

Totally TaekwonDo

The Free Global Tae Kwon Do Magazine

December 2010 • Issue 22

- Teaching Under 13's
- A great Loss:
GM Lee Kum-Hong, R.I.P.
- Close Quarter Taekwon-Do
- Thoughts on a Black Belt Life



Happy Birthday
GM Jhoon Rhee!

Master Clive Harrison
A Martial Arts Journey

Xmas
Competition
Check Inside

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

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Editorial

Issue 22 - December 2010

Welcome to the December issue of Totally Tae Kwon Do magazine. First of all I'd like to officially welcome a new staff member: Mickey Lozano, a graphic designer from Spain, is now in charge of the covers of the magazine.



However, designing funky covers is not the only benefit Mickey brings to the 'Totally Tae Kwon Do' table. As I said, Mickey is a professional graphic designer (his own ad can be seen on page 50) and for anyone who has used such services before, you will know how expensive they can be. But, as a service to the magazine, he is offering a design service for advertisers who wish to promote their products within the magazine, at a cut rate price! One advert in the magazine is all you need, after which the advert can be used elsewhere at your own discretion. Believe me, this service offers possibly a 90% discount on standard prices and is an opportunity not to be missed by potential advertisers.. So much so, you will see I have already had my own adverts overhauled by Mickey, so feel free to compare! This is especially good news, considering Totally Tae Kwon Do magazine is downloaded each month by around 25,000 people, all with a vested interest in a single art! So, either miss the boat or swim out and meet us!

As usual we have another fantastic issue lined up for you including three from Tae Kwon Do Masters! Still, you don't have to be a Master to write interesting articles on Tae Kwon Do, just have a little passion—which all our writers most certainly have. Read about applications for the 'Mountain Block', how to incorporate the short stick (Jung Bong) in Won-Hyo or fighting close quarters with Tae Kwon Do.

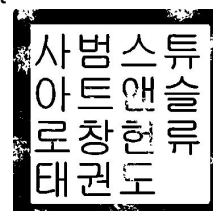
Want more spiritual and less physical articles then no problem—we have two Black Belt related articles this month, as well as one regarding preserving traditions.

Still not satisfied... Want something else... Again, no problem! For instructors we have a very special article on teaching children under 13 years of age, as well as another with some (possibly) new kicking drills that you may like to incorporate into your classes.

Finally, thanks to some very generous writers, we have a special—only in Totally Tae Kwon Do magazine—Christmas competition, where you can win a number of excellent books and a DVD on our art—check it out on page 11.

All that's left is for you to enjoy this month's offerings and wish you all a very Merry Christmas and a great 2011. See you all next year!

Regards,
Stuart Anslow
Editor



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Grandmaster Lee Kum-hong

In Memorandum

By Robert McLain

On November 11, 2010, Grandmaster Lee Kum-hong passed away from liver cancer. Grandmaster Lee ran a Kyungin Gallery in Insadong, Seoul, Korea and resided in Sungbuk-dong, Seoul, Korea.

Born in 1937, Grandmaster Lee was a Kongsoo-Kwonbop student at the Changmoo-Kwan headquarters in Seoul, Korea in the 1950's. He later served as president of the Kangduk-Won dojang in



*Grandmaster Lee Kum-hong memorial flowers.
Photo by Grandmaster Kim Pyung-soo*

the early 1970's. In the Taekwondo world, Grandmaster Lee is most known for his 15-year tenure as Secretary General for the World Taekwondo Federation, assisting Dr. Kim Un-yong in the effort to promote Taekwondo as a future Olympic sport.

Remembered as a generous and good friend, Grandmaster

Lee is survived by his wife, two daughters and a son.



March 1971, Grandmaster Lee Kum-hong at the 1st Chayon-Ryu National Tournament held at Delmar stadium in Houston, Texas, USA. Photo permission by Grandmaster Kim Pyung-soo

1 Mickey Fisher from Dallas, 2 Eddie Grigson from Houston, 3 (Then) Master Kim Soo (founder Chayon-Ryu)
4 Chi Youn-tai, Korean Council General in Houston, 5 Lee Kum-hong from Korea (president of kangduk-won)
6 Grandmaster Park Chull-hee, head of kangduk-won from Korea), 7 Jhoon Rhee from Washington D.C.
8 Rod Prejean, 9 Rhee Kang-hui from Memphis, 10 Kang Dong-won from Tulsa, 11 Ahn Ye-mo from Dallas

4 - Totally Tae Kwon Do 12 Fred Absher from Albuquerque, 13 Lee Kyoung-tai from Toronto

Totally TKD News



P.U.M.A 1st Open Taekwon-Do World Black Belt Championship.

This year marks the 10th anniversary of the formation of the Professional Unification of Martial Arts (PUMA). To celebrate this milestone PUMA are proud to host an event that is open to all fellow ITF style Taekwon-Do stylists. The two day event will feature team and individual events for sparring and patterns. The patterns division will comprise of two divisions for sine wave and non-sine wave patterns performance, so the competition will showcase all chang hon stylists regardless of association or affiliation. There will also be a special technique category which always promises an excellent display of the more challenging techniques of Taekwon-Do.

Master Ray Gayle 7th Degree and Chairman of PUMA said "I have decided to organise the PUMA World Champs as a celebration of the first 10 years of our organisation. It is hoped that the tournament will bring together Taekwon-Do practitioners from all Schools of the art. As with all tournaments that I have had the pleasure to organise, my hope is that every practitioner will compete in the correct spirit and realise that the true winner in every competition should be the martial art itself."

The event will be held over two days on the

19th and 20th March 2011 in Swindon, Wiltshire, England. Anyone interested in taking part or spectating should visit <http://www.pumablackbeltopen.com/> for full details of events and contact details

Great Showing At tournament In Edmonton, Alberta Canada



Medicine Hat, Alberta Canada's Fire Dragon Taekwondo & Fitness's eleven year old Kalen Schenkey (blue stripe) brought home bronze medals in Poomsae and Sparring in the 11 year old boys blue/blue stripe belt light weight division at Master Simon Chung's 9th Annual Tiger Challenge Tournament in Edmonton, Alberta on Saturday November 13, 2010.

Austin Lepp (green stripe), aged 16 in his inaugural tournament fought hard in men's 16 and over heavy weight green belt division, also bringing home a bronze medal in Sparring. Both competitors were coached by Master Mark Pellerin. The 9th Annual Tiger Challenge Tournament was held at Concordia University College and was host to over 400 competitors from numerous Taekwondo schools in Western Canada.



Walkden Wins French Open Title

Great Britain picked up four medals, including gold for Liverpool's Bianca Walkden at the French International Open tonight and further underlined their potential going into what is a World Championship year in 2011. The Paris event, one of only a few on the international circuit which replicates the weight categories of the Olympic Games, provided the British team with a solid platform as they build towards Korea next May and then on to London in 2012.

British Open champion Bianca Walkden added to the French title to her recent Manchester success and her Combat Games win earlier this year when beating her rival and local favourite Anne Caroline Graffe (France) 6-0 in a one sided +67kg final. Walkden, who has risen to no. 2 in the world this year, gave a confident display as she progressed smoothly through each round and it seemed that a victory in Paris was never in doubt. She said "That's three down and one to go. To win in Paris after getting gold in Beijing and again at the British is fantastic and I now want to finish the year in style by winning in Moscow next month."

World no. 1 Aaron Cook (Dorset) took a silver medal when falling just short against Ramin Azizov of Azerbaijan, going down 6-9 in the -80kg Final. Cook, not long back in training after his recent British Open success, was visibly disappointed but delivered a number of strong performances during the course of the event and should go into the New Year in confident mood.

Mahama Cho (London) also picked up silver and though he failed to retain his

+80kg title, eventually losing 2-6 against Ali Sari of Turkey, he will take heart from a storming run to the final that also saw him beat team-mate Damon Sansum in the semis. Cho was happy with his overall performance and said: "The target was to retain the title but sometimes you've got to lose to learn and hopefully next time I'll do a better job. It was fun taking on Damon in the semi final and I'm sure he'll be gunning for me when we next meet."

Damon Sansum (Wales) collected his first senior medal and in doing so, underlined the success of the GB Talent programme. Sansum, a former kick-boxing world champion who graduated from the Fighting Chance programme earlier this year, was delighted by his run to the semi-final where he eventually fell to team-mate Cho. He said: "It's a big achievement to get a medal after only around 6 months with the Team. I wanted to do this and didn't know how realistic it would be to medal but I pulled it out of the bag."

Jade Jones (Flint) battled through to the quarter finals before meeting her match in the experienced Croat, Martina Zubcic. In a fast-paced and high scoring match, Jones put up a sterling effort in going down 15 – 20 and proved that she can more than look after herself in senior company.

Gary Hall, Sport Taekwondo UK's Performance Director said: "Overall I'm delighted with the team's performance and the progress that is being made, as demonstrated both in Manchester and again here in Paris. Bianca's win shows how confident she is after success earlier in the year and I'm particularly pleased for Damon and the Talent squad. We showed ambition in launching the Fighting Chance programme earlier this year and that decision has been vindicated by the performances here this weekend. Damon especially hasn't had long to make the transition from kick-boxing to top class taekwondo but has real potential and we're all proud of his achievement."

Happy 80th Birthday

VIP's Gather To Wish Grandmaster Jhoon Rhee Happy Birthday And To Celebrate 45 Years Of teaching Martial Arts In The USA

By Master Keith D. Yates

Over 250 VIPs gathered together to celebrate and honor the “Father of Taekwondo in America” ,Grandmaster Jhoon G. Rhee for his 45 years of teaching the martial arts in the halls of the United States Congress. The evening was also a grand celebration of Mr. Rhee’s 80th birthday. The Caucus Room of the U.S. Capital Cannon Office Building was packed on September 30, with a veritable who’s who in the worlds of martial arts and politics from former representative Bob Livingston (R-LA) to Grandmasters Y.K. Kim and Jong Soo Park. Guests also

included Walter Anderson, publisher of Parade magazine, William Cecil, president of the Biltmore Estate, and His Excellency Duk-Soo Han, the Korean Ambassador to the United States.

For four and a half decades, unless he was on a out-of-town speaking engagement, Mr. Rhee has driven to the U.S. Capital before sunrise up to three-days-a-week to instruct members of congress in the House Gymnasium in the basement of the Rayburn Building on Independence Avenue. Over the years he has taught over



Presenting an appreciation award from the U.S. Congress are the Hon. Bob Livingston; Hon. Dick Swett. Hon. Trent Franks, Grandmaster Jhoon Rhee, Hon. Nick Smith, Theresa Rhee, Hon. James Symington, Hon. Toby Roth, Hon. Connoe Morella, Hon. Katherine Harris and Grandmaster Y.K. Kim

350 lawmakers and administration officials, promoting many of them to black belt, including Bob Livingston, Jesse Jackson Jr. (D-IL), Mike Espy (D-MS, former Secretary of Agriculture), Pete Hoekstra (R-MI), Carolyn Maloney (D-NY), Gene Taylor (D-MS), Nick Smith (R-MI), Bob Schaffer (R-CO), Howard Pollock (R-AK), Toby Roth (R-WI), Bob Borski (D-PA), James Jeffords (R-VT) and Gerry Sikorski (D-MN).

Of course Rhee has trained and promoted some of the biggest names in the martial arts as well. Allen Steen was his first black belt in America and became the International Grand Champion at Ed Parker's tournament in Long Beach in 1966. Pat Burleson is called the "grandfather of American sport karate," because he won the very first national championship (a 1964 tournament put on, in fact, by Jhoon Rhee). Jeff

Smith, John and Pat Worley, Ishmael Robles, Keith Yates, John Chung, Dennis Brown, Joe Lewis, Joe Corley and dozens of other pioneering martial artists were there to credit Mr. Rhee with inspiring them to develop the arts in America. Besides well-known champions Rhee has taught celebrities as diverse as Muhammad Ali (who credits the grandmaster with helping him develop his punches) and motivational guru Tony Robbins (who earned his black belt and acknowledged Rhee as someone who helped shaped his philosophy). Bruce Lee said that grandmaster Rhee refined his

kicking abilities.

Not content to just be a foundational figure for the United States, Rhee has become known as the "Father of Tae Kwon Do in Russia" as well. He has over 65 affiliated schools across the former Soviet Republics and travels there often to teach and promote the martial arts and its philosophies.



Theresa Rhee steadies the boards for her husband as he prepares to punch through them

Remember President George Bush's "Points of Lights" awards to outstanding contributors to American society? Jhoon Rhee was one of them. Rhee was also named to the list of the 203 Top American Immigrants (the only Korean on that list). He has served on several national councils such as the National Council on Vocational Education and the President's Council on Physical Fitness.

In fact, physical fitness has been one of the hallmarks of Jhoon Rhee's career. He still does a thousand pushups and situps a day, can do full splits, and looks 50 rather than 80 years of age, which led former-representative Dick Swett (D-NH) to comment that "Jhoon Rhee is like the humanoids in 'The Event' TV show—they don't age and he is one of them!" For years he has demonstrated his 100 pushups in just sixty seconds—which he again showed at the September 30th affair (actually he did 103). He also broke two boards with a front snap kick while

balancing a full glass of water on top of his head. In fact Rhee quipped that if he could balance that water perhaps Congress could balance the budget.

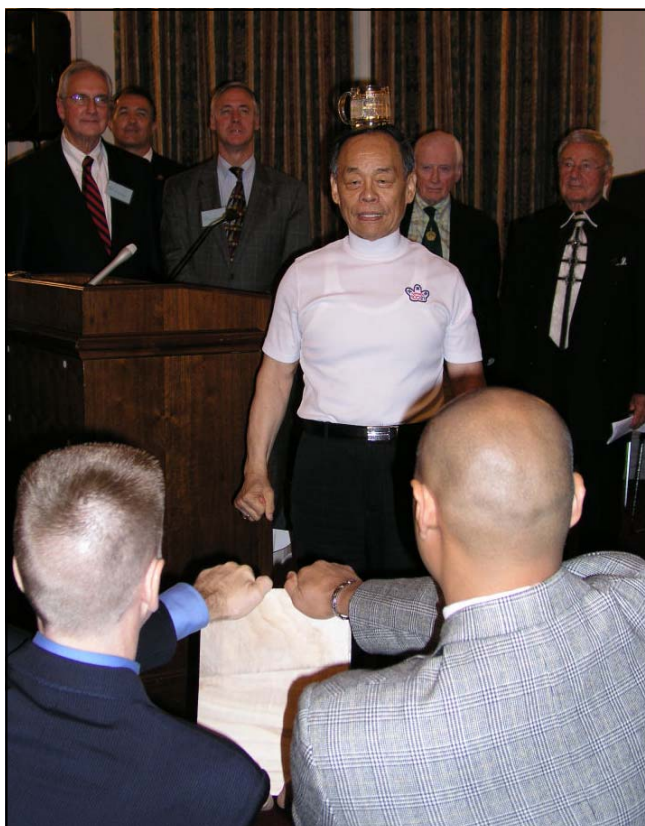
Then turning serious Rhee remembered his time in the Korean army during the Korean War in the 1950s. "I fought side by side with young American soldiers," he said, "who came to defend my motherland, a land they had never seen before. That touched me and I wanted to repay America."

Rhee arrived at the airport in San Francisco in 1956 and he says he encountered a "wonderland." He could not believe the prosperity in the United States. He had been sent to train with the American military in San Marcos, Texas, close to San Antonio. After a brief return to Korea Mr. Rhee came back and began teaching the Korean martial arts to help support himself as he went to the University of Texas. He was the first to teach what would become Tae Kwon Do in America.

arts in the U.S.A., Rhee is the father of musical forms (a staple in all martial arts



competitions today) and the creator of the first foam-rubber sparring pads (which revolutionized sport karate competition and helped it cross over into the mainstream). For his contributions "Black Belt Magazine" named him one of the top ten most influential martial artists of the 20th century. Walter Anderson says Rhee is "one of the great people of the world." Representative Ike Skelton, Chairman of the Armed Forces Committee called Rhee "a national treasure."



Jhoon Rhee is ready to break two boards with a front kick while balancing a glass of water on his head.

But Grandmaster Rhee isn't content to sit back now and reflect on his past accomplishments. He left for Russia the week after the Washington D.C. celebration to promote his new book, "Truthtopia," in which he lays out his "lead by example" philosophy (see how to order below). It can be summed up with a simple statement: "When I am truthful,

Besides being the "father" of the Korean my heart is beautiful; when my heart is



beautiful, people love me; when people love me, I am happy." Mr. Rhee says it can be a new social awakening campaign for a peaceful global society in the Third Millennium. And Jhoon Rhee might just see it through. He says he will gather everyone together for another celebration on his 100th birthday.

"Truthtopia" is available for \$24.95 (hardcover) and \$19.95 (soft cover). That includes a DVD which features grandmaster Rhee's "65 Years of My Taekwondo Way of Life" and his speech to the United Nations in April of 2007. Go to www.jhoonrhee.com.





CHRISTMAS COMPETITION

Its December... that means it Christmas for many and to celebrate, a number of Tae Kwon Do author's (who also write for the magazine) have come together to offer their books or DVD's as prizes in an exclusive Christmas competition...
...only for readers of Totally Tae Kwon Do magazine.

The answers can all be found in one of the author's previous articles, though obviously we cannot make it that easy as to tell you which one, so you will have to do some research! Readers can also enter more than one of the draws if they wish!

To enter, all you have to do is answer the question/s, set by the author and email them to editor@totallytkd.com with the subject line: **Xmas Book Comp** with the following details:



- Your name & Country
- Which Book/s You Are Trying to Win
- Your Answer To The Question/s Set



All correct entries will go into a random draw and the winners will be sent a copy of the book as soon as possible after the closing date.

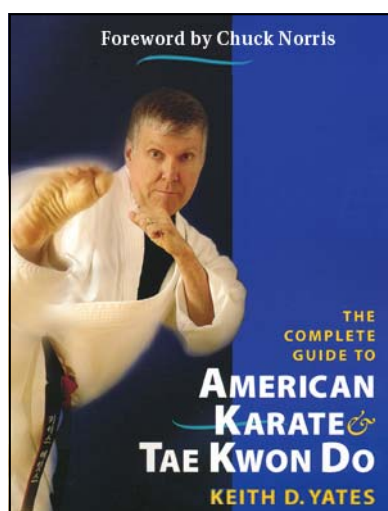
Closing date: 20th December, 2010

The winners will be contacted via their email for the delivery address and announced via next months issue. The prizes will be sent directly from the author, not Totally Tae Kwon do magazine



The Complete Guide to American Karate and Tae Kwon Do

By Keith D. Yates



There are many books on the market that describe the practices of American-style karate and tae kwon do, but few that also explore the rich history and development of these traditions and the philosophy behind them. A 10th-degree black belt regarded as a pioneer in popularizing these disciplines in the West, Keith D. Yates is in a unique position to expand practitioners' knowledge. Illustrated throughout with black-and-white photos, this book discusses in clear, cogent language the origins of karate and tae kwon do, their philosophical underpinnings, and how they evolved in America. Yates also offers authoritative practical information on such common student concerns as the difference between karate and tae kwon do, the requirements for earning a black belt (and the different kinds of black belts), the best style to learn for self-defense, the significance and effectiveness of forms, and even how to find a legitimate school or instructor. Also featuring inspiring short biographies of some of the most famous figures in American karate,

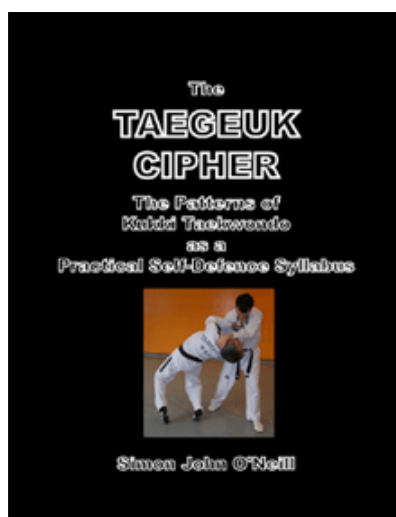
The Complete Guide to American Karate and Tae Kwon Do helps students understand both the "how" and the "why" of these vital martial arts traditions.

