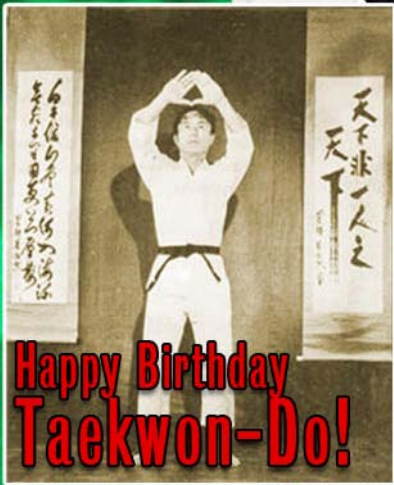


Totally TaekwonDo 태권도

The Free Global Tae Kwon Do Magazine

April 2011 • Issue 26



**Happy Birthday
Taekwon-Do!**

**PUMA Black Belt
World Championships**



Cross Training



**Martial Arts Testing &
Job Interviews**



**Modernizing
Tae Kwon Do**

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

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Editorial

Issue 26 - April 2011



As we roll into a new month, I must say TKD wise, March has been excellent. You can read all about it on page 17, but for me personally, just being at the PUMA Black Belt World Champs was a great experience. No politics and World Class competitors made an excellent event. The friendly atmosphere shone through the whole weekend. For me personally, I got to meet up with old friends, meet people I've only ever chatted to via email and make some new ones. Master Gayle did a tremendous job and deserves all the pats on the back he is currently getting. Master Black and Master Ogborne were great as well, friendly and funny in one and all the others Masters there that weekend had no airs or graces about them and chatted with every body.. including little old me. And thanks to everyone that personally took the time to chat to me about my books, feedback is great and the compliments remind me to stay humble and encourage me get on with the next one a bit faster than I'm currently doing.

April is here and of course Tae Kwon Do has another Birthday, being 56 years since its naming, so Happy Birthday TKD.

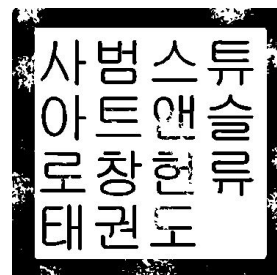
In this issue there is, as always, a host of great articles for you to enjoy. I think the news section will be particularly interesting to many, so don't forget to leave some comments at the Totally Tae Kwon Do forum, once you have read it!

If you haven't submitted anything to the magazine yet, please consider doing so! If you have, please consider doing so again and finally, if you already do consistently, keep up the great work and a big thank you to you. Totally Tae Kwon Do is your magazine, for all who do Tae Kwon Do, whether kup or dan grade, student, instructor or Master.

Regards,

Stuart Anslow

Editor



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Totally TKD News

TaeKwon-do Instructor Visit To Carrigtwohill, Ireland

On the weekend of the 19th and 20th of April, the newly restructured Carrigtwohill TaeKwon-do was graced by the presence of its first visiting instructor of the 2011 calendar year. Ms. Jin Du, a young instructor of Chinese origins but residing in Boston arrived in Shannon airport at 7:00 on the Saturday morning. From there she travelled to Cork for a seminar lasting from 11.00 until 2.00. Jin is a member of the J H Kim institute in Boston, where Mr. Kim is one of the leading TaeKwon-do exponents in the world and has schools in The USA, China, Singapore, Korea and now in Carrigtwohill.

The young members of the Carrigtwohill Taekwon-do academy were treated to a lively and enjoyable session. Their skills were showcased superbly in drills assigned by the extremely child-friendly Jin.

They were drilled on their execution of certain kicks and punches including combinations of jumping kicks and spinning kicks. The sound of their shouts rang around the hall as they struck the focus pads.

The Following day was the turn of the higher grades and black belts to train with Ms.Du as they were given a special class on the difference in interpretation of the patterns (forms) between our club and J H Kim's clubs elsewhere. This part of the class ended with the students performing step sparring, this is basically a practical self defence exercise which encourages the student to devise their own combination of techniques in order to deal with an opponent.

Overall, Jin had nothing but positive things to say about the students of East Cork's largest full time TaeKwon-do



academy who performed in a superb, diligent manner.

Olympic Hogu Colour Change For 2012

The BOTAC (British Olympic Taekwondo Advisory committee) have announced that the competitors body armour and head guards are to undergo a colour change for the 2012 Olympics.

A senior spokesperson said the colour change was to make the sport more *'spectator friendly'* as red is associated with blood and blue is associated with bad moods. The colours will be replaced with lime green and pink, which the spokesperson said *'is more in trend with today's young athletes and viewers of the sport'*.



She added *'Furthermore, the colours work well with the new wave of 3D televisions and it is hoped the new colours and 3D viewing will add an exciting new dimension to Olympic Taekwondo.'*

Master Mark Nathanson promoted to 7th Dan

Taekwon-Do International recently promoted Master Mark Nathanson to the level of 7th degree black belt, it was announced by Union President Grandmaster Suk Jun Kim.



Glen Ridge Taekwon-Do owner Master James Marr, Master Mark Nathanson and Master John Meany, who demonstrates and teaches patterns on behalf of Taekwon-Do International

Master Nathanson began his training with Grandmaster Kim in Bergenfield, New Jersey in 1975. He is a strict traditional Taekwon-Do practitioner, receiving his first dan in 1980. Master Nathanson attended The Ohio State University after receiving his first degree black belt, and became captain of the Ohio State Taekwon-Do club team. After graduating, he attended the Ohio College of Podiatric Medicine, but was able to continue his training with Grandmaster Kim when returning to NYC for summer breaks. Master Nathanson currently teaches Taekwon-Do at locations in Manhattan and New Jersey, in addition to running his busy podiatry practice.

Bare Foot Training Banned!!



If you train in your Local Leisure Centre with bare feet, read on!

A Leisure Centre in Kent has been the first to ban Tae Kwon-Do on 'foot nudity grounds' due to the fact that bare foot practicing of Tae Kwon-Do could be construed as 'Obscene'

A Local council authority representative reported: *'We have received many complaints about Tae Kwon-do regarding the lewd bare foot practice by those that participate in it People are completely unaware of the obscene connotations that nude feet promote and we will no longer allow nudity of the feet within our centre.'*

Apart from the obscene nature of nude feet, it will also go a long way to stop the

transfer of deadly diseases such as veruca's and athletes foot.

The practice must be stopped on decency grounds if for no other reason and as such, foot nudity is now banned.'

Many other Leisure Centres are taking heed of the actions of the Centre in Kent and are following suit – so beware, your Dojang may be next!

