

# Totally TaekwonDo

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The Free Global Tae Kwon Do Magazine

November 2010 • Issue 21



WTF News

## 5<sup>th</sup> World Poomsae Championship

- Pattern & Forms Applications



- **Special Needs ITF**
- **Il Su Sik**  
Traditional Self Defense Training
- **Good Techniques**  
Starts with Good Postures

Yolanda Ubero &  
Alberto Delgado  
Spanish Poomsae Team

Humility

How many bars  
are enough for you?



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

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

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# Editorial

## Issue 21 - November 2010

This month has been trying as far as the magazine goes. First of all my computer developed the 'blue screen of death' just on the deadline (when I start preparing the magazine) and, after about 16 hours trying to rectify the problem I gave up and took it to a specialist and a week later it was 'better' - but that set me back as I had to reinstall all my programs and lost one of my favourite fonts that I use for the magazine (Brushwood)!



Now its the 28th of October and the magazine is 99% complete and my phone line is down—meaning no internet access—so this could of been the first issue that was late, but once again we prevail and hit the deadline.

Speaking of deadlines, can all article writers remember that the deadline is the 20th of each month, items sent in after this usually have to wait for the following edition of the magazine.

Back to the magazine and again, a whopping, great, info filled magazine for you. The WTF press team is still doing the business, so much so they have their own news section! Richard Conceicao has another article for WTF forms applications (with even more ready to go in future issues) and whilst Master Weiss and Master Vitale take a sabbatical from writing, others such as Al Case, Sanko Lewis, Thomas Gordon and Master Doug Cook have stepped up to fill the void with regular, monthly articles. And that's aside from our regular writers such as Paul O'Leary, Michael Munyon, Jason Ainley and others who regularly step up to the mark.

One thing that the writers of this magazine would like is some feedback on their articles—this encourages them to write more, as well as developing ideas for future articles—so please give some feedback on the Totally Tae Kwon Do forum (a link can be found at [www.totallytkd.com](http://www.totallytkd.com)).

As a father of a son with Down Syndrome as well as a Taekwon-Do instructor, both TKD and Special Needs are subjects close to my heart, so I always embrace and love it when they come together. Be sure to read what great work Benjamin Evans is doing in New Zealand. Not only is he teaching special needs students, but has begun integrating them so they can compete against their peers in mainstream competition—my hat is off to the man—and he's only 19! Oh, and be sure to read the quote on the back cover—I showed my partner Gill and it brought tears to her eyes!

I'm not going to 'big up' the rest of the articles in this months magazine, as I think you know by now, they are top quality and as always, blow most (or should I say all) Taekwon-Do magazines out the water! So simply enjoy.

Regards,  
*Stuart Anslow*  
Editor

Ps. Many congratulations to one of our regular writer, Michael Munyon who recently passed his 6th degree.

사범스튜  
아트앤슬  
로창현류  
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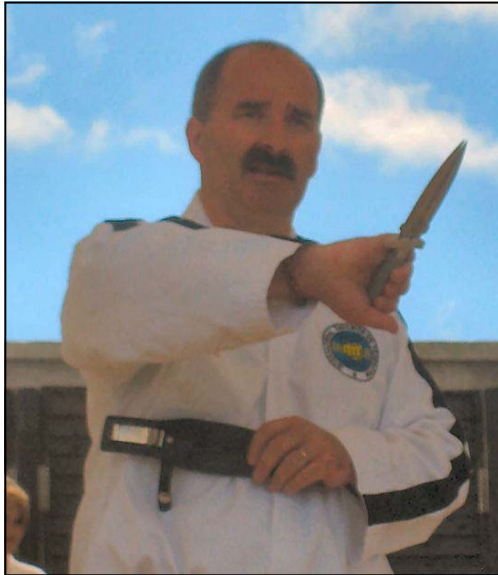
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**Contributors:** Paul O'Leary, Jason Ainley, Sanko Lewis, Richard Conceicao, Al Case, Master Doug Cook, Master Mark Gallagher, Thomas Gordon, Benjamin Evans, Michael Munyon, Edmond Johnson, Heather Smith-Schenkey, Seok-jae Kang (WTF Press Centre) & Stuart Anslow

# Totally TKD News

## Grandmaster J.H. Kim Chooses First European Affiliate



Grandmaster Jae Hun Kim of Boston, Massachusetts has chosen Master Cyril McSweeney (6th Degree, of Carrigtwohill Taekwon do Academy) as his first and only European affiliate member.

The J.H Kim Taekwondo Institute has its roots in the Boston area and has expanded into 13 schools in the U.S, Korea, Singapore and China. Grandmaster Kim offers a wealth of experience and fresh ideas through his unique style of teaching.

Grandmaster Kim has over 40 years experience in the art and was fortunate enough to receive tuition from the father of Taekwondo, General Choi in the birth place of the art, Korea.

He opened his first school in Winnipeg, Canada in 1967 and steadily introduced the relatively unknown art to the area. As the years progressed he became more and more involved with students from all walks of life as he began teaching in Boston, U.S.A.

Grand Master Kim took a break from Taekwondo to study in Harvard Business school and obtain an MBA. He returned to his beloved art in 1992 to reach out to new communities and spread the art of Taekwondo to as many people as possible. He opened the J.H Kim Institute of Taekwondo and now teaches students from all walks of life every single day.

Master Cyril McSweeney is a native of Carrigtwohill and has 32 years experience in Taekwondo. He has been involved in Taekwondo in Carrigtwohill and Midleton for 27 years. Cyril was the chairman of 3 national bodies. He is a co-founder of Taekwon-do Ireland. Cyril has studied under Europe's first black belt, Grand Master Karel Van Orsouw and was his chief instructor for 10 years in Ireland. He is an ex Irish international fighter who competed in 3 world championships and was on the Irish team which came 3rd in the World Championships in 1988.

Cyril also organized and ran the 3rd World Junior WTF Taekwondo Championships held in Killarney in 2000. This was the first ever Olympic sports world Championships held in Ireland. Over 50 countries from the four corners of the world attended.

Carrigtwohill Taekwondo Academy has opened a full time dojang (School) in Carrigtwohill. The Academy will be offering classes for pre school children to adults. This year it will have a kickfit class for ladies only for health and fitness. Along with the classes from 3 year olds to adults. The Academy will have a large choice of classes and times.

For details please contact us at [cyrilmc7@gmail.com](mailto:cyrilmc7@gmail.com) or on our website [www.carrigtwohilltaekwondo.com](http://www.carrigtwohilltaekwondo.com) or 087 2026733



## Michael Munyon Grades For 6th Degree

On Saturday 23 October 2010, Master Terry Batch, US-ITF Michigan State Director hosted US-ITF President Master Robert N. Wheatley for a senior grading and seminar. Mr. Michael Munyon, US-ITF Armed Forces Director and Mrs. Carol Van Zile, Ohio State Director tested for their 6<sup>th</sup> degree black belt. The testing board consisted of Master Robert N. Wheatley, Master Eugene Humesky, Master Terry Batch, Master Joseph Szesko, Mr. Nick Malefyt, US-ITF New Jersey State Director, Mr. Frank Vassagio and a few other special guests. The examination was a non-stop action filled test consisting of all the ITF Tuls, Hosin Sool, Kicking Demonstrations, Free Sparring, Breaking and oral questions. Upon completion of the examination the board announced the promotion of Mr. Michael Munyon and Mrs. Carol Van Zile to the 6<sup>th</sup> degree black belt.



Shortly after the examination Master Robert N. Wheatley lead a 3.5 hour seminar on Dodging, Elbow Strikes, The Types of Sparring Found in ITF Taekwon-Do, Free Sparring Drills, Mapping the Body, the proper execution and names of techniques in ITF Taekwon-Do and more.



After that, Master Wheatley had the senior ranking black belts break up the rest of the students into groups. Each senior black belts and masters taught various topics about Taekwon-Do to each group. Upon completion of the seminar Master Robert Wheatley issued certificates of participation to all the attendees.



*Shaking Hands with Grandmaster Eugene Humesky*



## Fire Dragon Taekwondo Do Bring Home The Gold

On Saturday October 23, 2010; 18 competitors from Fire Dragon Taekwondo & Fitness in Medicine Hat, Alberta Canada participated in the 27<sup>th</sup> Annual Grand Master KH Min Invitation Taekwondo Tournament in Edmonton, Alberta Canada.

This tournament was host to over 320 competitors from various Taekwondo Schools from all over Western Canada. This tournament was Fire Dragon Taekwondo & Fitness's inaugural tournament, as this is a new Dojang in Medicine Hat.

The competitors from Master Mark Pellerin's Fire Dragon Taekwondo in Medicine Hat brought home 33 medals.

Mona Dlikan, green stripe won gold medals in both Poomsae and Sparring. Wesan Dlikan, green stripe came home with bronze medals in Poomsae and Sparring. Tara Lam, green belt was a three medal winner. She won gold medals in Breaking with spinning Back Kick and Knife Hand Strike as well as a silver medal in Sparring. Conner Hilland, green stripe one a silver in Poomsae. Hayley Gyug, yellow stripe won double silver medals in Poomsae and

Sparring. A white belt, Brenden Preece won gold in Sparring while Thomas Tracey, yellow belt won silver in Poomsae and bronze in Sparring. Kevin Fischer, yellow stripe won a gold in Poomsae and a bronze in Sparring while Christina Fischer, yellow belt won gold in Poomsae and bronze in Sparring. Green stripe competitor, Nilufar Jahandardoost won a silver medal for his Poomsae. The Haberstock family showed well. All three competitors are yellow stripes. Renee won bronze medals for Poomsae and Sparring; Cameron won a gold medal for Sparring and a bronze medal for Poomsae while Megan won a gold medal for Poomsae and a silver medal for Sparring. Shannon Ribbi, white belt won a gold in Poomsae and a bronze medal in Sparring while Milton Wong; green stripe received a silver medal in Poomsae and a bronze medal in Sparring. Aiden Gripp another green stripe won Gold in Poomsae. Ethan Gripp, green stripe won gold in Poomsae and silver in Sparring. Kalen Schenkey, blue stripe rounded out the medals with winning a gold in Poomsae and bronze in Sparring.

The courage and dedication that these eighteen competitors demonstrated was no small part in the tremendous showing at this tournament.

Submitted by: Heather Smith-Schenkey





## **Master Willie Lim Dan Grading**

On Sunday 25th October 2010 pioneering Taekwon-Do Master Willie Lim, 8th degree held a senior Dan black belt grading.

Mr Anslow and Mr Gautam from Rayners Lane Taekwon-Do Academy travelled to Rugby for the grading, where they were to be examined along side black belt members of Hay Harris's TKD Academy.

As I settled down behind the video camera to film it for prosperity the grading started with a short introductory talk by Master Lim, as to what he expected of the candidates. Then it was onto the physical elements with both junior and senior patterns (chon-ji to Se-Jong) with the three senior grades nervously performing one at a time. Then followed basics, 3 step sparring, 1 step sparring, pad work, hosinsul, multiple rounds of free sparring, restricted free sparring and destruction (air breaks), as well as each candidate having to break down the applications of a black belt pattern and demonstrate them to Master Lim. As pattern applications are one Master Lim's area's of expertise it meant that the "standard" applications were not going to impress and thus all the candidates had to examine their chosen patterns more in-depth than they have ever been taught which was a challenge in itself, but one they embraced and overcome well.

Once the injuries sustained from the last few hours were sorted (nothing too serious, just some cuts from sparring and a possible broken radius) and the Master Lim had completed his

marking, he called all the candidates to him and said he was impressed by the standards displayed. The nicest comment being that he said that all had displayed one of the highest standards of Taekwon-Do he had ever seen in his 19 years of examining at gradings, surely a great accolade for everyone present.

Master Lim presented certificates to all that had passed then spent another hour or so discussing some of the 'less' understood movements that are found in Taekwon-Do's patterns as well as offering various other insights into the art.

Finally the day ended with a meal and some discussions of Taekwon-Do's history with some great 'insider info' from this legendary master.

Congratulations to the following candidates who were promoted as follows:

- Mr Hay Harris to 6th Degree
- Mr Stuart Anslow to 5th Degree
- Mr Dee Harris to 4th Degree
- Mr Vikram Gautam to 3rd Degree
- Mr Paul Fiddy to 3rd Degree
- Mr Martin Addy to 3rd Degree

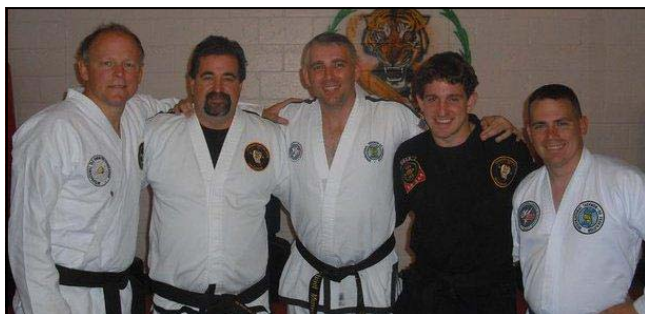
A video reel of the grading can be seen at [www.raynerslanetkd.com](http://www.raynerslanetkd.com)



## US-ITF Armed Forces Director Breaks in New Rank with Hosin Sool Seminar



On 24 October 2010, Mr. Michael Munyon, US-ITF Armed Forces Director and newly promoted 6<sup>th</sup> degree black belt travelled to Algonac, Michigan to conduct a Hosin Sool seminar at Life Care Martial Arts. Dr. William Brady owner of Life Care Martial Arts developed a great martial arts friendship with Mr. Munyon through the internet and after a year of talking about getting together Dr. Brady took advantage of Mr. Munyon being in Michigan. The friendly meeting of Dr. Williams and Mr. Munyon was a great delight. Prior to the seminar Dr. Williams gave Mr. Munyon a tour of his dojang. The dojang was very spacious and had an area for Air Soft weapons firing and a photo studio in the back.



At 12:00 the seminar began with approximately 20 students in attendance. Those in attendance consisted of Taekwon-Do students, law enforcement personnel and parents of students enrolled at Life Care Martial Arts. Mr. Munyon taught

various techniques against armed and unarmed opponents. Students were trained on joint locks, take downs, pistol disarms from the front, side and rear, pressure point techniques, ground techniques, chokes, lectures on the Use of Force, Color Codes of Awareness and self defense concepts.



The seminar concluded at 4:00 pm with great feedback from the training. Dr. Brady gave Mr. Munyon a tour of the local area and took him out to a local restaurant. After a great dinner Dr. Brady and Mr. Munyon went to a local "watering hole" to have a few beverages. The bartender was talking with Dr. Brady and Mr. Munyon about some of the "rift raft" that would come into the "watering hole" from time to time. Mr. Munyon took the time to teach a few escort techniques to the bartender which went off like a bang. Everyone was watching and enjoyed knowing they had the ability to defend themselves and politely remove unwanted individuals if needed.







WORLD TAEKWONDO FEDERATION

# Totally TKD News

## WTF Council Selects Vladivostok, Russia as Host Site for 6<sup>th</sup> World Poomsae Championships

The Russian city of Vladivostok will host the 6<sup>th</sup> WTF World Taekwondo Poomsae Championships in 2011.

At its extraordinary Council meeting at the Intercontinental Hotel in Tashkent, Uzbekistan on Oct. 6, 2010, the World Taekwondo Federation also selected the host sites for the WTF Continental Taekwondo Qualification Tournament for the 2012 London Olympic Games.

The Council granted the Egyptian city of Port Said the right to host the WTF African Taekwondo Qualification Tournament for the 2012 London Olympic Games in November 2011.