"Keith Yates has written one of the most complete overviews of American karate that I've seen. Not only is it comprehensive, it's fun to read." - Skipper Mullins, world karate champion; one of Black Belt Magazine's Top Five Fighters of All Time

To win a signed copy of ***The Complete Guide to American Karate and Tae Kwon Do*** by Keith D. Yates answer the following question: ***Almost 20% of childhood fractures occur in these areas. What are they?***

The Taegeuk Cipher

By Simon John O'Neill



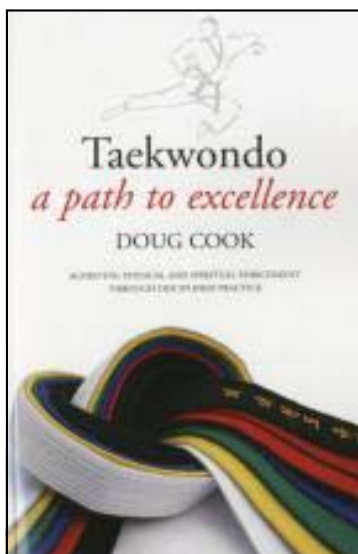
An analysis of the Taegeuk patterns of Kukki Taekwondo, discussing the context of their creation, realistic applications for practical self-defence including grappling and close-range striking, and the development of a pattern-based self-defence syllabus

"This book is absolutely worth every penny.. I personally feel that the history section alone was worth the cost. It was so good to finally read a history of Taekwondo grounded in reality and not coloured by any political bias.. It seems very well researched and unlike most Taekwondo books it does not just repeat everything that has already been written, but contributes with new (and interesting) facts. The applications are like I already wrote simple and effective, with the only draw back being the small pictures. They are easily the best applications to the Taegeuk poomsae I have ever seen in a book." - Oerjan Nilsen (Amazon Review)

To win a copy of ***The Taegeuk Cipher*** by Simon John O'Neill answer the following question: ***What is the main function of the rear hand in the "guarding blocks" when these are used for striking rather than for blocking?***

Taekwondo: A Path To Excellence

By Doug Cook



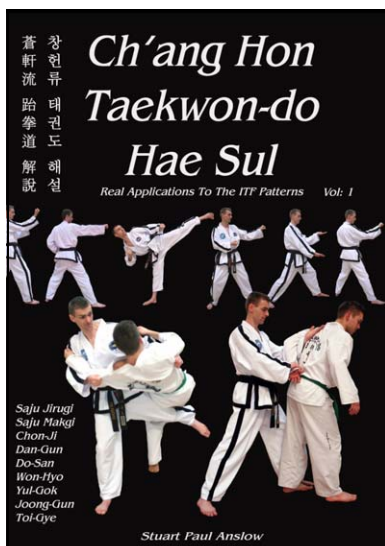
This book offers you the opportunity to visit the garden that is Taekwondo. Discover what it means to be a steadfast practitioner, understand Taekwondo's honorable past, and prosper in the confidence and purpose that Taekwondo offers to all that participate. By following Taekwondo's path and developing its indomitable spirit, you-the Taekwondo traveler-will see the 'Do' or the Way. Learn how to cultivate a natural harmony and rhythm to life, be able to distinguish right from wrong, and be equipped to defend against that which might harm what you hold most sacred.

"What Doug Cook has provided is his own inspirational journey to the mastery of Taekwondo. He offers a very thorough account of the origin and history of the art, the interesting backgrounds of Taekwondo's great masters, and the differences between traditional and Olympic styles. He also tells of one of his training visits to Korea and gives advice on how to have a successful one of your own or with a group." - D. Carpenter (Amazon Review)

To win a signed copy of **Taekwondo: A Path To Excellence** by Doug Cook answer the following question: **Traditionally, one-step sparring is called il su sik. What is the modern term used by the WTF?**

Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns: Vol 1

By Stuart Anslow



This groundbreaking first book studies the history and development of the Ch'ang Hon (ITF) Taekwon-do patterns as devised, taught and developed by the founder of Taekwon-do; General Choi, Hong Hi. Ch'ang Hon Taekwon-do Hae Sul is an in-depth study of the Ch'ang Hon Taekwon-do patterns; their history and their roots; Taekwon-do's evolution; its genetic make-up; its differences with other martial arts; and the techniques and movements that define the system. For the first time since its inception, this book details realistic interpretations for the ITF patterns including Chon-Ji, Dan-Gun, Do-San, Won-Hyo, Yul-Gok, Joong-Gun, Toi-Gye, as well as Saju Jirugi and Saju Makgi.

Over 17 chapters, covering over 360, with over 1,600 detailed photographs, the patterns are examined, dissected and rebuilt to help both students and instructors understand the applications that are really contained within the Ch'ang Hon patterns - many of which were previously unknown and undocumented. In step-by-step photographic detail, learn what the techniques and combinations of the Ch'ang Hon patterns actually represent and how to turn your patterns into a realistic way of training actual self defence techniques that work and turn them into something much more than they are practiced today. Along the way, the reader is treated to a fascinating insight into the history of the Ch'ang Hon patterns as well as Taekwon-do itself, with many of its previously unknown, undocumented or understudied principles revealed. Read what helped to shape the art which became so feared on the battlefield of Vietnam that enemy soldiers were told not to engage the Korean soldiers, whether armed or not, due to their knowledge of Taekwon-do. A historical study of Taekwon-do

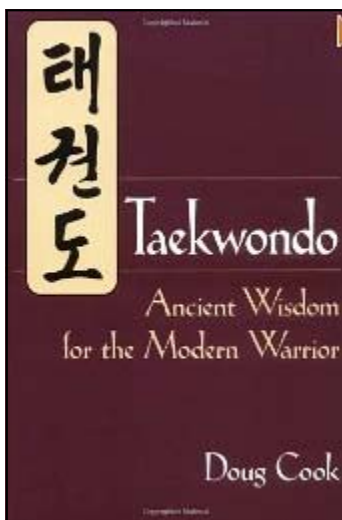
and its patterns - as well as a training manual and an encyclopaedia of realistic applications - make this book a must-read for all those that study and practice Taekwon-do. A milestone for the development of Taekwon-do.

"This book I would recommend to anyone studying the ITF TKD patterns developed by Gen. Choi, who is interested in getting more out of pattern practice than just movement memorization. The author provides good historical background information, provides a very clear methodology for his pattern applications, and has a very clear understanding of the subject matter." - Mark Lynn (Amazon Review)

To win a signed copy of ***Ch'ang Hon Taekwon-do Hae Sul (Vol 1)*** by Stuart Anslow answer the following question: ***Who first developed Karate to be taught as a 'school system', thus losing its most lethal applications?***

Taekwondo: Ancient Wisdom for the Modern Warrior

By Doug Cook



Although millions of people around the world practice the fascinating art of Taekwondo, so little is known about its history, principles or philosophy. It is time to find out just what Taekwondo is all about! Learn how principles such as honor, perseverance, and dedication will enhance your daily life, how the philosophical and physical tenets combine to form not only a way of living, but a solid system of self-defense, and why these concepts are not just quaint ideals, but more important than ever in today's age.

Taekwondo's Ancient Wisdom is not only a 'must read' for every practitioner of any other martial art, but for everyone who seeks to learn from our collective past to better navigate through today's confusing times.

- * Includes a thorough history of Taekwondo.
- * Discover exactly what having a black belt is all about.
- * Learn a simple way of meditation that will benefit any martial artist.
- * Discover the difference between the martial arts as an 'art' and as a 'sport'.

"...Cook writes in an easy-to-understand style, which is particularly helpful for analyzing this complex subject. Any practitioner of Taekwondo, from the novice White Belt to the most seasoned Black Belt, should include this book in martial arts training." - Alan J. Couture, Forewordmagazine.com, Winter 2002

To win a signed copy of ***Taekwondo: Ancient Wisdom For The Modern Warrior*** by Doug Cook answer the following question:

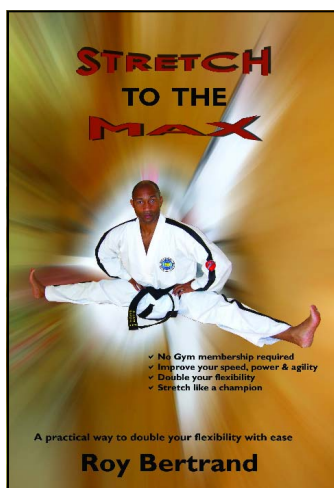
What were the names of the two Hwarang warriors who sought moral guidance from the Buddhist monk Wonkwang Popsa?

Stretch To The Max

By Roy Bertrand

Stretch to the Max is not just for the Martial Artist. It is just as relevant for day-to-day living, as it is for the focused athlete. Whether you are a couch potato, recovering from an injury or perform Yoga, Pilates, Tai Chi, Football, Cricket, Rugby, tennis, cycling or any of the myriad of sports or

activities, you will find useful information in this book.



As we age, our muscles tighten and the range of motion in joints can be minimised. This can put a damper on active lifestyles and even hinder normal day-to-day activities. Tasks that used to be simple, such as zipping up a dress, tying your shoelace or just reaching for an item off the top shelf, can become extremely difficult. A regular stretching program can help lengthen your muscles and make daily living activities easier. The benefits gained from stretching correctly and regularly are immense. For example it:

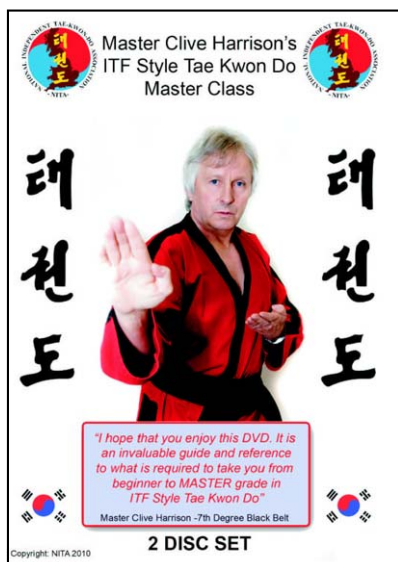
- Increases mobility in muscles, joints and tendons
- Improves posture
- Prevent injuries such as muscle strain
- Reduces muscle tension, helps the body feel more relaxed, increases circulation and aids in the reduction of muscular fatigue
- It reduces every day stress

"I love this book. It's an absolute buy for those undertaking regular exercise. I recently returned to martial arts after a 15 year layoff, and I can say that this book has helped me to become more flexible and faster than when I was 20." - Stevee (Amazon Review)

To win a signed copy of **Stretch To The Max** by Roy Bertrand answer the following question: **What does NLP stand for?**

ITF Style Tae Kwon Do Master Class DVD

By Master Clive Harrison



Everything you need to know in this 2 disc set. These amazing DVD's contain the complete syllabus required for advancement from beginner to Master grade in ITF style Taekwondo.

No matter what your grade you can learn and benefit from Master Harrison's 30+ years of knowledge and experience in Taekwondo.

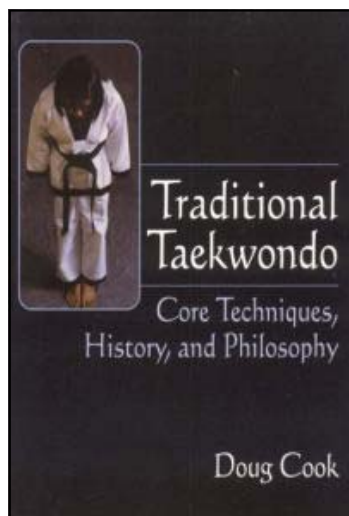
Using the latest state of the art technology and special effects these DVD's are far more than 'just another training DVD' but are also entertaining and informative.

"I cannot praise these DVD's enough; I thought they were brilliant; the content was fantastic the back drops were really great and the patterns, sparring, breaking and information was second to none. It just shows what a true Master has to know and Master Harrison is one." - Master Ted Hopwood 8th Dan

To win a copy of **ITF Style Tae Kwon Do Master Class DVD** by Master Clive Harrison answer the following question: **Who is credited with bringing Tae Kwon Do to Great Britain and in which year?**

Traditional Taekwondo: Core Techniques, History And Philosophy

By Doug Cook



The principles and techniques illustrated in this book, having been handed down over the decades, if not centuries, emphasize a core philosophy rich in defensive strategy.

Taekwondo, literally translated, can be defined as "foot, hand way" or "the way of smashing with hands and feet." Such descriptive nomenclature understandably implies a curriculum rich in self-defense. Too often, however, this is simply not the case. Given the current popularity of sport competition in the martial arts, many techniques of defensive value have been stripped away or forfeited altogether in favor of those certain to score in the ring. While the thirst for Olympic gold has clearly played a significant role in propelling taekwondo into the forefront, it should be remembered that this native Korean martial art contains over 3200 distinct self defense techniques.

This book describes in detail, the history and evolution of Taekwondo from its ancient roots to modern day applications. Also included are exercises in "Ki" or internal energy development, meditation practice, and practical self-defense strategies. This work focuses on the traditional aspects of Taekwondo rather than on its sportive component.

"Cook once again has contributed greatly to Taekwondo. His first book is one everyone should have in their martial arts library. His second, this book, begins where his first left off. Where Taekwondo: Ancient Wisdom for the Modern Warrior speaks of principles, this book covers the history and techniques, both physical and metaphysical in nature, of Taekwondo." - A Martial Arts Lover (Amazon Review)

To win a signed copy of **Traditional Taekwondo: Core Techniques, History And Philosophy** by Doug Cook answer the following question: **On what date was Taekwondo named?**

Remember

To enter, all you have to do is answer the question/s, set by the author and email them to editor@totallytkd.com with the subject line: **Xmas Book Comp** with the following details:

- **Your name & Country**
- **Which Book/s You Are Trying to Win**
- **Your Answer To The Question/s Set**

All correct entries will go into a random draw and the winners will be sent a copy of the book as soon as possible after the closing date.

Closing date: 20th December, 2010

The winners will be contacted via their email for the delivery address and announced via next months issue. The prizes will be sent directly from the author, not Totally Tae Kwon do magazine.

Totally Tae Kwon Do magazine would like to thank all the authors of these products for contributing to this years Christmas draw, especially considering the fact that they are supplying them (as well as postage to anywhere in the world) out of their own pocket—many many thanks.

Master Clive Harrison

A Martial Arts Journey

By Master Clive Harrison

MY LIFE AND MY PERSONAL PHILOSOPHY ON TAE KWON-DO, THE IMPORTANCE OF IT'S TENETS AND THE IMPACT TAE KWON-DO AND MARTIAL ARTS HAVE HAD ON MY LIFE OVER THE LAST 33 YEARS.

To fully what the Martial Arts and Tae Kwon-Do has meant and still means to me I feel I need to start at the very beginning so that I can try to help you understand that the road Martial Arts has took me was never planned or even contemplated because when I was a young boy growing up in a once small market town in Worcestershire there was no such thing as a Martial Arts club.

I was what you could call a "normal" boy whose interests were all sports especially fishing, swimming and football. I left school at 15 to work as an apprentice Carpenter for a local firm. It was at this time (1967) that I got involved with local groups playing guitar for school dances and other local events. By 1970 my life consisted of work and going out with my mates at weekends with the odd bit of sporting activity thrown in. So I suppose



*Master Harrison receiving his 7th Dan certificate
by Master Hopwood 8th Dan*

you could say I was just "working to live" with no particular goal or direction in my life.

All this was soon to change as in 1972 a T.V series called Kung Fu became the next big thing (although at that time I didn't even know what Kung Fu meant) and some one called Bruce Lee hit the cinema screen with an impact that would change the then "secret" world of Martial Arts forever and inspire thousands of ordinary people like me to join one of the many Kung Fu schools springing up all over the

country.

So my journey in Martial Arts had started, but what was it like to train in Martial Arts in those days? I can assure you it was nothing like it is today, let me try and explain.

My first Instructor was a man called Jimmy

Easterlow and his only qualification was an Orange belt in Judo and a few moves he had learnt from a Chinese waiter called Sonny Dunn. The training was very basic but Jimmy (as he liked to be called) was extremely honest and never tried to pretend he was something he wasn't and I always admired him for that as there were so called "experts" suddenly opening schools up every where.

Over the next 7 years myself and a small group of friends also trained in White Crane Kung Fu and Wado Ryu Karate, and to me Martial Arts seemed just like any other sport, something I did because I enjoyed it, although I seemed to be getting more out of it than if I was just swimming or playing football but I couldn't put my finger on what as we were not being taught anything other than just the physical moves at that time.

1977 My first taste of what it means to lose some one dear, my father dies aged 64 from lung cancer 2 months before the birth of my first child, Lisa. He never got his wish to see her before he died. This was a new experience for me, and one that I was to experience much more later on. Our whole family was devastated but we rallied round and like any other family we gave Mom our support and helped each other through it. It was the 10th April 1979 that proved to be the turning point for me. That was the day the very first beginners class in a new Martial Art called Tae Kwon-Do started at Christopher Whiteheads school in Worcester. The Association was the U.K.T.A (under Master Ki- Ha-Rhee, then 7th Dan) and the Instructor was Mr Don Atkins then a 2nd Dan.

It was in the U.K.T.A. and for the first time I was introduced to properly run events such as competitions, seminars and later Instructor and Umpire courses.

I knew then that this was the Art for me and along with my friend Kevin Tivenan became Mr Atkins first ever Black belts.

From the grade of red belt we were training 6 times a week, twice at Worcester, twice at Redditch then over to Warwick on Fridays and finally among ourselves at Worcester on Sundays.

My first major disappointment came when Kevin and myself both failed our Black belt pre-grade which meant that we couldn't take our Black belts at the next Black belt grading in March 1982. As Worcester club was growing quite big at this stage Mr Atkins spoke to Master Rhee and he agreed that if we travelled to Glasgow and trained every day at Master Rhee's academy then we would be allowed to grade.

That week in Glasgow staying in a council house and training with Master Rhee every day and evening was one of the hardest weeks of my life but come the weekend we had got the chance we had worked so hard for.

- 6th March 1982—PASSED MY BLACK BELT , 10 years after starting Martial Arts.
- 9th September 1982 became Instructor at Gloucester. The club started with about 8 students one of which, Neil Williams who went on to be World Champion in 1991 and the other Paresh Bhadeshia who has stayed loyal to me to this day and is now Chairman of the G.T.I.
- 1983, following a meeting on a bus at Nottingham a large number of Instructors including Mr Atkins, Mr Dave Oliver, Mr Kenny Walton, Mr Ron Sergiew, Mr Tony Sewell, Mr Kim Stones, Mr Jackson White and Mr Paul Donnelly, myself and others were told by Mr Bob Howe (who was the first ever person to be graded to black belt in Great Britain) that we were leaving the U.K.T.A. and forming a new association called the T.A.G.B.

- We started the T.A.G.B. with around 1500 students.
- 1984 Graded to 2nd Dan by Master Hee-Il-Cho.
- 1985 Gloucester had grown to over 40 students and I opened my 2nd Club in Tewkesbury with Mr Kevin Summers, another student that started at the same time as me.
- 1990 Another massive heartache as my Mom dies aged 73 from stomach cancer. It took a long time to come to terms with our loss as we were very close. By now I'm starting to learn a lot about coping with the sad side of life.
- I'll always remember her talking to the ambulance driver on her way to the hospital about how proud she was of my achievements in Tae Kwon-Do.

One week later she died in my arms. I placed my Black belt in the coffin for her. It still hurts now when I remember those events.

- Sad day for me and the club when a student died in class. One of the only times I felt I didn't want to continue teaching. It was the support from my students and parents that persuaded me to carry on.



