

Totally TaekwonDo 태권도

The Free Global Tae Kwon Do Magazine

February 2011 • Issue 24



- Grand Master Kwang Duk Sung Interview



- PUMA Martial Arts Visits Africa
- Are You In love with Taekwon-Do
- Jade Jones: Olympic Athlete of the year



- How To Motivate Youth

From 3 Minutes to Eternity:
Police Ground-Fighting
Counter Ambush
Techniques



Taekwondo Stamp
Faux Pas!



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

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Editorial

Issue 24 - February 2011



As I was putting together this months magazine it suddenly struck me that, although they do not all have articles in this issue, collectively, I think we have the biggest group of Tae Kwon Do Masters writing for a single magazine on a regular basis. In this very issue alone we have five contributions by Masters of our art and we regularly feature articles by those not in this months issue - I think that's pretty cool, but its even more cool when you consider they are all from different organisations and/or different systems of Tae kwon Do and give their time and effort for every student of the arts benefit, no matter which org they are part of or what system they follow!

This month we have some great articles, covering a wide variety of subjects. Following on from the previous series relating to children in martial arts, this issue sees a new series start about the *Physiological Responses Of Children To Exercise*, as well as an article on *How To Motivate Youth*.

We have a slightly controversial news story (*Taekwondo Stamp Faux Pas*) as well as a fun article relating to Valentines Day, which is of course this month - thank you to Patricia for bringing some light hearted fun to the magazine!

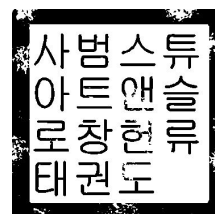
You may have noticed the main cover picture features a police officer grappling on the ground and wonder 'what the heck has this got to do with TKD' - which is exactly why you should read it, as its an area often overlooked by the Tae Kwon Do fraternity, and after reading '*From Twenty Minutes To Eternity*' you may feel that its a good idea to add similar stuff to your own training... And that's because it is! Couple that with the '*Combatives*' article and you will maybe have even more ideas because if self defence forms part of your art, the weaker areas need to be covered!

Finally, I just want to thank the reader who pointed out that the 'donate' button on the Totally TKD web site wasn't working. It has never been checked since the day it was set up, as it was just an extra for those to consider who enjoy the magazine so I would never have known any different if I didn't get that email.

Anyway, I hope you enjoy this issue and please consider submitting your own article sometime soon!

Regards,

Stuart Anslow
Editor



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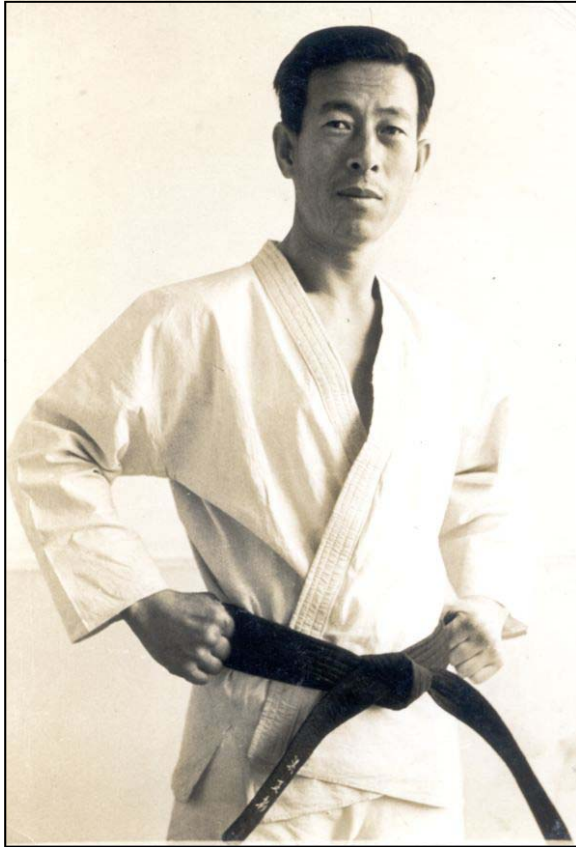
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Contributors: Grand Master Kwang Duk Chung, Master Antonio Montes, Master Keith Yates, Master Ray Gayle, Jon Mackey, Paul O'Leary, Nick Kelly, Richard Grzela, Tristan Vardy, William F. Randolph Jr., Sanko Lewis, Patricia DeArmas, Robert McLain, Richard Conceicao, Master Doug Cook, & Stuart Anslow

Totally TKD News

In Memorium:
Grandmaster Hong Jeong-pyo
(Jun. 7, 1925—Jan. 6, 2011)

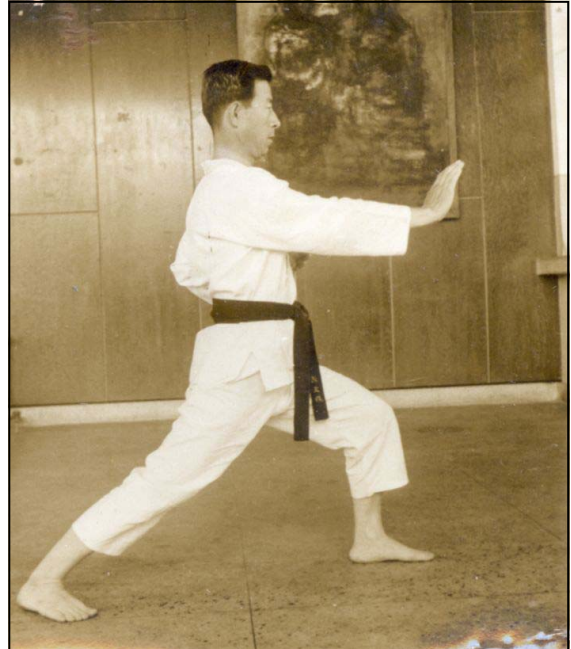


On January 6, 2011, the world lost one of the second generation students of martial arts in South Korea following World War II. Grandmaster Hong Jeong-pyo passed away in Seoul, Korea.

Grandmaster Hong was one of the top students of pioneer Grandmaster Yoon Byung-in at the YMCA Kwon-bup bu in Seoul, Korea in the 1940's and early 1950. In 1956, he established the Kangduk-Won and turned over the chief instructor position to Grandmaster Park Chul-hee, another direct student of Grandmaster Yoon Byung-in. Grandmaster Hong remained training and teaching until his death.

Dr. Chi Seung-won, direct student of Grandmaster Hong, reported that Kukkiwon President, Kang Won-shik,

awarded Grandmaster Hong the honorary rank of 10th Dan at his funeral in Kangwon-do Province on the East coast of Korea.

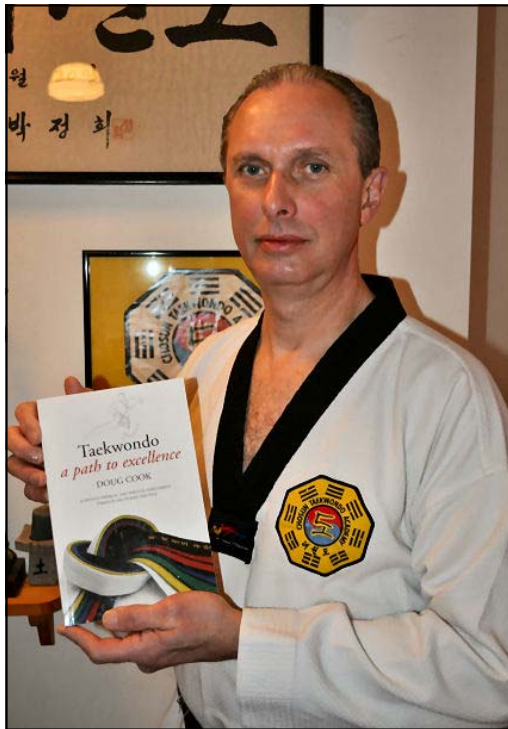


Circa 1963/64

Grandmaster Kim Pyung-soo, student of Grandmaster Hong, tells of his memory of his late teacher. *"Grandmaster Hong always participated when I had demonstrations at my Taekwon-karate Academy in Seoul, University Clubs, U.S. Army Clubs, etc."* We kept close relations until he passed away." Grandmaster Kim continues, *"I remember he had the most powerful kihop of anyone I knew. He believed in strong spirit during sparring and never believed in high, fancy kicks. He kept everything belt level or lower. His favorite form was Oh Ship Sa Bo (54-steps)."* *"I really appreciated him because he was a real traditional martial artist who firmly believed in and kept the legacy of his own teacher, Grandmaster Yoon Byung-in."*

Book Award For Master Cook

Master Doug Cook, owner and head instructor of the Chosun Taekwondo Academy as well as writer for *Totally Tae*



Kwon Do magazine, recently received a Finalist Award for his latest book, *Taekwondo – A Path to Excellence*, sponsored by the Los Angeles based online magazine, USA Book News. The work focuses on the rich philosophy and virtues of traditional taekwondo, the Korean martial art of self-defense. Five-hundred winners and finalists were announced in 140 categories covering print and audio books published in 2010. Jeffrey Keen, President and CEO of USABookNews.com, said this year's contest yielded an unprecedented number of entries, which were then narrowed down to the final winners and finalists. *Taekwondo – A Path to Excellence*, Master Cook's third book, is published by YMAA Publication Center, a 27 year-old Boston-based company focusing on martial arts books and DVD's. Master Cook's first book, *Taekwondo – Ancient Wisdom for the Modern Warrior*, became an instant bestseller and his second book, *Traditional Taekwondo – Core Techniques, History & Philosophy* became a finalist in ForeWord Magazine's "Book of the Year" for 2006. Cook stated, "I am deeply honored to earn an award of this magnitude. Yet, the feedback I receive

almost daily is confirmation enough that I am making a positive contribution to the global taekwondo community as a whole through the written word." Currently, Master Cook is working on his fourth book in conjunction with martial arts pioneer Grandmaster Richard Chun, President of the United States Taekwondo Association. Cook is also a regular contributor to *TaeKwonDo Times* magazine where he has just completed his 50th column entitled *Traditions*. All three publications are available online and at major booksellers worldwide. For further information regarding Master Cook's books visit www.chosuntkd.com.

Sport

Taekwondo UK

2010 came to a close with several pieces of positive news for the British Taekwondo team. Figures released by research agency ESP Solutions show that despite the current economic climate, events such as the recent British International Taekwondo Open are still successfully contributing to the local and national economy as well as providing a sporting platform for athletes in preparations for 2012.



The British Open, which has been staged in Manchester for the past three years and which welcomed over 500 athletes from 53 nations, netted just over £1 million to the local economy as a record number of spectators attended the two day event.

Gary Hall, Performance Director at Sport Taekwondo UK said that it was '*terrific to see such positive returns to the local economy*', while Rebecca Edser at UK Sport claimed that the report's conclusions were evidence to cities of the benefits of

staging major events.

There was also more success within the Great Britain squad as Aaron Cook was recognised by the British Taekwondo Control Board for his achievements in international competition with the award of a Life Membership. Meanwhile BTCB Chairman Adrian Tranter was also in Manchester to present Jade Jones with the Olympic Athlete of the Year trophy. Jones was honoured with the award by the BTCB and the British Olympic Association in recognition of a hugely successful year in 2010 which included becoming the country's first ever Youth Olympic Gold medallist.

Two new faces joined the British Taekwondo team's elite academy in December in the form of former World kick-boxing champion Damon Sansum and Ruebyn Richards, former junior European taekwondo champion. They were among 1,000 participants who earlier this year responded to the 'Fighting Chance' initiative, aimed at uncovering talented athletes with the potential to reach the podium in 2012 and at future Games.

Both have had less than six months with the academy and Sansum won his first medal at last month's French Open.

Fellow Talent programme athletes Sophie Dickson and Andrew Deer have also been identified as 2016/2020 potential athletes and will join the Talent Development programme whilst Lauren Price will continue to receive support as she pursues a career in Women's Boxing.

In preparation for more success in 2011 the British Taekwondo team tuned up for next month's US Open by spending two weeks at a training camp in Cuba. The stay included a friendly match against hosts Cuba, with Britain winning an entertaining encounter 18-9 in Havana.

The friendly match included World No. 1, Aaron Cook, European Champion Sarah Stevenson and current British Open Champion, Tony Grisman.

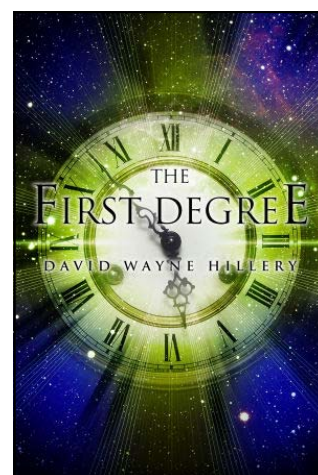


Jade Jones being presented with her Olympic Athlete of the Year award

Martial Arts Fiction Book Release

4th Degree Black Belt, David Hillery has just released a fiction book with a martial arts backdrop titled 'The First Degree'.