The WTF Council voted to give the Russian city of Kazan the right to host the European Taekwondo Qualification

Tournament for the 2012 London Olympic Games.

Mexico City, Mexico won the right to host the Pan American Taekwondo Qualification Tournament for the 2012 London Olympic Games in January 2012 as the United States withdrew its application at the last moment.

Bangkok, the capital of Thailand, will host the Asian Taekwondo Qualification Tournament, while New Caledonia earned the right to host the Oceania Taekwondo Qualification Tournament for the 2012 London Olympic Games in September 2011.

The WTF Council also approved the proposal for the amendment to the WTF Rules and Regulations, the proposal for the amendment to the WTF Competition Rules and the proposal for the amendment to the Rules on Organization and Operation of International Taekwondo



Championships, all of them require the final approval of the WTF General Assembly scheduled for Oct. 7 for implementation.

The Council members approved New Caledonia as the WTF's associate member pending the final approval of the WTF General Assembly on Oct. 7. If approved, New Caledonia will be the WTF's 192<sup>nd</sup> member nation.

The Council made a final approval on the proposal for the amendment to the Standing Procedures for the Olympic Games.

WTF Council members were briefed on the proposed WTF Global Membership System and the WTF Mandatory International Athlete License.

They received a report on the 2<sup>nd</sup> World Youth Taekwondo Camp, jointly organized by the WTF and the Taekwondo Promotion Foundation.

### **WTF General Assembly Approves New Caledonia as 192<sup>nd</sup> Member Nation; Passes New Statutes, Competition Rules**

The World Taekwondo Federation approved New Caledonia as its 192<sup>nd</sup> member national association at its General Assembly in Tashkent, Uzbekistan on Oct. 7, 2010.

With the WTF General Assembly's approval, Burundi became the full member of the WTF and Macau was granted a full member status in recognition of its contribution to the development of the WTF.

The General Assembly unanimously approved the proposed amendment to the WTF Rules and Regulations, the proposed amendment to the WTF Competition Rules, and the proposed amendment to

the Rules on Organization and Operation of International Taekwondo Championships.

Among the major changes to the WTF Rules and Regulations, which will take effect immediately, are the change of the name of the WTF Rules and Regulations into the WTF Statutes, the deletion of the Executive Committee, and the increase in the number of WTF Council members from 32 to 35.

Under the new WTF Statutes, English is the only official language of the WTF, while French, Korean and Spanish are auxiliary languages of the WTF. English is the controlling language of both the WTF Statutes and the Competition Rules. So far, Korean was the controlling language for the Competition Rules.

Big changes were made in the Continental Union section in order to allow greater flexibility in the management of the overall WTF structure and for greater communications between the WTF and the Continental Unions.

Some additions were made in the areas concerning the WTF missions and objectivities, the WTF activities and resources, the intellectual property, the Host City Agreement, the sanctions and dispute resolution.

"The amendment is to rationalize the organization and further clarify the definitions to make it easier for all member national associations to understand. It is also to set the foundation for greater cooperation among the member national associations, Continental Unions and the WTF by providing for more structured channels for better communication in a comprehensive and coordinated way," said WTF President Chungwon Choue shortly after the approval of the WTF Statutes at the General Assembly.

Under the new WTF Competition Rules,



which will take effect immediately, four points will be awarded to an athlete for a valid turning kick to the head. In case of 12 points difference between athletes at the time of the completion of the second round, the referee shall stop the contest and shall declare the winner.

In case of using four judges or three judges, valid points shall be those scored by at least two or more judges, under the new Competition Rules.

The protest system was removed in the new Competition Rules with the introduction of an instant video replay system.

*"After the 2008 Beijing Olympic Games, significant progress in taekwondo competition has been brought by introducing the protector and scoring system, the world ranking system, and the instant video replay system. Now we have stepped forward to improve again our sport through rule changes to meet the global standard as an Olympic sport,"* WTF President Choue said.

The WTF General Assembly received a presentation on the proposed WTF Global Membership System and the Mandatory International Athlete License, which will be implemented as early as next year.

*"Today's General Assembly has been very fruitful. I believe the path that the WTF is heading toward has been set and it will be of great success. There is no doubt that when our family come together as one, all things are possible to accomplish,"* Choue said in his concluding remarks at the General Assembly. *"As one, we must remain united in our endeavors to become a permanent fixture in the Olympic program. Also, we have worked very hard to open our sport up to everyone, even those who have special physical needs. We must continue to hold our attention in giving those athletes a chance to have their moments in the Olympic light."*

*"We have accomplished so much together. We must continue to build on our achievements. There is so much that we have to offer the world, and they are in need of it,"* Choue said.

Mr. Abdulla Nigmatovich Aripov, deputy prime minister of the Republic of Uzbekistan, attended the General Assembly to deliver a congratulatory message on behalf of His Excellency Islam Karimov, president of the Republic of Uzbekistan. Mr. Won Sik Kang, president of the Kukkiwon, also attended the meeting to make a speech for the participants in the General Assembly.

### **5<sup>th</sup> World Taekwondo Poomsae Championships Kick Off in Tashkent, Uzbekistan**

The 5<sup>th</sup> WTF World Taekwondo Poomsae Championships kicked off for a three-day run in Tashkent, Uzbekistan on Oct. 8, 2010.

The WTF-promoted event, which takes place at the 2,800-seat Universal Sports Palace Uzbekistan, drew a total of 447 contestants, including 194 females, from 59 countries.

The first edition of the World Poomsae Championships was held in Seoul, Korea in 2006, attracting 407 athletes from 57 countries, while the second event took place in Incheon, Korea in 2007 with 400 athletes from 50 countries. The third event was held in Ankara, Turkey in 2008 with 363 athletes from 48 countries, compared with 565 contestants from 59 countries in Cairo, Egypt in 2009 for the fourth edition. The next 6<sup>th</sup> World Taekwondo Poomsae Championships are scheduled for 2011 in Vladivostok, Russia.

In terms of the number of athletes for the Tashkent event, Spain topped other participating countries as it fielded 24 athletes, followed by Turkey with 20 athletes. Host Uzbekistan, Russia and Germany fielded 19 contestants each,

while Iran and the United States dispatched 18 athletes each.

The opening day of the three-day event featured six events: the men's individual junior, the women's individual junior, the 2<sup>nd</sup> pair, the men's individual 1<sup>st</sup> master, the men's individual 3<sup>rd</sup> master, and the women's individual 3<sup>rd</sup> master division.

Korea won two gold medals and two silver medals on the first day, while Great Britain clinched two gold medals. Turkey and Russia earned one gold each. Host Uzbekistan and Vietnam won one silver and one bronze each. China and Spain grabbed one silver each, while Italy and Iran took home two bronze medals each.

In the men's individual junior category, Korea's Wang-kon Hwang won the gold, while Vietnam's Le Anh Minh earned his country the silver medal. The bronze went to Uzbekistan's Satarov Zafar and Iran's Mahdi Jamal Fashi.

In the women's individual junior division, Korea's Sung-yae Cho clinched the gold and China's Yao Jingjing grabbed the silver. Vietnam's Minh Tu Nguyen and

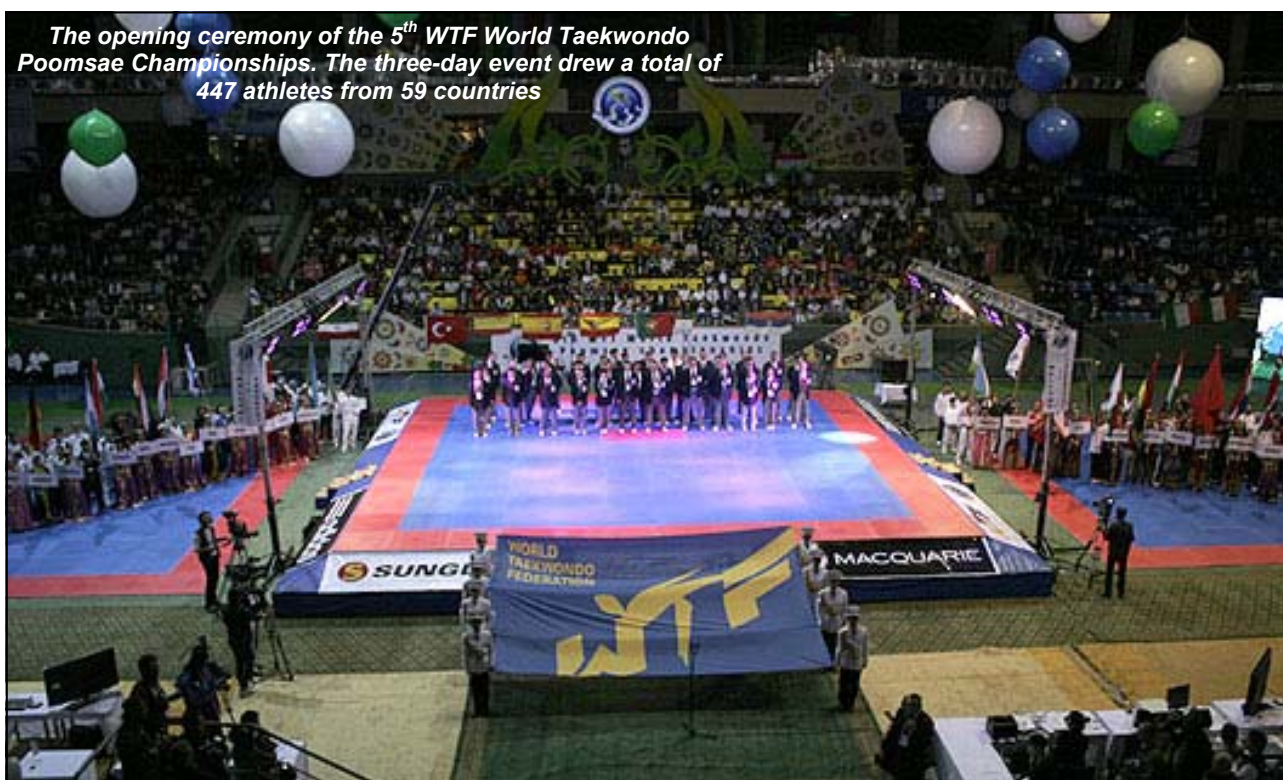
Iran's Bahareh Ghaderian shared the bronze medal.

In the 2<sup>nd</sup> pair category, Germany's Elvira Brigitte Fuhrmann and Michael Bussmann won the gold medal, while Spain's Yolanda Ubero and Alberto F. Delgado clinched the silver. The bronze went to Italy's Andrea Notaro and Maria Giovanna Chiappelli, and Mexico's Miguel Angel Nava Santa Ana and Aura Trevino Ugarte.

In the men's individual 1<sup>st</sup> master category, Turkey's Mustafa Yilmaz won the gold and Korea's Kyeong-min Bae took home the silver. The bronze went to Italy's Andrea Notaro and the Netherlands' Ata Alavi.

In the men's individual 3<sup>rd</sup> master division, Great Britain's Tong Wan Shin won the gold and Korea's Yeong-bok Oh clinched the silver. The bronze went to Colombia's Oscar Posada and France's Moon Ho Lee.

In the women's individual 3<sup>rd</sup> master category, Russia's Valentina Kontorina earned his country the gold medal and Uzbekistan's Taranova Alla took the silver medal.





In the afternoon, there was an opening ceremony of the World Taekwondo Poomsae Championships.

*“While other WTF events show the dynamic nature of our sport, the World Poomsae Championships display the beauty of taekwondo. The control and intricacies of each move create an artistry that no other martial art can offer,”* said WTF President Chungwon Choue at the opening ceremony of the event.

WTF President Choue continued to say, *“Marking the 5<sup>th</sup> edition of these championships adds yet another milestone to an already prestigious year. Taekwondo has been part of the 1<sup>st</sup> ever Youth Olympic Games and the inaugural SportAccord Combat Games. Taekwondo poomsae has also been included in the 2013 World Masters Games.”*

*“In the future, the WTF hopes to develop and transform the poomsae championships further. These changes will allow the athletes to demonstrate their techniques and artistry in their own way. This will allow for tradition and modernization to merge in harmony,”* Dr. Choue said.

Among VIPs who attended the opening ceremony were Mr. Abdulla Nigmatovich Aripov, vice prime minister of Uzbekistan; Mr. Tuhtaev Abdukahhor Hasanovich, governor of Tashkent City; and Mr. Botir Rakhmatovich Parpiev, president of the Uzbekistan Taekwondo Association.

### **Korea, Iran, Turkey, Vietnam Clinch Gold Medal on 2<sup>nd</sup> Day of 5<sup>th</sup> World Taekwondo Poomsae Championships**

Korea showed its supremacy in taekwondo as it won four gold medals on the second day of the 5<sup>th</sup> WTF World Taekwondo Poomsae Championships in Tashkent, Uzbekistan on Oct. 9, 2010.

Iran grabbed one gold medal, four silver

medals and one bronze medal, while Turkey clinched one gold and four bronze medals. Vietnam won one gold medal. Host Uzbekistan took one silver and one bronze medal. The second-day of the three-day poomsae championships, which takes place at the Universal Sports Palace Uzbekistan, featured seven events.

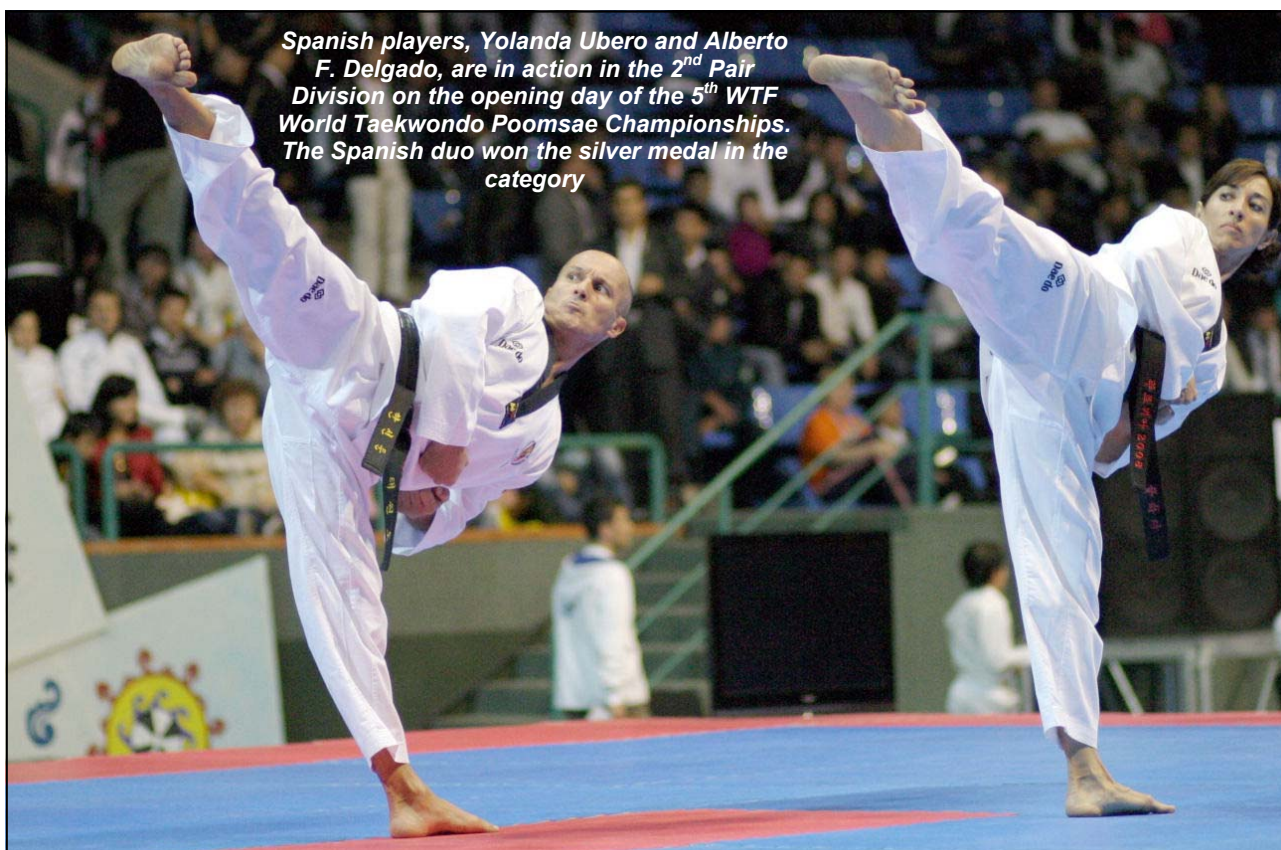
In the men's individual 2<sup>nd</sup> master category, Korea's Kap-Chell Hur won the gold medal and Iran's Hadi Torkashvand took the silver. The bronze went to Turkey's Selahaddin Sahin and Great Britain's Ali Pourtaheri.