Kevin Tivenen, Mr Atkins and Clive outside Master Rhee-Ki-Ha's Academy in Glasgow March 1982

- 1986 Graded to 3rd Dan by Master Hee-Il-Cho.
- 1988 one of my students, Mark Weir who had only passed his Black belt 3 months earlier won Gold at the first T.A.G.B. World Championships. He was also selected for the Great Britain team and won his 2nd Gold when the squad won the team event. Words cannot describe how I felt that day.
- 1989 Graded to 4th Dan by Master Hee-Il-Cho.
- 1991 Second World Championships and Mark wins 2 more Golds and Neil gets his first.
- My Gloucester team takes 2nd place narrowly missing out to the champions Warwick. Afterwards I realised that my team was far better than Mr Olivers, but he had prepared his better and he whispered to me "failing to prepare is preparing to fail", I learnt a hard lesson that day. It was me that had failed, not my team.
- 1993 After long talks with Mr Kim Stones who had left the T.A.G.B to join another newly formed association, the G.T.I., I decided to follow him and so after 10 years I left the T.A.G.B.

- I open my 3rd club in Worcester.
- 1994 I open my full time academy "kickers" in Worcester. I enjoyed the experience of owning a full time academy but after 2 years the building I was in was knocked down for re-development and so I went back to the sports centre.
- 1998 Elected Chairman of the G.T.I. following an A.G.M meeting where the previous Chairman wanted to change the way the association was run and the majority of instructors disagreed and it was here that the G.T.I showed that it was a true democracy by way of a full instructor vote.
- 2000 Start to study pressure points with Rick MoneyMaker and Dave Honey. By now I have had over 200 students through Black belt and above.
- 2001, December, surprise party organised to celebrate my 50th birthday and also the 20th anniversary of Gloucester club, over 100 students and family were there and I had a great night. It was very emotional to see such support and it was here that proved that T.K.D. means so much more to people than just 2 hours a week training.
- 2004 Not a good year, I felt I had to stand down as Chairman as there was an on going lack of unity within the Committee with certain members not showing the commitment to the association I thought was needed, and I was no longer prepared to be a figurehead for people that had little or no respect for me, my ideas or the decisions I had to make in my position as Chairman. Mr Bhadeshia moved up to Chairman to try to calm the situation down.
- Also towards the end of the year one

of my area Instructors made untrue accusations about me to try and get me ousted as area rep. The other instructors didn't believe him and voted in my favour, however even more serious accusations were levelled at me early in 2005 that were serious enough to have the Committee suspend me while Mr Sewell and Mr Cockburn conducted a thorough investigation and found all accusations completely unfounded and I was immediately re-instated.

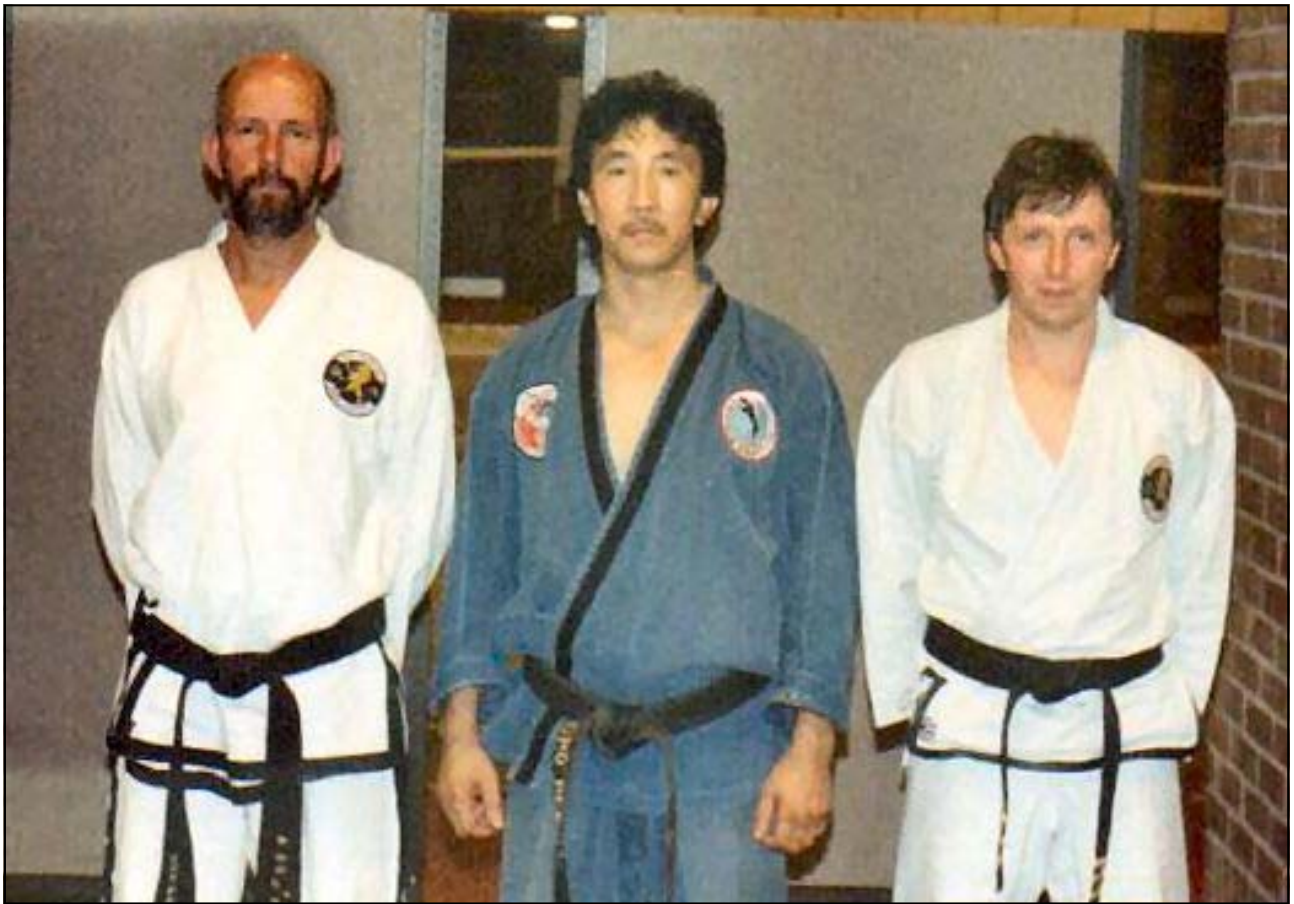
However through all this I still gave the G.T.I. my total support and in spite of the negative things that had happened there were many positives that came out in the end. The Committee members that were the reason for me standing down as Chairman, resigned. The Instructor that had caused me all the problems also resigned.

A new area rep for the Cornish area joined the Committee and now we have a Committee that can once again work for the good of the association. For every negative there's a positive, or just coincidence??

I believe that every now and then life throws up some things that are meant to test us. There's a saying "*life is not always a bed of roses*" the way you deal with problems and work through them is what gives you experience in life.

The way you learn to cope with the difficult and stressful events in your life, debt, illness, losing a job, having people you care about turn against you, relationship breakdowns, the death of loved ones, the list goes on. All these things will happen to most of us at some time in our life and only those who have gone through them can truly help and advise those experiencing similar problems.

You can't learn how to cope with your marriage breaking down or your mother



Clive with Master Hee-II-Cho and Master Dave Oliver (TAGB Chairman)

dying by reading a book or going to college. At times like this you need to turn to a friend who has suffered the way you are suffering, who will spend time with you and talk to you, and help you through the bad times.

THIS IS WHAT BEING A MASTER IS ALL ABOUT.

A MASTER is far more than some one who can fight well or do a nice pattern or get you through your next grading. A Master is some one who can help you through the difficult times in your life because **THEY HAVE BEEN THERE**, and this kind of experience can only come with AGE.

Why do you think that a true Master grade starts at 7th Dan.? Because if the student has gone through the grading syllabus with integrity, and not skipped grades or self promoted or cheated then they would have been training for a minimum of 25 years or more.

I know a lot of young “masters” would not agree with me but I believe the old image of an elderly wise person that can guide their younger students not just through martial arts but also every day life (the image of master Po in the series Kung-Fu) for example. I’m not saying you need to be a blind Shaolin monk, but knowledge and experience can only come with time.

Through out the previous pages I have shown various high and low points of my life through a training career that has spanned over 33 years. The one thing that has been constant throughout has been Martial Arts.

People react differently to difficult times in their life. Some smoke, some turn to drink or drugs, some get into bad ways, I had Martial Arts, they were a tool I used to get me through and guess what, it worked.

Do I sound too good to be true? did I never make mistakes? I’ll be honest I’ve made

more mistakes than I care to remember. Some one once told me “a man who has never made a mistake has never made anything”. Every one makes mistakes, the secret is to learn from them. For every negative situation try to look for something positive, that way some good has come out of it. Try not to make the same mistake twice. Life is about learning from your mistakes, that’s what gaining experience is all about.

MY PERSONAL PHILOSOPHY ON THE TENETS OF T.K.D.

The tenets are the ying to the physical trainings yang. The Tae + Kwon are the physical aspects of your training it is the Do that builds the character of the student. It is the philosophy and moral teachings that make T.K.D. a Martial art and not just a sport. I have always tried to live by the tenets of T.K.D. not always successfully but I firmly believe that it is the Do side of the art that is the most important and also the most miss-understood.

THE TENETS (Jung-Shin)

Although the tenets of courtesy, integrity, perseverance, self control and indomitable spirit are taught from white belt it is some time before the student can grasp what they truly mean. My interpretation of the tenets are personal to me and other students may interpret them differently, how ever I believe they are a moral guide for all your life, not just the dojang.

COURTESY (Ye-Ui)

To be polite to one’s Instructors, seniors and fellow students.

I always try to treat every one with respect, politeness and fairness. I try to give as much time as I can to any one that needs my help or advice whether they are a high graded Black belt or a six year old white belt.

When I was Chairman I always tried to help when ever I could and make decisions

that I believed were fair. I always made myself available to any one at any time.

I never mean to appear arrogant although because I am so passionate about Tae Kwon-Do and the G.T.I. I can sometimes come across as such. Perhaps T.K.D. is to blame for that as years ago I would never have had the confidence to stand my ground as I sometimes do now.

In every day life I strive to be courteous to every one I meet, I am very conscious of behaving in a respectful way and using my manners at all times.

INTEGRITY (Yom-Chi)

To be honest with yourself, to be able to define right from wrong.

I believe I am an honest person both inside and outside the Dojang. I will never lie when asked a question, if I don’t know I will admit it and say “I will find out” and then get back with a truthful answer.

As far as T.K.D. goes I have never graded before my time, I have never self promoted and always earned my grade on the floor in front of a senior examiner.

I believe that through out your life you are faced with instances where you are faced with negative influences but once you can differentiate between right and wrong then as a human being you have to make a choice which path to take.

This is not as easy as it sounds, negative peer pressure can be very persuasive. That’s why there is a serious crime, drug and alcohol abuse problem in the world today.

I believe that training in T.K.D both physically and through understanding it’s philosophy and moral guidance the student develops into a person that has a stronger will to stand firm and choose the right path.

PERSEVERANCE (Il-Nae)

To never cease in the pursuit of achievements and personal goals.

A winner never quits and a quitter never wins.

One of the hardest things in life is to keep striving for your goal when the going gets tough and the easy option would be to quit. T.K.D. teaches the student to NEVER quit but to persevere until your goal has been achieved. Any one can work or train when things are going their way but to continue through the bad times develops a strong character in the student.

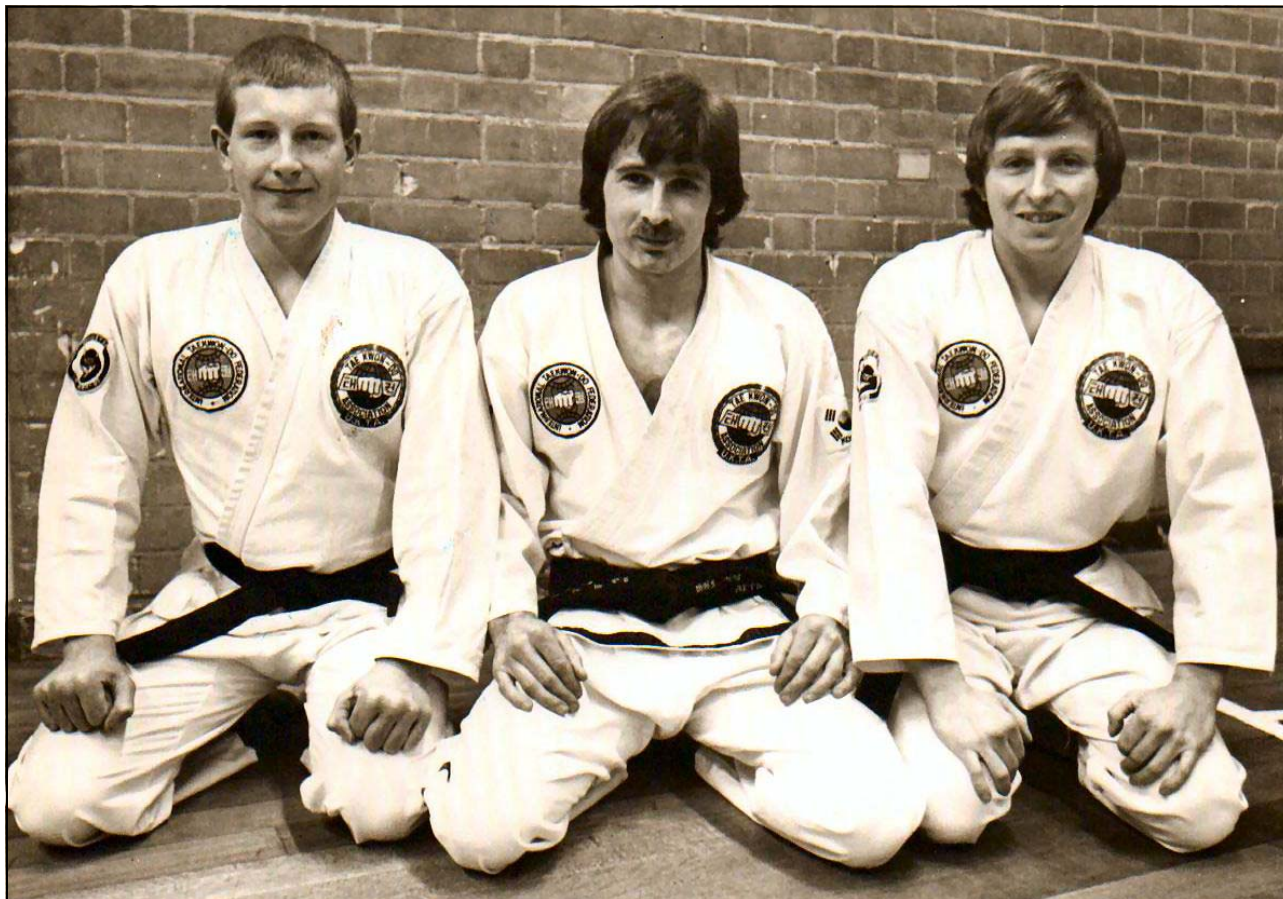
Great leaders through out history didn't get where they were by being weak and giving up when things got tough. Hitler and the Nazi's were defeated by the allied forces not giving up but going through hell rather than submit to evil.

Winston Churchill gave a famous speech by only saying 7 words. At an American

University a packed audience waited for the great man to give one of his famous epic speeches but he just stood up and said "NEVER GIVE UP, NEVER, NEVER GIVE UP" and sat back down again. This was a simple but fantastic example of perseverance.

I would be lying if I said there were never times when I wanted to give up Martial Arts, there were more times than I could count, but as Master Hee-Il-Cho said "There will be times when you feel you cannot go on, but for those who do, the rewards are limitless, this I promise you". He is absolutely right.

I am so glad I didn't quit training because the "job satisfaction" from helping a shy or weak child develop into a strong and confident teenager or adult cannot be put into words. Seeing 300 students achieve their Black belt or higher Dan grades, helping students identify their own personal goals then seeing the look on their face when they achieve them. These images



1982 with Kevin Tivenen and Don Atkins—Kevin and Clive were Mr Atkins first two black belts

will stay with me for ever.

There are so many people out there who need the help that Martial Arts can give them that if we as instructors quit how many people would not get that help.

As the last words of our oath says "I will STRIVE to build a more peaceful world"

To strive is to persevere.

SELF CONTROL (Guk-Gi)

To live ,work and train within your capabilities, with the capacity to realise your own limitations to protect your self and others from unnecessary harm.

A very important tenet when you consider the power that can be generated from T.K.D. techniques. To use it's techniques with out self control is both dangerous and irresponsible. The colour red tells the student to exercise control and use their skills wisely and in a responsible manner. To have the knowledge and power of Tae Kwon-Do without self control would be like giving a loaded gun to an untrained and irresponsible person or sitting an untrained driver behind the wheel of a powerful sports car and just letting them loose to do what they want.

Self Control is not just about your training in T.K.D but it is also very important in every day life. You have to have self control to live financially within your means other wise you stand the risk of getting into debt and all the problems that go with that. You need self control and self discipline to make sure you get to work or school on time. Missing the bus could mean losing that contract or customer you were due to see at 9-00am, or getting to school too late could mean you miss to that important exam.

Maybe you need a little bit more self control when some one cuts you up in your car. Not exceeding the speed limit because you are late (could be costly if that speed camera gets you) or having the discipline not to eat that huge bar of chocolate or that

delicious fried breakfast because of that diet you are on.

Lao-Tzu said "*the stronger person is the one who wins over himself rather than some one else.*"

INDOMITABLE SPIRIT (Baekjul-Boolgool)

To show courage when you and your principles are pitted against overwhelming odds.

To have indomitable spirit is to have the courage to stand up for what you believe is right. This is not as easy as it sounds. Many times through out history people have given their lives for their principles and beliefs.

Millions have died before denying their faith, the early Christians murdered by the Romans, those hundreds of thousands killed in the Spanish inquisition. Catholics killed because they were not Protestants, Protestants killed because they were not Catholics.

People senselessly murdered just because they had a different faith or belief to some one else. Millions murdered because they had the courage to stand against a power mad dictator or megalomaniac. Hitler, Stalin, Pol Pot, Saddam Hussain, Alexander the Great, Ghengis Khan, hundreds of kings, Emperors or Military dictators through out history who murdered countless millions to achieve their blood thirsty dreams of power and it's still going on.

But for all the stories of Evil there are also tales of bravery and courage (indomitable spirit). For every evil act there is a good one (Ying-Yang) Man has the power to do good or evil, to kill or heal.

General Choi gives the example of King Leonides and his 300 Spartans who fought to the last man against overwhelming

forces. A similar act happened at the Alamo in Texas (180 Americans against a 3000 Mexican army), and with General Gae Baek out numbered 10 to 1 by the joint forces of Kim Yoo-Sin and the Chinese Tang army. Acts of great heroism have happened for as long as history can remember where people have given their lives to save some one else or for a cause, Ahn-Joong-Gun, Joan of Arc, Jesus Christ, St Peter, St Paul and many other martyr's. Braveheart William Wallace, the many soldiers presented with a V.C. or other medals, the list is endless and the one thing that these people all possessed was Indomitable Spirit.

Confucius said *"it is an act of cowardice not to speak out against injustice"*. This is a great example of indomitable spirit, when an easier option would be to say nothing.

OTHER TENETS

A tenet is a moral principle and General Choi gave us five, but I believe there are other values that can enrich our live if we

strive to achieve them.

LOYALTY

To be loyal is to be faithful and unswerving in your allegiance.

Loyalty is difficult to describe as it is something you feel rather than something you do. It is only when you experience disloyalty that you realise the true implications of this tenet. As with indomitable spirit many people have died to maintain their loyalty to a person or cause. Beware of divided loyalty where you have to choose between more than one person or thing. It is only through your integrity can you make the right choice. One loyal friend is worth more to you than 100 sycophants. The first line in the code of the Hwa-Rang states *"loyalty to king"*

HUMILITY

The Dalai Lama taught "if one assumes a humble attitude then one's own good qualities will increase."