The book, although a work of fiction, includes characters in a realistic martial arts setting, with not only adventure and mystery, but martial arts classes, instructors and performances, all as part of an entertaining space- and time-travel story full of surprises, interesting characters and plot twists.



Through his book, David hopes to bring educational and inspirational truths about martial arts to the non-martial arts folks who may not understand the true meaning of what we do... Of course, martial artists will enjoy it as well.

Book blurb: *Demetrius Adrien, a normal suburban father and husband, becomes a time- and space-traveling hero when he is coerced into a dangerous mission by a mysterious race known as the Friendlanders. As Demetrius learns about the nature of humanity and the rest of the universe through intergalactic battles and martial arts, we also see how important the forces of God and family are in driving our lives.*

The First Degree is the first published book by David Wayne Hillery, a structural engineer and bridge inspector in Texas. He holds a fourth-degree black belt in Taekwon-Do, which he has been studying since 1997, and enjoys Bible study.

The First Degree is a 160-page paperback with a retail price of \$15.00. The ISBN is 978-1-4349-0473-7. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please visit our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com

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*Based on December
2010 issue downloads

"The TKD Clinic"

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



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

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

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

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



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TAEKWON-DO THEMED APPAREL

Website Launching February 1st

New and Exciting! - Kids and Adult Hoodies Now in Stock!



Taekwondo Stamp Faux Pas!

It is probably one of the most infamous pictures of Taekwondo ever, and certainly of the last Olympics held in 2008 in Beijing; that of Cuba's Angel Matos lashing out and injuring a referee after being disqualified from his bronze medal bout at the Beijing Olympics, for which he and his coach received a lifetime ban from the sport. So how has a strikingly similar image appeared on a Royal mail stamp to celebrate Great Britain's 2012 Olympics... *Totally Tae kwon Do investigates!*

In July 2010, Royal Mail commissioned a set of stamps in order to celebrate the 2012 Olympics being hosted by Great Britain and a strikingly similar pose has appeared on the stamp to celebrate the Olympic event of Taekwondo.



Following an email from a concerned reader, on how the stamp may reflect on British Taekwondo once viewed by the millions who may visit the event in 2012, we decided to follow up and gather opinions from those involved.

We contacted the illustrator James Fryer, who was commissioned to produce the stamp; the BTCB who approved and authorized it; as well as Royal Mail themselves.

Mr Fryers response was that *"the illustration was produced using many sketches, from a huge amount of reference, including hundreds of photos which probably did include the photo in question (when you Google Taekwondo, in the images section, this photo appears many times)."*

While we have to agree this could well be the case, meaning that amongst hundreds

of pictures of Olympic taekwondo, that particular one could have been included inadvertently, more so if Mr Fryer is a non-Taekwondo person so may not know of the incident and took it as simply another Taekwondo picture. We did ask Mr Fryer if he did

Taekwondo or not, but he didn't reply!

However, whether Mr Fryer knew the context of the picture or not, it still seems to resemble the stamp image considerably as, even though there are differences in the initial picture and the stamp illustration, for example; the picture has been reversed, the hogu has changed to the other Olympic colour of red and the head and left arm have been changed, it would seem that it may be the smaller details that really give it away (the devil is in the details as they say).

Looking at the two pictures closely they have a number of identical or strikingly similar details such as the taping on the attacking foot, the way the two ends of the belt hang in mid flow, the ties at the back of the body armour, the shading on the trousers near the attacking foot, creases on the dobok, even the strip of yellow

matting in the background and the outer side of the ring and that's not to mention the angle of the attacking leg!

To be fair, Mr Fryer does say *"So the black belt straps look like they have been used in my illustration as do the colours of the background matting. But to say 'it appears to be based on one particular image' would be wrong."*

So it may not be 'based' on a particular image, but it does seem to use a large portion of the image in question and whether intentional or not, could be contrived as paying homage to Angel Matos and the notorious 'incident' – or do you think this isn't the case?

Though Mr Fryer may not have recognized the photo when making his illustration and inadvertently included a (fairly large) portion of it in his illustration, the stamp had to be authorized and approved by the BTCD (British Taekwondo Control Board) before 'going to print'. We contacted the BTCD for their view and opinion, as we found it hard to believe that they did not pick up on this like we have, as even if it is just co-incidence, having a stamp that 'may' denote one of, if not 'the' worst incident in Taekwondo history as a representation of Great Britain and its Olympic Taekwondo movement, cannot be a very pleasing thing – especially for the Swedish as it was their referee, Chakir Chelbat, that was on the receiving end, and viewing a stamp like this, if they make the same connection our readers did, would be like a second kick in the face for them (excuse the pun)!

So why did no-one recognize it? The BTCD didn't reply to our emails, despite emailing four high ranking members including the Chairman, the National Olympic Committee Officer and the Secretary General !

We did however received a response from Royal Mail's press officer Ruth Barker. This

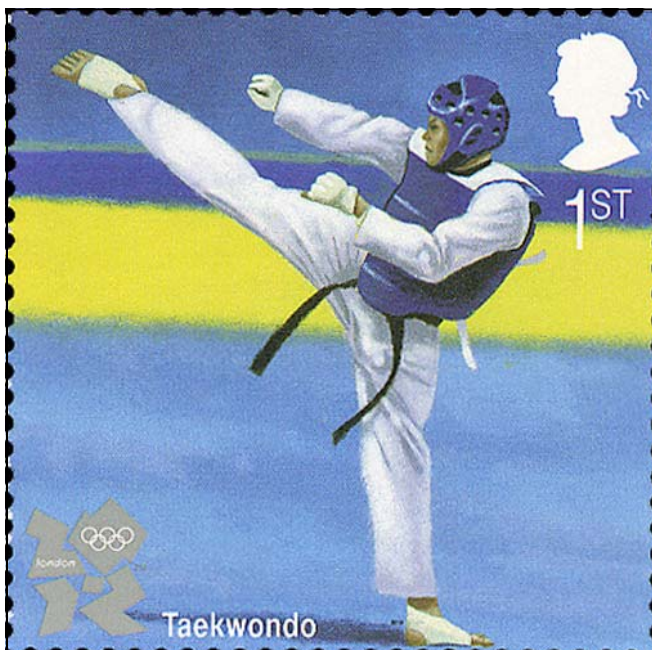
came very quickly, via the telephone, just a short while after we email them for their views. On the phone where Ms. Barker reiterated what Mr Fryer said, pointing out it was an illustration and as such, not based on any particular picture. She then she proceeded to browse Google's numerous Taekwondo images and concluded that it could have been based on any number of pictures while agreeing she was no 'Taekwondo expert'. We did the same and to be honest we couldn't find any that matched so well, despite browsing hundreds of pictures!

Royal Mail's official response was *"This is absolutely not the case, Our Olympic and paralympic stamps use illustrations to reflect key elements of the sports portrayed and not one particular event or match."*

Royal Mail concluded that no one has yet brought this issue to them and I agreed that I wouldn't of known about it had it not been brought to my attention, but then I'm not into stamps, hadn't seen this stamp on an letters I've received and don't follow WTF Taekwondo as closely as millions around the world do!

However, just to be thorough and fair I emailed both pictures around some of the respected writers of this magazine from around the world and, without giving details, I asked if they felt the stamp illustration was based on the other picture (which I didn't name) and in a follow up email asked if they recognized the incident. Here are their responses:

Mickey Lozano (WTF student, Totally TKD cover designer and professional graphic artist from Spain): *"Oh yeah! The image is way similar!"*, I asked if he recognized the picture and he said *"Yes... that Cuban guy took a rather juicy 'face chirugi' to his foot! Look at the hooking teeth technique of the referee! This is what gives bad name to our martial art... a few rotten apples."*



Spot The Differences

Differences

- The picture has been reversed
- The hogu has changed from red to blue
- The head has been changed to include a head guarded version
- The face has been changed/lightened
- The left arm has been changed

Similarities

- The taping on the attacking foot
- The way the two ends of the belt hang in mid flow
 - The ties at the back of the body armour
- The shading on the trousers near the attacking foot
 - Creases on the dobok
- The strip of yellow matting in the background
 - The outer side of the ring
 - The angle of the attacking leg

Master Doug Cook (renowned KKW stylist, instructor and author from the USA) said *"It's damn close for sure. The stamp issue is clearly celebrating the "sport" of taekwondo. Too bad. There is so much more value in the traditional martial art of the same. Perhaps a side kick without hogu would be better...."* Upon asking if he recognized the photo he said *"The photo on the right oddly (???) resembles Cuba's Angel Matos assaulting a referee at the Olympics."*

Master Earl Weiss (ITF instructor and Writer from the USA) said *"I think the image on the left "Is Based on" the image on the right. Certain similarities such as how the belt lays, creases and folds in the pant legs, dangling straps from the back of the Hogu and angle of the leg are remarkably similar. Arm positions are different as is the addition of the headgear."* When asked if he recognised the pictures he replied *"At first I was going to say no. Then I thought perhaps that is the one where the competitor was mad at*

the judge and kicked the judge. Is that it?" - and remember Master Weiss is ITF, not even WTF and he recognised it!

Ira Hoffman (WTF 4th degree and writer from the USA) said *"Although the gross details of the illustration differ from those in the picture, the subtle details (the background colors, the position of the athlete's body against the background, and especially the position and shape of the belt and white tie from the chest protector) appear to be the same. I consider it unlikely that two random images of real athletes independently executing high round-house kicks would show the belt and chest protector ties in identical positions. I would conclude the illustration appears to be based on the photo."*

Richard Conceicao (WTF instructor and writer from the USA) said *"Well, I love puzzles. Even though I am scientific enough to know that "relationship never implies cause", I am a sucker for conspiracy theories as well. The right*

image appears to be of the Cuban contestant who clocked the ref at the Olympic games, albeit reversed (most have kicker on left). If it is indeed the basis for the stamp, I have to grant the artist a wonderfully sly sense of humor. The technician in me wants to see the position of the kickers support leg which is cut off. “ - answering my second question before even asking it!

As a final test, we overlaid the photograph over the stamp illustration and it becomes pretty clear, we think, that the illustration has a heavy basis on the original picture.

We are happy to accept what the illustrator Mr Fryer said and agree that the ‘whole’ image isn't just a copy of the photo, as well as Royal Mails opinion that the stamp is not supposed to represent a particular event or match, though the lack of response from the BTCB is disappointing!



The original image, overlaid on the stamp illustration

So what do you, our readers think?

Do you agree or disagree? Many of our esteemed writers feel that the image (mainly) used in the illustration is representative of the Angel Matos incident at the 2008 Beijing Olympics, one of the lowest points in Taekwondo history, irrespective of how it came to be, though Royal Mail disagrees!

What are your thoughts? Was it a simple faux pas that someone down the line should have recognized, as our readers and writers did or is someone, somewhere smiling slyly knowing this has slipped the net? Could it taint Britain's Olympics in 2012 and GB Taekwondo? Or do you think the two images are totally unrelated altogether?

A special thread has been created on the Totally Tae Kwon Do forum for you to give your views and opinions. The forum is linked at www.totallytkd.com.

***Let us know your thoughts at the
Totally Tae Kwon Do forum?***

An Interview With Grandmaster Kwang Duk Chung

By Paul O'Leary

GrandMaster Kwang Duk Chung first brought Taekwon-Do to Argentina in 1967. As executive director of the International Taekwon-Do Federation, he took the art of Taekwon-Do all over South and Central America.

In 1968, he officially introduced traditional I.T.F. Taekwon-Do to New York. Eventually in 1990, feeling the need to preserve the true essence of Taekwon-Do, Grand Master Chung founded the International Taekwon-Do Society. The first I.T.S. World Taekwon-Do Championship was held in New York City (1994), followed by a second in Brazil (1997). In 2008, Grand Master K. D. Chung founded the All International Taekwon-Do Federation (A.I.T.F.).

He is one of the most outspoken of the original pioneers, and has no problem speaking his mind. But he is also a very kind and warm hearted man and reaches out to make contact with TaeKwon-Do practitioners from around the world. I took the chance to interview him so that

TTKD - Grand Master Kwang, your TaeKwon-Do history has been a long and important one in aspects of the foundation

and growth of the art. Can you tell us how you got started on this path.



GM Kwang - I was 6 years old when I got to go to Judo classes with my uncle. Then, I enrolled to Moo Duk Kwan in Seoul, with Grand founder of the school Hwang Gi then, I emigrated to Argentina to promote Taekwon-Do and all over the world under the guidance of General Choi Hong Hi.

Most of us practiced Dang Soo Do in that time of the 60's, we switched to Taekwon-Do ITF to go overseas to promote Taekwon-Do, because it was very hard to get out of Korea in that time to go other country. I was teaching in Buenos Aires of Instituto Kumazawa. When General Choi had to move ITF headquarter to Toronto in 1970, because of political confrontation against President Park Jung Hi. I visited Toronto to train with General Choi since 1970, if my memory is good. I started to teach ITF forms in New York from 1969, in the school



Original Masters Of South America

of Moo Duk Kwan of Master Richard Chun.