In the women's individual 2<sup>nd</sup> master division, Korean Chung-Hee Chang took home the gold medal and Italy's Clara Cecchetti captured the silver. Barbara Brand of the United States and Patricia C. Martinez de Rodriguez of Mexico shared the bronze medal.

In the men's 2<sup>nd</sup> team division, a trio of Turkey's Mustafa Yilmaz, Kemal Yilmaz, and Hayri Temel Alper won the gold medal, while Iran's Mohammaddta Ghi Hatami, Hassan Zahedi Haghighi Gilani, and Ahmad Akhlaghi earned the silver. The bronze went to Spain's Diego Carrillo, Bernardo Fidalgo, and Juan Antonio Santiago, and Uzbekistan's Nee Alexander, Afinogenov Mikhail, and Lim Alexandr.

In the women's 2<sup>nd</sup> team category, a trio of Iranian Badri Asadi, Mahnaz Mardani Katakai, and Zahra Eftekhari grabbed the gold, while Germany's Imke Turner, Elvira Brigitte Fuhrmann, Kirsten Teren clinched the silver. The bronze went to Spain's Yolanda Ubero, Maria Angeles Alonso, and Maria Monserrat Sanchez, and Turkey's Gamze Sari, Nesime Altum, Nafia Unkarakalar.

In the men's individual 1<sup>st</sup> senior category, Korean Ju-Min Yang earned his country the gold medal and Iran's Alinadali Najafabadi won the silver. The bronze went



*Spanish players, Yolanda Ubero and Alberto F. Delgado, are in action in the 2<sup>nd</sup> Pair Division on the opening day of the 5<sup>th</sup> WTF World Taekwondo Poomsae Championships. The Spanish duo won the silver medal in the category*

to France's Julien Van Phuong Le and Germany's Thomas Sommer.

drew a total of 446 athletes from 59 countries.

In the women's individual 1<sup>st</sup> senior division, Korea's Su-Ji Kang took the gold and Iran's Mahsh Mardani won the silver. The bronze went to Turkey's Rabia Kim and Germany's Claudia Beaujean.

Korea clinched nine gold medals and two silver medals to grab the overall title of the championships, followed by Vietnam with two gold medals and one silver and one bronze.

In the 1<sup>st</sup> pair division, Vietnam's Minh Tu Nguyen and Dinh Toan Nguyen won the gold medal and Uzbekistan's Lee Aleksandr and Dergach Irina took the silver. The bronze went to Turkey's Rabia Kim and Fazli Karisik, and Iran's Fatemeh Roushan Dashtaki and Akbar Forouzan.

Turkey came next with two gold medals and four bronze medals, followed by Iran with one gold, five silver and five bronze. Germany stood fifth with one gold, three silver and three bronze. Mustafa Yilmaz of Turkey, the gold medal winner both in the men's 1<sup>st</sup> master division and the men's 2<sup>nd</sup> team category at the just-ended championships, was chosen as the male MVP.

### **5<sup>th</sup> World Taekwondo Poomsae Championships Wrap Up in Resounding Success**

The 5<sup>th</sup> WTF World Taekwondo Poomsae Championships concluded in a resounding success in Tashkent, Uzbekistan on Oct. 10, 2010.

The three-day event, which took place at the Universal Sports Palace Uzbekistan,

Korea's Young-Ae Seo, the gold medal winner in the women's 1<sup>st</sup> master division to become the five-time world champion, was selected as the female MVP.

The Good Fighting Spirit Prize went to Finland, Lebanon and Peru, while the Active Participation Prize went to



Colombia, the Democratic Republic of Congo and Libya.

The Best Referee Awards of the championships went to five referees: Seong-Jae Heo of Korea, Ahmed Hassan El Mofty of Egypt, Elio Luppichini Mella of Chile, Vera Moens of Belgium and Roberto Lopez of Mexico.

The third and final day of the poomsae championships featured five categories.

In the men's individual 2<sup>nd</sup> senior category, Korea's Moon-Kwon Park won the gold medal and Egypt's A. Metwalli grabbed the silver. The bronze went to Iran's M. Ghi Hatami and Spain's P. Campillo.

In the women's individual 2<sup>nd</sup> senior category, Korea's Suk-Kyung Lee captured the gold and the United States' A. Reyes took the silver. The bronze went to Chinese Taipei's Chi-Lin Wu and Colombia's O. Agudelo.

In the women's 1<sup>st</sup> master division, Korea's

Yeong-Ae Seo took the gold medal to become the five-time world champion. The silver went to Germany's Turner. The bronze went to Spain's Y. Ubero and Chinese Taipei's Hang-Wen Chang.

In the men's 1<sup>st</sup> team category, the Philippines' Jean Pierre L. Sabido, Anthony Matias, and Brain Alan Sabido took home the gold medal, while Germany's Adrian Wassmuth, Roger Kesternich, and Patrick Heinrich Bogusch won the silver. The bronze went to Iran's Alinadali Najafabadi, Milad Yaghoubi, and Akbar Forouzan, and China's Zhu Yuxiang, Li Jingyu, and Zhan Wenpeng.

In the women's 1<sup>st</sup> team division, Vietnam's Thi Thu Ngan Nguyen, Thile Kim Nguyen and Tuyet Van Chau captured the gold medal, while the silver went to Iran's Nastaran Maleki Aderani, Mahsh Mardani and Golsoum Mollamadakhani. The bronze went to China's Zhu Mengxue, Li Wen and Xia Yu, and Germany's Claudia Beaujean, Isabel Dormann and Nicole Ketteniss.



*A trio of German athletes, Imke Turner, Elvira Brigitte Fuhrmann and Kirsten Teren, show off their poomsae techniques in the final round of the 2<sup>nd</sup> female team division*

# How I Lost 50 Pounds In 3 Weeks

By Edmond Johnson

We gain and we lose it seems to be the story of our lives but to a TKD competitor, it a living nightmare as someone who recently lost 50 pounds in 3 weeks I can tell you. I have discovered the work of a life time but first there a few things you will need

1. a stationary cycle
2. push up bars
3. will power
4. determination
5. proper running shoes

My workout was based around the calculation of my caloric intake and the desire not to be 300 pounds . So how did I do it?

In short I burned off twice as much a I put in daily and my diet was, what I nicked named as *green and white*. Meaning that it was all the good veggies we often hate to eat and the meat where all white and lean means excluding pork of course and if you must eat red meat cut it down by 40% per week and watch your body melt away . A good example of a green and white meat is the dinner I made two night ago :

- steamed Brussels sprout
- baby carrots (skin on )
- pan water grilled tuna

In order to loose the weight you desire your workout routine must ascend from routine to religion and every day is a day to give it all you have, healthily and safely of course ,and keep your ultimate goal in mind. It can be done.

To start your work out you will begin by cycling twice a day for a 1/2 hour . In a 1/2 hour at a good pace you should be able to burn between 300 and 550 calories and in a 1 hour you will have burned 1000 + calories. But all this can only be done at a pace of 85+ RPM .

For example my weekly toss in the calorie furnace totalled 17,500 calorie per week and the just from my time on the bike, excluding my time in the dojang.

With the use of a good pedometer or heart monitor you can monitor your calorie burning during your class. I a good 2 hour class of TKD you should rack up 100+

as well, but that depend on the intensity of you class.

Although I lost 50 pounds in 3 weeks I did not lift weights. All I did was use my p&p method, push ups and poomsae. Practising the WTF poomsae correctly will shape and tone your body. to form. The most basic of poomsae practice many times will do this , for example Taeguk 1 shaped my oblique's, Taeguk 5 toned my upper back and Kuemgang tighten my abs and upper thighs, as well as my calves.

The struggle with weight can become addictive so much that some people need rehab but I say to myself every morning success is my addiction and I am glad there is no rehab for success





# How To Develop Techniques

**By Al Case**

Following is the ninth movement (third actual technique) of the form Dan Gun. I was originally taught this move in the form Pinan 2 (Heian 2), in the old Kang Duk Won, which was one of the original schools of Taekwondo.

It's interesting to see how the forms, and the movements of the forms, have developed over the years. One would think that there shouldn't be much variation in a form, but there is. There are interpretations of technique that will affect how a move is done, there is evolution and change of forms, there are such things as teaching methodology, concepts such as Sine Wave Theory, and so on.

Following is a short list of possible applications which demonstrate some of what I say, and some of the potentials one should be looking for in a form.

In the following two pictures are an interpretation of form. I was originally taught that the arms should be more parallel, which would raise the rear arm into more of a high block. A common interpretation, however, is to have the rear arm parallel to the ground.



The reasoning behind this interpretation is that, number one, it is a high block, and, number two, that if somebody was to press on it, as they do in the next two images, the block would give way. Thus, when levelled, or parallel to the ground, contrary to how many schools of art do this move, it doesn't work.

Of course, while this interpretation has value, it is still but an interpretation, for the angling of the body takes the high block out of the action and then one must question it's value. Is it a block? A threat of secondary strike? Is there some other function? Leaving the question of some other function for a moment, following is the first technique I was taught for this move.



The attacker executes a right punch, and the defender steps back and applies the ninth movement of Dan Gun (Pinan 2) by making the lead arm into an outward middle block. The attacker launches the left fist for his second strike, the defender brings the high block down into a middle inward block. The Defender then launches his own counterstrike, a punch to the body. The punch follows (goes under) the line of the attacker's arm, thus becoming difficult to see. This is what I call a 'hidden fist' technique.

Obviously the preceding variation is more than Dan Gun, and strictly out of the form Pinan Two. Still there are so many more things that can be done. To robot the moves of the form, and not search them for other techniques is sheer blindness. It is like reading a book without understanding the words.

Following is the second technique I was shown, which demonstrates how a basic move can be extrapolated into variation.



The attacker steps forward with the right fist, and the defender steps back and executes just the front hand of the Dan Gun move, an outward middle block. The attacker then launches a second strike, a punch to the head, and the defender raises the rear arm upward in a high block. This is not in keeping with the angle of the body in the original move, but we are using both arms in a semblance of what is presented in the first move.





The upward motion of the rear hand does not stop on the high block, however, it circles all the way around to execute an uppercut to the ribs. One has to evaluate how long the front hand should hold its position. While the optimum would be to synchronize the uppercut with the retraction of the front arm, one must make sure the attacker's punch is not released too soon, which would allow the attacker further attack at disadvantageous time. The last move would be to shift the body weight into a horse stance while executing a hammerfist to the stretched ribcage of the attacker. One can search for pressure points, but the power of the horse stance should do the trick.

As one examines the Dan Gun movement, and the techniques just presented, one can come to the conclusion that there is a certain amount of static (unmoving) posture to the technique, which is to say it requires the unmoving commitment of the dummy to work...and you aren't going to see it on the street. However 'poser' it may be, it still provides an invaluable training step for the complete martial artist. Beginners, and this includes those enamored of the MMA 'punch and die' mindset, should realize that the lessons learned in this rigid technique will realize much fruit as one travels through further evolutions of the technique.

In the following technique a simple 'slap and grab' establishes much more workability, and shows how the technique can be developed more for the street.



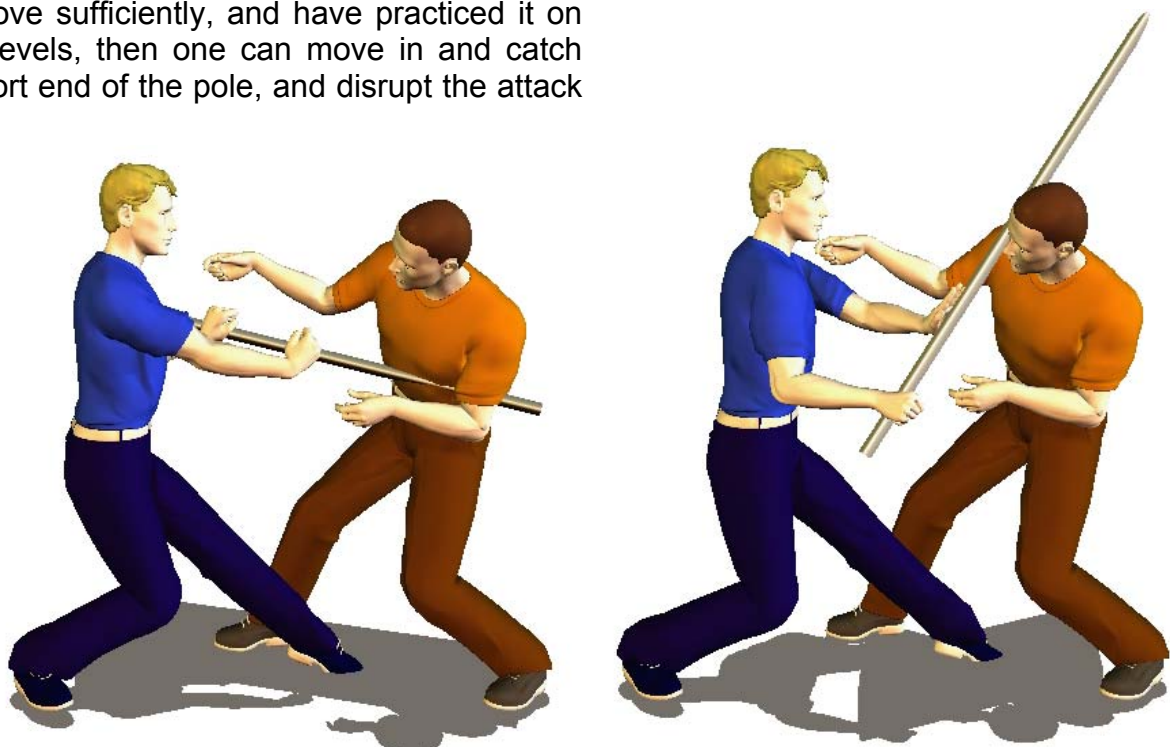
The attacker launches a right fist, and the defender slaps the fist inward with his left hand (a very intuitive and natural move). The defender then grabs the attacker's wrist and pulls upward, emulating the high block, while executing a short, sharp jab to the ribs.

This variation has to have pin point accuracy and the ability to develop short power, and defends the need for spending much time studying the preceding and more classical techniques. Obviously, one can alter this technique in many realistic ways, especially when setting up hard blocks and then transitioning into the softer block and counters.