Competing in Dublin Ireland with the TAGB team, 1985

The bow in Tae Kwon-Do is a mark of respect to show our humility. Every one is greeted with a bow. Through out the lesson we bow to one another regardless of status or rank.

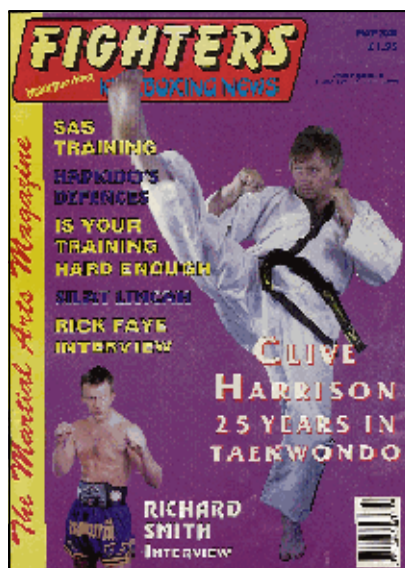
A person who is humble and has humility is less likely to be burdened with a big ego. They understand that they are no better or worse than any one else.

TRUST

The 3rd line in the code of the Hwa-Rang states that there be trust among friends.

Trust is the ability to keep ones words and promises. An untrustworthy person loses their dignity and principles. To have a person as a friend that you can truly trust is a rare gift. It is very important to be a person that can be trusted both in times of need or to be someone that people can turn to in confidence when the need arises.

In times of stress or conflict you need people around you that you can trust for advice and support.



On the front cover of Fighters magazine, 2000

DISCIPLINE

With discipline you can control and enjoy your life to the full.

A disciplined person will be a leader, not a follower. They will be respected and looked up to as a role model. A disciplined person is more likely to overcome life's problems easier as they are less likely to panic when problems arise.

In the dojang, without discipline there would be chaos and the training hall would be a dangerous place. With discipline there is control, with control there is safety. If people train or work in a controlled and safe environment they feel secure and learn and work better.

VIRTUE

The ability to live your life in a moral, tolerant and compassionate way.

A virtuous person will follow all the other tenets and act naturally to better the society in which they live. Confucius recognised this by saying "Virtue is like the North Star, all the other stars revolve around it in an orderly fashion."

It was this tenet that formed the basis for the code of the Hwa-Rang and the code of chivalry practised by the medieval knights. If a person is virtuous then they possess other qualities such as a sense of justice and righteousness.

HUMANITY

This is the ability to feel sorrow and pity for the misfortunes of our fellow human beings. In humanity we see all the other tenets come into play, to define what brings out the best qualities in a human being.

To have humanity is to understand the weaknesses in a person and to try to help those less fortunate than your self.

To behave in a way that promotes morality, kindness and mutual respect for each other. Not to look down on people but to treat all as an equal. To be sincere in a willingness to help others.

These are my interpretations of the importance of trying to live by the moral principles (tenets) and to make sure to get the importance of a balance between the physical part of training (Tae and Kwon) and the spiritual and philosophical part (Do) If you can achieve this balance then you are on your way to becoming a true Martial Artist.

MY PHILOSOPHY ON TRAINING IN THE MARTIAL ARTS

A lot of my philosophy regarding Martial Arts has already been mentioned in the previous pages of this thesis, however in a nutshell I believe that training in the Martial Arts is the finest way for an individual to develop themselves physically, mentally and spiritually into the best person they can possibly be.

I have said to my students that I have the “best job in the world”, maybe not financially but in terms of personal satisfaction there is nothing better.

What other “activity” can take a young shy child or an insecure adult and give them the confidence and strength of character to meet life’s challenges head on. You can’t go into a supermarket and buy £20’s worth of confidence or £50’s worth of assertiveness.

We as Instructors sometimes don’t realise the responsibility we have towards our students. Things we say will stay with them forever, I still remember advice given to me 30 years ago. We can build up a student or destroy their confidence in an instant.

Some one once told me “we are in the business of making dreams come true” how right they were, but a thoughtless instructor can just as easily shatter those dreams.

Parents come to me and say that their child’s school work and exam results have improved because their concentration and attitude is better than it was before.



Clive with his student Mark Weir after Marks 1st World Championship win 1988—Mark is now big in the MMA world

Another benefit of T.K.D training is having a grading syllabus. This is the way a student is encouraged to identify their goals, we then help them to work towards and achieve that goal.

The setting and achieving of goals is a life skill not just a Martial Art skill. We encourage the student, through the setting and achieving of goals, to believe in themselves. Ask any student who has been with you for a length of time if they believed they would be able to do the things they can now, when they first started, chances are they will say no.

One instructors school motto is “imagine it, believe it, achieve it” instilling in the student that if their self belief is strong enough they can achieve any thing they wish.

This attitude is very important to help them progress and succeed in their every day life.

We always say the oath in every class. We believe that this is still in the student a moral promise they make to themselves to live a responsible life. The oath also promotes social ethics by reminding the student observe the tenets and show respect.

In a modern world that places so much emphasis on material gain and a “look after number 1 mentality” and sets your social standing on how expensive your house or car is, how many expensive gadgets you own or how many holidays abroad you have each year, it's nice to be reminded that what is truly important are the things that money can't buy.

While it may be necessary in today's world to drive a car or own a computer and mobile phone as our living may depend on it or the education of our children, it's important to realise that through the moral and ethical teaching of the Martial Arts we can promote even greater values, that of courtesy, respect, humility, and a willingness to help others, instilling in ourselves a true feeling of harmony and peace and to really strive to build a more peaceful world.

I have often been asked “what motivates you to still be training in Martial Arts after 30 years?. Good question, no easy answer, and yet there is. Quite simply, my

students, and the help I can give to develop them and see them realise their dreams and ambitions.

When a G.T.I. student passes their black belt they receive a letter reminding them that the gifts they have been given are priceless, so the way to repay, is to give back and help others achieve the same benefits that becoming a Black belt can have on a person. This may sound very idealistic and quite frankly, it is, it's a dream, it was General Choi's dream because if this dream is realised we truly would have a more peaceful world.



I will close with a writing by the ancient Chinese philosopher Confucius.

If there is righteousness in the heart, there will be beauty in the character.

If there is beauty in the character, there will be harmony in the home.

If there is harmony in the home, there will be order in the nation.

If there is order in the nation, there will be peace in the world.

The general perception of the public is that the Martial Arts are all about fighting, how wrong they are. The Martial Arts are about having the confidence to deal with a situation in a strong, positive, fair and assertive manner so you DON'T have to fight.

I believe that through the teaching of true Martial Arts WE CAN build amore peaceful

world and fulfil the dream of the late Choi-Hong-Hi.

PEOPLE THAT HAVE INSPIRED ME OVER THE YEARS IN MARTIAL ARTS

In over 30 years of training in the Martial Arts I have met hundreds if not thousands of people from a variety of Martial Art backgrounds. Some have had a big impact on me while others I would rather forget. Some of those I have learnt from in one way or another I will list here and offer my thanks for what they have done for me.

- **MR JIMMY EASTERLOW**

For always being honest with me and never pretending to be something he wasn't.

- **MR DON ATKINS**

Who was my original T.K.D. Instructor. Although we went our separate ways after 10 years I learnt a lot and the way I teach now still has his influence to a degree.

- **GRAND MASTER RHEE-KI-HA.**

Master Rhee took all my coloured belt grading and in 1982 awarded me my Black belt. We have Master Rhee to thank for spreading T.K.D in Great Britain, without him we would probably not be where we are today.

- **GRAND MASTER HEE-IL-CHO.**

Grand master Cho was an enormous influence on me and I had the privilege to get to know him personally, a truly great Martial Artist.

- **BILL WALLACE**

A legend that I had the privilege to train with on several occasions, a true superstar and a really nice guy.

- **MASTER E HOPWOOD**

Master Hopwood is a fantastic example of some one who leads by example. In spite of a progressive illness his commitment to the G.T.I, T.K.D and his students never

faltered. I had the honour to be graded to 6th Dan by him and although he has had to cease teaching I was humbled when he asked if he could grade me to 7th Dan. He actually said that he would be HONOURED to grade ME. What a compliment. His Indomitable Spirit is beyond question.

- **MR DAVE HONEY**

I have known Mr Honey for 15 years and although he is a 5th Dan in Wado –Ryu we have trained together for years and he has taught me what I know of the art of pressure points. Although I have trained with other “masters of pressure points” I can assure you Mr Honey’s knowledge is second to none.

- **TONY SEWELL**

What can I say about Mr Sewell that hasn't already been said. In T'K'D' the mans a legend. What you may not know is that he is also a very nice guy.

- **RAY SMEATHERS**

The best exponent of patterns I have ever seen, I learnt so much from Mr Smeathers and I am grateful for the time and effort he gave me over the years when I had the difficult Dan grade patterns to learn. It's down to him that I can pass that knowledge on to my Black belts and to the rest of the G.T.I to help maintain our high standard.

PEOPLE WHO HAVE INSPIRED ME OUTSIDE MARTIAL ARTS

- **MY MOM AND DAD**

For doing a great job bringing me up and instilling in me the importance of behaving in a proper manner. My Dad for impressing upon me the importance of having a trade behind me. This has proved invaluable over the years. My Mom for always being there for me and supporting me in whatever decisions I made in life. No one could have wished for a better Mom although she could be a strict disciplinarian

(my legs still sting from a well aimed smack) if I overstepped the mark. I miss them both terribly and I dedicate this thesis to them.

- **MY SISTERS , BETTY AND RUBY**

We are closer now than we have ever been and I know that if I should need them I only have to pick up the phone and the same goes for them. They are honest, meek and thoughtful and would readily help any one in trouble.

- **JOHN CRANE**

John has been a friend and work mate for almost 20 years and should I need a hand with anything John is the first one there. There are times when he is an utter pain in the neck but he is as honest as the day is long and will help anyone in trouble.

- **MOHAMMED ALI**

Not just for his amazing skill as a boxer but for the way he stood up for his principles even though it meant he was stripped of his title and risked going to prison for his beliefs.

- **BOBBY MOORE**

A true gentleman both on and off the football field. He conducted himself the way a true sportsman should. A great ambassador for his country

- **WINSTON CHURCHILL**

For guiding this country through it's darkest days in modern times.

- **DAVY CROCKETT**

Who chose to die rather than surrender to a tyrant.

- **THE BEATLES**

Growing up in the sixties and playing guitar in a band, need I say more.

ON A MORE SERIOUS NOTE, THE COUNTLESS PEOPLE THROUGH OUT HISTORY THAT HAVE DEVOTED THEIR LIVES TO HELP OTHERS.

This thesis was written in 2005 and since then I have become part of a newly formed association the "National Independent TaeKwonDo Association" (N.I.T.A.) where I have the position of Chairman and Chief Instructor and I hope to maintain the standards both physically and Ethically that have been the foundation of my life in Tae Kwon Do and Martial Arts for nearly 40 years.

This article was a thesis set for Master Harrison for his 7th degree and was set by Master Ted Hopwood 8th Dan



Master Atkins 1st Worcester Black belt team, 1985

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- Master John Black 7th degree P.U.M.A

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A Reference Guide For Teaching Children Under The Age Of 13

PART I

By Michelle Rahl, Johannesburg, South Africa

I have been dedicated to ITF Taekwon-Do for the past 10 years, I have two young children aged four and one years and I live in South Africa. The greatest thing I could do to help grow Taekwon-Do is to teach children. Yes, most adults are hesitant to teach children, not because they can't but because they are unsure on "how" to teach such a small mind, the beautiful art they know. Well, I hope I can help you see that teaching children is not only a challenge but also very inspirational and rewarding.

I guess you are all saying that because I am a mother it comes easier to me, well that is not true. Any person who loves Taekwon-Do can teach any person, of any age.

The contents included vary. Some facts, some examples, some suggestions and some experiences of my own.

Our responsibility as Taekwon-Do practitioners is to grow our art, so why not start with the children. Taekwon-Do benefits children in so many ways. In our country our children are faced with many obstacles. Parents are stressed, homework never ends, not enough play time and no play time outside.

Always remember: Children need to have fun in everything they do. A happy student is a happy child.

"The child must know that he is a miracle, that since the beginning of the world there hasn't been, and until the end of the world there will not be, another child like him."

Pablo Cascals

Enjoy your new challenge!

Problems that occur in children

Although there are many conditions in children, I will describe a two of the most common conditions we find in children today in South Africa and some notes on how to teach children with these conditions. The most common and less understood is:

Attention Deficit Disorders (ADD)

Attention deficit disorder is a syndrome characterized by serious and persistent difficulties in the following three specific areas ie attention span, Impulse control and sometimes Hyperactivity.

ADD is a chronic disorder that can begin in infancy and extend through adulthood, having negative effects on a child's life at home, school, and within the community. It is conservatively estimated that 3 to 5% of our school-age population is affected by ADD.

The condition previously fell under the headings, "learning disabled," "brain damaged," "hyperkinetic," or "hyperactive." The term attention deficit disorder was introduced to describe the characteristics of these children more clearly.

There are two types of attention deficit disorder, both of which are described below.

1.1. Attention Deficit Hyperactivity Disorder (ADHD)

According to the criteria in the Diagnostic and Statistical Manual of Mental Disorders (3rd ed., rev.) (American Psychiatric Association, 1987), to be diagnosed as having ADHD a child must display, for 6 months or more, at least eight of the following characteristics prior to the age of 7:

1. Fidgets, squirms or seems restless.
2. Has difficulty remaining seated.
3. Is easily distracted.
4. Has difficulty awaiting turn.
5. Blurts out answers.
6. Has difficulty following instructions.
7. Has difficulty sustaining attention.
8. Shifts from one uncompleted task to another.
9. Has difficulty playing quietly.
10. Talks excessively.
11. Interrupts or intrudes on others.
12. Does not seem to listen.
13. Often loses things necessary for tasks.
14. Frequently engages in dangerous actions.

1.2. Undifferentiated Attention Deficit Disorder

In this form of ADD the primary and most significant characteristic is inattentiveness; hyperactivity is not present. Nevertheless, these children still manifest problems with organization and distractibility, and they may be seen as quiet or passive in nature. It is speculated that undifferentiated ADD is currently under diagnosed, since these children tend to be overlooked more easily

in the classroom. Thus, children with undifferentiated ADD may be at a higher risk for academic failure than those with attention deficit hyperactivity disorder.

Tips on how to teach children with ADD

1. Keep the student in the front of the class. I know it may be difficult due to higher ranks, but make an exception.
2. Surround the student with good role model students, who are disciplined but also of a good nature.
3. Try not to place students with ADD near doors, windows, air conditioners, heaters as this may distract them.
4. Students with ADD do not handle change very well. Try to avoid major changes in the Dojang.
5. Giving instructions to students with ADD:
 - Maintain eye contact during verbal instruction
 - Give instructions very clearly and concisely.
 - Avoid too many commands at the same time
 - Make sure the student understands what needs to be done to avoid embarrassment.
 - If needed to repeat instruction, do so calmly and positively
6. Help students feel comfortable with asking for help. Children with ADD don't ask for help but yet they need more assistance than other children. Gradually reduce the amount of assistance as the student feels more comfortable.
7. Students with ADD work and learn slower than the average student. They get easily frustrated. Stress, pressure and fatigue break down their self-control. Be patient.

Disciplining a student with ADD

1. Avoid debating or arguing. Remain calm and state clearly what the student has done wrong.
2. Make sure all the students are aware of the rules and punishment eg push ups.
3. Make sure you follow through with the punishment with every student immediately after the rule has been broken.
4. Make sure the discipline fits the "crime," without harshness.
5. Avoid ridicule and criticism. Remember, children with ADD have difficulty staying in control.
6. Provide encouragement and praise good behavior and performance.
7. Reward more than you punish. Change rewards if they have no affect.
8. Encourage positive thinking

Extra information

1. A class that has a low student ration is a better class for an ADD child.
2. Children with ADD usually do less well than the average child, so be careful on competition games in class. Try putting the child with ADD in a strong team. When they win it will help with their self confidence.
3. Children with ADD do better with children younger than themselves.

Low Muscle Tone

What is muscle tone?

Muscle tone is generally defined as the passive resistance to a change in length, in other words it refers to the stiffness of the

muscle. A muscle with low tone (also called hypotonia) is less stiff than usual and is more easily stretched. As a consequence the limbs and the trunk are more easily displaced by forces acting on the body.

When a muscle is completely relaxed the stiffness (ie the resistance to lengthening) depends on the structure of the connective tissue elements of the muscle as well as the large elastic protein titin (a component of the muscle cell). This passive stiffness provides the limbs and trunk with a degree of inherent stability. Children with joint hypermobility lack this inherent stability and their muscles have to work harder to maintain positions.

A muscle's stiffness can also be increased by active contraction. This active stiffness is controlled by impulses coming from the movement systems of the brain as well as reflex responses to stimulation of the muscle stretch receptors. The active control of low levels of muscle contraction is important to provide just the right degree of stiffness in the trunk and the limbs for efficient posture and movement. Active control is learnt through intentional, persistent and repeated practice of movement skills.

Basically, if a child has good movement skills she has probably spent a lot of time working at acquiring those skills, and this requires ongoing mental and physical effort to engage with new and demanding tasks. For a number of reasons some children do not have the motivation, drive or the capacity to sustain the mental and physical effort needed to sustain intense practice. If low muscle tone is associated with joint hypermobility and more than usually compliant connective tissue, then it can be regarded as the one of underlying causes of a child's difficulties. These children are helped by exercises and activities that promote muscle strength, endurance and coordination.

But if the low muscle tone is due to poor active control, it can in part be ascribed to inadequate practice and engagement with the demands of learning new movement tasks. If this is the case, assessment and intervention strategies need to also address the mental abilities that promote skill acquisition in children, such as approach, curiosity, attention, drive, mastery motivation, attention, persistence, the willingness to continue in the face of failure, and the ability to seek alternative solutions when a particular approach has failed.

Young children who have low muscle tone will have difficulties with several of the following?

- Trouble sitting erect on a chair when drawing and writing
- *Dislikes sitting cross-legged on the floor*
- Fidgets a lot sitting at the dinner table, leans on his arms, sits on his legs
- *Dislikes walking more than a short distance*
- Has difficulty with climbing on the jungle gym, going down the fireman's pole and swinging on the monkey bars
- *Dislikes drawing and writing and complains that these activities are boring*
- Has difficulty with swimming crawl
- *Crawled and walked later than usual*

Chances are that most of these difficulties are the result of a mixture of muscle weakness, joint hypermobility, perhaps some tightness of the muscles crossing the hips and very probably a cautious nature. This is the good news because all of these factors can be improved with an exercise programme designed to strengthen muscles, increase endurance and flexibility and change a child's attitude to effortful activity.

Very bad news in fact, because if your child truly has low muscle tone, which is strictly speaking caused by a disorder in the nervous system, there is really nothing

much that can be done to improve the matter.

What can be done for the child with low muscle tone and hypermobility

Firstly it is important to keep in mind that we are talking here about children who have movement difficulties but do not have a medical condition that affects the muscles and joints (such as connective tissue disorders) and do not have abnormal muscle tone due to a disorder of the nervous system (such as cerebral palsy).

The short answer to this question is *s t r e n g t h e n , s t r e n g t h e n , strengthen*, because generally speaking children with poor movement control and posture are weak whether the difficulties are associated with DCD, joint hypermobility syndrome, Down's syndrome, autism, Asperger syndrome, sensory issues or behavioral and emotional self-regulation difficulties.

The longer and more considered answer needs to take into account why the child's muscles are weak and how one can go about increasing muscle strength and endurance in a way that addresses the underlying factors that have contributed to muscle weakness and poor coordination.