TTKD - Your main contribution to the TaeKwon-Do world was bringing the art to Argentina. Can you tell us about this time, and the people you trained.

GM Kwang - I came to Argentina in 1967 and started teaching Taekwon-Do in different places like Federal Police of Argentina, military personnel and doing demonstration in TV. I have trained many of my disciples who they are now 10 of 9th. Dan. They are, Roberto vargas, Victor Barbeta, Jorge Camodeca, Juan C., Leive, Carlos Muñoz, Daniel Cirelli, Domingo Monti, Troc German, Roberto Saenz, Sanchez Pepe, Daniel Smidth, Gerardo Goldman, Hector Quiroga Antonio Domingo and much more over 300 students. In 1968, I went to Los Angeles, USA to be in China Town with Bruce Lee

for three months then I recommended to Bruce Lee to go to Santo Domingo, Dominican Republic. Then, I'm back to Bs. As. to go to New York 1969 where I started to promote ITF Taekwon-Do. My journey to bring TaeKwon-Do to the world start right this time and promoting Taekwon-Do all over Central and South America. I think that Taekwon-Do contributed to the well being of Argentinean people in the way to discipline themselves through long time since I have promoted Taekwon-Do 1967. Specially, the Government Agencies and officials and Korean diplomats.

TTKD - What do you think are the most important aspects of TaeKwon-Do?

GM Kwang - As a Martial Art, "DO". As a sports, Dynamic Kicks.

TTKD - Do you think the art or "Do" has

been lost in TaeKwon-Do?

GM Kwang - Many Masters and Grand Masters don't think about "DO", but what they do think about, is "DON", which means MONEY in Korean. Ignorance about the philosophy of Taekwon-Do leads these individuals to act simply in terms of competition medals and fame. I know some Grand Masters that still talk about their 45-year-old Championship titles in Korea, but who never express their knowledge of Martial Arts. It's very funny that these people are still pretending to be Grand Masters without any academic or intellectual base-- they can only base their actions on DAN and Seniority.

TTKD - How do you train your students to follow the path of "Do" ?

GM Kwang - First off, one should know where the path of "DO" is. You need references, meaning and Philosophy. Then, get to know the "DO" and follow this with guidance of your Master. If his teaching is correct, you will get to know the will of heaven but if it is not correct, you will be fighting with animals in the path. I talk lot to my students about five principles of Taekwon-Do and let them to interpret it and apply it to their daily life as much as they can. The base of this understanding is the Training with NATURE. We do this in New York, more than 35 years in all seasons. Real PATH of mountain. Many of them, most of them to get high rank of Taekwon-Do, do

this kind of training more than 5 to 10 tears every Sunday.

TTKD - I've seen pictures and videos of your group training in these woods. i also noticed that you train with bamboo shinai. What is the aim of this?

GM Kwang - The main scope of TaeKwon-Do is the practice of dynamic kicking and punching. But, if we practice TaeKwon-Do as a Martial Art, this scope can be widened and varied. I do not necessarily teach sword usage for Kendo practice-- rather, it



Giving thanks at personal shrine in Saxon woods,

is a weapon with applications in combination with kicks and punches. There are many different ways to use the sword. For example, circular motions observed in Chinese styles, the static forms of Japanese styles, and the dynamic diagonal motions in Korean styles. I apply these three different techniques with the kicking and punching of TaeKwon-Do to promote a state of mind which can be applied in the battlefield, not only to fighting or competition situations. My aim in teaching the use of the bamboo shinai is

to promote this kind of spirit for the battlefield, and not just for the sake of competitive sport.

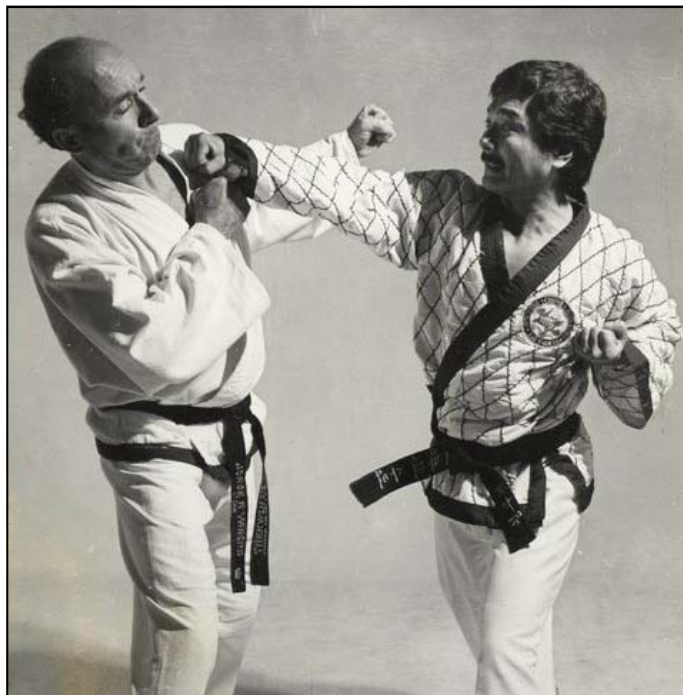
TTKD - You are now the President of the All International TaeKwon-Do Federation (AITF). Why did you feel the need to take such a step and what does your association offer to the TaeKwon-Do world



Buenos Aires, Argentina, with eleven calligraphy's of General Choi.
Given to him at an International Instructor Seminar in 1982

at large.

GM Kwang - One of the main reasons I founded AITF was to serve the aims that General Choi and I had in fighting to save the original ITF from the political suppression of the South Korean government. Oftentimes, we would talk about ways in which we could preserve the integrity of TaeKwon-Do as a Martial Art so that it may not be misused. I see different ITF organizations all around the world, but I do not feel that any of them are wholly justified in claiming themselves representative of the original ITF. Many of these



organizations misuse TaeKwon-Do for purposes other than those principal of the ITF idea. Some groups use TaeKwon-Do for achieving political propaganda, and some use TaeKwon-Do as a means to general economic profits. Some ITF's are also there for simple personal gain, while others exist simply because they were given the opportunity to sprout. My main purpose for founding AITF is to renew the integrity of TaeKwon-Do that I was promoting with General Choi Hong Hi, while the other ITF masters were being pulled aside for not cooperating toward saving ITF. I cannot offer everything TaeKwon-Do

encompasses, but I can show the world the real truth of the integrity of the ITF founded by General Choi. This is how ITF has been saved from South Korean government suppression.

TTKD - You must have been very close to General Choi Hong Hi, can you tell us about your relationship with him?

GM Kwang - My relationship with General Choi Hong Hi goes beyond Master and disciple. We had to fight against the South Korean government's oppression and dictatorship. We believed that the main problem facing Taekwon-Do at that time was that the South Korean government was supporting only the World Taekwon-Do Federation with the purpose of converting Taekwon-Do into an Olympic sport, pushing ITF away, which was the main organization of Taekwon-Do.

So, General Choi Hong Hi, Gen. Choi Duk Shin and I travelled to different parts of the world to denounce the South Korean government's involvement in supporting

WTF. My relationship with General Choi was based not only on Taekwon-Do, but also on a political involvement to protest the dictatorship of the South Korean government as well.

TTKD – Thank you for your time Grand Master Kwang.

Currently, Grand Master Kwang Duk Chung is instructing and giving seminars to masters and instructors of I.T.S. in New York, every Sunday, the same way he has been doing for the past 40 years. He actively reaches out to other TaeKwon-Do people around the world to try and build up a picture of the growth or otherwise of TaeKwon-Do in other countries. Also what helped or hinder those countries in adopting the art into their hearts.

Grand Master Kwang Duk Chung a true living legend of TaeKwon-Do.



Giving thanks at the mountain temple just outside New York, 2010

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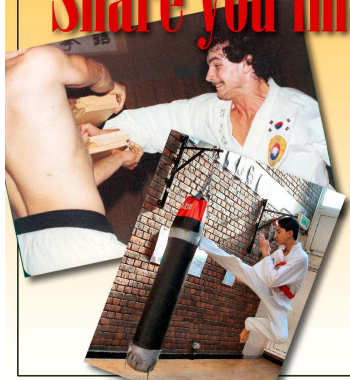
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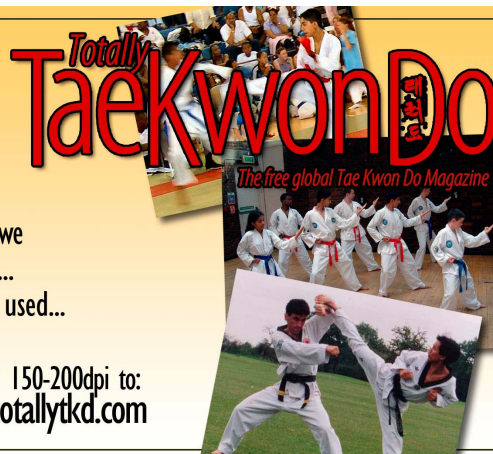
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Are You In Love With Taekwon-Do?

By Patricia DeArmas, ITF 2nd Dan

It's February, and it's the time of year again where the celebration of love is upon us. If you celebrate Valentine's Day, maybe you are going to buy a pack of chocolates for your sweetheart, or go on a romantic date with your valentine. But although many people are thinking about being in love with their girlfriend, boyfriend, husband, or wife, we Taekwon-Do practitioners should also be thinking about being in love with our martial art.



Are you in love with Taekwon-Do? In this article, you can discover if you are really and truly in love with your martial art, or if you have only a temporary infatuation that will fade with time, or even if you don't like Taekwon-Do much at all! Chances are, that as a reader of Totally Tae Kwon Do Magazine, you at least enjoy Taekwon-Do a little bit, but with this article, you can discover how much you really like what you train in. Simply answer a series of questions truthfully, then at the end of the poll find your results and see if you are in love with Taekwon-Do.

When you are had Taekwon-Do class, how hard to you push yourself?

1. You never try hard
2. You normally don't feel like trying very hard
3. You only try hard when doing the stuff you like
4. You try your hardest no matter what

When you are at home, how often do you practice Taekwon-Do?

1. Never
2. Once in a while
3. A few times a week
4. Every day

How many classes do you miss?

1. You miss months and months of classes
2. You miss a lot of classes
3. You don't miss that many
4. Nearly none!

If there was a great party at the same time as one of your Taekwon-Do classes, would you...

1. You never go to class anyway; what's one more missed day?
2. A party! You gotta go!
3. You would probably skip TKD that day
4. You'd miss the party. It was at the same time as TKD, for goodness sakes!

How often do you think of quitting Taekwon-Do class?

1. You might quit pretty soon
2. You think about quitting quite a lot
3. Sometimes you feel like quitting
4. Quit- never!

If you had to choose between giving up TV or giving up Taekwon-Do, which would you choose?

1. No-brainer: goodbye, Taekwon-Do!
2. You'd give up Taekwon-Do
3. Tough question, but you'd probably give up Taekwon-Do
4. You'd quickly give up TV

If you had to choose between giving up the ability to speak or giving up Taekwon-Do, which would you choose?

1. Who cares about Taekwon-Do? You'd give it up without a second thought!
2. You'd give up Taekwon-Do pretty quickly
3. You love Taekwon-Do, but talking is more important: You'd give up TKD
4. You would give up the ability to speak- Taekwon-Do is your life!

Add up the numbers of the answers you chose (such as on the first question you picked answer 4, second question you chose number three, ect.) Now see your



results:

- **If you scored 7 to 11**

You really don't care about Taekwon-Do at all. You're probably wondering why you are even looking at this magazine.

- **If you scored 11-13**

You like Taekwon-Do a little, but it isn't very important to you

- **If you scored 14-16**

Taekwon-Do may have once been a big part of your life, but not anymore. Or maybe it never was. You care enough to practice once in a while, but that's about it. You probably don't try very hard in class, either.

- **If you scored 17-19**

You care about Taekwon-Do, but not enough to be willing to give up stuff you consider more fun for it, like going to parties. Or maybe you enjoy it, but you're too busy to train much at all.

- **If you scored 20-24**

You like Taekwon-Do, but do you love it? You only enjoy certain parts of it. You may believe your patterns, breaking, and your sparring is good enough, but you don't really feel like making them any better than they are. Many *good* Taekwon-Do practitioners are like this, but they can become great if they are a little bit more devoted.

- **If you scored 25-27**

You love Taekwon-Do! It is something that you really enjoy, and you practice hard most of the time, too. But you must consider whether your love for Taekwon-Do is forever, or if you only like it temporarily. Do you feel yourself skipping more and more classes, or training less and less? If so, Taekwon-Do might only be one stage in your life and not something you'll love forever.

- **If you scored 27-28**

Taekwon-Do is truly a way of life for you.