First Defence Black Belt Schools Bring Home The Gold's

First Defence Black Belt Schools based in Falmouth, Helston and Hayle have had a busy time. The Squad first travelled to the English Championships in Cheltenham to compete. A Total of 18 students travelled to this event and managed to gain a total of 19 medals. The competition was fierce for many this was to be their first tournament, the squad travelled home with a total of 4 x Gold, 9 Silver and 6 Bronze medals The following week the quarterly gradings was held for lower grades and the Bi Annual Black belt grading was also conducted. The 1st Dan and 2nd Dan candidates were put through their paces for a total of 3 hours by the executive grading panel which consisted of Mike Beard 6th Dan, Dave



First Defence Black Belt Schools Students & Instructor (Mike Beard) With Their Medal Haul

Rogers 3rd Dan and Shelley Rogers 3rd Dan. The results were compiled and we were pleased to announce that the following students were Successful.

Miss Helen Richardson and Mr Phil Curnow were promoted to 2nd Dan. Ethan Griffiths, Gareth Treloar and Abi Keen were all promoted to 1st Dan.

After all this excitement could it get any better? The World Taekwondo Black Belt Championships in Swindon was next on the agenda and we attended with a squad of 13 members. This event was held over 2 days and the first day consisted of the junior and cadet Patterns and Sparring. Mike Beard told the juniors to enjoy the day and win or lose everyone would be proud of them. The First of the medals came via Nicola Leigh who is part of the Cadet Leadership Program winning a Bronze in the patterns. First Defence were then on a roll and at the end of the first day we had managed to gain 2 x gold medals, 1 x Silver and 4 x Bronze.

The Second day saw the turn of the adults and the standard of the competitors were exceptional. After another long day the adults managed to gain 1 x Silver and 5 Bronze medals. Some say 13 is unlucky but not for First Defence competing on the international stage against competitors from around the World.

For More information please contact Mr. Mike Beard 01326 319690 or visit www.firstdefenceblackbeltschools.co.uk

2011 TAC Tour
– The Art of Ho Sin Sul –
Building the Foundation
Eastern United States, January 24th
through February 12th

The Atlantic Pacific Tang Soo Do Federation came together to kick-off its first ever TAC Tour of the Southeastern and Northeastern United States recently. Kwan Jang Nim John St. James, founder of the

Atlantic Pacific Tang Soo Do Federation and Master James Allison, TAC Ho Sin Sul Coordinator joined forces for the three (3) week tour. Master Allison in addition to being a 4th Dan Master instructor with the APTSDF is also the founder and president of the International Hapkido Sun Moo Kwan Association and an 8th Dan in Hapkido. The Atlantic Pacific Tang Soo Do Federation and the International Hapkido Sun Moo Kwan Association are associated through the Asia Atlantic Alliance and work closely together.

This event materialized after the Technical Advisory Committee set-up a “TAC Tour” of different Federation schools to coincide with the Federation’s recent creation of the “TAC” or Technical Advisory Committee. It was also set-up so that Grandmaster St. James could share his vision of the future with member schools as it relates to state of the art Ho Sin Sul. In all, seventeen (17) clinics and seminars were conducted throughout ten (10) states.

Other TAC Tours are scheduled for next year in other parts of the US, Mexico, the Caribbean, Chile, the Middle East, Europe, and Asia. This year’s tour however featured a very special introduction to real deal self defense utilizing various theories of escape, control, and neutralization. It also focused on joint locks using the theories of Yu (water principle), Won (circular energy), and Hwa (harmonization of force).

This year’s TAC Tour included stops in North Carolina, Georgia, Tennessee, Louisiana, Mississippi, Alabama, Connecticut, Massachusetts, New Hampshire, and New York. Side trips to Maine and New Jersey were also part of the itinerary. Grandmaster recently completed similar seminars in Southern California and the island of Aruba. In addition to Grandmaster St. James and Master Allison, the following Masters instructors were in attendance: 6th Dan Master Carole Coker, 5th Dan Masters,

Stacy Busby, Deborah Jett, Antonio Rivera, Jr., and Christian Klacko. Fourth Dan Masters: Heather Potter, Michael Jett, Luis Parra-Flores, Trevor Becker, and Mikhail Kuns.

In addition to the Ko Dan Ja, Yu Dan Ja, and gups, this year's clinic was also attended by senior ranks from outside of the Atlantic Pacific Tang Soo Do Federation as all clinics and seminars were open to anyone who wanted to attend. As space is limited in this article, Grandmaster St. James extends his deepest appreciation to all those who attended and participated as students from other organizations especially Master Ou Nam Kwon who is from Hopewell Junction, NY. Master Kwon is a 6th Dan in both Taekwondo and Hapkido. Master Kwon is also a 5th Dan in Kumyedo (Korean Sword



Art).

Training at this year's TAC Tour included sessions on Il Soo Sik (One Step Sparring), real deal self defense, the basic 9 joint locks including beginner, intermediate, and advance pressure point manipulation. More advanced students were treated to self defense from weapons including the dagger and short stick. Additionally students were treated to advanced Ho Sin Sul from a punch, grab, and weapon.

Judging by this year's attendance (approx. 400 participants), there is much to look



forward to in 2012. For more information or to schedule an Art of Ho Sin Sul clinic, please call the Atlantic Pacific Tang Soo Do Federation at (678) 446-1183.

Submitted by Mercy St. James, E Dan

Worlds Youngest Ever Tae Kwon Do Master



5 year old student Timmy Brooks, was recently promoted to 8th degree Taekwon-Do Master by his organisation. Master Timmy who has been training in Tae Kwon Do for just over a year was said to be pleased with his new grade and his parents are delighted.

Unusually for a grade of this level, Master

Timmy had to perform an actual physical testing, where amongst other things he had to throw 2 front snap kicks in any direction, bite the heads off 5 jelly babies in a row, run up and down the room with his arms held out like aeroplane wings (then describe their secret applications) and walk from the supermarket to the car without holding his mummy's hand (the car was however parked in the child & parents bay for safety) without holding his mothers hand.

Grading examiner Grandmaster Soo Do Nim noted his excellent conduct saying that throughout the whole 5 minute testing not once did he ask to go toilet.

Master Timmy says he still has a way to go and hopes one day to be able to tie his own belt.

Article Feedback

Dear Mr Lewis

I read with interest your article on Musul, Muye and Mudo ("Martial Technique, Martial Art and Martial Way" – Issue #24).

One thing I thought that may have been of benefit to the reader was to inform them that the term "Do" used in conjunction with "Mu" in naming martial arts in Korea is a modern construct which only applies to those martial arts formed after the Japanese occupation. It is a simple way of determining if the martial art is a modern construct or not (although many are now using the more historically correct "Sul" and "Ye" terms in an attempt to recreate a link with the past). If we look at the pre-occupation arts of Subak, Sibpalki, Taekkyun and Ssireum (the latter two being more folk arts), there is no implementation of "Do" in the naming. It only appears later on with arts such as Kong Soo Do, Tang Soo Do, Tae Soo Do, Tae Kwon Do, Hapkido, Hwarang Do, Gumdo, Haedong Gumdo, etc., which were all formed after the occupation.