The most important thing to remember though is that just doing more of the usual is not enough - children with muscle weakness need to have an exercise programme that is designed to meet each individual child's special needs.

Important note on how to exercise to increase strength and endurance

Muscles become stronger when they are worked hard enough to stimulate an adaptive response. Generally speaking if the muscles are tired after 10 – 12

repetitions, the exercise provides about the right amount of resistance.

Try the following: stand up and sit down from 20 cm high step. Do this slowly counting to 4 as you sit down, and then 4 as you stand up again. Count the number of times you can do this before you find it difficult to control the action

If you can only do the action 5 times, the exercise is too difficult and you need to use a higher step. If you can do it 20 times easily, the exercise is too easy and you need to use a lower step. But if you can do 10-12 repetitions with good control before it becomes difficult, then the exercise is just right.

To get maximum benefit from a strengthening exercise you should repeat the set of 10-12 repetitions 3 times, and do the exercise on 3 days in the week.

This is called to 10 repetitions to fatigue rule. When a child is quite weak, tires easily and is not keen on putting effort into an activity, it takes a lot of encouragement and ingenuity to keep them working to the point of fatigue. Also it is important to adapt the exercise so that the child is able to repeat it at least 10 times.

Working muscles to increase endurance

To increase a muscle's ability to keep working for longer periods of time requires a different approach. You need adapt the activity so that it can be done 20 – 30 times before fatigue sets in.

Next month we look at some fun exercises to do with young Taekwon-Do students, a example syllabus, teaching theory, sparring rules for children and some extra tips.

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Preserving Tradition

**By Master Doug Cook
(845) 986-2288**

A number of years ago, I was listening to a National Public Radio interview with a former South African head-of-state. In it, he warned that the nations of the world were facing a catastrophe of sorts by allowing their individual traditions and customs to diminish and, ultimately, disappear from memory. He attributed this danger to the rapidly shrinking world in which we live; the internet, convenient air travel, commercial globalization, all contribute to this cultural homogenization of society. Yet, just as humanity in general is at risk of losing its individual national identity through a corruption of customs, so too is the martial arts. As a result of the proliferation of “mixed martial arts” schools, and those focusing on nothing but sport competition, a vacuum is developing that can only be filled by genuine martial tradition.

As we know, taekwondo, literally translated, can be defined as “foot, hand, way” or “the way of smashing with hands and feet.” As set forth in my second book, *Traditional Taekwondo – Core Techniques, History, and Philosophy*, such descriptive nomenclature arguably implies a curriculum rich in self-defense. Too often, however, this is simply not the case. Given the current popularity of sport competition in the martial arts, many techniques of defensive value have been stripped away or forfeited altogether in favor of those certain to score in the ring. In all fairness, while the thirst for Olympic gold has clearly played a significant role in propelling taekwondo into the forefront, it should be remembered that the native Korean martial art contains over 3200 distinct techniques.





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

These include a multitude of blocks, kicks, and strikes, in addition to a variety of leg sweeps, joint locks and throws, truly qualifying it as a complete form of self-defense. Tempering the potential brutality of these techniques, is a philosophical underpinning influenced by the three Asian paradigms of Confucianism, Buddhism, and Taoism. These traditional doctrines, with roots dating back to antiquity, act as a moral compass in enhancing the day-to-day life of the martial artist.

Consequently, in an effort to preserve the formal nature, defensive infrastructure and ethical foundation of taekwondo as originally intended by its founders, a number of training institutes promote what is referred to as *traditional taekwondo* - an alternative style emphasizing a core philosophy rich in basic technique, poomsae, hyung or tul, and authentic defensive strategy, with little or no emphasis on competition thus divorcing it somewhat from its sportive mate.

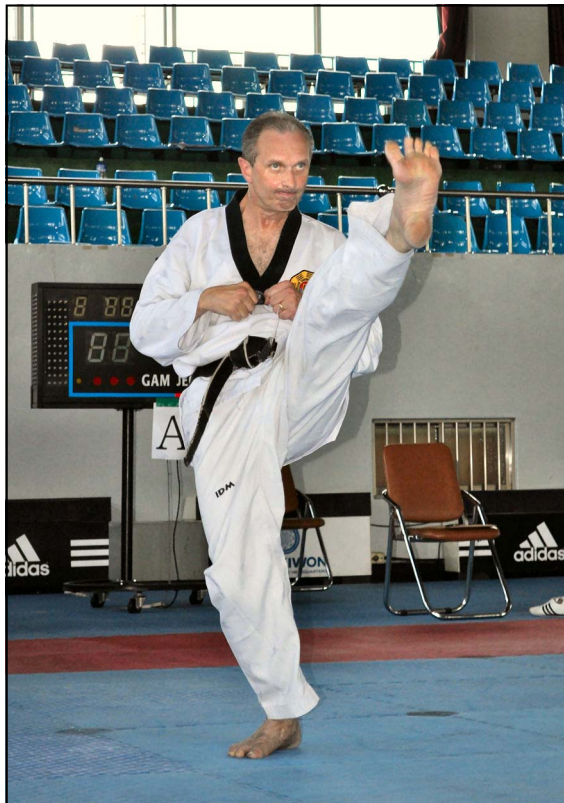
Nevertheless, this classification may be construed as somewhat of a misnomer since the history or “tradition” of taekwondo as it exists today, is relatively short with much of it being devoted to its promotion as a world sport. Like it or not, the answer to this paradox lays in the fact that taekwondo owes much of its pedigree to foreign influences, some of which are rooted in Funikoshi’s Shotokan karate-do, Ushieba’s aikido, Kano’s Kodokan judo, and to a lesser degree, Chinese gungfu. This is no accident given the geopolitical climate that existed in Korea during the turbulent years of the early to mid 1900’s. In fact, to the experienced eye, many of the martial applications unique to traditional taekwondo, having been handed down over the decades if not centuries, bear a striking resemblance to those fashioned by the founders listed above. Subsequently, in its evolutionary stage, prior to its promotion as an Olympic sport, taekwondo contained a complete palate of defensive and offensive techniques. With this in mind, the notion of taekwondo having a “traditional”

component based on strong basic skills, forms, and self-defense, predating the creation of organizations promoting its sportive component, begins to materialize.

To the disappointment of many practitioners who desire more from their training than a glut of trophies or a simple aerobic workout, it has become far too simple for modern schools to claim the imprimatur of taekwondo, while in truth offering programs featuring a diluted form of boxing coupled with gymnastics that reflect nothing of the traditional martial arts curriculum. Basic blocks, strikes and stances are often ignored altogether with forms, self-defense techniques, and breaking skills sacrificed in their entirety. In mild defense of this dubious choice, some school owners fear student retention will suffer dramatically with the inclusion of requirements that vigorously challenge the mind and spirit as well as the body. Meditation, ki development exercises, and student creeds resonate with metaphysical or semi-religious overtones that a great majority of Westerners fear will alter fundamental moral principles that have been instilled from youth. At best these practices test memory functions that, in many cases, have already been paralyzed by excessive media exposure and lack of mental exercise.

Of course, if one were to examine closely the virtues and benefits associated with a traditional taekwondo program, they would, undoubtedly, be pleasantly surprised at its

richness and comprehensive nature. For example, rather than distorting the mind, meditation plays a vital role in preparing the martial artist for a rewarding training session that occurs “in the moment” as a reflection of Zen teachings. Observing a martial artist seated quietly in a meditative posture admittedly bears little resemblance to the skilled defender most assume him or her to be. Meditation, however, plays a vital role in preparing the taekwondoist, both mentally and spiritually, for the demands of self-defense coupled with the development and channeling of ki, the universal life force. Moreover, the act of meditation represents a spiritual boundary between the distractions of daily life and the focused mind the martial artist requires in the training hall by filtering out extraneous thoughts that are certain to interfere with technique.



Likewise, forms or poomsae, hyung or tul, defined as choreographed sequences of techniques aimed at

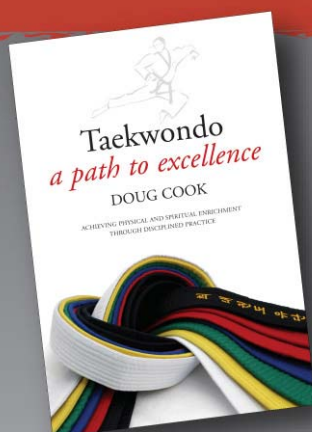
defeating multiple attackers advancing from various directions, represent the essence of any classical martial art. Over the centuries, prior to the advent of sport sparring, forms practice constituted the primary means by which effective self-defense strategy was recorded, cataloged, and transmitted from venerable master to worthy disciple. Recognizing that the practice of formal exercises represents a significant portion of the traditional taekwondo curriculum, Grandmaster Richard Chun, in his landmark book, *Advancing in Taekwondo*, remarks that “without forms there is no taekwondo.” This notion is echoed by

many, myself included, who view poomsae, hyung or tul training as an essential tool in preserving tradition and building genuine defensive skills.

Moreover, il su sik (one-step sparring) and ho sin sool (self-defense techniques) practice, while often artificial in appearance during the formative stage of ones training, are vital elements of the traditional curriculum. A working knowledge of the culture, customs and geography of Korea, taekwondo's country of origin, will also add greatly to the practitioner's appreciation for tradition.

Preservation of tradition is essential to the longevity of taekwondo as a truly Korean cultural treasure. While the national martial art and world sport admittedly contains ingredients contributed by conflicting styles, it clearly has matured into a discipline uniquely Korean in nature with a rich martial heritage. Consequently, permitting ignorance, complacency, or commercialism to dilute taekwondo's core philosophy will ultimately prove to be a vast disservice to all sincere practitioners now and in the future.

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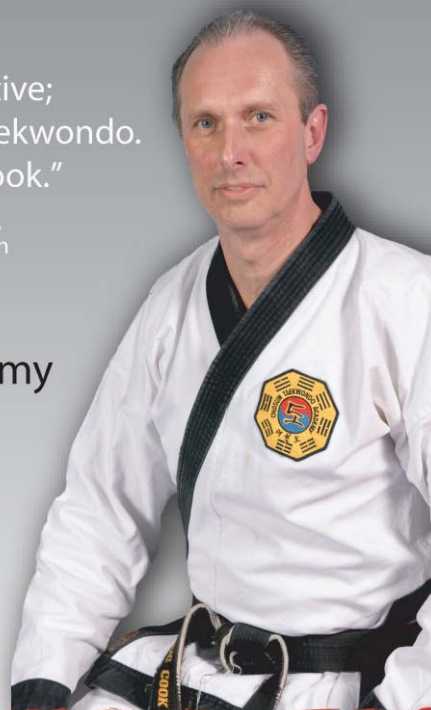
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Master Doug Cook, a 5th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and his most recent contribution, *Taekwondo-A Path to Excellence*, focusing on the rewards and virtues of tae kwon do, all published by YMAA of Boston. He can be reached for lectures, seminars or questions at www.chosuntkd.com or info@chosuntkd.com.

Patterns:

The Devil Is In The Details

PART 2

by Stuart Anslow

Following on from last month's popular column, this month we have a few more musings about the patterns of Ch'ang Hon Taekwon-Do. Remembering '*different*' does not necessarily make them '*wrong*' - just different. However, 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 as he left them.

We'll start with some random items from the colour belt patterns.

Hwa-Rangs Grab, Side Piercing Kick & Release Motion

Okay, everyone knows that following the *Forefist Punch*, we place our left hand on top of our right fist and pull. However, what I have seen at many a competition is that very often students perform the stepping motion incorrectly by stepping their left foot, right next to their right foot and this is incorrect.

As this is a combination of movements, there is a fair amount of basic information to take in, so let's break it down a bit. Following the *Obverse Forefist Punch*, the first part of the movement should see the student stepping their left foot approximately half way towards their right foot, as if you do not allow sufficient space between your feet, there is no way you can chamber and execute a decent *side piercing kick* into an opponent so close. At the same time as the step, the student clasps their left hand over the top of their right fist (simulating gripping their opponents grab) and bends their right elbow about 45 degrees.



The second part of the moment is of course chambering the *Side Piercing Kick*, executing the *Side Piercing Kick* whilst pulling the hands backwards, then finishing with the *Knifehand Side Strike*.

One final thing to note when performing this Kick and pulling the hands back, is that a lot of students tend to over rotate, pulling the hands behind their body, when in fact they should be pulling them to the rear side of their own body, after all, you cannot pull an opponents arm through your own body now can you!

Choong-Moo's High Backfist Side Strike

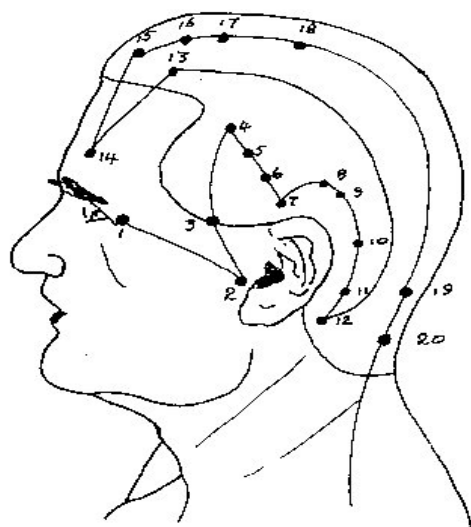
Though this is a debateable subject, I have included because of the way I was taught was finally collated with learning the 'true' application of this technique (which also uses the previous technique as well in order to set it up).

To cut a long story short, we are talking about the hand position or facing direction of the fist/knuckles that are used in the *Backfist Side Strike*, close to the end of pattern Ch'oong Moo.

Okay, first lest ensure we are on the same page regarding body positioning. Imagine you are an examiner and the student performing Ch'oong-Moo has his/her back to you and is in a *Sitting Stance* having just completed the previous movement (the *Forearm Middle Front Block*).

Many will perform the *Backfist Strike* so the examiner would see the whole of the back of the fist i.e. The knuckles of the fist are facing the examiner! This seems to make sense as its still a Backfist to the side of the student! However, for those that use the ABC method of pattern positioning, it says to perform the strike towards 'B'! 'B' is to the right of the student, so therefore the knuckles of Backfist should also be facing towards 'B' and the examiners should see mainly the thumb side of the fist. Both can be interpreted via the text, so both 'can' be correct, hence why I said its debateable, plus of course many believe its a block to the front, then a Backfist strike to a rear opponent!

However, I was taught (by my instructor) that the position of the Backfist is neither towards 'B' or behind, but is in fact in between both, at approximately a 45 degree angle. Now, its easy to argue against this depending how you read the texts of General Choi, but if you look at the photos in his own manual (shown right), you can see that the fist in both pictures, which are suppose to show front and rear views of the combination, neither are truly towards 'B' or behind.

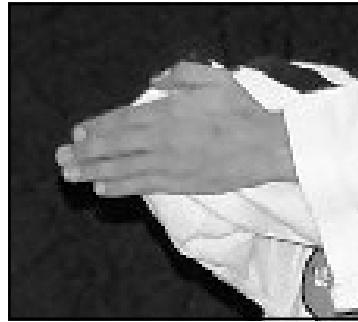


Further to this, and without wanting to give away too much about *Ch'ang hon Taekwon-do Hae Sul: Vol 2*, Master Willie Lim (who studies Okinawan kata applications and is able to cross-reference them with Ch'ang Hon pattern techniques) showed me, just last month, the original application of this combination or to be more precise "the why"! However, this article isn't about applications so I will cut to the chase and simply say that the strike was originally intended to hit a pressure (or vital) point known as GB19 or Gall Bladder 19, which is just where the skull finishes and the back of the neck can be felt.

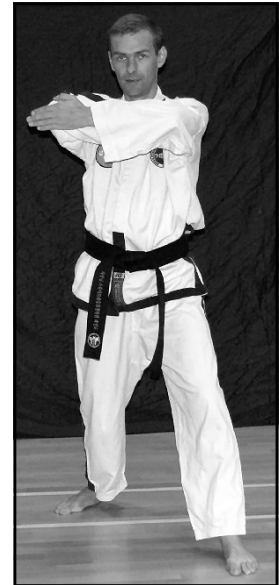
The POI (point of impact) is at the back of the head, just below the skull and can cause death if struck (so please don't hit anyone with it). You can feel it for yourself by following your own skull downwards and pressing the point just as the skull finishes—its about an inch left or right of the spinal cord. It is angled because only a single knuckle is used to strike this point, as opposed to using both the main knuckles on a normal Backfist Strike, hence the angle of this technique!

Elbow To Palm Strikes

These appear in many patterns, so warrant some attention. Most Front Elbow Strikes, if not all, ask for the student to strike their own palm. Over the years I have seen this performed in many ways, with the most common being a combination of the elbow striking the palm/hand, whilst at the same time the palm/hand is striking the elbow, resulting in a nice slapping sound. However, this is incorrect!



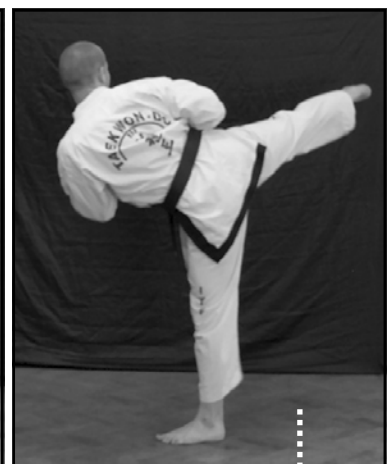
Yes, the hand (that is to be struck) has to be moved to the correct position, but once there it is stationary and the elbow should strike it. Often this is split second, but nether the less, it is the elbow that must strike the palm, not the other way around, or a combination of both.



However, the biggest correction that needs to be made is that many do not actually strike the palm at all, but use the fingers (or finger belly to be even more precise). If you *strike the palm*, as instructed, your fingers should be seen to extend further than the elbow, though many have everything in-line!

Ge-Baek Only Has A Single Flying Side Kick

This one is a bit of an oddity to me, as its quite clear in General Choi's manuals that move 33 of Ge-Baek tul is a ground based *Turning Kick*, yet some perform it as a Flying Turning kick. I think what may have confused students is the step motion involved. You do not jump, but rather step your left foot about a shoulder width to the left hand side, just prior to executing the Turning Kick!



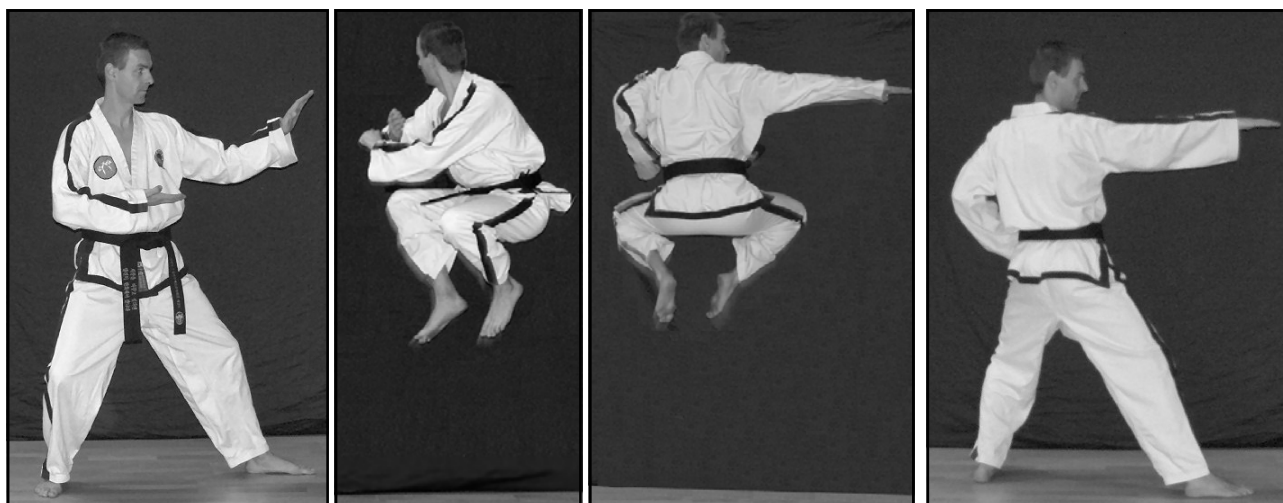
No Stamp In UI-Ji

Speaking of oddities we have one for the higher grades now. Many, I have seen, perform move 5 of UI-Ji (the *Backhand Horizontal Strike*) with a stamping motion as they turn into the accompanying sitting stance, however, there is no stamp. I admit, it feels like a stamp (possibly because of the stamps in sitting stance found within Kwang-Gae tul), but in actual fact, there is no stamp there at all, you simply turn into the technique!