Lastly, one must not forget that the Japanese arts from which such movements as this came from were originally designed for defense against weapons (armed Samurai). Thus, the following technique will be adapted for a simple overhead strike with a pole.



I know it looks funky, but if you have practiced this move sufficiently, and have practiced it on basic levels, then one can move in and catch the short end of the pole, and disrupt the attack





sufficiently to grab the long end of the pole. The kick is gratuitous, and delightfully taekwondo. Grin.

The trick to taking the pole away is to execute sufficient leverage that the attacker's wrist becomes bent and unable to hold onto the pole, then circling the pole out of his grasp and using it against him is possible. It is difficult, it is going to take work, but it is a technique well worth working on.

In closing, there are dozens and dozens of potential techniques in this move, and time spent exploring options is time well spent. After all, how can you say you really know a technique if you haven't explored every single angle, every single counter, every single combination which includes the movements.

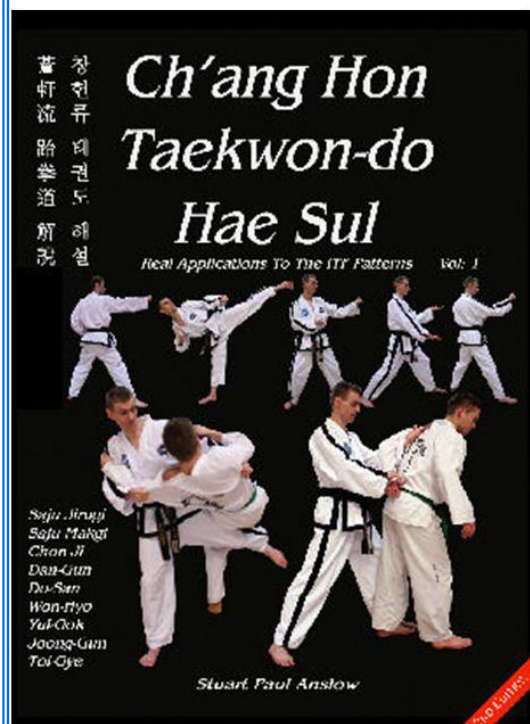
Thus, one should take each movement of their art and explore it through hard and soft potentials, through a variety of weapons applications and disarms, through combination with every other move of their art. **To do less is a waste of time.**

*Al Case has practiced Kang Duk won for over forty years. His website, [MonsterMartialArts.com](http://MonsterMartialArts.com), presents a variety of techniques and forms from a dozen different arts.*

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

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

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

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



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# **Patterns:**

## ***The Devil Is In The Details***

**by Stuart Anslow**

**Having just completed three in-depth books on the Ch'ang patterns (*The Encyclopedia Of Taekwon-Do Patterns*), I clarified a few points with various Taekwon-Do Masters and Grandmasters (both within the ITF and some not in the ITF) to ensure the books were as accurate as possible and by doing so I gained a lot of useful insights into various techniques contained within the patterns.**

I have noticed at a few recent tournaments that many miss some of the finer details within their patterns performances, which could make the difference between a medal placing and of course could effect a grading mark as well.

This article is not a criticism of any instructors teachings of patterns as the reasons are numerous as to why things can be slightly wrong, from miscommunication to lack of communication altogether or something altogether different.

There are other reasons as well, for example, many use YouTube video's to revise their patterns and if one organisation does things different to your own, errors can creep in that way. Or if an instructor has taught your instructor something that is slightly incorrect, then it filters down the line until someone else corrects you or you notice yourself!

Also, one should bear in mind that different Taekwon-Do organisations may deliberately want things performed differently, for example AIMA students always perform a crescent kick when ever they perform a 'W' block—so this is not wrong, just different. Students should always clarify such things with their instructor if need be.

What I refer to as 'correct' is how techniques were left following General Choi's death in 2002, like I said, other groups may want them performed in a different way, but these details are General Choi's version of the patterns.

Whilst there are a few Masters of our art that can virtually quote General Choi's books word for word, for the rest of us details can get forgotten over time. For example, whilst training up for my recent grading I found getting my 3rd dan patterns 100% correct was the hardest part, as I did not have any 3rd dans at my Academy, so these patterns are the ones I teach the least, that is only natural and without refreshing them constantly (as I was now doing) I found that small errors crept in that needed to be corrected prior to the actual grading.

When I teach new patterns (mainly the black belt ones) there are always little things that, following a black belt training session, I need to clarify afterwards, as to be honest, with so many moves and combinations that are similar, I simply cannot remember some of the finer details sometimes—maybe its an age thing, or maybe its only being human.

Whatever the case, whilst its all still fresh, I thought an article or two on some of the

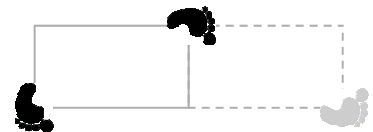
things I have noticed may prove useful for some. Others may simply feel “Of course I knew that”, but I have seen that many do not know (but should) which is why I have put them here. They are simply things that I have picked up or noticed that I think others may find useful and are in no particular order.

### Toi-Gye’s Backfist and Hwa-Rang’s Side Elbow Thrusts

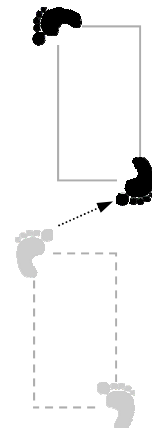
One of the things I constantly see is students sliding on both these techniques, as they are technically, both backward momentum type motions. For this example we will use the ‘step back’ into a *Backfist Strike* found in Toi-Gye and the *Rear Elbow Thrust* found near the end of Hwa-Rang tul.



*The Backfist Strike from Toi-Gye tul*



*The Rear Elbow Thrust from Hwa-Rang tul*



The correct way is that you ‘step’ into the *Backfist Strikes* and ‘slide’ into the *Side Elbow Thrusts* and this is the way all of these motions are performed all the way through the patterns (though I am working from memory here, its 6am in the morning, so I’m open to be corrected).

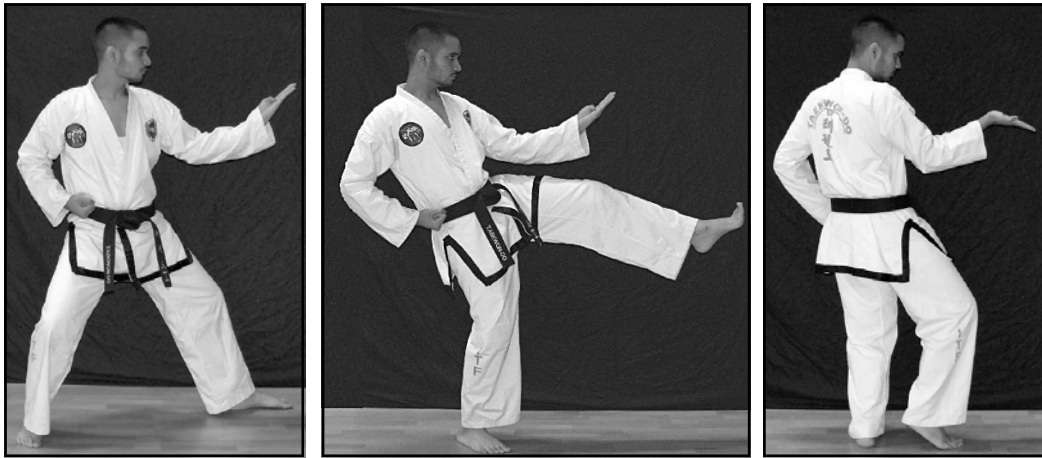
How long is the slide motion? Approximately 6 inches from your previous stance ie. Where your left foot was originally.

Okay, lets jump onto some of the techniques within the black belt patterns. Speaking of ‘jumping’ did you know that technically there are no jumping kicks in Taekwon-Do! That’s right, because the word ‘jumping’ refers to the shifting of stances in the air (and possibly



other things) but not kicks. All, so called 'jumping kicks' should really be called 'flying kicks'! Anyway, moving on:

### Joong-Gun's Low Front Snap Kick And Ge-Baek's Low Twisting Kick

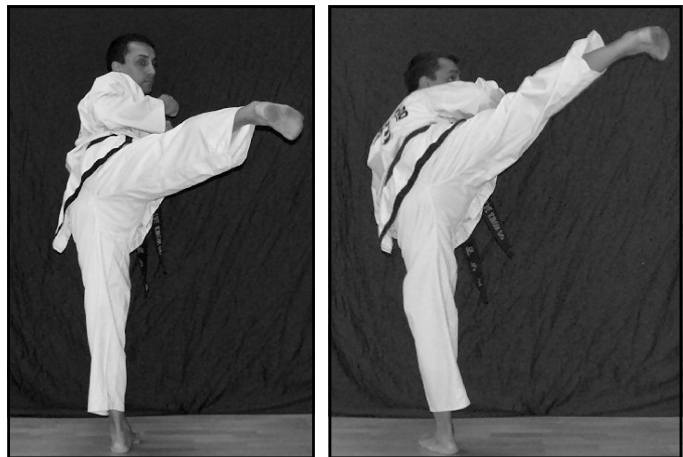


As most know already, the *Front Snap Kick* found at the beginning of Joong-Gun tul and the *Twisting Kick* found at the beginning of Ge-Baek tul are both low section kicks. With low section being defined as 'from the waist downwards'. However, like many other kicks in Taekwon-Do, when performed in patterns they have specific target areas (vital points) and for these kicks the defined target area is the groin. As its the groin (i.e. Just below the belt) it is sometimes difficult to distinguish the target from mid-section, which for these kicks is the solar plexus. However, it is the groin, not the inner thigh, the shin or the knee (despite all of them being idea targets for self defence).

### Eui-Am's Reverse Turning Kicks

This pattern has 4 *Reverse Turning Kicks* performed in total and many seem to do them at exactly the same height. However, the first two in the pattern are middle section, so align at shoulder height and the last two are high section so align at eye level (or temple height).

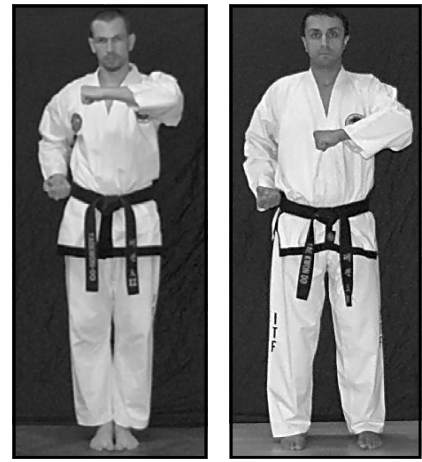
Also, the target area (or point of impact) for all four of the kicks is not straight in front, but 30 degree's to the side. By performing them this way it allows you to retract the kicks and form your respective *L* or *Rear Foot Stance* gracefully, rather than almost falling over which some students seem to do.



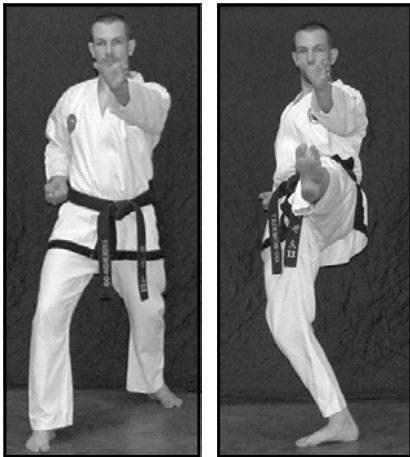
*Middle And High Reverse Turning Kicks From Eui-Am Tul*

## Eui-Am's Angle Punch Is Not An Angle Punch

Move's 13 and 26 of Eui-Am tul is often seen performed as an *Angle Punch* (the same as the one that appears at the end of Joong-Gun tul or near the beginning of Choong-Jang tul). However, it is not an *Angle Punch* at all, but is in fact is a '*Turning Punch*'! An *Angle Punch* is correctly performed at shoulder height, with the fist in-line with the opposite shoulder, where as a *Turning Punch* aligns with the solar plexus!



*Left is an Angle Punch.  
Right is a Turning Punch*



## Choong-Jang's Arc-Hand Strike And Front Snap Kick Combinations

In Choong-Jang tul there are a couple of things you often see. First is the *Front Snap Kicks* executed after the *Arc-hand High Reverse Strikes* being executed through the hands, but the kick is middle section and as its a *Front Snap Kick* it should be performed at solar-plexus height, where as the previous *Arc-hand* is high section, with the throat being the specific target area, so the kick cannot go through the hand, even if it does look funky!

## Last Punches Of Choong-Jang



Whilst on Choong-Jang tul, lets take a look at the 3rd from last move and last move of this pattern—the *Open Fist High Reverse Punches*. This is one technique that seems to have 'evolved' away from how it was first taught for some reason.

First of all its a high section technique, meaning the striking area aligns with the eyes—but many perform it inline with the shoulder!

Secondly, its an *Open Fist Punch* not a *Palm Strike* and the fingers should be bent as much as possible but still allow the 'open' part of the fist to show, where as in a *Palm Strike* the fingers are allowed to remain up!

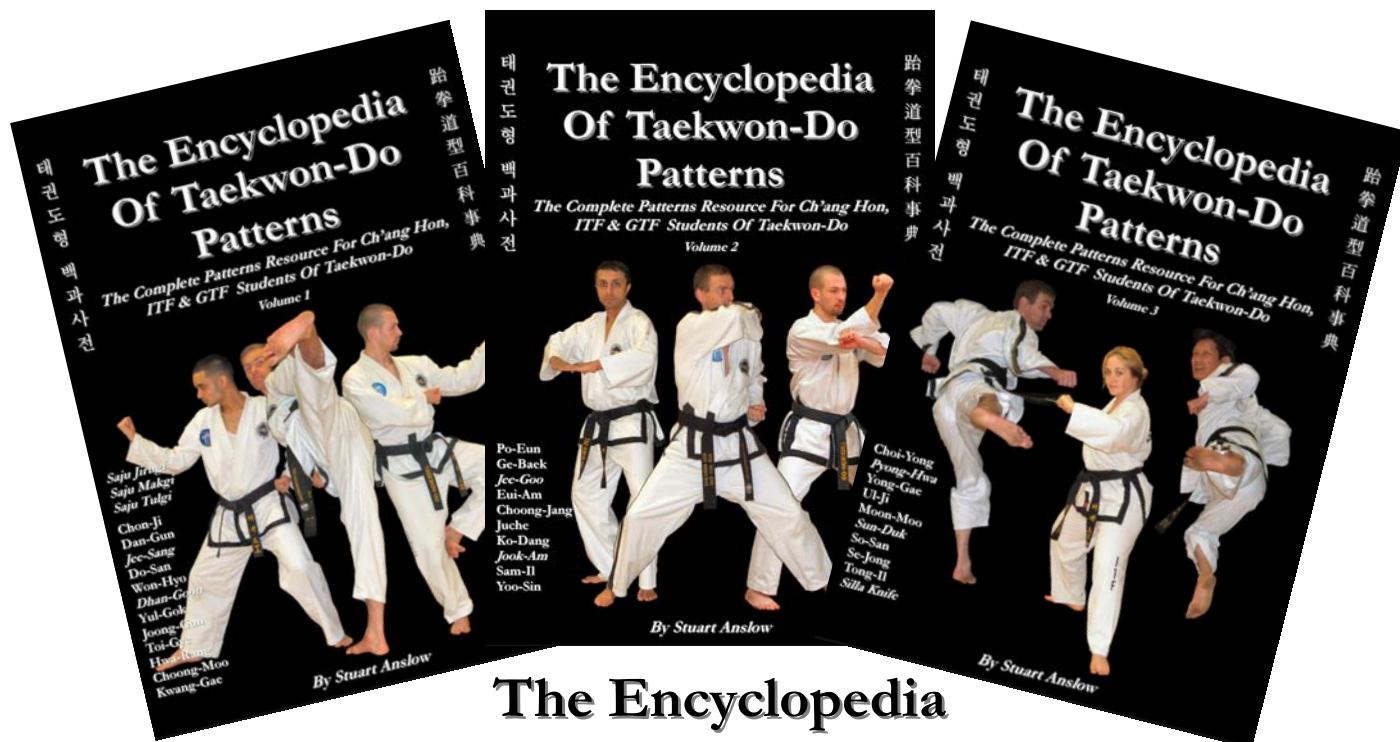


I hope that some of you have found this article insightful, if so please feel free to let me know by dropping me an email—[instructor@raynerslanetkd.com](mailto:instructor@raynerslanetkd.com) and I will do another for next months magazine.