Thank you for writing the article. It is nice to read some more philosophical articles.

Kind regards,

Damian Adams

Dear Damian,

Thank you for your letter. I am glad that you liked the essay; it is always nice to get some feed back.

Your observation regarding the "-Do" suffix as a modern phenomenon and label to identify the recency of the Korean martial art is indeed correct and I agree with you. I did not mention it because I thought it may deter from my main argument, which is that there is progression in the martial art journey starting with the learning of techniques ("moosool"), to an assimilation of those techniques to a level where one can apply them creatively ("mooye"), to a level where your martial art journey becomes part of your life; your Way ("moodo").

To return to your point, I find it interesting how General Choi described Taekwon-Do as the "Korean art of self-defence." The actual Korean is "hoshin-mooye"; literally, self-defence martial art. While he proposed the name Taekwon-Do, which is in line with your observation that Korean martial arts that developed after the Japanese tend to have the "-Do" suffix, he defined Taekwon-Do as "mooye," which is in line, as you pointed out, with the historic custom of using "-Sul" or "-Ye" as the suffix.

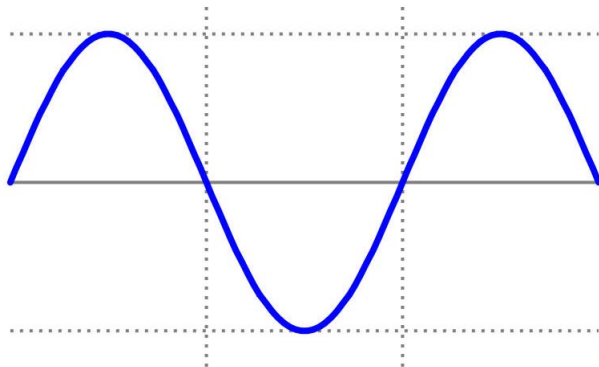
Best wishes,

Sanko

Sine Wave Court Battle

Two (ex)ITF Taekwon-Do masters have begun a furious court battle over the origins of the sine wave. Both claim they

were instrumental in bringing it to the Generals attention and thus the sine wave being officially incorporated into ITF Taekwon-Do.



Both offer their own explanations as to its origins. One master claims that whilst on a tour of Australia to promote Tae Kwon Do, he participated on a number of trips to see some wild life. One specific visit was to a Kangaroo sanctuary where the master noted the way the Kangaroos moved and how efficient it was for saving energy. He realised how this movement could also be incorporated into Taekwon-Do and came up with the idea of sine Wave.

The other Master disputes this, claiming it is of Scandinavian decent. Having been one of the first Masters to visit Scandinavia, he claims he was stuck in a snowstorm while driving to a training session. Four hours later he was eventually dug out and the patrol man waved him on and informed him to follow the signs. On returning to Korea years later he talked about his experience to other masters and thought about how he could show his appreciation to the patrol man. He remembered how the patrol man had told him about the signs and waved him on and thus dedicated sine Wave to the patrolman. He claims, due to national

pride, the story was not allowed to be revealed until now.

The case continues.

Medicine Hat's Fire Dragon Taekwondo & Fitness's Kalen Schenkey Brings Home Double Gold

Seven competitors from Medicine Hat, Alberta Canada's Fire Dragon Taekwondo & Fitness competed in the 3rd Annual Adam's Taekwondo Tournament in Red Deer, Alberta on March 19th, 2011.

Over 80 students from various Albertan Taekwondo schools participated in the competition.

In their inaugural performances being coached by Master Mark Pellerin and Mr. Shawn Schenkey, Jennifer and Mikayla Nadeau were awarded silver medals in Poomsae and Sparring; Grayson Nadeau won a silver medal in Poomsae and a bronze medal in Sparring; while Ashton Capati won Gold in Poomsae and Bronze in Sparring and Peyton Capati brought home a silver medal in Poomsae and a gold medal in Sparring.

Niklas Knipstrom in his second tournament was awarded a gold medal in Poomsae and a bronze medal in Sparring. While Kalen Schenkey, the most experienced competitor from Fire Dragon Taekwondo & Fitness, was awarded gold medals in both Poomsae and Sparring in his division.

Submitted by: Heather Smith-Schenkey



Brazilian Taekwon-Do Seminar

By Marcio Cruz Nunes de Carvalho

Taekwon-Do ITF, under Mr. Chang Un, has been introduced in Brazil by Sabum Teo Riveros 5th degree as the NGB ITF President. Since that, Taekwon-Do has been developed and grown, specially in the northeast region of Brazil, where NGB ITF has been established, in the city of Fortaleza, state of Ceará.

However, Brasília, capitol of Brazil, situated in the central region, didn't have any ITF dojang since now.



In the purpose of bringing Taekwon-Do ITF more to the south, Sabum Teo and Bu Sabum Marcio organized a seminar at Fit21 Sport Fitness in Brasília inviting some people interested in martial arts. One Karate practioner and one jiu-jitsu practioner came and all others persons were absolutely beginners to martial arts.

It was a fascinating event, when all people together enjoyed the seminar and received for the very first time the fundamentals of Taekwon-Do and its principles, also printed in the back of all t-shirts dressed by them.

During the seminar was made a demo, including sparring and power breaking techniques, and some participants were also invited to try to break the board after learning from Sabum Teo.



Since the seminar regular classes were schedule and Taekwon-Do ITF has been now established in Brasília, Federal District, conducted by Bu Sabum Marcio. For further details, visit our website:

www.tkd-df.com.br



Happy Birthday, Taekwon-Do!

Celebrating 56 Years Of TKD

By Patricia De Armas, ITF 2nd Dan

Taekwon-Do, the way of the hands and the feet, will celebrate its 56th birthday on April 11th. It was 56 years ago, in 1955, that this martial art was officially founded after years of dedication to its creation by General Choi Hong-Hi. Since then, Taekwon-Do has acquired over 70 million practitioners worldwide and become one of the most popular martial arts.

To celebrate the founding of Taekwon-Do, why not read both volumes of *Taekwon-Do and I* by General Choi Hong-Hi, which explains the history of Taekwon-Do, or tell the story of its creation to your students if you teach a class? This article was created in order to celebrate the success of Taekwon-Do, and to celebrate 56 years of kicks and blocks, of strikes and kihaps, and positive life-changing experiences. It will offer good ideas of ways to celebrate Taekwon-Do's birthday, whether when teaching a class or when practicing by yourself. To remember big events in Taekwon-Do's history, below is a timeline of memorable moments in Taekwon-Do.