You love it so much that you would give up nearly anything for it, and you are either already great, or will become great through your intensive training. You are devoted and an amazing student and instructor. You aren't perfect, but try your hardest to become so. The only warning: just make sure you don't over-train!

What were your results? Did you find that you are in love with Taekwon-Do? Or did you score a little bit lower on the scale- did you choose mostly 2s or 3s, or worse, mostly 1s? It is likely that you didn't choose many 1s or many 2s, since you care enough about Taekwon-Do to want to read this article, but maybe you picked some 2s and a *few* 3s. If this is the case, you can always improve. Just because you miss a lot of classes today doesn't mean that you cannot stop missing them. Just because you don't always try your hardest at classes doesn't mean you can't try harder next time. Anyone has room for improvement.

If you chose a lot of 4s, you probably already try your best at Taekwon-Do class, but this doesn't mean that you can't become better, too. Anyone can continue to be devoted, and look at every technique that they have learned, see how it can improve, and then practice it until it is their very best technique. Anyone can also work their hardest at improving their sparring, breaking, ho sin sul, releases/self-defense, or anything that they learn in Taekwon-Do. I wish you a very happy Valentine's Day- but remember, being in love with Taekwon-Do is a wonderful thing, so give yourself a Valentine's Day gift and go train in Taekwon-Do!

About the Author: Patricia DeArmas is a 2nd dan black belt in ITF Taekwon-Do and is a self-proclaimed Taekwon-Doaholic. She has trained at two great do-jangs with two great instructors, and has two Taekwon-Do blogs, www.besttkd.wordpress.com, and a blog that talks of her martial arts journey, www.martialartsgirl.wordpress.com.

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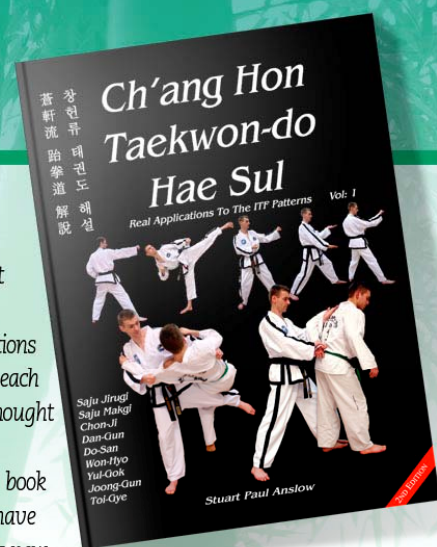
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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!

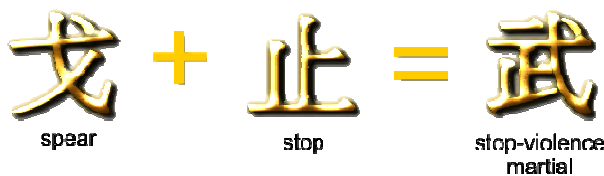


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Martial Technique, Martial Art And Martial Way

By Sanko Lewis

When I first came to Korea I was surprised to learn that in Korean there are three different expressions for “martial arts”: *moosool* (alternative Romanization: *musul*), *mooye* (*muye*), and *moodo* (*mudo*). Upon learning the meanings of these three expressions, I quickly understood the philosophical implications and this was confirmed in conversations with other martial artists.



You will notice that all three words have at its base the syllable *moo*; it is therefore worth it to contemplate this root word. *Moo* is based on a Chinese character that is usually used to express concepts of military, martial, or warlike. However, a closer look at this Chinese character reveals a slightly different meaning. The character is made up of two characters. The first meaning “spear” and the second “stop”; together they denote stopping a weapon or stopping violence. Although it would not be incorrect to translate *moo* as military, martial or warlike, it is noteworthy that the precise meaning contains the idea of stopping violence. It is therefore a defensive concept, rather than an offensive one.

Moosool



The first term, and often the most common expression for martial arts in Korea is

moosool. *Sool* literally means skill or technique. A better translation for *moosool* would be martial skill or martial technique – or even fighting techniques. Remember in kung-fu movies how a character would tell his opponent that “Your kung-fu is good”? Well, this is what he was expressing: “your skill / technique” is good. *Moosool* refers specifically to the individual fighting techniques. Someone with beautiful, precise, powerful movements is said to have good skill or good technique.

A person enrolled into a martial art school will learn a variety of fighting techniques (*moosool*), and through lots of dedicated practise will get good at it. This term is focussed primarily on physical ability.

Mooye



The term *-ye* means art, talent or craft. It is *mooye* that is the expression we use in English, namely “martial art.” Art suggests a creative use of the techniques. Almost anyone can learn some skill, but not everyone have made it such a part of

themselves, that they can use it artfully; the ability to apply their skill in an improvised way.

Before you can achieve this level where you can truly apply the skills you have learned in a creative, intuitive way, you have to have mastered your discipline. It is said that such mastery takes about 10,000 hours. Daniel Levitin in his book [This Is Your Brain on Music: The Science of a Human Obsession](#) explains:

“The emerging scientific picture is that 10,000 hours of practice is required to achieve the level of mastery associated with being a world-class expert in anything. In study after study, of composers, basketball players, fiction writers, ice skaters, concert pianists, chess players, master criminals, and what have you, this number comes up again and again.”

Ten thousand hours is about three hours of training per day for ten years.

Usually, after about ten years of training you would be a fourth degree black belt in ITF Taekwon-Do and considered a full instructor. Some other Korean martial arts like WTF Taekwon-Do, Tang Soo Do, and Hapkido actually use the term “master” for someone with a fourth degree black belt.

To call someone a martial artist is to suggest that this person has spent many years of time and energy in honing his martial art skills to such a level that he can adapt those skills to different situations in an improvised, creative way.

Moodo



The final way to express martial art in Korean is *moodo*. The term *Do* literally means path or way, but has a much

deeper meaning in the Orient. It is the same Chinese character on which the philosophy of Taoism is based. In Korean the Chinese character for Tao is pronounced *do*. So pertinent is the idea of the *Do*, that it makes up part of the names of many martial arts, for instance Taekwon-Do, Tang Soo Do, Hapkido, Judo, and Aikido.

The scope of this essay does not allow me to go much into the concept of the *Do* as it is a very complicated idea that has been the topic of philosophical, religious and moral conversations for centuries. In short, the *Do* is understood in Taoism as the “essential principle underlying existence,” in other words, “ultimate reality.” In Korean (Confucian) thinking, the *Do* is the way of the universe—natural way or true path—that one ought to follow.

Directly translated, *Moodo* means “martial way.” From Korean to English it is also sometimes translated as chivalry or knighthood. Koreans speak about *moodo-in*; that is, “martial way person.” In Japanese the term for *moodo* is *budo*, which is closely related to the concept of *bushido*; i.e. “the way of the warrior.”

Moodo not merely suggests learning fighting techniques (*moosool*), or even mastery of the art (*mooye*), but rather a way / *Do* of life. One's practise in the discipline has transcended skill and art (aesthetics) into ascetics. Your practise has become a spiritual discipline, a path towards enlightenment.

In summary, there are three ways to talk about the discipline of fighting in Korean: *moosool*, *mooye* and *moodo*. All three contain the root word *moo*, based on a Chinese character, which means to stop a weapon or stop violence, usually translated as military, martial or warlike. *Moosool* refers to the specific fighting techniques one learns. *Mooye* suggests that after years of practise, the techniques have become such a part of you that you can

use it in a creative, improvised way. It evokes a level of mastery. Finally, *moodo* pertains to the martial arts as a way of life, an ascetic discipline. Each of these suggests a different phase in the growth of the martial artist. First he learns techniques. After years of dedicated practise his discipline becomes so ingrained that it manifests in the intuitive, improvised creativity that is a testimony to his mastery of the techniques. Finally, he *becomes* his practise—it is a way of life, that reveals to him something of the natural order of things, of the way of the universe.

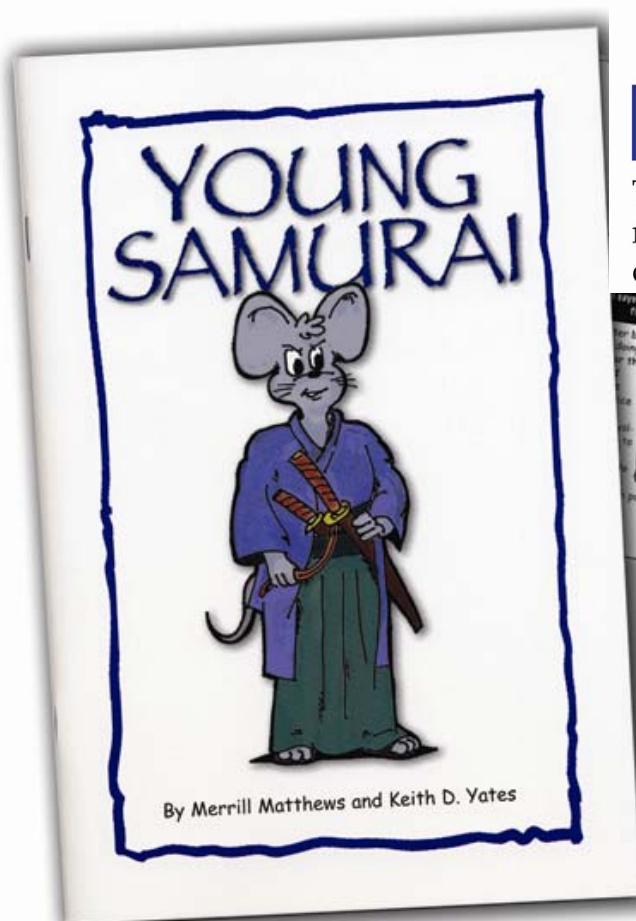
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...ooOoo...

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 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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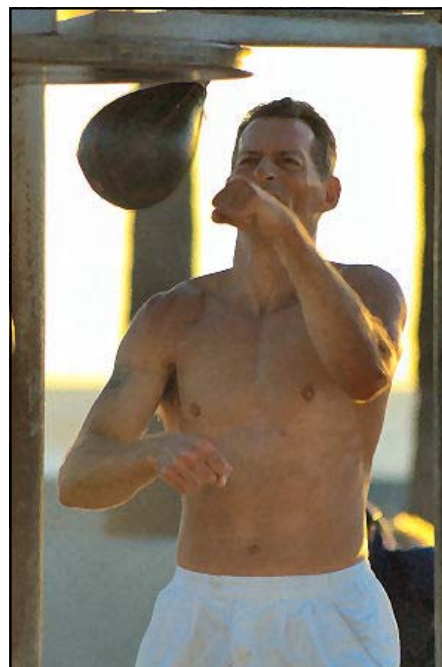
Go to the "resources" page.

Twenty Reasons To Train Hard This Year

By Keith D. Yates

I'm writing this during the week between Christmas and New Years. Like most of you, I'm making my new year's resolutions. Cut this out and post it on your wall at the dojo or at home to help encourage you in the new year.

1. Fit people have better self-esteem than out-of-shape people.
2. The greater amount of fatty tissue the greater the risk of infection after a surgery.
3. You can lower your blood cholesterol by losing just five percent of your body weight.
4. A pound of muscle takes up about 22 percent LESS SPACE than a pound of fat.
5. Working out helps relieve stress, which is a major cause of overeating.
6. Your back, hips and knees will feel better if you are at your proper body weight.
7. A physically active person has up to a 20-year advantage in terms of functionality over a sedentary person (so you will not only live longer but live BETTER!).
8. Gastric bypass surgery isn't covered by insurance.
9. Being fit can save you money (up to 15% on medical bills).
10. Active people have a lower risk of cancer.
11. Physically fit people have a lower risk of falls and broken bones (especially people over 50).
12. Exercise helps your brain to work more efficiently (people who use dumb bells aren't dumb bells!).
13. Strength and flexibility training can make you up to a quarter inch taller.
14. Fit people sleep better.
15. Better blood circulation reduces the risk of hearing problems.
16. People who exercise said work was more fun (well, at least more tolerable).
17. Fit people have better digestion, less constipation and better complexions.
18. Weight bearing exercise reduces the risk of osteoporosis.
19. Statistically, fat people are poorer than fit people.
20. A sexy body results in more...well, you know.



Keith D. Yates, a 45-year martial arts veteran, can be reached through his website at www.akato.org.

From Three Minutes To Eternity: *Police Ground-Fighting Counter Ambush Techniques*

by William F. Randolph, Jr.

“In every situation or confrontation, there is always at least one weapon present...yours” --- sage advice from every police academy instructor to every aspiring police officer.

In the early morning hours of January 23, 1991, Constable Darrel Edward Lunsford, Jr. of the Nacogdoches County Constable's Office, Precinct # 3 performed a traffic stop on a vehicle occupied by three individuals.

After finding marijuana in the trunk of the suspects' vehicle, the three men jumped Constable Lunsford, tackled him to the ground, kicked him repeatedly in the head, and finally shot and killed him with his own service weapon.