The musings in this article are randomly off the top of my head, but the photo's and foot diagrams are taken from my books '**The Encyclopedia Of Taekwon-Do Patterns: The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do**' and feature Dan grade students from Rayners Lane Taekwon-Do Academy.



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# IL Su Sik / One Step Sparring

## Traditional Taekwondo Self Defense Training

By Master Doug Cook  
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Since its inception, taekwondo, the national martial art of Korea, has proven to be an effective means of self-defense in combat if practiced in a traditional manner. However, skills of this sort are not developed overnight. For the most part, years of diligent training are required to condition the body, fortify the spirit, and enrich the mind in preparation for precise, focused technique.

M o s t experienced martial artists realize that realistic self-defense training in anticipation of an unprovoked attack is difficult at best. One c a n n o t accurately predict the terrain, time of day, or weapon of choice whether it be knife, firearm or something as common as a trash can lid, unique to a g i v e n altercation. Compound this with the fact that ones temperament is rarely consistent from day to day, and the true nature of this dilemma begins to emerge. Still, in the eyes of the taekwondoist, it is better to be prepared through a regimen of conscientious practice, than to fall victim to the misdirected vengeance of a bellicose

aggressor.

Nevertheless, if one were to respond to a mock attack in the training environment with maximum effort and power, it is likely that the practitioner's daily routine would often be seriously interrupted due to serious injury. With this in mind, the founders of taekwondo provided several ritualistic methods of drilling between pairs

of students that allows one participant to assume the role of the aggressor while the other counters with an appropriate defense and counter-attack. Not only do these scenarios address the p h y s i c a l requirements of self-defense practice, but if e x a m i n e d closely, bundle i n t h e philosophical considerations as well.



Master Cook and Grandmaster Richard Chun (right) demonstrate il su sik in Korea

One of the primary components of the taekwondo defensive syllabus is traditionally referred to as *il su sik*, or *one-step sparring*. A modern label for the same body of techniques, adopted by practitioners of WTF-style taekwondo, is *han bon kyorugi*.

One-step sparring strategy, at least for the most part, prepares the student to defend against the lunge punch, perhaps the most prevalent offensive tool common to nearly all confrontations. This by no means excludes defense against other related instruments of attack such as the back fist, front kick or round kick. Were it not for the ritualized practice of *il su sik* and similar strategies, self-defense practice would hold the potential of being a chaotic and painful pursuit. Naturally, most martial artists due to the very nature of their art learn to accept a modicum of discomfort in the course of their training. However, this does not mean that they take pleasure from it nor does it exempt them from injury. Therefore, the sincere practitioner of traditional taekwondo by using the above training principles will develop an understanding of safety, courtesy, knowledge of distancing, power, body mechanics, breath control, use of *ki*, presence of mind, and a deep appreciation for the true essence of martial arts doctrine.

The diligent performance of *il su sik* serves a variety of purposes. First and foremost, it permits the student of traditional taekwondo to practice predetermined defensive tactics against an opponent confident that there is little danger of injury. This last point assumes both parties are adroit in the basic techniques of striking, blocking, sweeping, and falling correctly. Subsequently, since there is seldom any hard contact made practitioners of all ages and gender can benefit from this type of training.

The term “one-step sparring” is derived from the fact that the aggressor advances one step forward while attacking prior to the defender initiating an appropriate defense. The drill consists of two students facing one another at a minimum distance of three feet, with a maximum distance not to exceed the height of the tallest participant. The students are then instructed to assume the ready stance

(*joonbi*), followed by attention stance (*chariot*), and then, bow (*kyungye*). At this point both will return to the ready stance and the instructor will introduce the drill by announcing “*Il su sik!*” The students will respond to this command by replying “*Il su sik, Sir!*” After confirming proper distancing, one of the pair, being assigned the task of attacker, will step back with the right leg into a front stance (*ap koobi*) and signify his intent to strike by shouting “*kihop*” while simultaneously executing a left low block (*ahre makki*). The defender will then yell “*kihop*” in return signaling his preparedness to defend. The aggressor, advancing one step forward, shouts “*kihop*” once again while executing a predetermined strike - in this case a middle punch (*momtang juluki*). Consequently, the defending student will mount a combination defensive technique and counter-attack commensurate with their level of proficiency.

One-step sparring can be thought of as bridging the gap between the dynamic self-defense practice offered by *poomsae*, or forms, and the more realistic spontaneity of free-sparring. Practiced slowly at first and with purpose, it is a proven method of overcoming the “startle-flinch” reaction. This is a response, founded in self-preservation, whereby the individual is overcome with surprise by an incoming attack and thus unable to defend effectively - a truly dangerous situation for the experienced martial artist. Furthermore, the ritualistic self-defense drill of *il su sik*, while clearly artificial in nature, is steeped in tradition and safety. Not exclusive to taekwondo, the value of *il su sik* practice is evident since it is practiced throughout the martial arts community in the related disciplines of Korean, Okinawan and Japanese descent.

Aside from the obvious defensive value, over time supplementary aspects of significance will be revealed to the taekwondoist through the diligent practice of one-step sparring. Refining these ancillary qualities will greatly enhance the



martial artist's ability to effectively execute the techniques required for practical il su sik training. Therefore, it is worth examining the most prevalent of these components in some detail.

**Courtesy:** At first it may be difficult to equate the virtue of courtesy with the aggressive nature of il su sik drilling. However, without courtesy effective practice would almost be impossible. Starting with the initial bow at the beginning of class to the attitude expressed by the novice toward senior belts, this attribute plays a major role in the safety and ritual of taekwondo. Likewise, the courtesy articulated in the dojang is carried forth in daily life reinforcing the virtue of humility, yet another essential element of taekwondo.

**Self-Control:** If the purpose of focused il su sik training is to improve the efficiency of self-defense preparedness, then it is essential that the practitioner devote himself or herself to precise, practical technique. This said strikes should be executed with sufficient power to terminate a confrontation with a single blow. In Korean, this principle is known as "il kyuk pil sul", or "first strike, swift complete". Considering that relatively little pressure is required to break a bone, and that technique should be practiced at reasonably close proximity to the objective in order to be effective, great care must be taken to avoid excessive contact. This

minute zone of safety is governed by self-control and as any student knows, demonstrates the difference between the novice and experienced practitioner.

**Distancing:** Clearly, a hand strike or kick will only prove effective if it comes in contact with its intended target. Therefore, the martial artist must adapt technique to fit the length of the arms and legs - the primary defensive tools. It follows that just as a majestic mountain tapers to a peak, so the kinetic energy of a strike or kick should terminate in an explosive apex of power coupled with penetrating force. Finding the precise distance one must be from the target is crucial to this principle. Over-reaching with a technique will result in loss of balance coupled with a severe dissipation of power prior to impact. Likewise, being too close in proximity to the



*Master Doug Cook executes a Jumping back kick during il su sik practice*

target will limit the trajectory of a strike precluding the complete development of power. Moreover, the practitioner needs to consider the proper footwork required to provide stability when stepping into appropriate stances. The stance is like the roots of a tree; if it is too shallow the defender will stumble and the technique will falter. Every limb of the body must cooperate to deliver maximum power and stability in il su sik.

**Ki Development:** Knowledge of this topic plays a significant role in the holistic

maturity of the martial artist and in il su sik practice. However, it is important to remember that in Asian culture and traditional Chinese medicine in particular, it is believed that life is sustained by the internal life force known as *Ki* in Korean and Japanese, or *Chi* in Chinese. Manipulation of this vital energy by the martial artist can amplify technique many fold or, in the converse, offer relief from injury. Through concentrated effort, one can learn how to direct the flow of *Ki* to various parts of the body thus creating a shield against harm while projecting its potential energy through fist or foot to intensify a strike. Moreover, at high levels of competency, the practitioner learns to redirect an aggressor's negative *Ki* during an attack thus causing it to betray him or her in the process.

**Breath Control:** Taekwondo requires that the body to act in accordance with itself by synchronizing the breath to a particular action. This adds power, efficiency and mindful intent to il su sik training. Just as a conductor leads a symphony orchestra, so the breath, acting in concert with *Ki*, balance, and momentum, must take control by adding explosive force to a strike on impact. For the most part, this is accomplished through the *kihop* or *spirit yell*. By exhaling the breath forcefully from *tanjun*, a focal point for *Ki* two inches below the navel, the practitioner will add power and purpose to a strike or block. Conversely, holding the breath while striking or blocking will ultimately restrict the effectiveness of the technique resulting in a substantial reduction of power.

**Counter-Attacking:** Since Gichin Funikoshi, founder of Shotokan karate-do established that it is a prime responsibility of the martial artist not to initiate an initial strike by his statement, "there is no first attack in karate", counter-attacking then is the essence of the art of self-defense. The practice of il su sik and other standard methods of training, sharpen the reflexes to the point where the practitioner can

almost sense an incoming technique before it is executed. Moreover, if a block is delivered with intent and purpose, it can have the equal effect of almost any strike. In fact, at our school, the Chosun Taekwondo Academy, it is taught "that a block is a strike". Often a well-placed counter-attack will end a confrontation early on, precluding the necessity for further physical contact with the attacker. This is no small consideration in a world of blood-borne diseases where infection can result from a laceration due to a typical punch to the mouth. Furthermore, since a block is potentially less damaging than a hard, linear technique such as a reverse punch (*bandae jiluki*) or round kick (*dollyo chagi*), given the severity of a situation, it may be in the best interest of the defender to terminate a dispute with a technique of this nature. Either way, counter-attacking lies at the defensive core of il su sik training and developing the ability to respond swiftly is essential.

**Technical Proficiency:** It is a given fact that if one practices diligently and with sincerity, technical proficiency will increase. Nevertheless, this process will be augmented if il su sik techniques are taught in ever diminishing circles. At successive levels, the student should first be exposed to the gross motions of a predetermined defensive tactic. Subsequently, with each practice session, the combination is increasingly refined and distilled down in greater detail. A pedagogical approach of this nature reveals the practical application of the various elements that compose a unique combination while allowing the individual techniques to segue freely from one to the other. As skill in the technique increases the student will further the quality of the combination by successfully activating various acupoints on the body thus amplifying the effectiveness of the il su sik technique. This can only be accomplished through a high degree of practice.

**Coordination:** Coordination is developed

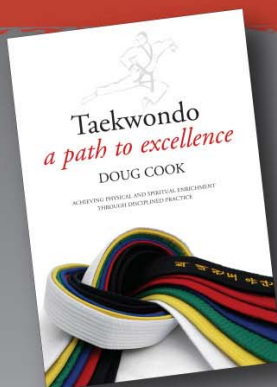
in taekwondo regardless of the area of concentration. Basics, poomsae, kicking and self-defense drills all require that various parts of the body act in harmony while performing dissimilar actions. Often, one hand may be blocking while the opposite foot is kicking causing the newcomer to feel extremely challenged and left wondering if technique will ever be executed in concert. Surprisingly, after only a few classes even the most ungainly person begins to show a marked improvement in the management of body mechanics. For an instructor, it is a great reward to observe the pupil progress from a chaotic jumble of hands and feet to an effectively coordinated defensive machine. Likewise, for the student, the ability to move with fluidity while executing multiple techniques in chorus during il su sik practice is a sure sign of progress.

While most of these ancillary considerations are specific to the martial arts, others are clearly of the sort one would ordinarily not associate with the practice of self-defense. It should be noted, however, that traditional taekwondo is above all a holistic pursuit and therefore not limited merely to physical technique. One cannot overemphasize the importance of respect when practicing a potentially lethal art. Yet, by the same token, all the courtesy in the world will not come to one's aid when set upon by a willful aggressor. Consequently, the sincere practitioner must continuously focus on the core intent of

traditional taekwondo – to organize the body and spirit into a mindful source of focused energy prepared to provide self-protection. This can be accomplished through the ritualistic and traditional practice of il su sik.

**Master Doug Cook**, a 5<sup>th</sup> dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a 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](http://www.chosuntkd.com) or [info@chosuntkd.com](mailto:info@chosuntkd.com).

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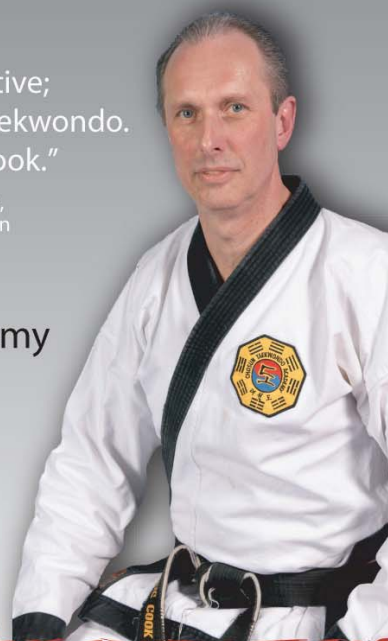
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# All Good Techniques Start With Good Posture

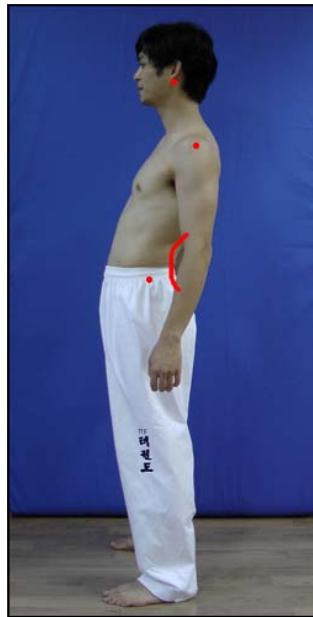
by Sanko Lewis

Equilibrium is of paramount importance in the martial arts. Numerous martial arts are based on this chief maxim: break your opponent's equilibrium. It is one of the principles in Taekwon-Do's *Theory of Power*. Without it our stances are unstable and our techniques are weak. An often neglected aspect of achieving good equilibrium is correct posture. Through my years of martial art study and instruction I have seen many martial art students with bad posture and have been the victim of it myself. To start this essay I'll begin with my own struggles with imperfect posture, causes for it, and things I have done to change it. Thereafter I will discuss some of the typical postural problems I have seen and discuss how these negatively affect some typical Taekwon-Do techniques.