- **November 9, 1918-** General Choi Hong-Hi is born, the father of Taekwon-Do and the ITF
- **March 1929-** Nam Tae-Hi, Taekwon-Do pioneer, is born
- **1932-** Choi's calligraphy teacher shows him Taekkyon techniques, later incorporated into TKD
- **1938-** Choi goes to Japan and learns Shotokan Karate after knocking out a man he lost money to
- **1943-** Park Jung Tae, Taekwon-Do pioneer, the father of the GTF is born
- **April 11, 1955-** Taekwon-Do is founded
- **1959-** The *Korean Taekwon-Do Association* was founded
- **March 1959-** Taekwon-Do is demonstrated abroad for the first time
- **March 22, 1966-** The *International Taekwon-Do Federation* is founded
- **1969-** First Asian Taekwon-Do Championships
- **1969-** the ATA is founded
- **November 30, 1972-** The Kukkiwon is finished
- **May 28, 1973-** The *World Taekwondo Federation* is founded
- **1974-** First Senior ITF World Championships
- **1976-** First ITF European Championships

- **1979-** First ITF Pacific Championships
- **1980-** *TaeKwonDo Times* magazine's first issue comes out
- **1985-** First English edition of the Encyclopedia of Taekwon-Do is published
- **September 17, 1988-** WTF Taekwondo sparring is in the Olympics
- **1993-** First ITF Junior World Championships
- **June 15, 2002-** General Choi Hong-Hi passes away
- **2004-** First ITF World Cup
- **2006-** Important book *Ch'ang Hon Taekwon-do Hae Sul* released
- **2007-** First combined ITF Junior and Senior World Championships
- **2007-** Julia Cross becomes 1st Hall of Fame Best Female Competitor
- **April 6th, 2007-** Nam Tae-Hi is inducted into the Taekwon-Do Hall of Fame
- **October 4, 2007-** Taekwon-Do Goodwill Tour
- **March 1, 2009-** *Totally Tae Kwon Do* magazine's first issue comes out
- **June 30, 2010 (2010-06-30)-** *The Last Airbender* premieres starring Noah Ringer and Dev Patel, TKD black belts
- **February 9, 2011-** the *Independent Taekwon-Do Association* promotes their first Grandmaster

Although Taekwon-Do's history is filled with triumphs, its history is also filled with disappointments. What started with one martial art has splintered into many different organizations, some so different from each other that it seems like multiple martial arts rather than one Taekwon-Do.

Although the WTF/Kukkiwon and the ITF are so different from each other that it does not seem possible anymore for them to merge, it is very possible that the different ITFs and the other practitioners of the Ch'ang Hon style and patterns could unify into one single organization again. We can hope that in the near future that this vision of unification can become a reality. If you are a Taekwon-Do instructor, talk to your students about what they think about this. Do they think that it would be beneficial for there to be a merger between organizations that teach the same style? Below are some other ideas of what you



Grandmaster Nam, Tae Hi

can do this year on Taekwon-Do's birthday-although April 11th is just like any other day of the year, to us practitioners of Taekwon-Do, it is important because it marks the time that what we are so dedicated to was founded. To most of us, it is just another day at the do-jang, but we can make this day interesting by celebrating in various ways, such as the ways offered below.

- If you are an instructor, tell your students about the history of Taekwon-Do, and the history of your style of Taekwon-Do.
- If you are an instructor, ask your students what they would think about unification. What are the benefits of unification? Would it be better to just unify the styles that are the same or almost the same, or all of the organizations together?
- Read the book *Taekwon-Do and I* by General Choi Hong-Hi. If you don't have

that book, try reading *A Killing Art* by Alex Gillis. If you haven't already read them, these books can help you learn the history of Taekwon-Do.

- Watch the film *General Choi Hong-Hi, Founder of the Korean Art of Tae Kwon Do*, presented by Bob Wall. Although it is a little difficult to understand because of his Korean accent, this film has an interview with the father of Taekwon-Do.
- If you are an instructor, hold a small tournament just for the students in your do-jang. You can have the awards be candy or certificates rather than medals. Call the tournament, "The Taekwon-Do Birthday Cup" or "The Taekwon-Do Anniversary Championships," and have sparring and pattern competition. The students will love it and they will also learn valuable skills from the small competition.
- Make an April 11th Taekwon-Do Resolution. Just like you would create a New Year's Resolution at the beginning of the year, make a resolution now, only have it relate to Taekwon-Do. Promise yourself that by next year on Taekwon-Do's birthday that you will conquer your sparring weaknesses, be able to break five boards, use more courtesy towards your seniors, or other resolutions that will help you to become more skilled in your martial art and to become a better person. If you're an instructor, encourage students to do the same.

- Make a Taekwon-Do treat and bring it

to your do-jang. You can make cookies or cupcakes and decorate them with frosting shaped like martial artists kicking and punching, Taekwon-Do written in Korean, different colored icing belts, or other Taekwon-Do themed pictures. If you want to try something bigger, make a cake and have a frosted picture of the logo for your Taekwon-Do organization on it.

- Write an article about why you think Taekwon-Do has been important to people in the last 56 years. How has it changed lives? What is the greatest thing that has happened in Taekwon-Do's history?



Grandmaster Park, Jung Tae

- Write an article about your vision for Taekwon-Do in the NEXT 56 years. What do you hope will happen- will the organizations unify? Should there be more organizations instead? Are you going to try and make your ideas reality, or are they just what you dream will happen?

- If you are an instructor, ask your students questions that have to do with the history of Taekwon-Do.

Most of these questions are required knowledge for belt tests, but you can try asking even harder ones- do any of your students know the nickname of the 29th Infantry Division?

- Just for fun, wear your favorite Taekwon-Do themed clothing and jewelry.

Taekwon-Do is a year older, and another year of dedicated practicing, tough sparring matches, difficult belt promotions, practical self-defense, tricky patterns, mental toughness, and love of the martial art has

been added to the other years of its history. Imagine what will come in the next year- how many lives will be changed in a positive way, how many more people will start the journey of Taekwon-Do, how many others will earn their black belts. Imagine how you will become a better person over this next year in the life of Taekwon-Do.

About the Author:

Patricia DeArmas is a 2nd dan black belt in ITF Taekwon-Do and a self-proclaimed Taekwon-Doaholic. She has trained in Taekwon-Do with two great do-jangs and enjoys writing on her blogs www.martialartsgirl.wordpress.com and www.besttkd.wordpress.com. In addition to Taekwon-Do, Patricia recently started training in Doce Pares Eskrima stick fighting.