His dashboard camera recorded the entire horrible incident. Though they fled, the video subsequently led to the identification, arrest and conviction of all three men on murder charges.

Constable Lunsford was 47 years old at the time of his death. He is survived by his wife and two children. This video has since shown up on MSNBC, “*World's Wildest Police Videos*”, and even youtube. This video has

also become a major teaching tool at police academies everywhere.

The tragic example of Constable Lunsford is taught even today by Police Defensive Tactics Instructors such as Tim Harrison and Roger Haines.

Recently, the three of us sat down together to discuss this incident and police ground-fighting techniques in general in light of Constable Lunsford's example.

Training is key



Both men --- both Ohio Peace Officer Training Academy - certified Police Defensive Tactics Instructors --- agree that constant personal training is a must for street survival.

A police officer already has several obstacles to overcome before he even finds himself in a street fight in the first place. He is forced to wear uncomfortable clothing along with a minimum of twenty-five lbs of equipment around his waist.



Officers in the past have injured themselves just by being knocked or having fallen on their guns, tasers, baton or radio.

With this in mind, the police officer---like all good martial artists---should practice falling in the best way possible so as to minimize injury. For a police officer, this usually means trying to fall backward on his buttocks and then immediately go into defensive mode.

The police officer should practice heavily in the guard position. Practice in full gear making the transitions from guard to mount to side control.

In fact, the officer should practice drawing his gun, taser and baton from the ground position.

The officer should practice a variety of scenarios, from football tackles to sucker punches. He should practice being attacked with a variety of weapons, even utilizing his own weapons while flat on his own back.

Finally, the officer should practice regaining his feet, in full gear.

He should practice, for example, rolling up to a seated position from the ground. Propping himself up on one arm, propping the opposite knee, pointing his other leg





and then swinging up and into a standing position.

In a crisis situation, even a simple move like this can become complicated and should be practiced.

Roger Haines recalled a fellow officer rushing in to a domestic being sucker-punched by a drunken assailant hiding behind a doorway. Knocked to the ground, the officer struggled to get back up with all his gear to wrestle the assailant until help arrived.

It took seven additional officers and several tasers to even slow him down.

Every police officer should practice what to do in the event he is working with a partner in the event of violence.

Partners

Often, police officers are alone when they respond to calls, until they are either suspected or proven to be dangerous. A routine, one-man call can turn at the blink

of an eye.

If an officer is lucky enough to have a back-up officer, this situation can also quickly turn into a liability because now that other's officer's weapons have also been introduced to the fray.

Depending on that fellow officer's level of training and experience, the well-trained officer might still find himself in a bad spot or enjoying a great advantage.

Officers should train together to be able to know each others' skill levels and "moves". This way they would be able to communicate their intentions to one another without telegraphing them in advance to the suspect.

Diet: *Difficult but important*

We have all seen overweight police officers. The long hours, usually spent trapped in a patrol car with little or no time between calls to grab whatever is handy to shove in their mouths, makes staying in shape difficult. As we all know, the martial

arts can help anyone to stay in shape.

Tim Harrison stresses the need for an officer on duty to watch what he eats. He recounts the story of a fellow officer, a triathlete, who found himself winded in the first three minutes of a fight simply because he had loaded up on cheese coneys (chili and cheese hot dogs, for those who don't know) in between calls.

Weapons

Even though the officer always has his own arsenal of weapons present, the assailant almost always has the upper hand and the element of surprise in his corner. The officer should be prepared to defend against an attack by an assailant wielding a knife, a gun, a bottle, a brick or any number of other objects with nothing but his own bare hands and wits (since usually he is surprised with these types of weapons and does not necessarily have time to draw his gun).

Video surveillance has shown prison inmates practice together, teaching one another techniques to surprise, disarm, and ultimately kill prison guards and even police officers they might encounter on the street if their chance arose

These same recording have proven inmates were even practicing ways of surprising in a police officer in a variety of ways in order to take his gun away from him.

These kinds of scary scenarios prove the need for every police officer to be prepared to defend himself with nothing but his bare hands.

Counter Techniques

Both Tim Harrison and Roger Haines agree that in a hand-to-hand situation, for a police officer, the carotid neck restraint is the law enforcement official's best friend. When properly applied, this technique will subdue any opponent within a matter of seconds.

The officer should wrap the opponent's neck in his forearms, front and back, pressing the muscles of his forearm against the assailant's carotid artery.

He should tuck his own head between the opponent's shoulder blades and his own shoulder to avoid being head butted.

If applied properly, regardless of the assailant's size, strength or level of aggression, he should be ready to go unconscious within less than eight seconds as a general rule.

But as always and as in every case, the key is proper training.

Officer Awareness

Sometimes, just learning from the example of other officers can be enough.

Harrison uses the example of one of his own students who was actually saved by the Lunsford video. Having watched it in his own police academy, he recalled cues given by the assailants prior to that ambush.

He had recalled seeing one of the assailants in the video removing his hat and throwing it into the car right before he and his accomplices tackled Lunsford. When met with a similar scene where his suspect removed his hat and threw it into his car, the rookie officer reacted before the suspect could do anything else.

Stepping back, he took immediate control of the situation. He drew his taser and ordered the man to the ground. The confrontation was over before it had even begun.

The suspect later admitted he had planned to attack the officer and wondered how the officer knew.

Sometimes, subtle---almost unperceivable clues in body language, such as this---can mean the difference between life and death



for a police officer.

For more information, contact:

TIM HARRISON

- Certified Police Defensive Tactics Instructor for 28 years
- Student of Brazilian Ju-jitsu and Muy Tai Boxing
- 1st Level black sash, Shaolin Tiger Kung Fu
- 7th Degee black belt, TSD with Roger Haines
- retired with Oakwood PD with 28 plus years (Public Safety Officer)
- teaches for TEEX / NERRTC (National Emergency Response and Rescue Training Center) Homeland Security Instructor in coorelation with Texas A & M University
- Current and past advocate for exotic animals
- Website: www.outreachforanimals.org
- currently starring in the documentary, "The Elephant in the Living Room" by Michael Webber

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- Certified Counter-Terrorism Instructor, Homeland Security
- Women's Rape Prevention and Awareness Instructor
- Counter Child Abduction Instructor, OPOTA
- OC / ASP Instructor, OPOTA
- Police Street Survival / Tactics Instructor, OPOTA
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- Thirteen years full time police experience

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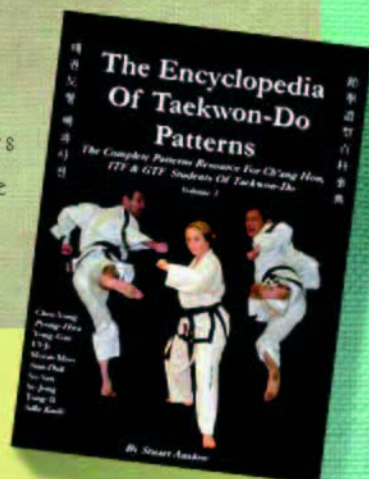
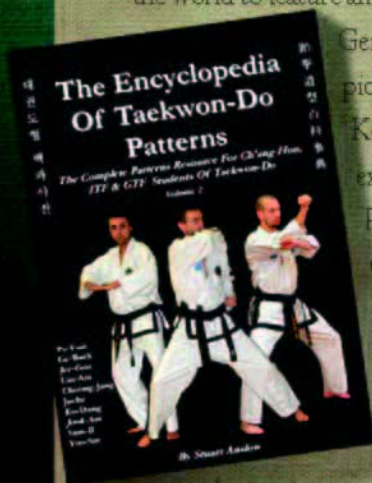
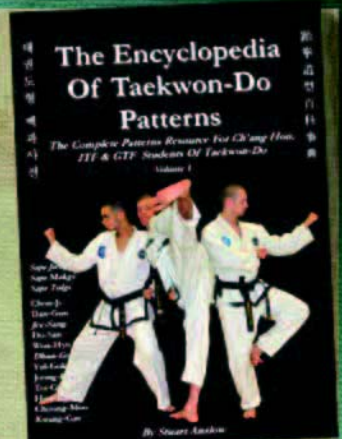
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Patterns:

The Devil Is In The Details

PART 4

by Stuart Anslow

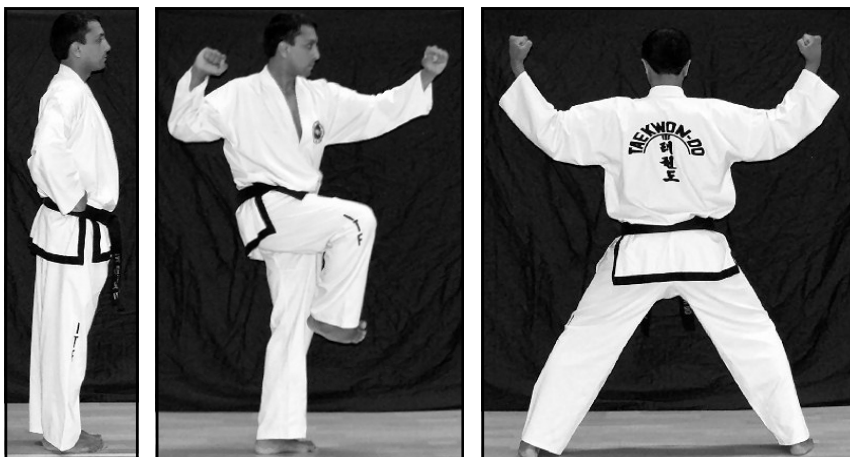
For this article I look mainly at the 1s degree patterns with some information that you may find useful... Or not, as the case may be.

Toi-Gye's W Block

Starting off we are going to look at the *W Blocks* from the 3rd Kup pattern Toi-Gye. Toi-Gye has 6 of these so its important to get them right. My focus is on the way the arms and shoulders move, as I often see students simply turn their fists outwards, then inwards as they execute this block, with no shoulder or body movement at all, meaning everything stays inline as they turn..

In this pattern there are actually two different ways we turn into the *W-Blocks*. One is clockwise and the other is anti-clockwise and the shoulders move the opposite way depending on which way you are turning into the blocks.

Following the previous move of *Twin Side Elbow Thrust* in a *Closed Stance* (move #12), we turn 90 degrees anti-clockwise into the first of the *W Blocks*, stepping into a *Sitting Stance* as we do so. However, as we begin to turn we should offset our shoulders (and in turn our arms) by twisting the shoulders so that the right shoulder moves backwards and the left shoulder moves forward whilst at the same time turning our fists so the palm is facing outwards. This way, as we turn to complete the move, we have actually have a blocking motion that has power generated by the hips and torso, as well as the twisting motion of the arms.



Off-turning the shoulders for W-Blocks

The palms of the fists should face outwards during the movement part of this block, twisting sharply back inwards (facing), as we twist our shoulders sharply into position. The next *W-Block* is a clockwise motion one, so in this case we would do the opposite with the shoulders and push our left shoulder backwards and bring our right shoulder forwards as we begin the move. And so it is with the other four *W-Blocks*.

Kwang-Gae's Back Fist To Double Forearm Block

Moves #23 to #24 and moves #27 to #28 asks the student to change from a *Sitting Stance* to a *Walking Stance* in consecutive motion (i.e. Without stepping) and although these movements seem the same and are simply executed with the opposite arms, there is a small difference in how they are performed.

The first time you perform them, you move your front (right) foot into the *Walking Stance*, however, when you repeat the combination the second time, you move your back foot to form the *Walking Stance*. In both instances it is the right foot that moves. And there are no slides or shifts backwards while performing these combinations either—I have seen students shift on each of the moves, but it is only the next moves (#25 and #29) that asks for the student to shift backwards.



Moves #23 to #24



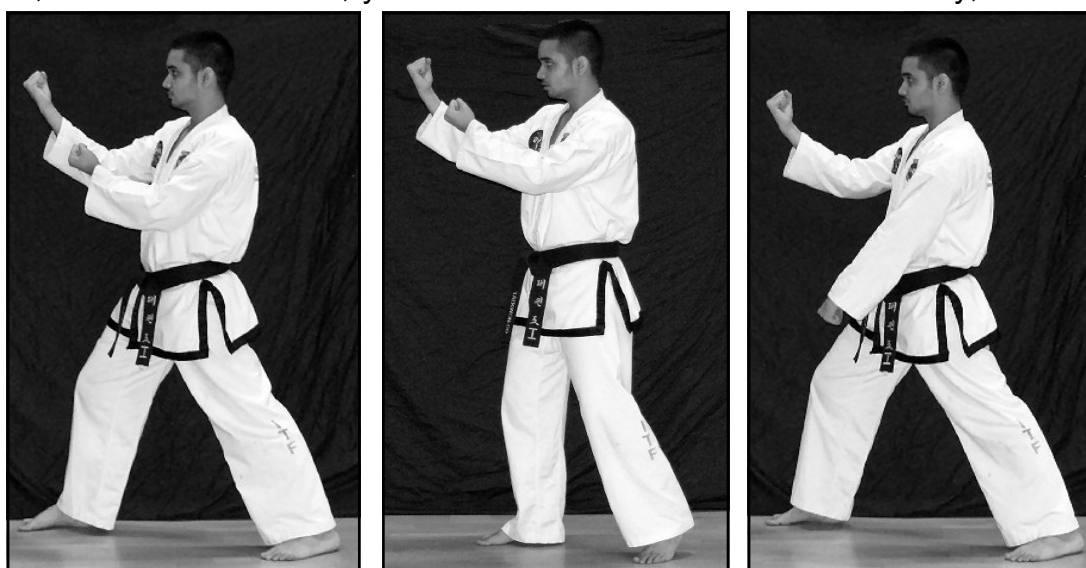
Moves #27 to #28

Kwang-Gaes Backwards Shift Into Forearm Low Reverse Block

While on Kwang-Gae we'll take a look at moves just mentioned; moves #25 and #29. These moves see us shifting backwards whilst retaining our *Walking Stance* and at the same time executing a *Forearm Low Reverse Block* from the previous *Double Forearm Block*.