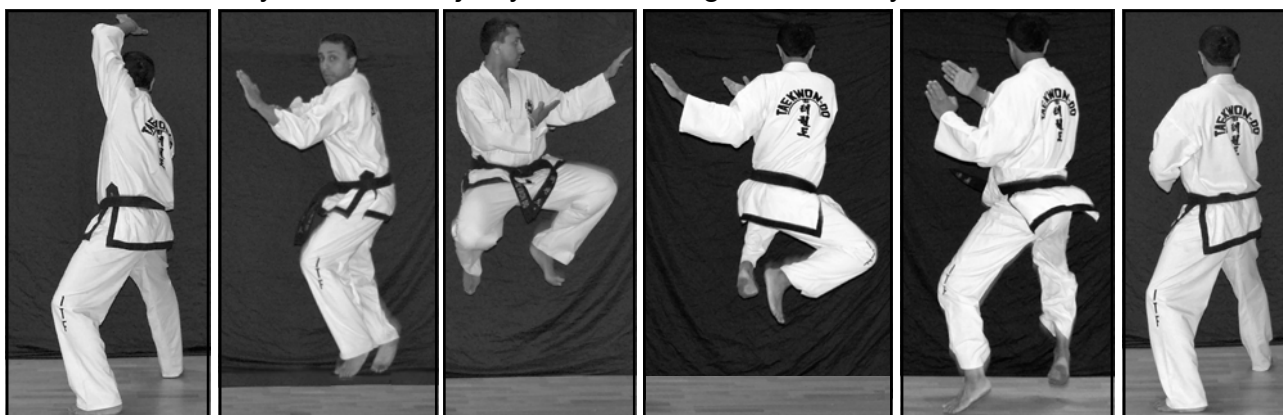
Juche's Mid-Air Strikes

Speaking of higher grade patterns, let's speak of pattern Juche. First of all we will concern ourselves with moves 12 and 24, the *Mid-Air Strikes*. Now the information should really be seen within the terminology, but still many miss it! The strike should be performed "*mid air*", meaning we strike whilst up in the air and land simply holding it out. Many, many, many (that's quite a lot), jump up, spin and strike as they land... This is incorrect!



Choong-Moo's 360

Speaking of jumping and spinning, here is a quick hint for those that struggle with the 360 degree jump in Choong-Moo tul. I see it time and time again, and that is students trying to execute this turn by jumping up and keeping their legs dangling—none, and I mean zero, ever land correctly, with the majority almost falling over as they off balance, but the secret

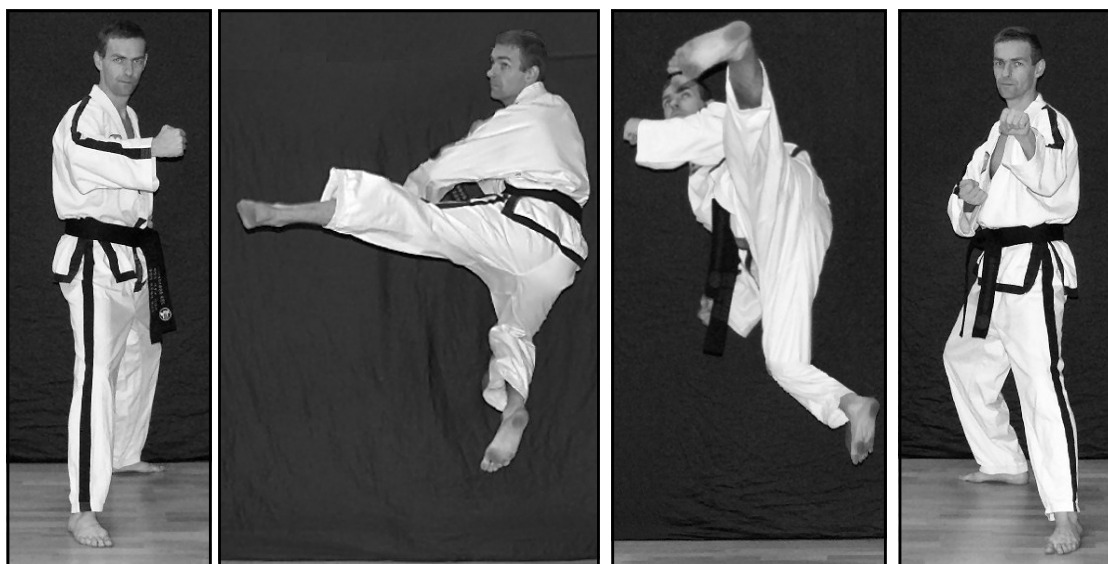


is actually pretty simple... Tuck your legs up as you spin! By the way, it is also a good idea to throw your arms back (in chamber position) and keep them there throughout the spin, in preparation for the *Knifehand Guarding Block* as you land!

Juche's Dodging Reverse Turning Kick

This is perhaps one of the hardest techniques to perform within the Ch'ang Hon patterns, which may be the reason ITF-C changed it to a Flying Reverse Hooking Kick. However, for the rest of use it remains a *Dodging Reverse Turning Kick*!

Now, I have seen this performed in a number of ways, from slow motion, to holding the kicking leg out as we land and a few other variations. But, the correct way is that the kick should be executed whilst in mid-air. It should be locked straight (as all reverse turning kicks are) and it should be performed as we are jumping backwards (which is the dodging reference of the technique). It is performed at full speed, as opposed to slow motion and should be executed whilst in the air, not as we land, as we are told to land in an *L-Stance with a forearm Guarding Block*!



More on Juche next month. As always I hope that some of you have found this article insightful and if so please feel free to let me know by dropping me an email—instructor@raynerslanetkd.com and I will do another for next months magazine.

Many thanks to all those who emailed me following last months article. If there's anything that you have seen on a regular basis, that you feel should be included within these articles, please let me know. Full credits given if its something I wasn't going to mention already!

As before, the musings in this article are randomly off the top of my head, but the photo's 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, as well as from the '**Encyclopedia Of Taekwon-Do**'

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

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

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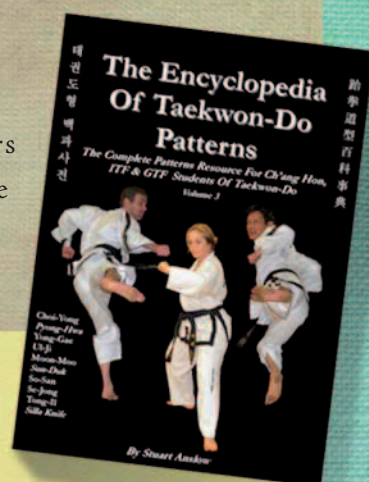
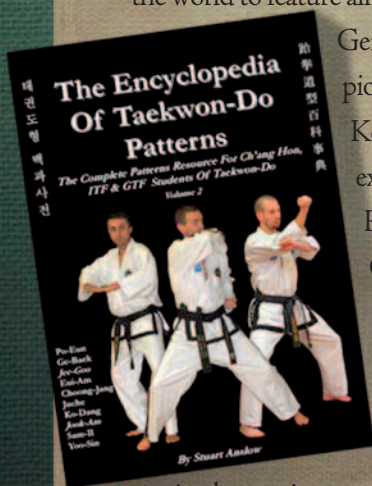
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Being Black

By Master Ray Gayle VII Degree and chairman of P.U.M.A. martial arts

Being a black belt is something that I have always taken very seriously. I suppose one of the reasons for that is, I started teaching at a very young age and I realised then that passing on knowledge correctly was as important as being a good student. I probably did not realise then, that to become a good instructor you should always be and remain a good student throughout your martial arts life. I also did not realise how my role was going to change as I progressed though the degree grades.

Black belt is known as a very good level to reach within the martial arts. When you mention that you are a black belt to people that have no knowledge of martial arts, they immediately come out with the usual clichés: 'I bet you can handle

yourself', 'I'll make sure that I do not mess with you' and many more too numerous to mention.

Not only does it take a lot of hard work to gain a black belt, but it remains hard work to keep your belt. Many students mentally lose their belt soon after they have achieved it, because they do not know, or lose sight of, what it is supposed to mean. A Master once told me that although martial arts have the ability to improve people mentally and physically, martial arts also have the ability to make them worse

people too. When I heard this I was shocked. I shouldn't have been shocked because I have seen it happen many times. The inflated egos and self-importance of some students after they achieve their black belts can be seen for miles around. These people can no longer be taught by anyone because they now know it all. They have arrived and that is

the end of their martial arts journey; they are now the finished article. Big mistake!

In his book 'Kodo Ancient ways' the author Kensho Furuya states: "a good black belt should know at the very least that he or she, should not have an overly exaggerated opinion of him or herself. They should know that black belt is not the end of their journey but the continuation of a

very long journey; in fact it's really only the beginning."

I believe that the first few levels of black belt, 1st – 3rd degree, is all about developing an understanding for the techniques which have been learnt so far. While this understanding is being developed the student should be encouraged to develop his or her own personal tenets. Hopefully through giving back to their art in the form of teaching, helping, and mentoring other students,



they can further develop certain qualities which they should be able to use to make a real difference in the lives of others.

The levels from 4th degree onwards should be about leadership. Not only should you be trying to walk the walk but demonstrating the walk and talk is very important too.

One of the questions that I ask students who are very close to their back belt grading is, 'what is a black belt?'. Most give the answer that I would expect - someone who has trained over a period of time to achieve a certain level of technical expertise - which of course is correct. A better answer would be someone who tries to train and live by the tenets of their chosen art (might not always succeed) who should have developed certain qualities such as humility, patience, along with a strong will and an attitude that says "I'll try to do my best in every situation in which I am faced". A willingness to help others is also required. Black belt should not just be a belt - it should be an ideology. I use the word ideology because the dictionary definition of the word states, a set of beliefs and characteristics of a social group or individual. The interesting thing about the qualities mentioned is that you don't have to be a black belt to possess them. In fact some people have them in abundance before they start their chosen art. Like with lots of things in life we all start from different places.



The physical part of training is something that I have always enjoyed, the more physical the class the more I enjoyed it. Like most youngsters, when I started training martial arts, I wanted to be a black belt and I wanted to be one as soon as possible. I saw that as the highest level and if I could get there just think of how I would feel and what it would be like. I used to think about it on a daily basis. Now I'm a black belt I realise that some of the best times I have had were actually on the journey to black belt. Back then I had

missed the point; it wasn't the destination that was important but the journey. I now know a black belt is achievable for most people - if they're willing to work hard enough for the required length of time. The difficult thing for some of us is that the required time may be longer than we would like.

During my time as an instructor I've had two students who have taken over ten years to gain their black belts. One of them is still training. During their time as a coloured belt I always had the utmost respect for them

because of the amount of effort they had to put in over such a long period of time. When they finally got to their goal both of them said that enjoyed every minute of it and would gladly do it again.

The following passage from one of my favourite books, is handed out by me prior to every black belt grading. For me it sums up many of the aspects about training for black belt.

Kodo Ancient Ways

Lessons in the spiritual life of the warrior/martial artist. Author: Kensho Furuya

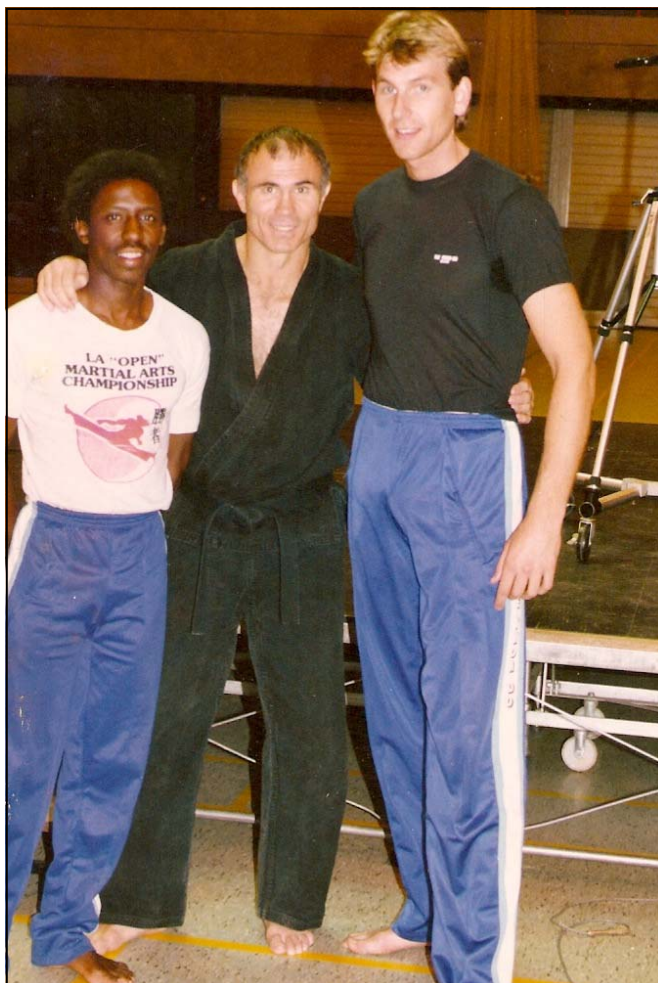
From the interest in my column *Ancient Ways*, I get correspondence from all over the country. The most commonly asked question is "how long does it take to get a black belt?" I don't know how this question is answered in other schools, but my students know that asking such a question in my dojang would set them back several years in their training. It would be a disaster.

Most people would be overjoyed if I would say it takes just a couple of years to get a black belt, but unfortunately it does not. And though I would be afraid most people would not be happy with answer, I think the general misconceptions about "what is a black belt?" should be clarified as much as possible. This is not a popular subject to discuss in the way that I am going to. Indeed, I warn my students not to ask this question in the first place. The answer is not what they want to hear.

How do you get a black belt? You find a competent teacher and a good school, begin your training and work hard. Someday, who knows when, it will come, it is not easy, but it's worth it. It may take one year; it may take ten years. You may never achieve it.

When you come to realise that the black belt is not as important as the practice itself, you are probably getting close to a black belt.

At whatever level you achieve, if you think you "deserve" a black belt, or you think you are now "good enough" to be a black belt, you are way of the mark and, indeed, a very long way from reaching your black belt.



Train hard, be humble, don't show off in front of your teacher or other students, don't complain about any task, and do your best in everything in your life. This is what it means to be a black belt.

To be overconfident, to show off your skill, to be competitive, to look down on others, to show a lack of respect, and to pick and choose what you do and don't do (believing that some jobs are beneath your dignity) characterise the student who will never achieve black belt. What they

wear around their waists is simply a piece of merchandise bought for a few pounds in a martial arts store.

I would like to wish everyone the best of luck with all your future grades. Please remember though that with each new grade comes new responsibility.

Master Gayle VII Degree
Chairman P.U.M.A. martial arts



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Mountain Block

By Richard Conceicao

There is much confusion surrounding the use of this movement in Keumgang.

Let us at least settle what it is not. It is not a defense against two assailants punching to either side of your head. I cannot understand why this explanation has been used in so many places, and in so many photos.



The name of the movement is derived from the Japanese/Chinese character for “mountain” as can readily be seen once you relate the character to the hand position of the posture.

Unfortunately many practitioners have assumed that the meaning conveyed should be one of a heavy, ponderous motion, quite unlike the quick whip like one that maximizes its effect.

Different practitioners tend to emphasize various aspects of this complex movement. Some stress the turn, some the knee lift, and others the stamping kick into the horse stance. Each has its validity, and application. We will break this movement into a series of applications that address each of the approaches above.



We begin with the turn and stamp. As the opponent executes his attack it is hooked and deflected as you turn your body to the outside.



Your forward arm strikes his arm just above the elbow.



The key is to land on the accupoint located just above the elbow (TW11). Since this is a rub point you will note in the form the forward arm rotates inward (i.e. palm out to palm in) as you turn. This has the effect of activating that point. This in combination with the speed and power of the body turning will either break the elbow (if forceful) or buckle the attacker over, if less so.



At this point you have the opportunity to utilize the stamping kick to attack the forward knee.

CAUTIONARY NOTE:

Since it only takes approximately 65lbs of pressure when the outside of the knee is kicked at a 45 degree downward angle (the angle the leg assumes stepping into horse stance) extreme care must be taken in practice. The same can be said for the arm technique as well. The motion causes the arm to relax and severe damage can be done quite rapidly and unwittingly, with no sensation of using much strength.

Next we will cover another variation. This one involves the application of the knee. It precedes initially with the arm attack as above but instead of the stamping kick to the knee it substitutes a knee strike to the opponents lateral thigh. The points GB 31,32 are hit—even with minimal force—the result will be extreme pain and cramping of the leg. Hit hard and the opponent will buckle over and his leg will be rendered useless. He will be unable to stand on it. In most instances though, there will be no permanent damage. This move is a common technique for police and security workers.

MOUNTAIN BLOCK PT.2

Last time we looked at the use of a mountain block motion with regard to a single punch or strike. Now we will take the same motion and, by slightly changing the emphasis, show its use against a two handed grab. We remember our initial movement: our hands rise together, and then are forcibly spread apart.



Keeping that in mind, as the opponent reaches forward to attempt to grab. We utilize the upward movement to strike with both hands into his face or lower jaw. We then immediately spread open our arms in an outward and slightly downward angle striking his inner arm just below the elbow (Lung 5) with our forearms or fists.

This action will not only spread his arms apart but will cause a slight buckling of his knees, reducing his stability. *Remember-it is always preferable in a self-defense situation to respond before the opponent has been able to secure a solid grip on you!*



Once the release has been effected, reach forward and grab the shoulders or upper arms, and rotate them to the side to unbalance them in preparation for the throw.

Step to the outside and sweep out their leg in a an outer reaping throw (osoto geri)

ANOTHER CAUTIONARY NOTE:

This sweeping out of the opponent's leg to throw him is the commonly accepted methodology of this throw, and indeed, is the manner it should be practiced. However it is essential to remember that these are combat arts. The combat application of this throw (shown here) involves *planting the "throwing leg" firmly on the ground*. This action

coupled with the opponents' inability to move his foot will cause his body weight to dislocate his own knee on the way down. They go down and stay down! Please be careful.

Next month we look at Taegeuk 5 (Oh Jang) Supported Elbow

About the author: Richard Conceicao has been involved in martial arts for over 36 years. He is currently a 5th Dan in Taekwondo having studied under Grandmaster Richard Chun and is a

certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious to find the subtleties that truly underlie the essence of a martial art, combining these elements to meet the needs of the martial artist in a practical manner. As a result of this quest, he has studied for many years in judo, tai chi, baqua, aiki jitsu, western and Japanese fencing, pressure point fighting, and kickboxing as well as the proper and effective use of firearms.

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



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Two Kang Duk Won Kicking Drills

By Al Case

In the beginning, there were no kicks. Hey, argue if you want, but the martial arts were created for war, and the common soldier would be carrying fifty pound packs, wearing armor, slogging through mud, and desperate for sleep. You think he's going to want to do a jump spin kick when the fit hits the shan?

On the other hand, kicks developed, and there was good reason. Urban combat, extra tools for combat, better strategies, and other reasons. And lo, on the fifth day (or sixth, or maybe even the fourth) kicks were created.