“The Most important book published on TKD since the encyclopaedia”

John Dowding
4th degree ITF



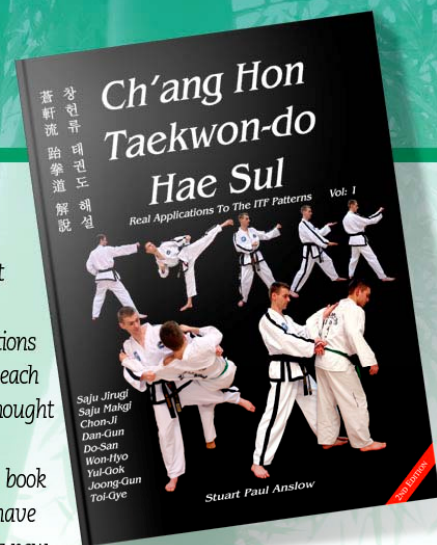
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

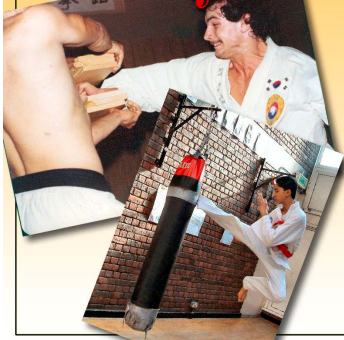
Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

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



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P.U.M.A. 1st Open World Black Belt Championships

19th & 20th March, 2011

By John Dowding



The Professional Unification of Martial Arts (PUMA) hosted their first world open Taekwon-Do tournament over the weekend of March 19th and 20th 2011. Early on a glorious spring morning competitors started to arrive at the venue the Oasis Sports & Leisure Centre in Swindon, Wiltshire, England.

This was the first World Open event organised by PUMA and there was a great deal of excitement and anticipation leading up to the event which was open to Black Belt competitors from all Chang Hon stylists of Taekwon-Do.

Master Gayle and Master Ogborne are

committed to breaking down the barriers between Taekwon-Do groups so that we can all share and grow together albeit in different directions and so it was important for them that the event was open to all Chang Hon stylists and to encourage this the tournament featured categories for sine wave and non sine wave patterns performers. Something which really gave the event a unique feel and made it truly an “open” event.

The event kicked off early on the Saturday with a display from a local gymnastics group and although it may not have been what was expected at a martial arts tournament it was truly breath taking to see

the amazing strength and control displayed by the young performers many of whom looked like a strong wind would blow them away. The control, flexibility and core strength of these young people really was the envy of many a Black Belt watching.

This was followed by a demonstration of the PUMA Flowering Youth Team, a team of youngsters who are specially coached by Master Gayle with the aim of embodying the true spirit of Taekwon-Do and its Tenets. The age of the Flowering Youth is between 9 to 15 years of age. From the moment they took to the floor their concentration and maturity was obvious to all. The demonstration was flawless and was a huge credit to every single member of the team with fantastic displays of patterns and self defence routines that would rival some of the established adult demonstration teams out there.

After the colourful display there was a short introductory speech from Master Gayle to welcome competitors, coaches and spectators to the event. During this opening speech Master Gayle passed on the sad news that some competitors from Norway had been involved in a fatal accident on the way to the tournament and called for a minutes silence as a mark of respect. The hall fell silent as everyone bowed their heads in respect at the very sad news and if a pin had fallen it would have been heard clearly with all showing a deep respect and sorrow at the loss.

After this brief moment of sadness the

tournament got underway. Saturday was a day mainly for junior and cadet competitors to show their skills and the competition got off to a great start with some strong patterns performances which showed a maturity far beyond the years of some of the performers.

Then onto the sparring and again some fantastic displays from some very talented juniors who will be a force to be reckoned with in the coming years. The skill levels displayed were breath taking and im sure a few of the youngsters are going to be household names in the martial arts world in the future,



The adults finally got a look in later in the day with individual patterns up to 5th degree being fiercely contested between the men's and ladies divisions and competitors giving the juniors a run for their money and setting the standard for the coming events on the Sunday.

The day closed with the Junior Team events comprising of sparring and patterns, and the crowd and officials were treated

to some fine displays with a huge amount of respect and etiquette being shown. As the day went on it was great to see that medals were being won by all the various associations present and some fierce competition that retained the sportsmanship and camaraderie that sadly can sometimes be missing from events where titles are at stake.

The first day of competition came to an end with many tired and happy competitors heading off for some well earned rest and



anticipating the senior competition the next day.

still underway as to whether or not they were actually his legs he was using.

Sunday saw the action from the veterans begin with individual patterns and saw some fantastic performances and overall the Saturday and Sunday it was fascinating

to see Chang Hon patterns performed with hip twist and the absence of sine wave, certainly took a few of us on a trip down memory lane. It was a credit to the performers how crisp and powerful the patterns looked and a real pleasure to judge.



Individual adult and veteran sparring events saw some spirited competition and some distinct but friendly rivalries. All competitors showed the true spirit of

martial arts competition and made the jobs of the senior referees that much easier by showing true respect for their opponent and keeping the sparring competitive but without the edge that can sometimes creep in with events of this nature.

There were some excellent performances in the 4th to 5th Degree Veterans section with our very own editor Mr Anslow performing pattern Se-Jong. However the veteran section was won by a Mr Bishop from PUMA with a superb performance of Moon Moo although a stewards enquiry is

There was a wealth of talent on display and some truly awe inspiring hard but flamboyant sparring that really showed the quality of the competitors and the hard work of the enthusiastic and fair minded coaches from all the different associations.



To say thank you to the chief instructors of the attending organisations Master Gayle, Master Ogborne and Master Black presented each chief instructor with a trophy as a thank you for attending and supporting the event. Earlier in the day all Officials were presented with a commemorative plaque as a thank you from PUMA for officiating, a very nice touch that was well received and appreciated by all who gave up their time to help ensure the smooth running and success of the event.

Then onto the adult team events and once more some very well thought out team patterns with the Scottish Ladies Team performing an excellent routine to take first

place. The team sparring events were particularly hard fought and the final between the English Men's Team coached by Mr Daniel Lammin 5th Degree and the Irish Team coached by Master Don Dalton had every one on the edge of their seats but the Irish took first place in the end, with the final decider going to extra time.

The final event was the special technique breaking and again produced some very original displays which showed the more demanding techniques that Taekwon-Do has to offer.

At one point there was some skulduggery afoot with members of another association that I will not name (APTI) trying to actively poach PUMA members by walking around



'Flowering Youth' Demo Team

the hall with hand written notes pinned to the back of their doboks encouraging PUMA members to defect with special rates for deserters and cowards, I have to admit that the dobok and licence rates were very competitive and I was seriously considering jumping ship until Master Ogborne took the matter into his own hands (literally) and frog marched the offenders towards the exit. That just goes to show that you can't get much past a seven foot Master who can see above most crowds. Apparently there was something about a hand written transfer request (looking suspiciously like Master Ogborne's writing allegedly) to join PUMA that started it but that can't be right, surely?

This epitomised for me the friendly good humoured atmosphere of the tournament which considering the amount of different groups involved and the titles being fought for was truly inspiring and refreshing.

One of the recurring comments of the weekend was directed at the fairness and transparency of the officials towards all



competitors regardless of which association or style of Taekwon-Do and it was this coupled with the fantastic attitude of all competitors and coaches which really made this event stand out. As the saying goes from little acorns mighty oak trees go and I have no doubt from the comments and feedback received that this little acorn will be a towering oak in next to no time at all.