If we take the first one as an example, we are in a *Right Walking Stance* with a *Right Double Forearm Block* ready to shift into the next move. What I often see is students bringing the right arm down in order to chamber for the next move, which when executed, sees them performing a scissor type motion as we see near the end of Hwa-rang tul, following the *Rear Elbow Strike* or at the start of Choong-Moo tul.

However, as far as I'm aware, you do not chamber this block in this way, instead there



Moves 24 to 25 - Showing the hand positions & slide backwards

should be no movement of the non-blocking arm, so in this example, the Left arm is the only arm that moves. The same is true when executing it on the opposite side, except obviously things are reversed.

Po-Eun's Head Movements

Pattern Po-Eun has a lot of head movements or facing positions that can often be confusing. The reason is that usually, most patterns see the student simply looking in the direction of the technique they are performing, however, in Po-Eun tul this is often not the case. It can be especially confusing when a number of head turns are performed in a sequence of moves that happen one after the other, so I thought it would be a good idea to look at these in more detail and I will use the first half of the pattern for this.

The first one we come across is move #2, where we perform the *One Leg Stance* and throw our hands/ arms upwards. As we do this we turn and look in the opposite direction to where our arms are.

As we continue through the pattern, our head faces forwards or in the direction of the techniques we are performing until we get to move #15. Here we will look at the sequence of moves before and after move #15. We start with the *U-Shape Grasp* (#14) where we face the direction of the Grasp and the way we travelled into it. Following this, we continue travelling in the same direction, bringing our left foot to our right to form a *Closed Stance* while executing a slow motion *Twin Horizontal Side Elbow Thrust* (#15) and it is at the point our head should turn sharply in the opposite direction to which we were travelling, many simply look forwards, possibly due to the twin technique.

As a side note, other patterns that have this technique do require us to look forwards, not sideways. Anyway, as we continue on through the pattern to move #16 (the *Backfist Side Strike*) we once again turn our head to face forwards. On the second half of the pattern, everything is reversed of course.



Ge-Baek's Flying Side Piercing Kick

Whilst on the subject of 1st degree patterns, let's take a look at the Flying Side Piercing Kick (move #23) in Ge-Baek tul. Following the previous move which is the Middle Turning Kick the (previous) kicking foot (right) is placed down about one shoulder width from the left foot, keeping the heel of the right foot off the ground, in preparation for the next move. The Flying Side Piercing Kick is executed immediately following the Turning Kick, with no pause or what ITF'ers would term 'fast motion' and this is where my issue kicks in (excuse the pun).

What I see fairly often is students executing the Flying Side Piercing Kick using a skipping motion, meaning their left or rear foot comes off the floor first as they start the skip, then they kick as they land and this is incorrect as the Flying Side Piercing Kick is a 'twin foot' take off technique.

What the student should be doing is, following placing the foot down after the Turning Kick, bend both knees slightly and spring straight up and forwards, lifting both feet off the floor at the same time, tucking the knees up and then executing the kick in mid air before landing in the Walking Stance for the next move.



This may well be my final article, but if possible I will try to get one more done next month if I can think of any more small details from the dan grade patterns beyond 1st degree.

As always, be sure to clarify any changes you may make (or feel like making) with your instructor first as some organisations do require some things performed differently.

Just to remind you that the musings in this article are randomly off the top of my head though 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.



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P.U.M.A. Martial Arts

Visits Africa

By Master Ray Gayle

October 2010 was the time I planned for my fifth trip to Ghana and it was to be one of the busiest and hectic so far. The previous trips had seen me stay more or less in and around the capital Accra and the students in the outer regions of Accra had travelled to me. On this trip, the roles were to be reversed and I was to travel to the outer regions accompanied by my fellow and host instructor, Mr Mohammed Mahadi IV degree. Mr Mahadi has done so much work to promote Taekwon-Do and the benefits of martial arts in West Africa. His enthusiasm for the martial arts is a real pleasure to see. He does realise that

martial arts is a great system for the young people of West Africa to become involved with, as it can give them so much. Spreading the word of martial arts is not just about competition and self-defence in Ghana, there is a much bigger legacy to deal with. Of real importance is, the education of young people and being part of a systemised programme of training. The martial arts can also develop a sense of belonging, as a large percentage of the students training in Ghana, are from orphanages. Earning a living to be able to feed themselves and their families are all areas that are being developed. Much



Master Gayle VII & Mr Mahadi IV (Ghanaian chief instructor)

has been done to develop the martial arts in Ghana but in a country where getting things done can take some time, there is still plenty of work needed. One of the great things about working in the African continent is the ability to do so much with so little money. If you spent \$1000 or £1000 in the UK or The USA you would not be able to produce a great deal. In Africa, that type of money can do so much for so many people.

One of the reasons for me travelling to the different regions was to try and minimise the cost for the students and allow more of them to be able to participate in the planned seminars. It was also a good opportunity to visit with some of the chiefs of those regions to try and inform them of our plans and to gain their support. The system of local government is very important in Africa and the chiefs do have a very large say as to what is, or is not allowed. Gaining their support for our martial arts projects would make life so much easier and the future more secure. In turn this would almost guarantee our success. All the chiefs that we did visit were impressed by our plans and they all thought that it would certainly benefit the community. The thought of some of the local children gaining some education from the programme was also very well received. Education in Africa is a real key gateway to so many things. If you are unfortunate not to be able to attend school and get some kind of formal education, your chances in life dramatically decrease. If you cannot do it for yourself then there is very little in place to help you do it.

I was also pleased to see the start of a new training centre just on the outskirts of Accra. This centre is going to be a central point where students from all over West Africa will come and stay to learn more about their art. They can also participate in a little formal education. It will greatly minimise the cost of coming to the capital and having to find lodgings at a price they would never be able to afford. Just

learning and staying in the same place would also reduce the cost of travelling to and from lodgings so it is a really worthwhile project. The Centre is being built with the help of some local businesses in Ghana but mainly with the help and support of P.U.M.A. martial arts. I felt very proud to see the start of this project knowing that my members have played such a huge part in its conception. This is the true spirit of martial arts and in P.U.M.A. we are taking the Taekwon-Do oath very seriously when it talks about, "building a more peaceful world."

As mentioned earlier, my trip in 2010 was one of many trips to Ghana so far. In February 2009 I had the pleasure of visiting Ghana and was accompanied by 10 other members of P.U.M.A. martial arts. The 2009 visit had many highlights for me personally. The first of these highlights was that the PUMA team were involved in a very memorable competition where we competed against our hosts in the first ever Ghana versus UK tournament held in Ghana. It was a very prestigious event attended by some important dignitaries. Some very important Chiefs of the Accra region, the chief of police and also a member of the British high commission were all in attendance along with many representatives from Ghanaian TV and radio. The result of the competition is really of no importance because we were there for a much more important reason. Raising the profile of martial arts and in particular Taekwon-Do to the Ghanaian people was foremost in our minds and everything else was secondary. The tournament was indeed a success and those that attended to spectate were indeed impressed not just by the athleticism of all the competitors, but also by their humility and gracious manner during the event. A martial art like Taekwon-Do really fits in well with the Ghanaian people. Since visiting Ghana, I have always found the Ghanaians humble, polite, and very giving as a people. Indeed most of them possess the qualities in



Master Ogborne and Master Gayle with one of the children from the orphanage

abundance that I would like to see in my own students, this is even before they have ever set foot inside a dojang. I have learnt so much from the Ghanaians and each time I visit, I am genuinely touched by their friendly nature.

There are many sides to Ghana and just like any society, they have people that are able to live well and in comfort, and those that struggle to make ends meet. Most parts of the African continent have the latter in huge numbers. While we were there in 2009 we visited the biggest orphanage in the Accra region, which is home to nearly 250 children of varying ages. The P.U.M.A. youngsters agreed to put on a demonstration of Taekwon-Do for them.

I have watched many demonstrations in my life as a student and as an instructor; I have never seen a demonstration have so

much impact on either the participants or the viewing audience as this particular one. The youngsters watched with genuine joy at the treat they were being given. I think most of them could not believe that nine white English people had come to perform especially for them. I felt very tearful watching it unfold but also very proud of my young people who had no reason to give everything they had but they did just that. This was certainly an opportunity for them to do something in their lives that would stay with them forever and it would also have an equal impact on the children that were watching. After the demonstration was over, the whole team stayed and played with the kids until it got dark and the inevitable time to leave had come. Some of those Ghanaian children are no longer with us because just as there are many orphans on the African continent, many of them have the usual health implications that come with growing up on

a continent where the average life expectancy is extremely low.

During our trip we had the honour of visiting some of the most influential chiefs of the Accra region, an opportunity that is usually reserved for heads of state and

m o r e
important
people than
a group of
Taekwon-Do
students. I
think this
shows how
t h e y
perceive the
benefits of
practising a
martial art
and what it
can do for
the young
people within
their own
society.
B e f o r e

meeting the chiefs we were each time briefed on certain etiquette that had to be observed. The list included;

- Announcing our mission and reason for visiting
- Shaking hands with both hand in view while we gave our name
- Waiting for the chief to sit before we sat down
- Ensuring that we addressed the chief correctly
- Offering a gift when visiting

Each of the chiefs also offered us refreshments

It just goes to show that good manners are not just required and expected in Taekwon-Do, but in all walks of life and in all societies.

Mr Mohammed Mahadi the head of the Ghanaian Taekwon-Do group, has become a close friend and colleague. He is a real inspiration to anyone not just martial

artists, but anyone who has ever strived to do their best with little help and just a desire to do more. He has managed to build something of real value under extremely difficult circumstances, which is why I, and P.U.M.A. martial arts, have continued to support him.



Ms Jenny Francis with two Ghanaian ladies

In the Spring of 2011 myself and seven other P U M A instructors, will be cycling from Lands End to John O' Groats to raise money for the Ghana project. We hope to raise e n o u g h funds for them to help

finish their training centre.

We shall also be cycling and raising money for another worthwhile cause called the 'Pilgrimbandits.' This is a charity that supports soldiers who have lost limbs while on active duty. They are a great charity that is lead by an ex-Taekwon-Do Instructor called Mike Witt.

And finally, we are hoping to raise money for a young child who has some physical and mental disabilities that require a large amount of specialist equipment to improve his quality of life.

If you would like to know more about our cycle ride, or how to give money to any of the very worthwhile causes mentioned above, then please feel free to contact me at; chairman@puma-uk.com and I would be happy to tell you more. Of course any donations to our efforts are always gratefully received.



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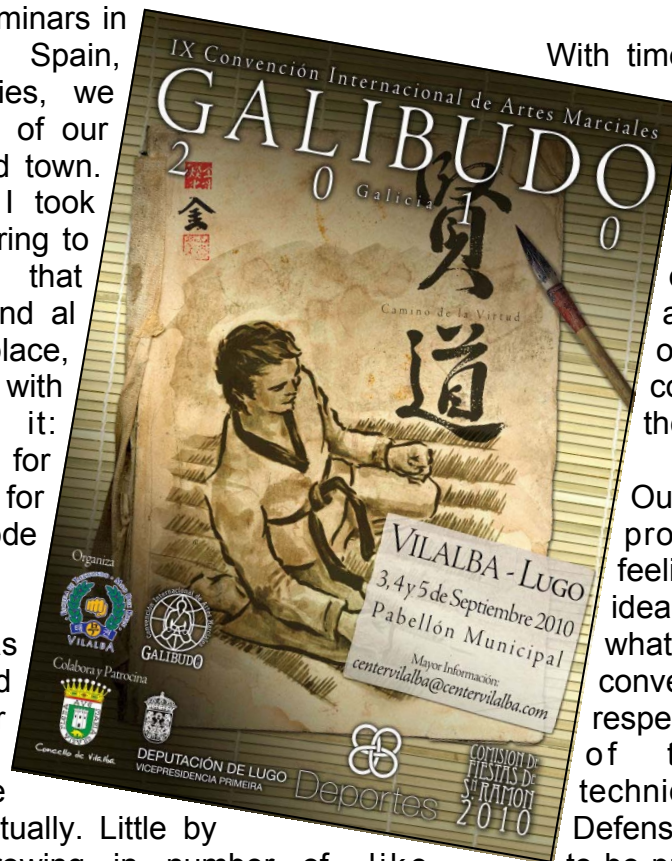
By Master Antonio Montes, 7th Dan Taekwondo Moo Duk Kwan



Galicia, is located in the northeast of the Iberia Peninsula, reason why we never have been organizers of activities proper of the martial arts beyond the usual sport competitions. Although we knew conventions and seminars in different parts of Spain, even other countries, we enjoy all those out of our own community and town. And seeing these I took the initiative to bring to Galicia something that could unite and bond all Martial Arts in a place, that's how I came with the name of it: GALIBUDO, *Gali* for Galicia and *Budo* for the Martial Arts code of Honor.