Now, to be honest, the general evolutionary sequence probably went something like this:

- 1) kicks to the groin
- 2) low slapping kicks with the outside of the foot to the knees
- 3) Side Kicks and Wheel Kicks
- 4) Wheel Kicks
- 5) Spinning Kicks
- 6) Jumping kicks
- 7) Jumping, spinning kicks.

The reason for this evolution is nothing more than the development of simple to hard (complex). That understood, there were two kicking drills we did in the Kang Duk Won which were pivotal. They taught us to 'float' our power, and to super charge our kicks (strikes).

THE SLIDING WHEEL KICK



Partners face off at kicking distance. The stances are opposing (right foot forward to left foot forward).



Partner A slides forward and to the left, which places him outside Partner B. As he

slides he executes a right wheel kick (ball of the foot) to the chest. He will run into Partner B's hands in the beginning, but practice will enable him to place his foot precisely while avoiding the hands. This move turns A slightly to the left ('closing' him), while setting up Partner A for a 'supercharge'.



In blocking the kick B puts his hands in the wrong place and makes it more difficult to block the incoming chop.

The real joy of this technique is that you learn to make your side step smooth and gliding, and this causes you to 'float' your power. This is not obvious in the beginning, but with a little practice will change the whole face of your kicks, making them light and airy, while still keeping the bulldozer in them.

THE POPPING FRONT KICK



Partners face off at kicking distance. This time they are in a 'matching' stance. Right foot to right foot.

Partner A turns his hips over and slams his weight down the front leg in a forward leaning front stance. This increases the weight, causes the tan tien to work harder, and jumps up the energy in the technique. You should understand that to move the body in this fashion forces the tan tien to explode more purely, thus causing one to create and use hard chi very efficiently.

Before we move on to the second kick, let's summate.

1) A hits B on the shoulder with the back of the flat hand. This protects B. To change this into a street technique merely turn the hand over and raise it to neck level.



Partner A moves his right foot forward and to the right...behind himself. This is a smooth, whole body movement.



As Partner A moves the right foot forward and behind himself, he extends the left foot and 'slices' across the knee cap with the edge of the foot. This is done with a gentle touch, as control of the technique is more important than power.



A returns the right foot to the ground as he pops a left snap kick to the groin or midsection. Partner A has to pop his hips over quickly to make this happen. As in the last technique, he is jamming the right foot down to supercharge the kick.

And, the summation: In the beginning, these are poser kicks. One drills them, realizing that they are clumsy and unworkable. In the end, however, as one gets used to this action, the kicks become quick, snappy, yet filled with a floating power that can be exploded with the stomping foot. Don't stomp the foot too hard, as you merely want power, not a damaged foot.

The joy of these kicks is that they utilize off angles which most kicks usually do not use. With practice these kicks can become highly useful in freestyle, they retain power, while enhancing mobility.

And, overall summation, we used to practice these kicks in the Kang Duk Won, and they were powerful drills. We never got into the really fancy kicks, but we had power in our legs that was immense. We did spend time on these drills to get that power. Every class, ten minutes doing this drill, year after year after year.

Hope you find them useful in your own training regimen.

Al Case, 40 years martial arts experience and a writer for the magazines, is the inventor of Matrix Martial Arts. Find out about it at MonsterMartialArts.com

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Close Quarter Taekwon-Do

Application Of Elbows & Knees

by Jason Ainley

Taekwon-do over the years has gone through many changes, from a martial art originally taught to the Korean military and pressure tested on the battlefields of south east Asia then introduced to civilians and with this the introduction of competition / combat sport boomed and from that moment ITF style Taekwon-do seemed to lose its Martial heritage.

To many onlookers Taekwon-do is a dynamic martial art that can only be practiced by super fit, super flexible athletes with techniques that are only effective in a sporting arena when applied a long range punching and kicking distance and under the strict supervision of a referee, this led to many martial artists from reality based styles and Taekwon-do students themselves questioning the practicality of this popular martial art in a physical self defence situation.

In this article we can look practical techniques that have to be employed when a physical encounter outside of the dojang/competition floor arises, the kind of methods that have to be employed when verbal dissuasion and pre emptive strikes have failed.

We will look at the application of elbow and knee strikes found in the Chang Hon system, the techniques involved in close quarter grappling range when the need to get brutal for survival is necessary.

The elbow strikes found in Taekwon-do are mainly

1. *Front elbow strike*
2. *Upward elbow strike*
3. *Downward elbow thrust*

4. *Side elbow strike.*
5. *Back elbow thrust.*

Point of contact for striking with these techniques is important as we have to minimise damage to our own elbow on impact, although termed elbow strikes the point of contact is **not** on the point of the elbow itself but just under the elbow joint on the ulna bone for side and rising elbow strikes and just above the elbow at the bottom of the triceps muscle for a downward elbow strike.



Front elbow & downward elbow in low block application.

From clinch position from a low block applying front elbow strike then applying downward elbow strike when executing low block.



1. From clinch chambers low block applying front elbow strike.
2. Step forward with lead leg and apply downward elbow to either collarbone or solar plexus depending on the position and height of opponent
3. Extend arm into low block position taking attacker down over lead leg.

Front elbow strike Yul Gok

Moves 22 to 24 and 25 to 27 in Yul Gok pattern, bending ready stance, side kick, front elbow strike. (Ap palkup taeragi)



1. From clinch defender executes sweep with left leg. Similar to move 22 bending ready stance
2. Executes low side kick to attackers lower leg. Move 23
3. Places left hand behind attackers head setting datum for side elbow strike. Move 24.

Upward elbow strike Joong – Gun

Moves 7,8,9 & 10 Joong Gun, Knifehand guarding block, upward elbow strike (Ap palkup Taeragi)



1. From inside grappling range attacker attempts to throw right hand haymaker punch.
2. Defender checks incoming punch with Knife hand Guarding block
3. Then takes hold of clothing or arm and executes rising elbow strike

Downward elbow strike



1. From clinch defender throws front rising kick to groin
2. Pulls down on opponents head
3. Delivers downward elbow strike to base of neck

Downward elbow thrust



This time used as either a strike to the opponents elbow or as a wrist lock, this move was seen in the old ITF pattern Ko Dang moves 15 and 16.

1. From clinch defender seizes opponent's wrist steps backwards and twists wrist and straightens the arm.
2. Applies downward elbow strike to

opponents joint

3 & 4. When performed as a wrist lock, press down on elbow joint while twisting wrist, positioning opponent for finishing strike 15 b



Side elbow Strike

Used in an attempt to break away from a grab from behind.

1. From grab from behind defender twists and applies side elbow strike

Front elbow & Side Elbow strike.

Front elbow strike and Side elbow strike combination.



1. Defender is on the outside of opponent and pulls and holds in with reaction arm, and applies front elbow strike



2. Then applies side elbow strike.

3. Extends arm pushing body into opponents extended arm causing damage to joint.





1. When on the inside of opponent apply front elbow strike
2. Followed by side elbow strike.
3. Then applies arm bar by pushing down on opponents upper arm and lifting wrist.
(reverse view)

Back elbow trust.

Back elbow strike (*Dwit palkup Taerigi*)



1. Opponent takes hold of forearm.
2. Defender traps opponents hand with free hand while securing hold on opponents forearm.
3. Then snatches opponents arm backwards performing back elbow strike with right arm, locking opponents elbow.

Knee strikes

The knee like the elbow is a close quarter inside grappling range striking technique, knee strikes are delivered from the front, from the side (roundhouse knee) or a dropping down knee onto a felled opponent. Strikes to a standing opponent are effective when delivered to the groin with a front knee strike, inside of the thigh (femoral nerve) or the outside of the thigh {peroneal nerves} when using roundhouse knee. When applying dropping knee target area could be ribcage, solar plexus, face or and extended limb. But avoid lifting leg to high as it can run the risk of being grabbed.

Front Knee strike Choong Moo pattern.

Moves 10,11,12,13 Choong Moo pattern release grab, knee strike and takedown.



1. From clinch defender strikes with low block to release grip .
2. Takes a secure hold behind the neck and pulls opponent inwards while executing front knee strike.
3. Then drops leg down and pushes leg backwards to outside of opponent while turning and taking opponent down.



Roundhouse knee.

Used in grappling range and targeted to the outside or inside of thigh.

A. Applied to outside of thigh

B. Or inside of thigh



Dropping down knee strike

Used against a felled opponent, or when pulled to the ground in a grappling situation.



1. Defender throws opponent to ground.
2. As opponent falls to the ground, he takes a secure hold on defenders clothing pulling him towards the floor.
3. Defender adjusts body position and drops knee into opponent.

Conclusion

The techniques in this article are just a few of the elbow and knee techniques that are in the Chang Hon system and they can be found in many other patterns but to list them all would take up many pages of this magazine. Self protection training should be built around awareness and avoidance but if a fight is unavoidable then we must employ a continuous attack until the opportunity for escape arises.



Remember techniques are only effective when applied at the correct range and the methods are only applied if the situation requires them striking techniques are the priority methods in a physical self defence situation with grappling techniques coming secondary, drill the techniques with a partner using focus pads for pre emptive strikes and body shields and Tai pads to apply the close range elbow and knee strikes.

Jason Ainley

4th Degree Black Belt

Eastern Cyprus Taekwon-do

Pioneer Tae kwon do Asociation.

Disclaimer: Martial arts training requires professional supervision and should only be practised in good health and the correct training environment. The author and totally Tae kwon do magazine accept no responsibility for injury due to the use or misuse of techniques demonstrated in this article. All national and local laws relating to self defence must be considered. The author and totally Taekwondo magazine accept NO responsibility for prosecutions proceedings or injury against any person or body as a result of the use or misuse of techniques demonstrated in this article.

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John Dowding
4th degree ITF



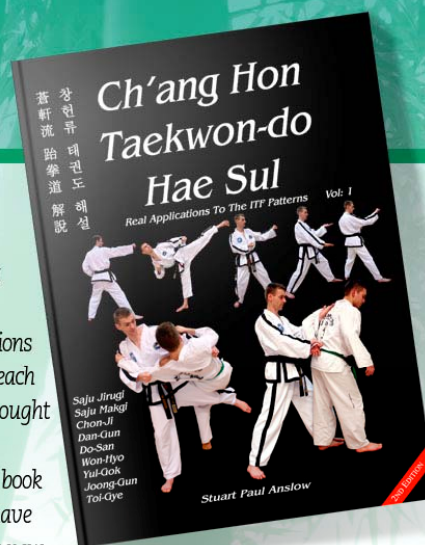
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

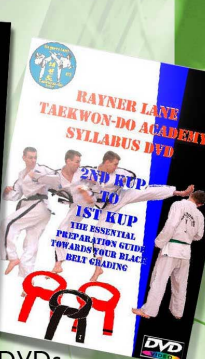
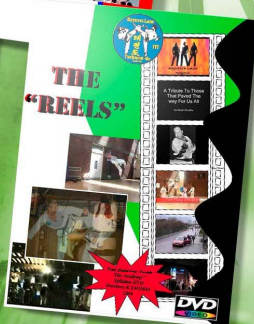
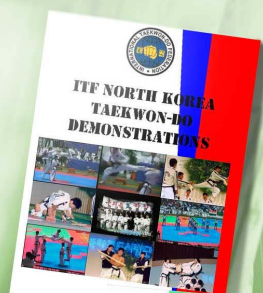
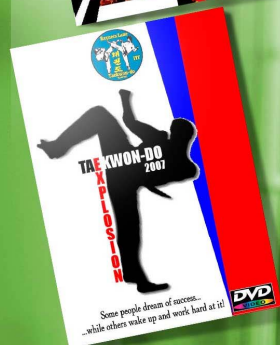
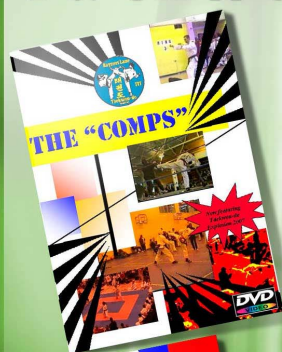
Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

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

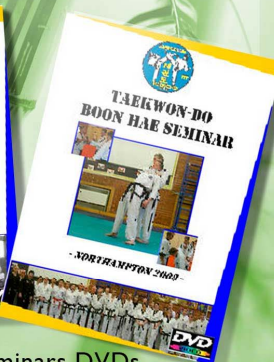
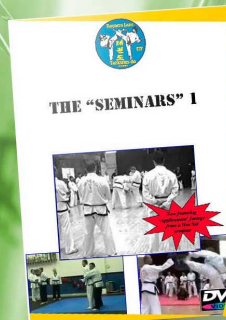


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**WHO'S REPRESENTING YOU?
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Thoughts On A Black Belt Life

By Ira Hoffman, WTF 3rd Dan

Some time ago in this magazine I wrote an article¹ on the lessons I learned as a white belt. These lessons weren't just for white belts, though - they were lessons for those of all belts, or no belts at all. These "life lessons" contained important guidelines for all, whether or not they are involved in the martial arts. Such lessons as, "You earn respect by being respectful of others", "Learn the basics", "Don't blame someone else for your mistakes", and "Practice, practice, practice" may seem simple, perhaps even trivial. But it is their simplicity which makes them timeless and universal.

These aren't the only lessons I've learned during my training and teaching Tae Kwon Do. I've also learned many lessons as a black belt. You never stop learning, of course; but the lessons learned as a black belt, the things learned while *applying* the simple white belt lessons, contain richness and complexity that can't be merely learned - instead, these lessons must be experienced.

I will shortly be testing for my 4th dan, and assuming I'm successful I will be joining the ranks of master instructors. The lessons I've learned as a colored belt and as a black belt have helped shape me as a martial artist and as a person.

Some time ago I heard a comparison: being a colored belt is similar to going to high school and university; being a black belt is similar to your life after your formal education. That is, *geup* training is *learning* lessons; dan training is *living and applying* these lessons.

And what have I learned as a black belt? What lessons will I try to pass on to my students? How will I live and apply what I've learned?

The fundamental lessons can be summed in the tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control and

indomitable spirit.

Courtesy

- Always take the first step in showing respect and trust.

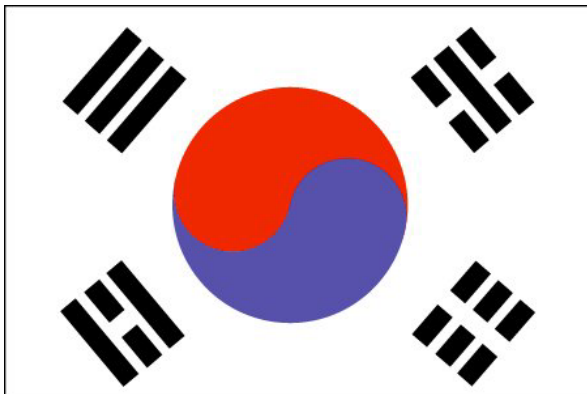


Bowing shows respect

- But don't be abused. Respect others until they give you reason to no longer show respect. Trust people until they are no longer trustworthy.
- Trust, loyalty and respect should be earned every day, day in and day out.
- If someone fails to show you the respect you deserve it's not a reflection on you - it's a reflection on them. Don't let someone else's failings disturb your sense of right and wrong.

Integrity

- Live the tenets of Tae Kwon Do.
- But don't be critical if you fail to achieve perfection. No one is perfect. To err is human.
- When you err - when you treat someone disrespectfully, when you don't live up to your moral and ethical code - admit it, apologize, and correct your behavior. If you don't - if you blame others for your failings, if you continue to act inappropriately - your formerly respectful and loyal students and colleagues will be absolutely justified in no longer showing respect and loyalty to you. In other words: "what goes around, comes around", a wonderful example of the cyclical philosophy embodied in the Korean flag.



Yin & Yang are complementary opposites that interact within a greater whole

- A reputation takes a lifetime to build but only moments to destroy.
- There is no justification - none - for putting your students in danger. I'm not referring to injuries - injuries are a fact of life in Tae Kwon Do. But it is never right to put your students - especially children - in a dojang with dangerously broken equipment, or in the care of an unqualified instructor, or in the care of one who has a history of inappropriate behavior.

Perseverance

- Always look to the positive. Every new challenging task, technique, or assignment - within or outside martial arts - is just another opportunity to expand your horizons².
- Celebrate successes, small and large, inside and outside of TKD. Seeing one of your students win a major tournament, learn a complicated poomse, or perform a difficult break is good - but so is seeing that student finally understand how to do word problems in algebra³.
- Practice, practice, practice. This is one of the white belt lessons I listed in my earlier article, but it applies throughout life.

Self-Control

- Act with humility #1. There is always someone else who is better, faster, stronger - or who is a better teacher. Don't resent these people - learn from them.
- Act with humility #2. It is so very easy for martial arts instructors to form their own small empires over which they assume they have absolute control - but that's not how life works. None of us have absolute control over others.
- Do not abuse your position. Your students trust you. They respect you. Resist the impulse to abuse this trust and respect.
- Do not, under any circumstances, abuse your position as a leader, especially for either money⁴ or sex⁵.

Indomitable Spirit

- Believe in yourself. When you make a difficult decision that is in line with the ethical standards and tenets of Tae Kwon Do, stand by your decision.

- Set long-term goals, and don't be overly concerned with short-term results. As a teen I was active in sports. I was an adequate performer, but I certainly wasn't a star. Had I only been concerned with short-term performance, I might have quit - and I would have missed intensely valuable lessons on teamwork and lifelong physical fitness. I would also likely not have ever begun my Tae Kwon Do training.

- The transition from learning to teaching - from being a follower to becoming a leader and a teacher - is difficult. Age and injuries take their toll regarding execution - but with age comes experience and the wisdom to teach others. We may struggle with this transition, but the results are well worth the effort.

Giving Back

And now it's time for me to give back: to mentor, to teach, to set ethical standards, and to lead by example. As black belts, as instructors, as master instructors, we have a responsibility to set the "tone at the top", to set an example for our students, to live by the tenets of TKD. It is easy - so very easy - to fail to live up to these standards. But there's a difference between being unethical and being human. Making mistakes is a normal part of life - "To err is human". But an unethical person *chooses* to act in a manner which is hypocritical, hurtful, selfish, and destructive to others.

Tae Kwon Do is a journey, not a destination - and so is life. There is no final point, no sum total of knowledge and experience that can be called "the end". There is always more to learn, more to experience, more to teach. If we can instill

this love of the journey in our students, then we have truly succeeded as instructors.

¹ "All I Really Needed To Know I Learned As A White Belt", Totally Tae Kwon Do Issue #6, August 2009.

² At the time of this writing, I have just been named to a new position within my company. I could be nervous and concerned about change, or I could be excited about the new challenges. I have chosen the latter.

³ A particularly difficult feat for many, as I remember from my days tutoring high school students.

⁴ For references to "mcdojangs" and martial artists abusing their position for money see my article, "Honor or Dishonor" in the February 2010 issue of this magazine. See also "Martial Arts Fraud" by David Sims II in the September 2010 issue of Totally Tae Kwon Do.

⁵ This quote is from <http://martialtalk.com/forum/showthread.php?t=90965> : "...<incidents of sexual misconduct in martial arts> are hardly ever 'secrets'. They are more like the elephant in the middle of the room, everybody sees it but nobody talks about it". I have not addressed the issue of sexual misconduct in martial arts, but I may do so in a future article.



The author is a 3rd dan with six years of teaching experience. He trains with his wife, Doro, at Yats' Tae Kwon do in Midland, Michigan, where he is a senior instructor. This article was written as Hoffman and his wife prepare for their 4th dan test in December.



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The Hooking Block

by Sanko Lewis

Most people think that the purpose of the palm hooking block is to grab your opponent's arm. For this reason they often do the block overly hard and fast as if to catch something in mid-air, like grabbing at a fly. This is a complete misunderstanding of the hooking block. The purpose of the hooking block is not to grab; however, it may precede a grab, which is then known as a grasping block. A hooking block and a grasping block are different, although the latter often follows the former. The ITF Encyclopaedia explains: "[The grasping block] is usually executed immediately after the hooking block, and the main purpose is to put off balance or throw the opponent by twisting and pulling the attacking hand or foot" (Volume 3, p. 276). In other words, the grasping block is used to "g r a b" y o u r opponents attacking limb; the hooking block is not used for grabbing. So if the hooking block is not meant to grab, what is its purpose?