The event success was down to the willingness and commitment of everyone involved from organisers, competitors, umpires, referees and chief instructors to approach this with an open and inviting attitude which put Taekwon-Do itself first and everything else second. The event was attended by no less than nine Taekwon-Do Masters and the one thing that was missing from the event was ego. All nine Masters were united with one aim, a successful and happy tournament where the true winner was the art itself.

Master Ogborne said afterwards "Without doubt a fabulous weekend, high standard of



competition full of great memories. Look forward to the next one" which pretty much sums it up although I will leave the last word to Master Gayle who said "P.U.M.A. martial arts have shown that the world of Taekwon-Do can come together to produce something worthy of the General's legacy. This tournament was not about competition, or winning or losing - it was about friendship and realising that the time has now come to start building a more peaceful Taekwon-Do world."

Taekwon!



P.U.M.A. 1st Open World Black Belt Championships

RESULTS

Adult Weapons

Gold	Brett Dowling	PUMA
Silver	David Lear	PUMA

Male Special Technique Destruction

Gold	Shane Rabbitte	Ireland IUTF
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PATTERNS

Junior Musical Patterns

Gold	Yoshen Moodley	PUMA
Silver	Isaac Kelly	PUMA

Junior Female 1st Degree

Sine Wave Patterns

Gold	Georgia Milner	LTSI
Silver	April Mattacks	PUMA
Bronze	Jade Doran	LTSI
Bronze	Emma Flannagan	Ireland IUTF

Junior Male 1st Degree

Sine Wave Patterns

Gold	Yoshen Moodley	PUMA
Silver	Ryan Hanney	PUMA
Bronze	Morgan Coops	PUMA
Bronze	Simon Penny	PUMA

Junior Male 1st Degree

Non Sine Wave Patterns

Gold	Rowan Nightingale	First Defence
Silver	Adam Morcom	First Defence

Junior Female 2nd Degree

Non Sine Wave Patterns

Gold	Lilly Mannion	Ireland
Silver	Isabel Brider	Trident
Bronze	Nicola Leigh	First Defence
Bronze	Shauna Caines	Evolution



**Cadet Female 1st Degree
Sine Wave Patterns**

Gold	Aisling Yataki	Ireland IUTF
Silver	Ronak Anand	PUMA
Bronze	Nicola Allardice	UTF
Bronze	Emily Gairns	UTF

**Cadet Female 1st Degree
Non Sine Wave Patterns**

Gold	Natasha Oldale	APTI
------	----------------	------

**Cadet Male 1st Degree
Sine Wave Patterns**

Gold	Luke Holloway	PUMA
Silver	Fen Trudgian	PUMA
Bronze	Simon White	PUMA
Bronze	Brendan Kenny	Ireland IUTF

**Cadet Male 1st Degree
Non Sine Wave Patterns**

Gold	Imran Zaman	Rayners Lane
------	-------------	--------------

**Cadet Female 2nd Degree
Sine Wave Patterns**

Gold	Lorna Eden	Trident TKD
Silver	Carly Atkinson	PUMA
Bronze	Shannon Murphy	Ireland IUTF
Bronze	Zoe Mattacks	PUMA

**Cadet Male 2nd Degree
Sine Wave Patterns**

Gold	Josh Veitch	PUMA
Silver	Andrew Smith	LTSI
Bronze	Edward Colman-Roberts	PUMA
Bronze	Ryan Powlesland	PUMA

**Cadet Male 2nd Degree
Non Sine Wave Patterns**

Gold	Neythen Treloar	First Defence
Silver	Jack Stuart	Bytomic

**Cadet Male 3rd Degree
Non Sine Wave Patterns**

Gold	Matthew Hollow	Evolution
------	----------------	-----------

**Female 1st Degree
Sine Wave Patterns**

Gold	Anna Sukwong-Fletcher	PUMA
Silver	Ashley Brown	UTF
Bronze	Medea Creed	PUMA
Bronze	Nicole Docherty	UTF



Male 1st Degree

Sine Wave Patterns

Gold	David Lear	PUMA
Silver	James Andrews	PUMA
Bronze	Daniel Parker	PUMA
Bronze	Dominic White	PUMA

Male 1st Degree

Non Sine Wave Patterns

Gold	Alex Mindrey	Bytomic
Silver	Phil Tovey	Evolution



Female 2nd Degree

Sine Wave Patterns

Gold	Natalie McColl	PUMA
Silver	India Isles	Scotia TKD
Bronze	Julie Foster	PUMA
Bronze	Sarah Powlesland	PUMA

Female 2nd Degree

Non Sine Wave Patterns

Gold	Rachel Harrison	NITA
Silver	Lyndsey Reynolds	Rayners Lane
Bronze	Christina Richardson	GTUK
Bronze	Becky Morgan	First Defence

Male 2nd Degree

Sine Wave Patterns

Gold	Adam Swain	PUMA
Silver	Richar Harze	PUMA
Bronze	Karl Davis	Trident TKD
Bronze	Ross Cavinue	Scotia TKD

Male 2nd Degree

Non Sine Wave Patterns

Gold	Sam Meletioui	Evolution
Silver	Phillip Morgan	First Defence



Female 3rd Degree

Sine Wave Patterns

Gold	Nicola Bishop	UTF
Silver	Karen Dowse	PUMA
Bronze	Nicole Brown	UTF
Bronze	Orla McKenna	Trident TKD

Female 3rd Degree

Non Sine Wave Patterns

Gold	Natasha Lee	Evolution
Silver	Hannah Whittaker	Bytomic
Bronze	Shelley Rogers	First Defence



Male 3rd Degree

Sine Wave Patterns

Gold	Ashley Atkinson	PUMA
Silver	Shane Rabbitte	Ireland IUTF
Bronze	Danny Dowling	PUMA
Bronze	Michael Whitlock	PUMA

Male 3rd Degree

Non Sine Wave Patterns

Gold	Harry Pastelle	Evolution
Silver	Michael Turner	Bytomic
Bronze	David Rodgers	First Defence
Bronze	Sekhar Kumar	Bytomic

Female 4th/5th Degree

Sine Wave Patterns

Gold	Julie Scott	UTF
Silver	Stacey Weatherer	PUMA
Bronze	Emma Deakin	PUMA
Bronze	Liz McKenna	UTF

Male 4th degree Patterns

Gold	Jon Tizick	APTI
Silver	Francis Miller	Evolution
Bronze	Nik Purves	UTF
Bronze	Brett Dowling	PUMA

Senior Female 1st Degree Patterns

Gold	Liliana Cottrell	PUMA
Silver	Elaine Ogden	Rayners Lane
Bronze	Paula Cassidy	APTI
Bronze	Susan Lingard	APTI

Senior Male 1st Degree Patterns

Gold	Chris Mutton	APTI
Silver	Andrew wescott	PUMA
Bronze	Grzegorz Siembida	Poland
Bronze	Kenneth Ferguson	Scotia TKD