Starting in adolescence I went through a period of very low self-esteem. I wasn't aware of the physical effects my low self-esteem had on me. In hind sight, now, I realise that here is where much of my postural problems started. People with low self-esteem tend to slouch and their heads hang forward as they cast their eyes downward, too shy to look the world in the eye. Luckily I started doing martial arts during this time; slowly, as I progressed through the ranks a feeling of accomplishment arose in me. Steadily I could see how my techniques are improving and I started to feel comfortable in my body. As I won tournaments a sense of pride and self-worth ensued and the knowledge that I could defend myself and stand up against potential threats made caused my posture to improve. I broadened my shoulders and looked up

with confidence. Still, after a long time of bad posture, the body adopts the bad posture as its default position, so I've often had to remind myself to stand up straight. While my posture has improved since my teenage years I've recently noticed some bad form again over the last few years and realised it has to do with my mostly sedentary work. I'm an academic and university lecturer. I teach a few hours a day during which I stand, but the rest of the time is spent behind my desk and in front of my computer. Without notice a new set of bad habits sat in. I have noticed that when I'm tired my shoulders become rounded and my neck droops forward, the typical bad posture associated with people spending long hours in front of a computer screen. To reset the problem I went for a number of chiropractic sessions last year and have resumed my efforts to restore good posture. From the above, I hope that you noticed that bad posture has two sources, a psychological cause and a physical cause. Negative emotions like low self-esteem or depression can cause bad posture as the body sympathises with the mind. One's physical environment like your work place, bed, lifestyle and so on can also negatively affect your posture. Remedying the problem requires work on both mind and body.

The photos show Ok Chan-yang, a student of *"The Way" Martial Arts Academy of Seoul*, South Korea, modelling typical bad postures. In the one photo you'll notice the rounded shoulders and protruding neck, sometimes called a turtle neck. The second photo shows a sway back, where the lower back is excessively curved and



**Bad Posture: Rounded Shoulders And Swayed Back**

the hips tilted unnaturally. Sometimes a person may struggle with both an overly rounded upper back and a sway back.



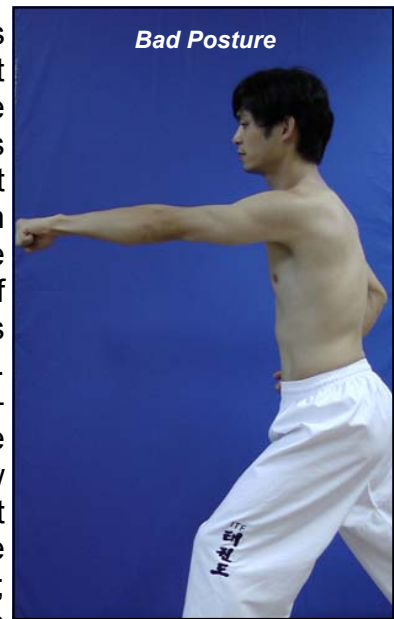
**Good Posture**

A healthy posture has the a natural rather than an excessive curve in the upper and lower back. The head should rest comfortably over the shoulders, the neck should therefore not be leaning forward, the chin should be tucked in slightly, and the shoulders should be in line with the hips. If you place a dot by the ear, shoulder and hip, they should be aligned. The chest should be comfortably open, not forced out nor curved in, and the back naturally

widened. Similarly, the abdomen should move freely with the breath.

Taekwon-Do is an upright martial art, like Aikido. This means that keeping an upright posture during most of its techniques is its default form. In ITF Taekwon-Do there are very few techniques that requires the posture to bend; for example the U-shape grasp, "mongdung-i japggi," as seen in the pattern Po-Eun. Almost all other hand techniques requires an upright posture. The most basic Taekwon-Do technique is probably the front fore-fist punch. Unlike a boxer's punch where the shoulders are

often raised up in an effort to protect the chin from being punches, in ITF Taekwon-Do the shoulders are relaxed and squared. When punching, excessively rounded shoulders causes one to overreach. It might arguable create a harder punch as more of your body weight presses forward, but it is at a cost. It is believed that overreaching leaves you vulnerably unbalanced. Rounded shoulders gives an impression of insecurity, when in fact the martial arts tries to instil a healthy sense of confidence. A good Taekwon-Do front



punch has the shoulders pulled back, the spine elongated and the chest strong.



A more recognisable postural problem is the swayback. One can see the disadvantage of this posture quite clearly in a typical L-stance technique, like a knife-hand side strike. Notice in the image where Ok Chan-yang demonstrates the bad spinal alignment caused by a swayback, how unbalanced he looks. Not only is he equilibrium lopsided, but because his upper body is not properly aligned with the lower body it is impossible for him to use proper hip rotation for power generation. The other picture depicts a much stronger and healthier posture.



A swayback generally causes the pelvis to tilt forward, so that the tail-bone is pushed back too far. This negatively alters how you would perform simple kicking motions. With the tilted pelvis it is very difficult to bring you knee up high; however, once the pelvis is in a naturally balanced position, it is quite easy to bring the knee up comfortably in front of the body. A tilted pelvis will affect all kicks that require the knee to come forward and up, which is the majority of kicks used in tournament sparring.

Similarly, the turning kick and other techniques like the side kick that requires the legs to be raised to the outside of the hips are also affected by bad spinal alignment and an unnaturally tilted pelvis. If the pelvis is not in a natural position, it is very difficult to raise the leg sideways. In the first picture Ok Chan-yang struggles to lift his leg when his pelvis is tilted incorrectly, because the leg pushes against an uncomfortable part in the hip joint. In the other picture, with his pelvis in a balanced position, the bones moves comfortably in the joint, allowing to lift his kicking leg with ease.



Often inflexibility is blamed for poor kicks, when in fact flexibility may not be the problem but rather bad posture, incorrect spinal alignment and an unnaturally tilted



pelvis may be the causes for difficulty with kicking.

If you are unsure whether you have good posture or not, start by asking someone to objectively look at you. You can also try looking at yourself in a full length mirror. Imagine a dot just below your ear, a dot on your shoulder and a dot on your hipbone, as illustrated in the pictures earlier in this essay. Do your dots line-up? If not, then your spinal alignment is off. To test if you might have a swayback, lie on your back on a hard surface. Now slide your hands into the hollow at the small of your back. Do both your hands very easily fit in between the small of your lower back and the floor? If so, you may have a swayback, with your pelvis tilted too much.

There are various systems one could look into to improve posture. The Alexander Technique is a remedial system that focusses on correcting posture, especially of your upper body, which I found quite useful. The Alexander Technique has some simple ways of helping you to elongate your spine. One visualisation method used in the Alexander Technique is to imagine that there are cables attached below your ears (at the Angles of Mandible) that pulls you up. While visualising that you are pulled into the air, allow your body to elongate naturally as it would were it actually hanging from such cables. Another visualisation used in the Alexander Technique is to image your back smiling broadly. This interesting image helps you to broaden and widen your back and chest. The Esther Gokhale Technique is another method I've found useful, especially because I spend so much time sitting behind a desk. Gokhale developed various methods for elongating the spine based on the postures of infants and cultures that report very low incidents of back pain. Gokhale has a book, *8 Steps to a Pain Free Back*. Visiting a chiropractor could be one of the best options if you suspect that you have posture problems. These days, with the help of video and

digital technology, chiropractors can easily assess your posture and show you with precision which parts of your posture is out of alignment. Some physiotherapists can also assist you with posture problems. Unfortunately visits to chiropractors and physiotherapists may become quite expensive and while they are very valuable to assess your problem and start you on your journey towards better skeletal health, they may not be easily affordable maintenance solutions. Practises such as yoga and Pilates that focus on posture and core muscle strengthening are better long-term maintenance solutions. Your purpose should be to re-educate your skeletal system in how to keep a healthy posture and then continue to keep the good postural habits that will ensure good skeletal health. It is quite possible to include exercises from yoga or Pilates into your normal martial art routine. Also remember that your posture often reflects your mental state. If you have depression, feel burdened under stress, are going through grief, or experience other negative emotions, these might manifest in poor posture.

Good posture ensures good balance, which then creates the foundation for proper martial techniques. Since the body and mind often sympathize with each other a defect in the one, negatively affects the other. Similarly, an improvement in the one positively impacts the other. Unfortunately, years of bad postural habits requires active rehabilitation. Luckily, it is possible to change bad habits and instil good postural habits, a change that will make you a better martial artist and a healthier, more self-assured individual.

...ooOoo...

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gym in Seoul, Korea [[www.thewaymartialarts.com](http://www.thewaymartialarts.com)] . He also teaches subjects in literature, academic literacy, and applied language in the Department of English Studies at a university in Seoul, and has a master's degree in Creative Writing. Mr. Lewis can be contacted at [saitf.research.education@gmail.com](mailto:saitf.research.education@gmail.com).

Gratitude is given to Ok Chan-yang for posing for the photos. Mr Ok is a 2<sup>nd</sup> Dan holder in WTF Taekwon-Do and also practises ITF Taekwon-Do.

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# WTF Forms Applications

## *Inside To Out Middle Block—Palm Down*

By Richard Conceicao

Many movements appear so often in our forms that we tend to automatically check them off as mere repetition without asking why they repeat so often. One reason is that the motion *represents many different techniques*, and another is that the motion is so *fundamentally useful that it can be applied in many instances*. In either case, the motion is repeated over and over so that it is remembered well.

This middle block is an excellent example of these ideas. We begin with a simple wrist grab:

While we learn many types of wrist releases, just releasing our hands from the opponents grip affords us no real combative advantage.



The use of this ‘so called’ blocks motion as a “clearing hand” provides us with the needed control.

By simply following the middle block “chambering motion” she brings her free arm underneath his gripping arm.

By executing the middle block movement she is able to clear his hand off her wrist. This is quite easy to do as she has the leverage advantage. It is important to remember that once her arm is free she





rotates her hand to grab and **pull** on his arm.



The **pull** twists his body away from her rendering him unable to use his other hand to attack with and exposes his side to counter, as well as disrupting his stability. He can be easily pushed to the ground.

### ***Next month we look at Mountain Block***

**About the author:** Richard Conceicao has been involved in martial arts for over 36 years. He is currently a 5<sup>th</sup> 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](mailto: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.

# Shadow Sparring

by Jason Ainley

**Training methods for improvement in martial arts come and go, we have different fads, some go as quickly as they came while others have stood the test of time and have been used by generations of martial artists.**

In this article I will look at shadow sparring a basic exercise that has been used by many fighters from many different combat styles and is seen by some as an irreplaceable training method while to others it is seen as a basic exercise that sometimes gets in the way of the real purpose of their training.

Shadow sparring allows a student to concentrate on themselves something that is not possible when facing an opponent in sparring or when impact training on the heavy bag, strike shields or focus pads.

Shadow sparring when done properly develops good technique and creates muscle memory that over a period of time will allow the movements involved to be performed without conscious effort.

Shadow sparring is not only performed by a competition fighter to develop combination of techniques but also by the traditional martial artist in the form of line work drills and pattern practise.

Many see shadow sparring as a basic warm up to prepare the body for the main part of their training session but as well as this the real benefits of



shadow sparring are

1. To develop and perfect technique.
2. Enhance speed of techniques.
3. Improve footwork.
4. Distance, range of technique
5. Breathing control.
6. Increased stamina.

***"Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily."***

- Johann Schiller

## Developing and Perfecting Technique

Regular practising shadow sparring or line drills allows a student to focus on their own technique, giving them the time to learn how to throw a perfect block, punch or kick from a well balanced stance.

A strong stance is the base of all good technique, and good technique and speed equals power.

From this a student can build up to put a combination of techniques together, getting into the habit of throwing more than one technique at a time develops muscle memory and fine tunes motor skills making the movements become instinctive when applied under pressure.

Shadow sparring can greatly improve our punching power by getting the basics of power punching correct, no one hits harder than a boxer and shadow boxing is a fundamental exercise in all boxers' routines professional or amateur.

Generating power is essential in a physical self defence situation, and the principles of power generated by boxing techniques can be adapted to fit martial artist's e.g. below.



**Fig 1** With feet firmly on the ground { heel of the back foot raised } defender throws lead hand punch or palm strike.

**Fig 2** Drive off the back foot and pivot the hips and shoulders into the right hand punch, turn the fist and straighten the right arm.

**Fig 3** Plant the right foot back down on the floor while simultaneously pivoting on the left foot while throwing an inward palm strike / forearm strike, pointing the toes of the left foot in the direction of the technique.

## Speed Of Technique

Shadow sparring is a great method for training for speed, as technique and combinations are developed a students aim should be to increase the speed in which they are delivered.

Speed can be developed with shadow sparring because with no pressure to execute techniques it allows a student to relax, a lot of speed is lost through the antagonistic muscles when one muscle fights against the other it slows down speed of the techniques. Important point to remember when training for speed is that technique does not suffer, don't throw sloppy techniques in order to make combinations faster.



***"It is not the straining for great things that is most effective,  
it is the doing of the little things, the common duties,  
a little better and better."***

- Elizabeth Stuart Phelps

## **Improves Footwork**

When drilling sparring techniques footwork tends to be overlooked, good footwork is essential in combat sport. Every time a punch or kick is thrown take a little step forward, distance in combat changes every second and a fighter must learn to make up distance, the more movement developed the more fluid the techniques will be delivered. Footwork makes a fighter a moving target and is the key to attack and defence, good footwork creates different angles for attack and evasion, forward and backward shuffles for attack and defensive moves and lateral stepping for counterattacks.

Make sure that your feet are about shoulder width apart with bodyweight in the centre avoid putting too much weight on one foot, if you are too far forward or too far back with your weight distribution, it will hinder your movement in one direction or the other.

A basic footwork drill is shown below; tie an elastic cord around both ankles, cord should be tight enough to feel tension when feet are placed around shoulder width apart. Move around pushing forward of the back foot and backward of the front foot then lateral stepping while keeping the tension on the cords, this exercise can help create proper weight distribution.



**Footwork Drill**

## **Distance**

Distance control allows a student to understand their own reach. When throwing techniques always commit to them, throwing half punches and kicks will not teach a fighter to understand their own range, any technique that does not have full commitment will have a weak link in the chain, e.g. fig 1 shows a reverse punch thrown at half commitment the arm is not extended leaving a loss of power, where fig 2 shows an extended punch that has bodyweight pushed into the technique. Full range of movement is essential to develop muscle memory and can be the difference between a powerful technique and a weak one.

## **Breathe Control**

Proper breathing not only helps energy control but aids in focus and concentration that



*Loss of power through  
when punch not extended*



*When punch is extended it has  
all the body weight behind it*

will enable a martial artist to maximize speed and power into their techniques. It can be a big mistake to take short shallow breaths through the top of our chest when we should be inhaling into our abdomen.

Prepare the technique with a deep breath in and then execute the strike with a fast expulsion of air through the nose. When doing a single technique take one breath in and quickly exhale as you execute the technique. If executing combinations you do not have time to breathe in before every move, so take one breath in and then breathe out on every move, for example if you are doing a reverse punch followed by ridge hand, you take one breath in followed by two breaths out.

## Increased Stamina

By increasing your work rate and throwing more techniques/ combinations we can develop our muscular endurance. The longer a fighter can keep a fast pace the better the overall endurance, when endurance is good a fighter can balance between moderate and full speed intensity.

The use of wrist/ ankle weights, light dumbbells or a weighted jacket can help with endurance, keep weights light around one and a half



*Elastic Cord Training*

kilo maximum for wrist/ ankle weights and dumbbells, any heavier will affect the form of the technique and also increase the risk of injury to joints, plus a heavy weight will put downward resistance on your punches rather than a pushing force, weights are only to assist with shadow sparring technique, speed and form must be maintained.



*Training with  
dumbbells can also  
help with shoulder  
stability*

Training with heavier dumbbells can also help with shoulder stability, hold the weights in a guard position and move around keeping them as stationary as possible. Elastic cords can help with speed wrap the bands around your body under your armpits and throw 6 punch combinations.