I think a look at the Korean terminology may help us understand it better. The Korean for this technique is *geolcho makgi*. The second word, *makgi*, means "block." The first word derives from the verb *geolchida* which means to put a thing on or over something; to lay or place a

thing over or across something; to extend or spread a thing over something; to cover o r s p a n s o m e t h i n g .

Examples of how this verb can be used may include:

- Spread a table cloth over a table.
- Cover a bed with sheets.
- Throw a jacket over one's shoulders.
- Span a net over fish.

The hooking block, therefore, is used to extend over an attack; basically wiping the punch out of the way by waving your arm or palm over the attacking arm. It is a soft technique used to deflect an attack by spreading the blocking tool over the attacking tool. Instead of "hooking block," a better translations of *geolcho makgi* are probably "covering block" or "spreading block."

T h e m o s t recognizable method is the palm hooking blocks as seen in the pattern Yul-Gok, but also the forearm

hooking block (measure techniques) in the beginning of the same pattern. (In my contribution "Poetry in Motion: A Poetic Interpretation of the Patterns" in Issue 15 of *Totally Tae Kwon Do* I explained why movements #1 and #4 in Yul-Gok Teul could be understood as forearm hooking

blocks.) Arguably, many different blocking tools could be used to perform this type of block, including palms, knife-hands, back hands, the forearms, legs and feet.

Taekwon-Do's palm hooking block is derived from a similar technique called *hwagaedolligi*, found in Taekkyeon, Korea's folk martial art. In his book on Taekkyeon, Master Do Ki-Hyeon, president of the *Kyulyun Taekkyun Association*, compares the function of *hwagaedolligi* to a car's "wiper" (p. 146). This wiping action can be done both in an outward arc (*bakk hwagaedolligi*) and an inward arc (*an hwagaedolligi*), although in Taekwon-Do we focus primarily on the outward form. An important difference between Taekwon-Do's hooking block and the version in Taekkyeon is that the motion for *hwagaedolligi* is a more thorough circle, while in Taekwon-Do it's done as an arc. Furthermore, *hwagaedolligi* may be performed a little wider than Taekwon-Do's hooking block so that the blocking tool passes the shoulder line, while in Taekwon-Do this block generally does not pass the shoulder line. Lastly, the Taekkyeon version is traditionally performed full-facing the opponent, while in Taekwon-Do it is usually performed half-facing the opponent.

A main shared characteristic of Taekkyeon's *hwagaedolligi* and Taekwon-Do's hooking block is that both are soft blocks. The ITF Encyclopaedia explains that "this technique requires a minimum amount of effort on the part of the defender" (Volume 3, p. 268); it should not be done with tension. The purpose is not to hurt the opponent's attacking tool, but merely to "wipe" the attack out of the way: Think of "wax-on, wax-off" from original version of the film *The Karate Kid* (1984). The block merely deflects the attacking tool, while staying in close contact with the attacking limb, so that you can grab the attacking limb, using a grasping block, if you so choose.

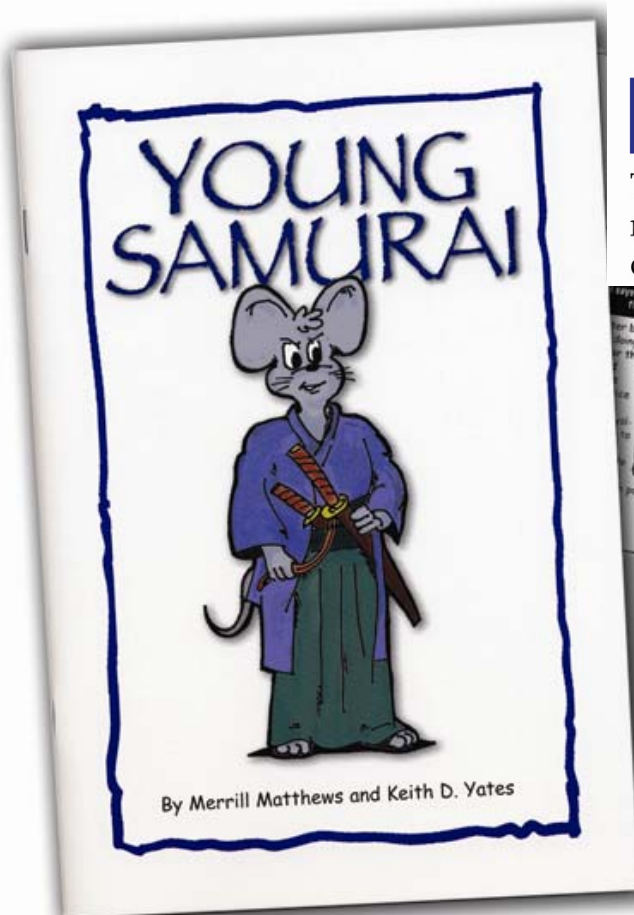
In conclusion, Taekwon-Do's hooking block is a soft block that derives from Taekkyeon's *hwagaedolligi*. The Korean for hooking block is *geolcho makgi*, which literally means a block that spreads-over or covers an attack. The purpose of the hooking block is to wipe an attack out of the way by spreading the blocking tool over the attacking limb in an arc-motion. The assumption that the purpose of the hooking block is to grab an attacking limb is incorrect and often causes practitioners to do the block too hard, which may result in the attacking limb to bounce away, making it even harder to grab onto it. Although the purpose of the hooking block is not to grab, it does function as a good set-up to grab an attacking limb, at which time it is known as a grasping block.

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...ooOoo...

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



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Whats The Point?

Jung Bong—Pt 1

By Paul O'Leary

Over the course of the last few years (yes it's years now!) I have shown empty hand application to empty hand patterns in the Martial Arts. The main aim of alternative pattern application training is to branch out of the usual confines our Martial Arts can put on us. Many times this is not something that the founders of our styles were looking for, but something that a governing body or committee decided for us.

As an expansion of this idea, and as part of my training in Prof. Rick Clark's Ao Denkou Jitsu, I looked to incorporate the short staff called a Han Bo in Japanese or a Jung Bong in Korean into empty hand patterns. The forms Heian Nidan/Pinan Shodan in Karate and Won Hyo in Chang Hon (ITF patterns) Tae Kwon Do seemed to lend themselves to this. Over the next period of articles I will document the pattern and applications I use for the Won Hyo version. But I'm sure you Karate-Ka will be able to work out the links to your own familiar forms.



Pic 1 – Pic 4 Show the opening movements of Won Hyo Tul.



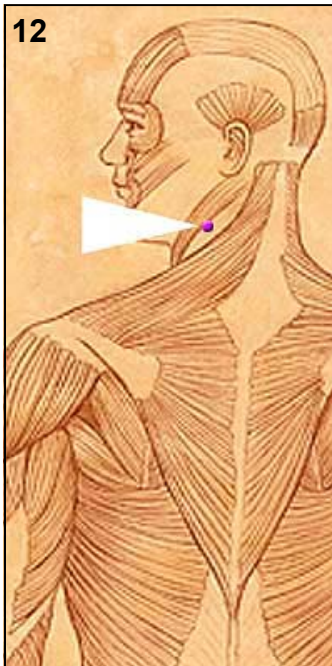
Pic 5 – Pic 8 Show the same opening movements of Won Hyo while using the Jung Bong.



Pic 9 The attacker swings their Jung Bong to the left side of our head. We block the attack with our Jung Bong and the upward motion of our hands.



Pic 10 Crossing our left hand to our right shoulder and our right hand forward we rotate the Jung bong and poke it into the ribs of the attacker. This move also knocks the attackers weapon down.



Pic 12 Small Intestine 16



Pic 11 Un-crossing our hands, we strike out to the neck at Small Intestine 16 (SI-16)

Please be careful with striking SI-16 as hard strikes to this point may cause a person to loose consciousness.

I would like the thanks Mr. Andrew Green for being my attacker in this article, and Mr. Niall O'Keeffe head instructor of Blarney TaeKwon-Do for the use of his training hall.

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



Doing Exercises... In The Car!

Getting In Shape While On The Road

By Patricia DeArmas, ITF 2nd Dan

We've all had it happen to us at one point or another: stuck riding in the car on a painfully long drive to someplace. Quite often this will happen when driving or even flying to a Taekwon-Do tournament. You want to practice Taekwon-Do, but strapped into your seat with a safety belt isn't exactly the best way to do so... you just can't do any patterns, or practice your techniques. You're probably sighing and wishing that you could just get to your destination already, your brain constantly asking your aching legs, "are we there yet?"

You probably think that it is impossible to exercise in the car, right? Well, you can stop believing that t h o u g h t - actually, you *can* get in better shape while in a c a r ! Exercising in the car, as long as, of



exercise from the back seat of a car than from the front seat, where you might bump into the driver from y o u r s h o t g u n position and accidentally make him or her crash the car. If

course, you're a passenger and not the driver, is quite possible and quite effective. In reality, there are a number of great exercises that you can do in car, and it will be these exercises that you'll be grateful for when driving long distances, especially when you're going to Taekwon-Do tournaments and you are desperately yearning to practice.

First, you need to make sure that it is perfectly safe to exercise in the car from your position. Never, ever, ever exercise if you are the driver; *only* if you are a *passenger*. Also, it is much better to

you are going on a long car ride somewhere, put yourself in the perfect position to exercise. If the car is a van with seats that fold down into the car, sit in the very back and put down the seats in the middle so that there is more space. You can now do some of the offered exercises more easily. If you cannot do this, it's still okay- there are still plenty of other exercises that you can do without that much space required.

Some of the exercises offered in this article to do in the car can be easily transferred to an airplane for jet flights; however,

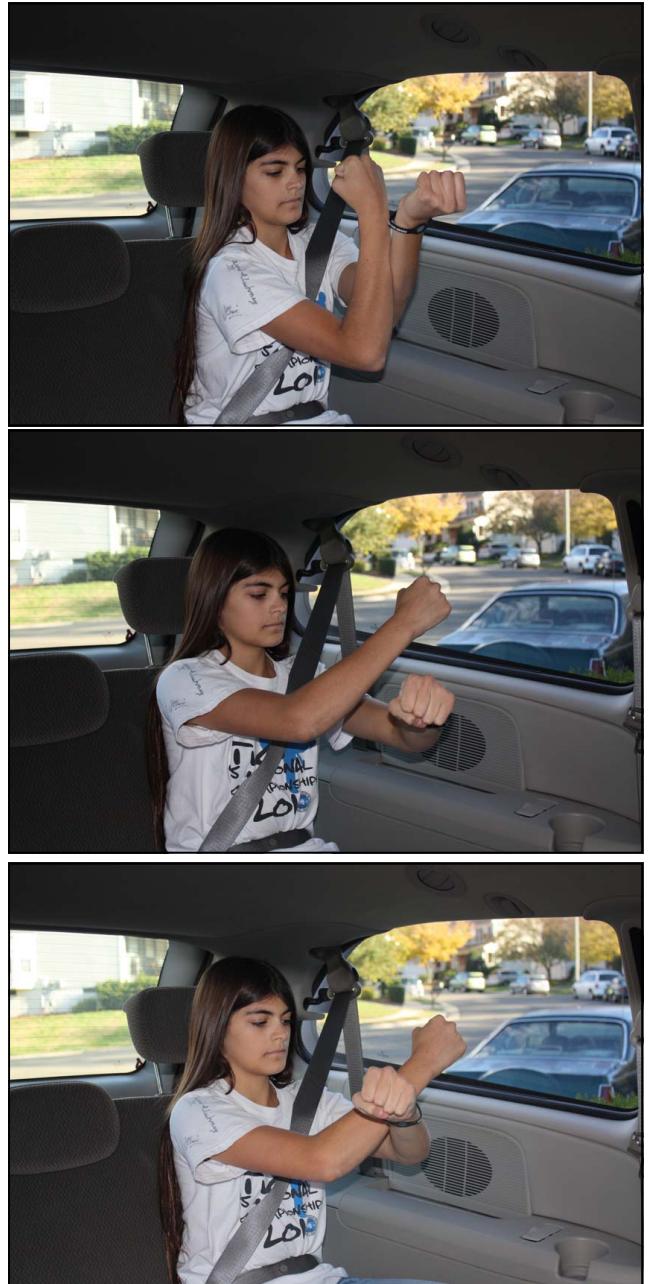
because of limited space not all of them are applicable. Depending on the size of your car as well, some of the exercises might not be possible inside your vehicle if it is too small, but not many of them. Most of the exercises can fit inside cars big and small, long or short, and are perfect to use during this holiday season when many of us are going off on family trips to visit relatives for the many winter celebrations. The following exercises are shown inside a minivan where the middle seats have been retracted into the car's floor, but again, you can use them whenever possible in whichever kind of car, bus, or plane you are riding in.

Twisting Kick Flexibility Stretch



Put one leg on top of your other leg as shown in the first picture. Your ankle should touch just above your opposite knee. Then push the high knee down as shown in the second image, attempting to touch your knee to the seat. This exercise enhances your flexibility for kicks such as twisting kicks.

Arm Battle Forging



This is a simple forging exercise where you hit various parts of your forearms into each other. They will become strengthened, especially for when you need to block a blow with them.

Arm Battle Forging with Friends

Arm Battles are much more fun with friends. Hit your forearms against your friends' forearms as hard as your friends will allow. Have your friends hit your forearms, too. Alternately, you can make this a competition: whoever gives in and doesn't want to be hit anymore loses!



Leg Stretching

Take your hand and grab your heel. Extend your leg until your knee locks. You can grab with either hand, you will have a good stretch either way. You can also do Double Hand Leg Stretching (see the right picture) where you grab your foot with both hands, one on either side. These exercises benefit your leg flexibility in many ways, but you may not have enough room in front of you to do this exercise depending on your car size.



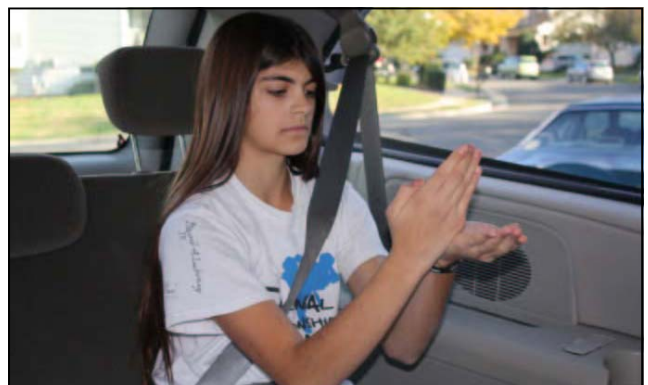
Forward to your Toes Exercise



For this stretch, extend your legs and grab your toes. You can move your legs lower or higher, but don't bend your knees. Hold on as long as you can. This exercise also benefits your flexibility in many ways, but you may not always have enough room to do this exercise.

Knife-Hand Forging

Hit your knife hand against your opposite knife hand as hard as you can bear. This will strengthen your attacking and blocking tool. Another way you can do this is to bring a strong, flat, smooth stone into the car and hit the stone instead.

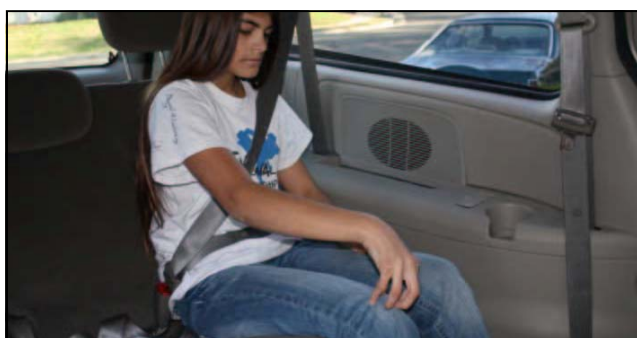


Reverse Knife Hand Forging



You can hit your reverse knife-hands into each other as well to toughen your attacking and blocking tools. Do this as hard as you choose to bear. An alternate way to do this is that you can bring a flat stone in the car and hit the stone instead.

Fingertip Strengthening



A simple forging method to strengthen your fingertips is to hit them into your knee repeatedly. An alternate way to strengthen your fingertips is to hit them into a hard surface in your car.

Twisting Kick Rotation Exercise



If you have enough space to do so, you can twist your foot in a twisting kick as far as you can downward. This rotation exercise will help you with your twisting kick and similar kicks such as hooking kicks.

Abdomen Tightening



Raise your hands above your head and breathe in. Then slowly bring them down, exhaling sharply like you would when performing a technique in a pattern, at the same time tightening your abdomen. Stop your hands near your waste with your abdomen fully tightened, then breathe out, relax your stomach and cross your hands above your head to perform the exercise again. This will strengthen your abdomen muscles.

Knuckle Forging



Toughen the front of your knuckles by punching them into each other as hard as you can bear. An alternate way to do this exercise is to bring a flat stone and hit the stone instead.

Backhand Knuckle Forging



Hit the back of your knuckles with backfist downward strikes to strengthen them. Again, you could also hit a stone.

Butterfly Stretch

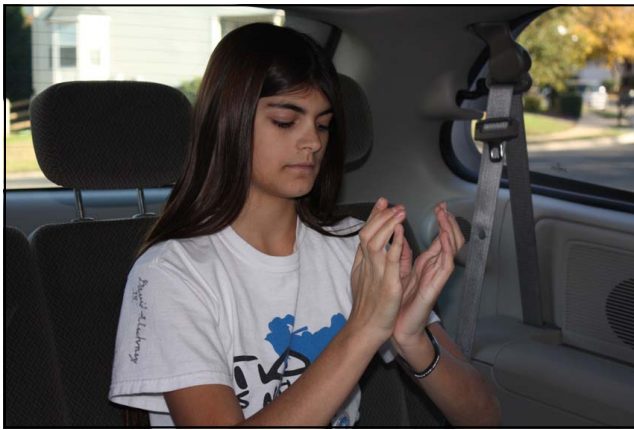


If you have enough room to do so, practice butterfly stretches in your car seat. Push your knees as far down to the seat as you can possibly go.

Palm Clap

The palm clap will forge your palms to become stronger attacking tools. Clap only your palms together, hard, to toughen them.





Super Legs



The Super Legs exercise requires enough room for you to straighten out your legs. You can do this with one leg, or to make it more difficult, with two legs. Lift your leg or legs into the air and hold them there as long as you can. To make it harder, don't grab onto your chair with your hands. This exercise will make your legs stronger. It is very good if you need to do a slow motion kick in one of your patterns as well.

Mental Taekwon-Do



Anything that you cannot do in the car, you *can* do in your mind. Close your eyes and imagine you are in your do-jang, home, or the place where you will compete in a tournament. Visualize it clearly, and from your own point of view. Then visualize yourself doing each movement in a pattern, from the beginning to the end. You can also visualize yourself doing well in sparring, or board breaking, or anything you'd like to be doing instead of riding in the car, or something that you need to practice. As long as you can visualize it, you can get better at it.

The exercises in this article can now help you become better at various things, and therefore better at Taekwon-Do! And now that you know some exercises to do in the car, you might start coming up with your own, too. As you become in better shape the next time you are on a car trip, you might discover new car exercises all your own that you can add into your new "Long Trip Routine."

So next time you are on a long drive to someplace, don't sigh and wish you could practice Taekwon-Do, or wish that you could be stretching or becoming stronger. Just do it!

About The Author:

Patricia DeArmas is a 2nd degree black belt in ITF Taekwon-Do and a self-proclaimed Taekwon-Doaholic. She discovered many of the exercises while riding to the ITF Goodwill Championships, and decided to share them with other Taekwon-Do practitioners through Totally TKD. She loves to write about Taekwon-Do and has a site called BestTKD (www.besttkd.wordpress.com) that has Taekwon-Do info for all TKD styles.

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