In the beginning was a very organized convention for Teachers in Galicia, mainly for those living in Galicia, actually. Little by little, we were growing in number of assistance and because of this we aimed to a larger event, for the martial arts and for Galicia it self. Even though, we have the President of the Xunta of Galicia, Don Manuel Fraga Iribarn and from that on our main content were not only for Taekwondo

but for the different styles of martial arts, let them be Korean, Japanese or Chinese and from different points of Spain as well as Portugal, England, France, Italy and the USA.



With time we have given the step forward from a regional event to an International Convention, where the martial artist see different techniques and have the opportunity to comment and enrich their own.

Our main goal is to promote that inner feeling that bind us to the ideals of Martial Arts, what ever their origin converging in the mutual respect and the application of their respective techniques in Personal Defense. And of course, we like to be proud of our hospitality and cuisine for our colleagues to relax after every speech and practicing.

From the very first event we been having many followers from different points of the globe, although we still have the limitation of

occupancy which for now will hold only 250 people but we are working every year since we started to go a little further.

Our main goal is to remember the important points of the martial arts besides of the ability to defend ourselves such respect and it's application to the new generation of martial artist and the application of those techniques knowing that you may hurt your opponent very badly and the repercussion to your psyche later on in your life. These with different activities and speeches from Masters of various disciplines as well as Elite Athletes of the application of the technique in and out of the dojang (dojo). Just to mention a few:

- Master José Ramón Barros (Bujutsu)
- Master José Ramón Barros (Bujutsu)
- Master Tomás Pesqueira (Hapkido)
- Master Carlos Tavares (Viet Vo Dao)
- Master Pedro Dabauza (Ju Jutsu)
- Master Antonio Enjuto (Ju Jutsu)
- Master Darío Díaz (Kenpo Jutsu)
- Master Eduardo Fuertes (Hapkido / Taekwondo)
- Master Santiago Sanchis (Jukaikido)
- Master Chong Sung Kim (Taekwondo

Moo Duk Kwan)

- Master Uh Soo Il (Taekowndo Moo Duk Kwan)
- Master Kim Jin Hak (Taekwondo Moo Duk Kwan)
- Master Félix Serrano (Choson Mu Sul)
- Master Luciano Moura (Kimourado) from Portugal)
- Master Woo Jin Jung (Takwondo) from the USA
- Master Benjamin Reyes (Karate Seidokai)

Several are the activities to develop in Galibudo, every year, but the main thing is to share the knowledge and the create new awareness of then so many styles in Martial Arts traditional and merging ones with the Friends of the Martial Arts reunion event in Galibudo through the Cultural and Sport World Moo Duk Kwan Association, which wants to be an meeting point to those who share interest in the martial arts, specially Taekwondo at a world level. Not to recognize any grade or give them, nor make competitions, but to gather those who are interested to know their equal as Martial Art lover or professional, and having the opportunity to attend to



Seminar of Ju Jitsu in Galibudo

seminars given by Korean and prime occidental Masters to share their experience.

Master Antonio Montes, is the director of the Moo Duk Kwan Taekwondo in Galicia, Spain for the last 28 years. He is 6th Dan by the Spanish Taekwondo Federation (FET) and 7th Dan by the Korean Moo Duk Kwan Taekwondo Federation, the last given by Grand Master Uh Soo Il (former trainer of the Spanish Taekwondo Team). Two time Spanish Heavyweight Champion, Master Montes has dedicated himself for over 20 years to diverse important roles in the FET and the Galician Taekwondo Federation (GTF). Today, he enjoys teaching and promoting his Galibudo to give back the good name to the Martial Arts as a channel for better generations and sharing with those who have the same goal.



Moo Duk Kwan Masters (Left to Right) Antonio Montes, Master Kim Jin Hak, Félix Serrano and Francisco Paredes



Master Antonio Montes with his two children and his Master Kim Jin Hak



Moments of the Gala Diner of Galibudo 2010

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Combatives

By Jon Mackey

The term 'Combatives' has become more popular of late. Many self defence clubs have now rebranded themselves as being "combatives". This rebrand is similar to when MMA burst onto the scene and many clubs rebranded what they were doing as MMA, even if it wasn't.

Like MMA, the term Combatives is widely misunderstood. Like MMA, Combatives is conceptual as opposed to any formulated system with a complete curriculum.

This misunderstanding is common among self defence clubs and in many cases they purport to be teaching 'combatives', as opposed to training in the principles of combatives. In fact the term self defence and combatives are so far removed from each other that in combative training circles the term self protection is deemed a more holistic and universal approach to training for reality which differentiates from self defence.

Self defence V Self protection

'Defending is the art of losing' – as the old adage tells us, and this is relevant within the context of self defence training. Typically, self defence training incorporates learning how to free yourself from already applied invasive techniques. Such techniques vary and are invariably unrealistic, such as the wrist grab, the twin lapel grab or other such moves. The problem with this style of training is that it is teaching us to deal with an attack which is already in motion, therefore the student

is on the back foot and defending, already losing. What differentiates self defence training from self protection training is that self protection aspires to a much broader and realistic approach.



The self protection spectrum covers all stages of conflict. Obviously, there is a build up stage or a pre-conflict stage where a sequence of events has accumulated and has resulted in your person being assaulted. This pre-conflict stage is the most important aspect of self protection and

incorporates the often overlooked concept of *awareness*.

Self protection training covering pre conflict stages will cover subjects such as victim selection and target hardening, pre conflict cues, situational control and dialogue techniques incorporating the 'fence' concept made famous by Geoff Thompson. These valuable lessons are often ignored within the confines of self defence training.

Post conflict stages or after the assault may deal with interacting with the law, calling an ambulance, keeping a situation calm or employing first aid to yourself or others. Post conflict stages could deal with

come back or a follow up scenario. In every event and whatever the scenario maybe you will have to deal with some event under the kybosh of adrenalin and noradrenalin, which impairs your ability to make decisions and think straight. Again another vital component ignored in self defence training.

Combative

The in-conflict stages of our self protection training is what separates this style of training from self defence.

The word "combative" is in the dictionary and means

"argumentative and willing to fight" for example, "he was a combative individual", the word "combatives" is not referenced in the dictionary but is used within the modern Self-Protection fraternity and has come to mean the use of anything that works, or has proven itself to work in a real conflict dynamic.

Martial arts are reciprocal by nature, where as - "you apply this technique, then I will do this, you will react this way then I will do this", or "your turn", "my turn", "your turn", "my turn". Combatives is non reciprocal. It is a one directional aggressive response to any threat, where as it's "my turn, my turn, my turn" – finish. Bearing in mind the force to threat parallel at all times.

Sun Tzu suggested that the art of war or conflict was the art of deception and of anything that worked. Combative principles will include the pre-emptive strike, forward pressure, aggression, attachment or indexing and ballistic gross motor

movements which are accessible under adrenal stress. Fine motor skill, such as target acquisition, wrist locks and specific pressure point acquisition and even decision making are rendered useless because the part of the brain that coordinates these movements is by-passed due to the hormone adrenalin

and noradrenalin which activates our fight or flight response. Understanding the effects of adrenalin on the body is rarely understood or trained in self defence. This is a significant biological response undertaken by the body to aid you in combat for survival, to misunderstand it is a mistake.

The physical elements of combative principles takes

up about 10% of the over all self protection curriculum. The objective is simple, hit hard, hit hard enough to remove the threat, hit continuously to remove the threat. You remove the threat by removing the intention of your attacker. His or her intention to hurt you must now be replaced



Lee Morrison In Action



by one of self preservation. In order to tackle this intention immediately, 90% of the striking skills honed are directed towards the high line or, any part of the anatomy from the clavicle up. Any part of the head is game, where if we create enough ballistic impact we can cause enough trauma to the brain where the nervous system, over awed by the blow automatically shuts down, rendering the attacker unconscious or where the trauma to the brain causes a sudden pause (seeing stars) which may give me enough of a stumble in my attackers intention to either remove the threat proper by following up, or high tail it and run. The objective being get home safely, whatever the cost.

Like all physical conflicts, it's so much easier to understand them, than it is to partake in them. It sounds pretty straight forward to pre-emptively strike and then blast forward with knees and elbows or whatever the range gives me to deal with an aggressive subject. These are striking skills, easily learned and honed to perfection.

When I mentioned earlier that the principles of striking took up about 10% of the self protection curriculum, that left us with another 90% to discuss. This 90% is **mindset**. Unless you cultivate the mindset to do whatever it takes to prevail in a physical conflict then all of your super classy strikes will amount to nothing under stress. If you have no concept of what adrenalin will do to you under these

conditions, then you are likely to lose all of your well trained skill out your backside as you go to foetal position on the floor.

Mindset is everything in these situations as depicted by the vital pyramid (pictured) to highlight the fact the cultivating a mindset or combative mental approach is the foundation for all other principles.

The areas of mindset are very complex. It can be easy to pretend you have the mindset needed, it is also very easy to say "meh I'll never need it" and hopefully you won't but on the chances you do, can you leave it to chance?

Training for reality means you must bring your training as close to reality as possible. Training under in compliant conditions allows you to work scenarios with zero compliance. Adrenal stress inoculation training is used early on in combative training, the idea is to get the fundamentals

down, then test it ASAP.

To quote Lee Morrison – *"This is what we mean by "install the BIG piece then refine the details after, in other words give the student a dynamic experience as soon as possible based on the concepts he/she has been given then, give them demonstratable proof that it works."*

You do this by debriefing after the scenario/experience, looking at what they did well, and at what needs improving, (refining the details) then give them another experience thus building

The Vital Pyramid



Red Star Combatives URBAN COMBATIVES

confidence in the student.

For examples of this type of stress testing you can visit <http://www.youtube.com/watch?v=MfyL0b-vOd4> on YouTube.

Training in combative principles and self protection methods is becoming much more available now on Irish shores since the arrival of some of the most well know combative advocates in the world. Names such as Lee Morrison, Den Martin, Peter Consterdine to name a few have all trained combative seminars in the recent past.

The term self protection was brought into the main stream however by Geoff Thompson who through his own experiences as a door man on some of Coventry's roughest clubs and through his



Geoff Thompson

infamous 'Animal Day' sparring sessions which led to a new breed of self protection instructors.

Combative principles however have been around since the Neanderthal man, streamlined and progressed by such exponents as Fairbairn and Sykes from the WWII era. Today these exact same principles have evolved and developed

into the explosive no nonsense approach to the physical element of self protection known as Combatives. Self defence will soon be a thing of the past.

Jon Mackey is a 4th degree ITF black belt based in Dublin Ireland. He is also one of only two instructors in Ireland who hold full a full instructors level under Lee Morrison's Urban Combatives. Jon is one of Ireland's foremost authority's on Combative principles. He can be contacted taekwondo77@gmail.com



Physiological Responses Of Children To Exercise Series (1)

PART 1

Aerobic And Anaerobic Characteristics Of Children

By Tristan Vardy (B. Hons. Sport Science)

Sabum-nim Tristan Vardy, whom has a postgraduate degree in Sport Science, will provide a series of articles on the physiological responses of children to exercise. The series will make specific applications to children practicing Taekwon-Do. This will be of special value to instructors and parents. In this first instalment, Sabum-nim Tristan looks at the aerobic and anaerobic exercise characteristics of children, and how it differs from the characteristics of adults.

Introduction

Taekwon-do instructors, who teach children, constantly see how much of a positive impact the training has on their students' lives in both the physical and the mental aspects. We understand the importance of teaching children and the impact that our instruction will have into their adulthood. Unfortunately, however, many instructors have no way of gauging this impact, nor do they really understand what they should be aware of whilst teaching children.

For this purpose, I will put forward a series of articles that will aid Taekwon-Do instructors, students and parents, in the understanding of how different the needs of children are, in relation to that of adults, and what the different and relevant criteria are that Taekwon-Do instructors need to clearly understand and implement into their teaching methods.