***"Doing little things well is a step toward doing big things better."***

- Vincent Van Gogh

## Visualisation

When shadow sparring visualisation is an important factor, when training for competition create different scenarios in your head, visualise facing different kinds of opponents aggressive fighters or defensive fighters and work the strategies needed to win. Watch media of highly skilled bouts and then shadow spar and try to emulate the winner's strategy. The great Chuck Norris used to visualise before he fought in his tournament days, and said that many times he scored points on his opponents with the exact moves he had beaten them with in his minds eye only minutes before.

***"Do not be desirous of having things done quickly.***

***Do not look at small advantages.***

***Desire to have things done quickly prevents them being done thoroughly.***

***Looking at small advantages prevents great affairs from being accomplished."***

- Confucius

## Conclusion

Shadow sparring can be as basic or as complex as an individual wants, but the bottom line is it can help us improve in many ways. Shadow sparring for competition or line work drills for pattern practise are part of understanding the principles of basic technique and should not be treated as a meaningless exercise, and although it cannot replace the experience of actual sparring or self defence it can enable us to understand our own technique and limitations.

So the next time you are in a hurry to warm up for bag work / free sparring or wishing your instructor would finish the line drills sooner rather than later, pay close attention to what and how you are doing it because one day it may pay off for you.

**Jason Ainley**

**4<sup>th</sup> Degree Black Belt**

**Eastern Cyprus Taekwon-do**

**Pioneer Taekwon-do Association**





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unite for  
children

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# Whats The Point?

## Escrima Pt 4

**By Paul O'Leary**

We are moving onto the 4th application from Won Hyo Tul or Pyong Ahn Eedan Hyung using the escrima batons. Again I must mention that I am not saying that these are the original intended applications or better than anything you may have been shown. But they do allow us to work on familiar movements while including extra aspects to our training.

This application is using the circular block motion which many people do not feel comfortable with performing due to them not fully believing in the application they may have been shown.



**Pic 1 - 4** Shows the movements of the circular block while empty handed.



**Pic 5 - 8** Shows the movements of the circular block motion with the batons.





**Pic 9** The attacker strikes at our head with a downward attack with the baton in their right hand. We strike their baton with our left baton as we step out to the left side. At the same time we strike the inside of the attackers leg with our right baton.

**Pic 10** Following on from the strike on the leg we bring our right baton up and around to stab it into the neck of the attacker.



**Pic 11** Holding out the right baton as a covering guard, we kick the attacker to the inside of their left leg. This attack opens up the side of the head and neck area as the body will turn away from you.

**Pic 12** Using the momentum gained from the kick we land the left baton on the side or back of the neck or head area.





We also can perform this sequence with only one baton. For this example I am using the baton in my right hand.



**Pic 13** This time we block the attackers right hand punch with a parry of our left hand, while we land a right handed strike with the baton on the inside of their leg.



**Pic 14** Again we bring the baton up and around to stab it into the neck of the attacker.



**Pic 15** We kick the attacker to the inside of the left leg.

**Pic 16** We land a left punch to the jaw while we hold the baton back prepared to strike again if needed.



Play about with this application with the baton in your left hand or just drill the sequence I have shown you already. You will see how easy it is to apply weapons to your empty hand patterns. Enjoy!

Paul o'Leary, 4th Dan Tae Kwon Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor Jungshin Mu Do Kwan, National Co-ordinator for Prof. Rick Clark's AoDenkouKai in Ireland and a member of United TaeKwon-Do International. To contact him about seminars on Pressure points, Patten applications or Self Defence please call 00-353-86-3545032 or email: [adkeire@gmail.com](mailto:adkeire@gmail.com)



**WHO'S REPRESENTING YOU?  
WE CAN!**



# Special ITF Taekwon-Do Developments

**By Benjamin Evans**  
**NZ-II-190**

I would like to say I am a very proud instructor who is still learning. I decided to write this article for lots and lots of reasons. I am here today with the feeling I have achieved something really good. I was the first to set up Special Needs Taekwon-Do. In this article you will start to understand me, see what other improvements have risen from where everything first left off, the different disabilities & descriptions which belong to my students, the past successful events, the first for integration into mainstream competition individual and team events, expansion of the Taekwon-Do programme into schools, the media exposure we have had, the goals achieved and ahead, the support and how you can set Special Needs Taekwon-Do up in your country.

I think you would have guessed by now, but I would still like to introduce myself to those who might have heard of me, but not know a lot about me. My name is Benjamin. I am 19 coming up to 20 in August. I am an ITF 2nd Degree Black Belt. I absolutely love spreading the

original TRUE Taekwon-Do. Since 2006, I began to work with Special Needs teaching Taekwon-Do. It has now been going for more than 4 years. On top of working with Special Needs, in addition, I run my own school (called Hawke's Bay ITF Taekwon-Do School) during the day and evenings throughout the week at Havelock North High School, Hastings Aspyre Fitness, Clive Primary School, Flaxmere Primary & Intermediate, Havelock North Primary, Taradale High School & soon other schools who are very interested to sign me up, these are the areas in Hawke's Bay Region in New Zealand I teach. I feel it has really developed me as a person.



I have learnt so much from working with all types of abilities, male or female, young or old. Working with young people is a challenge, but ever so rewarding when you teach them the smallest things. I have helped others understand that people with a certain disability are friendly, warm and great members of society, as I feel that many people out there don't have as great knowledge as I do, public might feel 'freaked out' or unable to go and interact,



thinking that they will look odd and most likely think people will judge them.

I am at the stage in my Taekwon-Do career of 2nd DAN, training really hard for the next ITF World Championships in DPR KOREA 2011. With having to do quite a bit of training throughout the week for students, I still manage to keep a balance. That is one of the hardest things in life, keeping balance. I hope to go for my 3rd DAN end of 2011. At present, with the support of my students parents who are also my student, my Mum, wonderful girl friend Rachel and her family, I am able to do what I need to do during the week; achieving as many goals and needs as possible.

I would like to take the time to say Thank You everyone who is really supportive, who show the same amount of patience I do with them, the ones who are loyal practitioners to me in my club and those who follow ITF President & I.O.C Member, Professor Dr. Chang Ung. Thank You ITF for your support. Thank You Hawke's Bay ITF Taekwon-Do Practitioners who have helped me do demonstrations to spread the TRUE Original Martial Art of Taekwon-Do to Schools and events in Hawke's Bay. I'd actually like to thank the universe; I know you might be reading this right now, thinking, what??? But, my mother has always told me that if you keep thinking about something, keep working towards a goal, it will happen. It might not happen now, but in due course, at the right time, it will happen and you will be given an opportunity. I can remember General Choi Hong Hi speaking about if there is opportunity; one must make the most of this which is good fortune. But if one takes advantage of this fortune with bad intentions, it becomes misfortune.

## **The New Improvements**

### **Increased Confidence**

I can first remember coming to Taradale High School Learning Support Centre.

Even before that, there was a few who came from that school to attend a trial lesson at Havelock North High School. The students from that school were quite nervous. I think that the time I have now spent, teaching them, has helped them increase their confidence. Even to the point of some students who had autism and Asperges were able to stand up in front of a HUGE crowd at the 1st Special Needs Championship, and perform against another person an optional and designated pattern by the officials in front. There must be something in the teaching that helped them be able to achieve this goal, which really amazed both their parents and teachers who knew them. The crowd was certainly impressed.

### **Increased Energy**

I have one of many loyal students; he is my first student, who has stuck with me since the beginning. He has Downsyndrome. Right at the start, he was certainly not as toned as he is now. He has been going through the ranks slowly, stage by stage, and progressing tremendously. He manages to be able to keep focus for 2 or more hours easily. Again, this is quite unheard of in many people's eyes. I am for one very proud of him. He manages to attend 5 training sessions a week no problem and give it his best each time. That is roughly 6 hours a week of training. He must be training really hard that his energy levels expand.

### **Increased Spirit**

Many witnessed my students competing at the

championship. People saw that these students had something in them. That was determination. When my first student, who has Downsyndrome, led his team to victory in team patterns and team self defense, it was an awesome experience for me to see. The sparring situation also with Special Needs against mainstream students was very good to see. They had the strong Indomitable Spirit to keep going no matter how they got hit. I can remember

when in Russia 2009, the female final of DPR Korea and Bulgaria, when she broke or fractured her elbow. She kept getting hit. She kept getting knocked down. But she kept going. This can be of similar example to the sparring matches with the mainstream and Special Needs.

### **Increased Awareness**

I think that before I started working with the students, people might have thought that they could not achieve at something like a martial art. Taekwon-Do is a very hard, mind challenging activity. It involves mind, body and spirit. After 4 years, I have made it possible and have always knew, that my students, regardless of what intellectual disability they may have they can achieve. Recently, on TVNZ – Close Up, it was well promoted that the students are integrated into mainstream classes and competition. They are given equal opportunity. They also have their own divisions to determine the champion in their culture. The public, after many media newspaper articles to the

build up of 1st Special Needs Championships, have become really aware of what their full capabilities are since training in my club, being treated like a mainstream student. The students usually rise to that expected level if you expect them to. If you take that approach to thinking they are somewhat 'Too Special Needs', then there is no hope for you as a potential instructor to succeed with any goals you may have. You must hope and expect they live up to the full expectations. This is one of the KEYS to unlocking the full potential of any special students, regardless of age, sex or ability. You must possess a supportive and always an 'I know you can do it' approach.

### **Increased Knowledge**

The Taekwon-Do theory and patterns are the basis of increased knowledge and memory expansion of the not so developed brain. For the students it has helped them all increase their brain mass and learning



*Special Needs students who won medals in mainstream and special divisions*

skills. It has helped them become more disciplined allowing them to be able to focus on small tasks no problem. My most senior student at present, with Downsyndrome, he has learnt up to Green Stripe, the techniques, no problem. His theory can always improve, but he is very clear on loyalty to General Choi's Last Words and who he was, who Professor Dr. Chang Ung is when Taekwon-Do was created, when General Choi passed away, the motherland of Taekwon-Do and he knows certain pattern meanings. He is able to lead his own team with patterns no problem. It is just repetition which really helps them all learn just as fast, maybe even better than mainstream sometimes.

### **Increased Flexibility**

The Taekwon-Do training has enabled special needs students to be able to raise their leg to their full potential. The stretching at the start has made their technique a lot more graceful. The flexibility has helped them become less tight in the muscles. The increased flexibility has definitely been a good routine.

These are all extras to what was first

spoken about in the previous essay. This can be downloaded from [www.specialneedsitftkd.com](http://www.specialneedsitftkd.com)

## **The Students Disabilities & Descriptions**

### **Downsyndrome**

Chromosomes are structures that carry genetic information in cells. They carry the instructions that tell cells what functions they are to perform. They determine the way a person's body looks and the way it functions. Cells normally carry two matched sets of twenty-three chromosomes for a total of forty-six chromosomes. One set of twenty-three chromosomes comes from each parent. Down's syndrome occurs when one chromosome pair is damaged. That pair is designated as chromosome #21. Down's syndrome is the most common cause of mental retardation (see mental retardation entry) and malformation in newborns. It occurs because of the presence of an extra chromosome.

### **Cerebral Palsy**

A general cerebral palsy definition for the disorders is that the permanent brain



*Havelock North High School Special Needs Taekwon-Do  
The heart of Special Needs ITF Taekwon-Do in New Zealand*



injuries happening to an infant during the pregnancy or at the time of birth will affect the child severely and cause for the loss of many abilities for leading a normal life. The cerebral palsy affected child will not be having the correct functions of gross motor skills as well as the fine motor skills, which is most essential for the human activities. The cerebral palsy definition can be based on the variety of congenital injuries or damages to the brain or reduction in the growth of the brain results the communication problems between the brain and body. A severe bleeding in the brain may result the cerebral palsy. The premature birth of a child or the child born with less weight will also can be the reason for the developmental problem to the brain and cause for the cerebral palsy.

### Autism

Autism causes kids to experience the world differently from the way most other kids do. It's hard for kids with autism to talk with other people and express themselves using words. Kids who have autism usually keep to themselves and many can't communicate without special help. They also may react to what's going on around them in unusual ways. Normal sounds may really bother someone with autism - so much so that the person covers his or her ears. Being touched, even in a gentle way, may feel uncomfortable. Autism causes kids to act in unusual ways. They might

flap their hands, say certain words over and over, have temper tantrums, or play only with one particular toy. Most kids with autism don't like changes in routines. They like to stay on a schedule that is always the same. They also may insist that their toys or other objects be arranged a certain way and get upset if these items are moved or disturbed. Students with mild autism sometimes can go to regular school. But most kids with autism need calmer, more orderly surroundings. They also need teachers trained to understand the problems they have with communicating and learning. They may learn at home or in special classes at public or private schools.

### Epilepsy

Epilepsy is a seizure disorder. A seizure is an event that involves loss of consciousness and motor (muscular) control. A person with a seizure disorder often experiences repetitive muscle jerking called convulsions. The condition is

caused by a sudden change in electrical activity in the brain. The medical profession now recognizes about twenty different kinds of epilepsy. These forms of the disorder vary on the basis of severity and the parts of the body affected by the seizure. Most patients have only one form of epilepsy. About 30 percent have two or more forms of the disorder. When this happens, messages traveling through the brain are wildly disrupted. The brain begins



*Master William Chan, Emily Hills – the first girl to grade out of Special Needs, and Mr. Benjamin Evans*

to send out irregular and unpredictable messages to the rest of the body. Muscles throughout the body begin to contract and relax in random patterns. These changes bring about the symptoms

of epilepsy. Epilepsy is usually classified as symptomatic or idiopathic (pronounced ih-dee-uh-PA-thik). Symptomatic epilepsy is a form of the condition for which a cause is known. For example, a person may receive a blow to the head. The injury may cause damage that leads to the development of epilepsy. Some conditions that can cause symptomatic epilepsy include:

- Serious infections of the central nervous system
- Heat stroke (see heat disorders entry)
- An abscess (open sore) in the brain
- Rabies, tetanus, and malaria (see entries)
- Toxic (poisonous) materials, such as lead or alcohol
- Damage to the brain or skull (see head injury entry)
- Drug allergy
- Stroke (see stroke entry)

### **Dyspraxia**

The word 'dyspraxia' comes from the Greek dys- meaning 'difficulty' and -praxis meaning 'control of movement'. The word 'dyspraxia' comes from the Greek dys- meaning 'difficulty' and -praxis meaning 'control of movement'. Oral dyspraxia means a reduced ability to voluntarily control single or sequenced silent movements of the lips, tongue or soft palate. Verbal dyspraxia affects the purposeful control of the movements necessary for speech. The term verbal dyspraxia is also known as developmental articulatory dyspraxia. In the UK the term apraxia of speech usually refers to children who have a severe disorder and are not talking at all (from the Greek a- meaning 'without'). Both of these conditions occur in the absence of any muscle weakness. The child can be of normal intelligence and have an age-appropriate ability to understand spoken language. The child

knows what he/she wants to say but persistently makes speech errors which are not usually made at his/her age. In dyspraxia, speech is limited and may be difficult for people to understand. A dyspraxic child may have difficulty saying single speech sounds, imitating strings of different sounds and sequencing sounds together to form words. Poor intelligibility is often due to a child's limited range of speech sounds and omission or substitution of sounds. These difficulties may also mean that the child may not be able to use the correct grammatical endings for words.