Senior Male 2nd Degree Patterns

Gold	Terry Atkinson	PUMA
Silver	David Wilson	UTF
Bronze	Lee Anderson	Scotia TKD

Senior Male 3rd/4th/5th Degree Patterns

Gold	Mark Bishop	PUMA
Silver	Peter Scotcher	APTI
Bronze	Steven Luker	PUMA
Bronze	Glen Moger	PUMA



TEAM PATTERNS

Junior Female Team Patterns

Gold PUMA
Silver UTF
Bronze Ireland IUTF

Junior Male Team Patterns

Gold PUMA
Silver Ireland
Silver APTI

Female Team Patterns

Gold UTF
Silver PUMA
Bronze APTI

Male Team Patterns

Gold PUMA
Silver APTI
Bronze Ireland IUTF

SPARRING

Junior Female Sparring Flyweight

Gold Jade Doran LTSI
Silver Isabel Brider Trident TKD
Bronze Georgia Milner LTSI
Bronze Amy Keen First Defence

Junior Female Sparring Lightweight

Gold Kelsea Purchall PUMA
Silver Romy Motorshead Trident TKD
Bronze Emma Flannagan Ireland IUTF
Bronze Gaynor Scott UTF

Junior Female Sparring Heavyweight

Gold Lily Mannion Ireland IUTF
Silver Emma Flannagan Ireland IUTF

Junior Male Sparring Featherweight

Gold Jordan Dalton Ireland IUTF
Silver Jordan Lacey Ireland IUTF
Bronze Cormac Mannion Ireland IUTF
Bronze Darragh Desmond Ireland IUTF

Junior Male Sparring Flyweight

Gold Padraig Desmond Ireland IUTF
Silver Isac Kelly PUMA
Bronze Morgan Coops PUMA
Bronze Jacob Bode PUMA



Junior Male Sparring Lightweight

Gold	Jason Bint	PUMA
Silver	Simon Penny	PUMA
Bronze	Denis Ring	Ireland IUTF
Bronze	Ryan Hanney	PUMA

Junior Male Sparring Middleweight

Gold	Derek Britten	LTSI
Silver	Jospeh Wood	PUMA
Bronze	Liam King	Scotia TKD
Bronze	Cillian Howard	Ireland IUTF

Junior Male Sparring Heavyweight

Gold	Carl Davey	Bytomic
Silver	James Turney	NITA
Bronze	Darragh Rabbitte	Ireland IUTF
Bronze	Lewis Wlaker	Scotia TKD

Cadet Female Sparring Flyweight

Gold	Sonia Harris	PUMA
Silver	Carly Atkinson	PUMA
Bronze	Zoe Mattacks	PUMA

Cadet Female Sparring Lightweight

Gold	Shannon Murphy	Ireland IUTF
Silver	Alice Wood	PUMA
Bronze	Rachel Wilson	UTF
Bronze	Nicola Allardice	UTF

Cadet Female Sparring Middleweight

Gold	Dayna Jones	PUMA
Silver	Ronak Anand	PUMA
Bronze	Aisling Yataki	Ireland IUTF
Bronze	Jessica Warrey	PUMA

Cadet Female Sparring Heavyweight

Gold	Emily Powell	Trident TKD
Silver	Nicole Johnson	APTI
Bronze	Lauren Stone	LTSI
Bronze	Anna Reed	Trident TKD

Cadet Male Sparring Flyweight

Gold	Joshua Dale	Trident TKD
Silver	Daniel O'Sullivan	Ireland IUTF
Bronze	Harry Huish	PUMA
Bronze	Ryan Powlesland	PUMA

Cadet Male Sparring Lightweight

Gold	Josh Veitch	PUMA
Silver	Robbie Wells	Trident TKD
Bronze	Kurt Johnson	First Defence



Bronze Alex Baker Trident TKD

Cadet Male Sparring Middleweight

Gold Matthew Hollow Evolution
Silver Luke Holloway PUMA
Bronze Neythen Treloar First Defence
Bronze Aaron Duffell UTF

Cadet Male Sparring Heavyweight

Gold Ed Colman-Roberts PUMA
Silver Connor Rankin UTF
Bronze Lyle Walker Scotia TKD
Bronze Chris Norman PUMA

Female Sparring Featherweight

Gold Christina Richardson Evolution
Silver Ashley Brown UTF
Bronze Daniela Bright GTUK
Bronze Orla McKenna Trident TKD

Female Sparring Flyweight

Gold Nicole Brown UTF
Silver Nicola Bishop UTF
Bronze Louise Purves UTF
Bronze Lesley Mealing UTF

Female Sparring Lightweight

Gold Conni Vaughan Ireland IUTF
Bronze Becky Morgan First Defence
Bronze Sarah Powlesland PUMA

Female Sparring Middleweight

Gold Natalie McColl PUMA
Silver Lyndsey Reynolds Rayners Lane
Bronze Victoria McBeth GTF
Bronze Hannah Whittaker Bytomic

Female Sparring Heavyweight

Gold Stacey Weatherer PUMA
Silver Samantha Gill UTF

Male Sparring Featherweight

Gold Paul Manning Ireland IUTF
Silver Adam Swain PUMA
Bronze Martin Luker PUMA
Bronze Harry Pastelle Evolution

Male Sparring Flyweight

Gold Karl Davis Trident TKD
Silver Ross Cavinue Scotia TKD
Bronze Sunny Kalcutt NITA



Bronze Andrew Bailey PUMA

Male Sparring Lightweight

Gold Leone Brydone Ireland IUTF
Silver Joshua Wiltshire NITA
Bronze David Johnson Bytomic
Bronze Taro Koka APTI

Male Sparring Middleweight

Gold Phil Whitlock PUMA
Silver Richard Harze PUMA
Bronze Michael Bradfield NITA
Bronze Stephen Gell GTF

Male Sparring Heavyweight

Gold Michael Whitlock PUMA
Silver Allan McLeish UTF
Bronze David Rodgers First Defence
Bronze Michael Turner Bytomic

Senior Female Sparring Featherweight

Gold Fiona Turner Scotia TKD
Silver Elaine Ogden Rayners Lane
Bronze Sonia Allen APTI

Senior Female Sparring Lightweight

Gold Sarah Lee NITA
Silver Victoria Salter APTI

Senior Male Sparring Flyweight

Gold Gary Foster TSA
Silver Stuart Anslow Rayners Lane

Senior Male Sparring Lightweight

Gold Chris Mutton APTI
Silver Terry Atkinson PUMA
Bronze John Cowan UTF
Bronze David Wilson UTF

Senior Male Sparring Heavyweight

Gold Lee Anderson Scotia TKD
Silver Kenneth Ferguson Scotia TKD
Bronze Phillip Motorshead Trident TKD
Bronze Andrew Wescott PUMA