In this article, I will cover the aerobic and anaerobic characteristics of children. *Aerobic* refers to the energy production in the body using oxygen, whilst *anaerobic* refers to energy production in the body not

requiring oxygen.

Aerobic exercise characteristics of children

In this section, we have three main areas of interest, namely the child's lung volume and capacities, pulmonary ventilation (the physical act of breathing) and VO2 responses.

Lung volumes and capacities

The size of an individual's lungs determines how much air can be breathed. Here it is important to note that a child's lungs are constantly developing up until adulthood (above 20 years old), and therefore do not function as efficiently as an adult's.¹ A child's lung volume is directly dependant on the child's body height, and relative age. Therefore, age and size directly influence an individual's capacity to breath, and this has ramifications when it comes to training. Children simply cannot maintain the pace of an adult-class without it being overly and unnecessarily strenuous on them.

Pulmonary ventilation (i.e. the physical act of breathing)

At rest, younger children have an increased ventilation rate, i.e.: the breathing frequency is higher. They also use a higher proportion of their vital capacity (total amount of exchangeable air in the lungs) as their tidal volume (normal average amount of air breathed in). This again reflects on the fact that their pulmonary system is under-developed.

At sub-maximal² exercise (below 80% of their heart rate max) children show an increase in their breathing frequency and a decrease in the tidal volume at any given sub-maximal load. This again, is due to the immaturity of their lungs, but will however gradually disappear as they approach late adolescence.³

At maximal exercise,⁴ children show similarities to sub-maximal exercise, however, children reach their maximum workload much faster than adults do. What this means is that children, when pushed too hard may begin to hyperventilate, and or faint.⁵ Therefore, great care must be taken while teaching Taekwon-Do classes, as to not reach these limits. Instructors must keep an eye on the children's breathing patterns during heavy exercise, and if the children seem to struggle then the instructor must slow their training down.

VO₂ responses / aerobic power VO₂ max⁶

VO₂ maximum increases proportionately with the size of the child and the age of the child.⁷ This is because the VO₂ in children is reliant on increases in lean muscle mass that is usually associated with physiological

maturity. We can therefore go further by differentiating between children based on physical stature, and can adjust the Taekwon-Do training accordingly by having children of similar ages and size training together. Instructors must understand that age alone is not an accurate barometer when considering a child's training regimen and it would be more beneficial to pair up students based on physical size.

I.e.: when conducting a class consisting of a mixed group and the instructor needs to pair individuals up, priority must be given first to physical size, then age, then rank. The sex of the child is a negligible factor.



Anaerobic exercise characteristics of children

The anaerobic characteristics of children are not as well developed as in adults. This is because children appear to be good *all-rounders* rather than specialists. i.e.: a child that can sprint fast will also likely be a good long

distance runner.⁸ This is not true with adults. Although much research is needed in this area, there are certain patterns that are becoming apparent.

(A) One pattern is that children have the same concentration of ATP (adenosine triphosphate; the body's most basic energy source) as adults do (3.5-5.0 mmol/kg wet muscle) as well as similar stores of CP (creatine-phosphate; muscle energy) (12-22mmol/kg wet muscle). However, it has been shown that children generate lower total energy from these sources than adults do.

Glycogen stores in children are lower than in adults (45-75mmol/kg wet muscle)

however the utilization rate is also much lower.⁹ What this means is that although children have similar relative amounts of muscle energy as adults, their bodies are not able to utilize it as effectively and again I remind instructors to watch children more closely to prevent prescribing exercise that unnecessarily over stresses the child.

(B) Another apparent pattern is that the blood lactate¹⁰ (by-product of anaerobic glycolysis¹¹) values are lower in children than in adults after both sub-maximal and maximal exercise. Children have an inability to sustain high lactate levels. This indicates that glucose cannot be catabolised anaerobically but aerobically, and that lipolysis (the break-down of stored fats) must play a larger role in energy production for children. What this means is that children get more energy from fats than adults do, but do not need to change from a normal healthy diet, as fat contains ATP in a much higher concentration than glucose.

Absolute power¹² has a positive relationship to body mass and age. However when expressed in a relative value, an 8 year old boy can only produce 70% of the relative power generated by an 11 year old boy. This means that a child works relatively harder (higher VO₂ max than an adult at the same lactate levels).¹³

During exercise of progressively increasing intensity there is a point where the lactate production exceeds elimination, this is termed the lactate threshold¹⁴. Adults exhibit a higher threshold than children

even when expressed in a percentile of VO₂ max.

Although children will persist at their training, as that is the nature of a child, if pushed too far they will reach a state of exhaustion, well before the adult would. It is therefore very important to properly understand this fact as detailed above, and if possible have separate classes for adults and children.

(C) A third recognizable pattern concerns neural¹⁵ hormonal¹⁶ regulation. Sympathetic¹⁷ nervous system activity is much lower in children than in adults at maximal exercise. A result of sympathetic stimulation during exercise is vaso-constriction (veins in the body constrict to reduce blood flow).

The liver plays a major role in lactate elimination. Not as much lactate is cleared if blood flow to the liver is reduced, however as children have

a higher blood flow to the liver than adults, more lactate can be eliminated.¹⁸ This implies that children can remove lactate faster than adults, and that their recovery time after training is faster. What this means is that although children tire faster than adults they also recover faster than adults.

Furthermore, there is no reason that a child cannot do similar training exercises on consecutive training sessions, (provided that they haven't been pushed too hard in those sessions). E.g. an instructor can teach a sparring class for children every day if the instructor so chooses.



(D) The last apparent pattern concerns the combination of aerobic and anaerobic exercise. Children may have a finer balance between aerobic and anaerobic systems than adults do.

Evidence that supports this theory is apparent in the fact that children show a lower oxygen deficit, (which is an increase in an individual's metabolic rate due to an increase in exercise, creating a lag of actual demand for aerobic energy). This means that energy demands must be met anaerobically and an oxygen debt is therefore created, and children reach a steady state¹⁹ faster than adults do.²⁰

This was shown in a study²¹ of 10 year old boys who reached 55% of their final uptake in just 30 seconds and a steady state within 2 minutes, compared to adults who reached their final uptake in 30 seconds but required 4 minutes to reach their steady state.

What this means in terms of training is that children have a higher nutrient need than adults, as their bodies react faster, stabilize faster and have a higher metabolic (energy burning) rate. Therefore, it is imperative that children who participate in strenuous exercise maintain a healthy balanced diet.

Conclusion

In conclusion, instructors must remember that a child's respiratory system is not fully developed, and they are unable to cope with demands relative to an adult. For this reason when teaching a mixed adult/child class, more attention must be placed on the children so as to not overwork them. I would recommend that they be given rest intervals, and the instructor should allow them to 'cheat' slightly when doing heavy cardiovascular work.

1 Plowman, 1997.

2 Sub-maximal exercise: *Exercising of an individual within the aerobic spectrum of less than 80% heart rate max.*

3 Plowman, 1997.

4 Maximal Exercise: *Exercising of an individual above the anaerobic threshold of 80% HR max.*

5 Hayward, 1997.

6 Aerobic power / VO₂ max: *The highest amount of oxygen an individual can take in and utilize to produce ATP aerobically while breathing air during heavy exercise.*

7 Koch, 1980.

8 Plowman, 1997.

9 McKardle, 1994.

10 Lactate; lactic acid: *By-product found in the body as a result of the build up of H⁺ ions caused by exercise and the breakdown of food sources by the body.*

11 Anaerobic glycolysis: *The use of stored glycogen during anaerobic exercise.*

12 Absolute power: *The maximum amount of power an individual can produce.*

13 Plowman, 1997.

14 Threshold: *Limits*

15 Neural: *The nerves system of the body.*

16 Hormonal: *The hormone system of the body.*

17 Sympathetic: *An autonomic response by the body to cope with homeostatic changes.*

18 Plowman, 1997.

19 Steady State: *A balance between aerobic and anaerobic energy usage during exercise.*

20 Plowman, 1997.

21 Astrand, 1952.

TRISTIAN VARDY

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How To Motivate Youth

By Richard Grzela

A great number of people ask me how to motivate their children. The answer for me has always been simple. Keep all things fun, is my first answer, followed by try to see things from your children's perspective. This would seem pretty much common sense. I later learned to sum up my answer with one simple word, "Respect". There is another word that goes along with this word (Respect), but I'll touch on it later.

I remember as a child how patronizing many of my teachers were. Even my parents sarcasm at times only added to my ire when I was trying to get an honest answer for a particular issue. At a young age I felt they did not take me or my concerns very seriously. It wasn't until I discovered wrestling and later martial arts

that I found adults who held any respect for children. My wrestling coach in particular was a shoot straight from the hip kind of guy. His feedback was critical, honest and specific to the issue at hand. More importantly he allowed me and my teammates the opportunity to pose questions and offer suggestions. With every word he spoke I sensed this guy was the real deal.

Respect. That is how I was treated and why I remember him so fondly. With his

guidance I placed in the top five of every tournament in high school. He was a guy any kid would work hard for. Both in class and on the mat. He gave us all respect and brutally honest feedback in a fair way. Today I know every lesson he taught was with respect. That is a lesson I carry with me everyday of my life, even today.

It's such an easy action to take. Just saying the word respect holds a lot of

weight with many people. The real challenge arises from finding the best way to put it into action. Applying respect to others is far more of a challenge for many people. That brings me to the next word that I tell people which is "Work".

Unfortunately as soon as I utter the word work many people are lost to me. They

simply walk away forgetting the first word (Respect) thinking that I will be to demanding of them and that it is an arduous task they are about to undergo. Some people act as if they regret asking me about motivating their children.

Truth be told, very few people are special or gifted savants. I have seen overweight people who can not run 100 meters drop to the floor and do perfect splits both ways. I have seen people who lack physical



strength, barely able to lift 50 pounds open security safe vaults weighing over one ton simply by applying their knowledge. The point I'm making is that we need to respect each other because we all have an equal number of skills spread over a vast number of different areas of expertise.

What makes life and sport hard is our inability to work at the things we are weakest at. It is us, ourselves who lack the ability to respect the talents and abilities of others that leads often to more conflict and aggravation. In order to succeed in both life and sport we need to be able to open our minds and be receptive to advice and opportunities that others offer to us. That really means respect, for others and your children. Once you have that you can motivate them and guide them.

For some of us, we need to work at it. Especially during times when we lack the skill or understanding of a situation. Clearly the more difficult the situation, the more respect is needed and the harder we have to work to cooperate.

It is impossible to be prepared for all things in life and sport. What truly separates the winners and losers is the amount we work at being better in all aspects of our lives. The respect we give others we meet in any given situation, challenging or not, respect will be the biggest motivation for others to continue. Age is never really a factor. Never underestimate the power of the two words, "Respect and Work".

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Whats The Point?

Jung Bong - Pt 3

By Paul O'Leary

We are moving along the applications of Won Hyo or Heian Nidan using the Jung Bong (Korean) or Hanbo (Japanese) middle length stick. In this issue we are using the movements of a knifehand guarding block and straight finger-tip strike found in both forms and then followed by a three quarter back turn to the left, executing another knifehand guarding block as in Heian Nidan. This will also work with the double forearm block found in Won Hyo.



Pic 1 to 3

Show the movements from the empty hand pattern.



Pic 4

The attacker throws a right hand punch to the head. We block the attack by moving our stick from left to right while also deflecting the blow. This action is similar to moving into the ready position for a guarding block.



Pic 5

Next we use the tip of the stick to strike the attacker in the ribs with a forward thrusting motion similar to the action of entering into a knifehand guarding block.



Pic 6

Keeping our left hand in the same position, we move forward and rotate the stick from the rear with the right hand. Landing a downward strike to the neck or clavicle. Mimicking the action of a straight fingertip thrust.

Pic 7

Using the moment of pain cause by the last strike we reach around the back of the attackers head and grab the top of the stick. Then with

the right hand we push the rear of the stick to our left creating a clamping action on the neck.



Pic 8

We turn back to our left in a three quarter turn, in this shot we are mid way through and you can see the throw in action.

Pic 9

Finally letting the attacker fall to the ground, we finish our defence by landing in a guarding

position ready for any further attacks.



This is one sequence that I really like because the movements flow so nicely together and tick all the boxes that I like to use when looking at a self defence application. They are defend most against the most commonly used attack, which is the right hand punch to the head, counter attack, use the counter attack to take the attacker off their vertical base and finally finish in a position of control.

Have fun playing with this application, but be careful of the throw as the neck is quite a gentle structure. You can check out my YouTube channel at www.youtube.com/jungshin for a video showing the first 6 applications with the Jung Bong. If you have any views, moans, gripes, praise or suggestions then I would be delighted to hear from you through the contact details below.

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 the AoDenkouKai in Ireland. To contact him about seminars on Pressure points or Practical Patten applications for Self Defence with Prof Clark or himself please call him on 00-353-86-3545032 or email: adkeire@gmail.com



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- Cicero (Marcus Tullius Cicero)



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Grandmaster Hong Jeong-pyo
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