### **Dyslexia**

Dyslexia is a learning disability (see learning disorders entry) characterized by problems with reading, spelling, writing, speaking, or listening. In many cases, dyslexia appears to be hereditary. Dyslexia is not a disease. It is a condition in which a person's brain learns in a different way from that of other people. Many people with dyslexia are very intelligent and successful. The condition has nothing to do with a person's intelligence. Dyslexics are often highly talented in many areas, including art, athletics, drama, music, and engineering. These talents often require the ability to bring together sight, spatial skills (the ability to locate objects in three-dimensional space using sight and/or touch), and coordination.

### **Asperges**

The essential features of Autistic Disorder are the presence of markedly abnormal or impaired development in social interaction and communication and a markedly restricted repertoire of activity and interests. Manifestations of the disorder vary greatly depending on the developmental level and chronological age of the individual. Autistic Disorder is sometimes referred to as early infantile autism, childhood autism, or Kanner's autism. The impairment in reciprocal social interaction is gross and sustained. There may be marked impairment in the use of

multiple nonverbal behaviours (e.g., eye-to-eye gaze, facial expression, body postures and gestures) to regulate social interaction and communication (Criterion A1a). There may be failure to develop peer relationships appropriate to developmental level (Criterion A1b) that may take different forms at different ages. Younger individuals may have little or no interest in establishing friendships. Older individuals may have an interest in friendship but lack understanding of the conventions of social interaction. There may be a lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., not showing, bringing, or pointing out objects they find interesting) (Criterion A1c). Lack of social or emotional reciprocity may be present (e.g., not actively participating in simple social or emotional



*Master William Chan, Eskavan McCartney and Mr. Benjamin Evans*

reciprocity may be present (e.g., not actively participating in simple social play or games, preferring solitary activities, or involving others in activities only as tools or "mechanical" aids) (Criterion A1d). Often an individual's awareness of others is markedly impaired. Individuals with this disorder may be oblivious to other children (including siblings), may have no concept of the needs of others, or may not notice another person's distress.

### **My Thoughts – Working With Special Needs Integrated Into Mainstream**

When dealing with these conditions in a class with mainstream or no mainstream, you must treat them like everyone else.

You must be firm, but gentle. One of the skills I have learnt with teaching special needs is, they all like to be treated as if I never knew what intellectual disability they never had. When dealing with a mistake they have made regarding a stance, maybe they are meant to have their other leg in front, it usually pays to whisper to them, not making a big deal out of things, asking them to change what is required. Sometimes, there is a point where you have to really motivate students to do certain tasks in the training hall. I find it often useful to talk about their next grading

and keep saying, 'Cmon guys, do it for that next belt or stripe.' This works really well with any problem. It makes them really excited. In the past I have found asking the highest ranked, or a friend of the special needs student, to encourage them to do

training. This helps because it makes them feel as if they might feel the odd one out not doing it when their friends are. I always congratulate students on excellent or small achievements which I know are really hard for the student to learn. This makes them feel so good, knowing that they have achieved really high in their instructors eyes. This also makes them keep trying and boosts their energy. It makes them enthusiastic when they see that their instructor is proud of them. When first starting training with the students, right from the beginning, you must start to teach a small amount of techniques. Once you see that students have learnt just one technique and can do it competently, you must make a big deal out of it so that this





*The Best Special Needs Team Pattern Team – Gold Winners*

knowledge stays with them as a happy thought, like a message in the brain, making them feel as they have done something amazing, they would always remember. You have to be really patient with the students. I was told it takes an average of 9 seconds to process instructions. So, if a student does not understand, just explain it slowly, use visual techniques and explanations. Try not to make a big deal out of it, the last thing you need is for the student to say I can't do it, and refuse. Sometimes it is easier to let a few white mistakes go and to keep drilling the same routine or pattern into the training. They can only get better by visually seeing and doing. Sometimes, speaking is not as good as visual and practical. It might take a small amount of time to come through, but it is well worth it when it does.

### **Past Successful Events**

- March 19th HB ITF Established
- *April 2009 – Sport Hawke's Bay Expo – Taekwon-Do Demonstration*
- August 2009 – First grading for Eskavan McCartney Downsyndrome

- *August 2009 – Rudolf Steiner Talent Quest – Taekwon-Do Demonstration*
- September 2009 - Blossom Festival – Taekwon-Do Demonstration
- *October 2009 – ITF Senior World Champs – Essay signed by Professor Dr. Chang Ung, GM Rhee Ki Ha, GM Leong Wai Meng and more supporters*
- February 2010 – International Cultures Day Festival – Taekwon-Do Demonstration
- *March 19th 2010 – The 1st Special Needs, 2nd HB ITF Taekwon-Do Championships*
- June 19th 2010 – Grading Eskavan McCartney, Jonty Glazebrooke, Aaron Garnham, Ashleigh Godfrey, Cameron Peacock, Francesca Morgan, Johann Landkroon and William Askew – going for either first time, second or 4th grading. Eskavan goes for green belt.

All of these events have had special needs participation. They have always been integrated into HB ITF Taekwon-Do School events. More demonstrations with integrated special needs students the better. It makes them feel proud. They also love to perform. To receive applause for

their efforts really satisfies them. To receive awards representing what they have achieved will really boost their week. I was recently told, after giving out a certificate for the 1st Special Needs Championship, to a girl student with special needs, she was thrilled. She felt proud. She had achieved something which was recognised.

## **Integration Into Mainstream Competition**

The start of this integration began at the 1st Special Needs, 2nd HB ITF Taekwon-Do Championships, in New Zealand.

## **The Expansion To Other Schools**

The Special Needs Taekwon-Do has already spread to 2 other special schools in Hawke's Bay. There are more and more getting on board and becoming more and more interested. This is the start of the development getting bigger every year. For further information about this, please visit, [www.specialneedsitftkd.com](http://www.specialneedsitftkd.com)

## **The Supporters**

Without the help and support this would have never been possible. I would like to thank Havelock North High School – the first school who took the programme on; Mrs. Hocquard always supported the work I was doing and often spoke highly of the programme to other schools and teachers, ITF President Professor Dr. Chang Ung, who I believe, is one of my biggest supporters, who sent my first essay around and published a news story on ITF website about the event, First GM Rhee Ki Ha who exchanged a copy of his latest UKTA Today magazine with me for my copy of my first essay, Mr. Ri Yong Son who has shown his support, Mr. Phap Lu who has shown his support who published my essay on his website when received from ITF President, Master William Chan who accepted my students for their ability; giving them opportunity at gradings; who has supported my ideas, has been a good mentor, Lin Kaiou who has always encouraged me working with the Special

Needs; has supported and helped me with my club at beginning stages, my club members who have stayed loyal and accepted the special needs integration and the rest of supporters are those who follow and have always believed in me.

THANK YOU,  
TAEKWON

## **How To Start This Programme**

Firstly, I would like it if you speak to your NGB President, before contacting me. Please follow the right protocol, once you have their approval, please do send me an email: [itfhawkesbay@hotmail.com](mailto:itfhawkesbay@hotmail.com) I will then talk directly with you.

## **Notes:**

Descriptions and theories have been extracted from the internet from various sources about special needs disorders. The rest of the work is in my own words. Pictures are from Hawke's Bay.

## **Links:**

[www.hawkesbayitftkd.co.nz](http://www.hawkesbayitftkd.co.nz)  
[www.hbitf.org.nz](http://www.hbitf.org.nz)  
[www.hbitf.co.nz](http://www.hbitf.co.nz)  
[www.specialneedsitftkd.com](http://www.specialneedsitftkd.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.*

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# Aladdin Ain't Got Nothing On You Guys

## *Lack Of Humility In Martial Arts*

By Thomas Gordon, 6th Degree

Yes, that's what I heard from the Office Manager that just happened to walk in as I was looking at some pictures of a few martial artists. I looked again at the picture on my monitor and it made me laugh as I thanked her for giving me the title of my next article.

In line with the tenets of Taekwon-Do, most of us preach humility. Hard to be humble when you look like you are on the way to a Disney movie shoot. Several years back I was at a martial art conference and this guy walks up wearing the most ostentatious uniform I had ever seen. And the belt, oh my, the belt. It was

a really wide silky looking belt that was several colors and had tassels hanging off the end. The only way he could have gotten more pretentious was to get a cape and have the royal servants use palm branches to fan him. Another guy comes strolling in with this silky looking black uniform with gold, silver, and the shiny red all around his collar. He was a small frame guy too and all I could think was that would make a really cool Christmas ornament.

Okay, okay, so I'm embellishing a little to drive the point I'm trying to make. And while those comments seems to apply

mostly to our soft art cousins, us hard stylist have some modesty issues as well.

Not sure what it is that makes people want to wear all the patches. Doesn't seem to be much of an issue with ITF & WTF/KKW practitioners but some other TKD organizations, independents and BJJ stylists seem to have patches upon patches. I was at a tournament several

years ago and this young guy comes strolling in with patches everywhere, even down his pants legs! Seems that some hard stylist want every single patch and collar they can come up with.

Same with black belts that isn't so black anymore.

Hard to get past the 20ish year old with a belt that looks 100 years old. What did he do, tie a cinder block to it and drag it behind his truck down a dirt road for a few weeks? Or the 40 year old 18th degree? I see nine stripes on both sides....that does mean 18th degree...right?

And titles, ye gads at the titles. A Chinese stylist going by the Japanese title of Soke? Really? Some guy wants to show more respect to other martial artists so he comes up with a degree program that awards honorary doctorates? This doctorate program is predicated off a statement of, "It



# Humility



is perfectly proper to award degrees to those individuals for their hard-earned life experience in martial arts and science.” In other words, “they *deserve* it.” If I could fight through multiple gagging reflexes, I’m sure I could write for days on people “deserving” things and sense of entitlement but I don’t think we’ll have room for that. I met a 40ish year old man that had supposedly developed his own system around the Chinese arts. He also had “earned” a honorary doctorates. So he refers to himself as Dr So-N-So, Soke and actually sees patients and writes notes as if he’s the real thing.

For many of us, we’ve learned to overlook these things but the Office Manager’s unguarded comment reminded me that the

general public sees this and it makes a mockery of all of us.

What happened to just training? I’ve written on the “Value of Rank” and fully understand that a professional martial art instructor needs to be recognized. However, we don’t need our theme song be “Magic Carpet Ride” by Steppenwolf.

## Thomas Gordon

6th degree Taekwon-Do/2nd degree Hapkido

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# **“Which Is The Best Martial Art?”**

**By Master Mark A. Gallagher, 4<sup>th</sup> DAN.  
World Taekwondo Federation**

## **The Best Martial Art**

“Which martial art is the best” is a question that has been asked many times by many people for a long time. I have practiced TaeKwonDo for many years and I think it is the question that is most often asked of me. Please do not assume that you know what my recommendation will be based on the style of martial art that I practice.



I have spent my years training in TaeKwonDo and have been lightly exposed to many other martial arts during that period. I am a Kukkiwon registered 4<sup>th</sup> DAN with the World TaeKwonDo Federation.

## **Martial Arts Training or Fighting**

In order to select the best martial art you have to understand that most martial arts training is defensive training only to be used if necessary. Fighting training is not the type of martial arts training that I am familiar with. If you are interested in professional fighting then you should probably look into mixed martial arts training which seems to have great potential if you want to earn a living this

way. In this discussion we will focus on sport and competition martial arts. All martial arts training I have been familiar with is to be used only when necessary to protect yourself and only after all methods to avoid violence have been exhausted.

## **General Characteristics of the Best Martial Art**

I would recommend that every person learn and become proficient in every martial art. Due to the time required for proficiency in even one martial art this is impractical unless you will dedicate your entire life to this endeavor. Even becoming proficient in one martial art takes many years and countless hours of training. Therefore the most important aspects of the best martial art is proximity to where you live or work, class schedule that fits with your schedule and curriculum that matches with your interests.

Martial arts training should include proper focus on personal growth, respect and discipline. The most beneficial aspects of martial arts training is not even related to physical self defense but more personal development characteristics. Assuming that martial arts training is a defensive tactic your training should include much information on how and when to use these techniques as well as alternatives to violence. We need to understand that the following areas are trained:

**Mind**(mental)

**Body**(physical)

**Spirit**(emotional)

Mental training includes developing memory and concentration through the



memorization of forms. Learning how to set goals and positive thinking are important aspects of the mental part of the training.

Physical training consists of fitness, flexibility, power and self defense techniques.

Emotional training focuses on personal will, perseverance, overcoming self doubt and achieving self confidence.



All martial arts training will help with these aspects of your being. I would also suggest that the mental and spiritual aspects of martial arts training will be used by you throughout your life and may be seen as the real benefits of martial arts training. The focus and discipline you develop through martial arts training will benefit all ages and help with school achievement as well as job performance. Martial arts training will also help you to improve your skill in any other sport you participate in.

As you research the martial arts you should keep in mind what you want to accomplish through this training. You may want to improve your physical strength and endurance. You may want to improve your flexibility. You may want to compete in martial arts tournaments or perform in demonstration events.

You will have to decide what type of self defense you would like to focus on. Choices include: ground fighting, multiple

attacker defense, joint locks and throws. Aikido, Hapkido, Karate, TaeKwonDo, Jujitsu, Silat and Kung Fu are just a few of the many martial arts which offer different self defense methods. Different schools teaching the same martial art will also vary significantly on their training curriculum and focus.

## Conclusion

So, in conclusion the best martial art is the best martial art for you. All proper martial arts training is good for the individual. You need to make sure that you choose a martial art which provides you the benefits you are looking for and you need to pick a school which fits with your needs. Start by investigating many martial arts and then visit some schools to check out their curriculum. Make sure the school is close to you and offers class schedules that meet with your schedule.

Martial arts training has added significantly to my quality of life and I am sure it would add to yours also. Martial arts training has provided me with stress relief, helped me to maintain a healthy weight and has improved both my golf game as well as my tennis game. I have made many good friends through this training and have enjoyed being a part of the martial arts community.



Choose a martial art, start training and I am sure you have found the "Best Martial Art".

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[illegible]

## PERFECT FOR KIDS

"Yes—As you know to show respect to your teachers.  
 They show to them respect to you."

After bowing, the young mouse joined the other  
 young stretching exercises to prepare his



"Then I  
 shall call you  
 Young Samurai," declared the Sensei. "But the Samurai  
 were not just good and courageous fighters; they lived  
 the principles of the martial arts. As you come each day  
 to take your lessons, I shall teach you these principles."



"Very good," he told his new student. "If you con-  
 tinue working that hard, one day you will be a Master in the  
 tradition of the great  
 Samurai."

The young  
 mouse's eyes  
 grew wide with  
 excitement:  
 "That's what I  
 dreamed about  
 last night."

"Then I  
 shall call you  
 Young Samurai," declared the Sensei. "But the Samurai  
 were not just good and courageous fighters; they lived  
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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>Interviews with instructors, masters or students</i>	<i>Book, DVD and film reviews</i>
<i>History related articles</i>	<i>Your own views on things TKD!</i>
<i>Articles on exercises</i>	<i>Letters and emails</i>
<i>Self Defence articles</i>	<i>Profiles of your school or teacher</i>

**Issue Deadlines are the 20th of each month**

## Submission Guidelines

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

**taekwondoitf.it** - Web Site of Taekwondo ITF Calabria

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

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

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

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

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

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

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

**dumainetaekwondo.com** - Dumaine Taekwondo

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A few years ago at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash. At the gun they all started out, not exactly in a dash, but with the relish to run the race to the finish and win. All, that is, except one boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry. They slowed down and paused. Then they all turned around and went back. Every one of them. One girl with Down's syndrome bent down and kissed him and said, *"This will make it better."* Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, and the cheering went on for 10 minutes. This is Taekwon-DO



**Issue 22: 1st December, 2010**

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