sa bum Kerr not only taught many of the fundamentals that have made him one of the ITF's best competitors but also demonstrated all of the techniques that have made him so successful. His combination of knowledge, attention to detail, speed, power and passion for teaching made for an extraordinary seminar.



"I was impressed by his energy, knowledge and passion. Here was a 4 time World Champion that demonstrated an amount of humility not readily seen in today's elite athletes", states Sa bum Marcello F. Cancelliere." He communicated with the junior belts and children as easily as he did with members of the US National Team. It was truly a learning experience that we would love to experience again in the near future."

Best Regards, Sabum Marcello F. Cancelliere, Red Tiger Tkd, 6th Degree Black Belt

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

<i>Articles on aspects of training</i>	<i>Technical articles (ie. How to....)</i>
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<i>Articles on Stretching, Fitness or conditioning</i>	<i>Competition reports, results and photos</i>
<i>Articles on health, nutrition or well being</i>	<i>Seminar reports and photos</i>
<i>Interviews with instructors, masters or students</i>	<i>Book, DVD and film reviews</i>
<i>History related articles</i>	<i>Your own views on things TKD!</i>
<i>Articles on exercises</i>	<i>Letters and emails</i>
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4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
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tendangansakti.com - Martial Arts instructor and stretching coach Dan Davies

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

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nkma.us - Northwest Korean Martial Arts

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



David Kerr - 4 X ITF World Winner

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