TEAM SPARRING

Junior Female Team Sparring

Gold Ireland IUTF
Silver PUMA
Bronze Scotland UTF



Junior Male Team Sparring

Gold TKD UK
Silver Ireland
Bronze APTI

Female Team Sparring

Gold PUMA
Silver UTF

Male Team Sparring

Gold Ireland IUTF
Silver PUMA
Bronze Bytomic
Bronze APTI

The photo's in this feature are courtesy of DE Photo (www.dephoto.biz), Chrissy Swain and various attendees of the World Championships





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The Encyclopedia of Taekwon-Do Patterns

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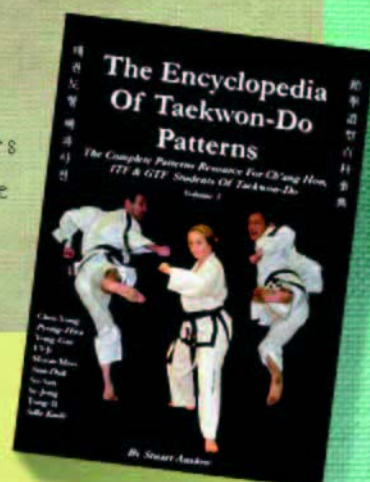
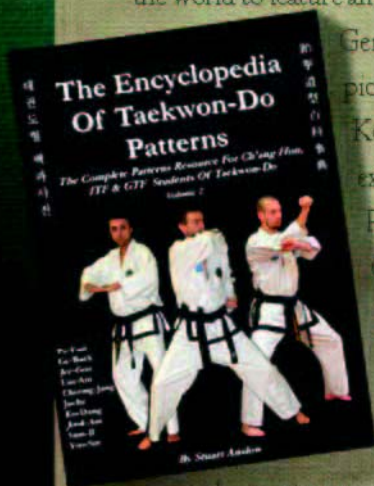
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The Knife Hand Chamber

By Richard Conceicao

This time I would like to look at the practical application of something that is widely regarded as hugely impractical, the ITF knife hand block chamber. For those unfamiliar, the primary distinction between this approach and that of the WTF, is that in the case of the ITF, both hands are chambered in a large backward sweeping motion before moving forward into the blocking position. This preparatory position varies with different practitioners, but in most cases is very extreme in its rear positioning.

Since most beginning TKD students are given the basic level explanation that this movement is a preparatory motion to generate power to effectively block an incoming attack, I will use the terminology as a reference, but not as a function of the technique.

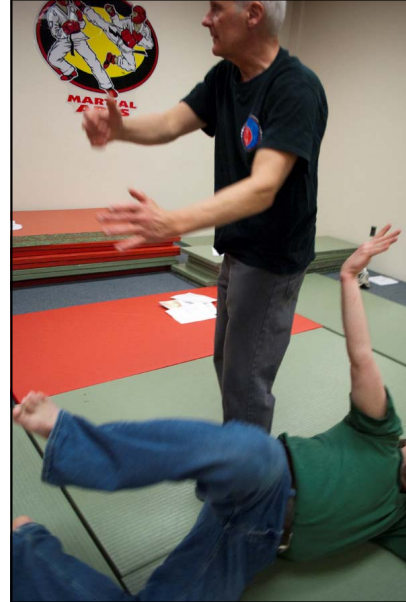
The criticism of the obvious flaw here is the same as for any "chambering" or "preparatory" motion. In a fight you just don't have the time. Pulling the arms back to prepare simply means you will be blocking the next punch with your face!

I think we can safely assume that the designers of this technique were not delighted with the idea of getting hit, and would therefore not want their students to get hit either. Once again, we must look beyond the labels to perceive function. That is, what we must concern ourselves with is the actual movements, and not the final position.



The two arms sweeping across the body as it, at the same time, positions itself sideways, serve to protect against incoming middle and high attacks (the most common) and reduce exposure your body's vulnerable areas.

At the same time the upward and backward trajectory of your arms serves to off angle and destabilize your opponent



Now the fun part! As your arms move into the "blocking position" and your weight drops downward ("sine wave" in action), your opponent is forced backward causing him to fall. Should you be feeling a little feisty, be sure to drop your elbow into his chest, and perhaps knife hand the side of his neck as he falls.

Now the action above may sound overly complicated in it's description, but if you try it, you will realize it is relatively easy to do, very effective, and amazingly fast.

I would like to acknowledge the help of Mr. Tom O'Connell as uke, and Mr. Bob Adams for his photography.

Confusing ITF Terminology

By Sanko Lewis

Technique names in ITF Taekwon-Do, especially of some of the kicks, can be very confusing. It also doesn't help that the official terms used in ITF Taekwon-Do are often quite different from certain well known terms that are commonly used in wider martial art circles.

For instance, what is known in the greater martial art community as an axe kick is a downward kick in ITF Taekwon-Do; the commonly used term roundhouse kick is a turning kick in ITF Taekwon-Do, and so on. Instead of comparing terminology from outside of ITF Taekwon-Do, in this essay I will focus chiefly on some confusing terminology within ITF Taekwon-Do. Some common kicks that are confused include the crescent kick and inward vertical kick; the hooking kick, outward vertical kick and the hook kick; and the reverse turning kick and reverse hook[ing] kick.



The crescent kick [*bandal chagi*] and hooking kick [*geolchyeo chagi*] are both defensive techniques in ITF Taekwon-Do; in other words, these kicks are used to block an opponent's attack. One would use these blocks for attacks at low or middle section, but usually not for high section. It is better to block a high section attack with your hands / arms than trying to get your foot up there in time. The motion path for both these kicks is an arc. The crescent

kick arcs inward with the foot cupped and the foot sole functioning as the blocking tool. The hooking kick arcs outward [compare with a palm hooking block] with the foot sword acting as the blocking tool. Although the foot sole for the crescent kick and the foot sword for the hooking kick are the primary blocking tools, it is possible to also use other parts of the leg, for instance the knee to "wave" an attack out of harms way.

The following points may help to clear up some confusion with regard to these kicks. A crescent kick is always done with an inward arc. There is no such thing as an outward crescent kick. An "outward crescent kick" is basically a hooking kick. Conversely, a hooking kick is always done with an outward arc. The crescent kick and hooking kick are only used as defensive techniques. They are not offensive techniques. The mix-up comes in because these kicks are often confused with the inward and outward vertical kicks.



Vertical kicks are similar to the crescent

kick and hooking kick as they also move in somewhat of an arc. The chief difference is that vertical kicks are offensive techniques; in other words, they are used for attacking and not blocking. The vertical kick [*sewo chagi*] gets its name because the foot is held upward, i.e. vertically; although it actually strikes the target in a horizontal fashion. Imagine keeping your hand vertically and then slapping someone horizontally through the face; now translate that image to a kick. The vertical kick can be done in an inward motion, known as an inward vertical kick, or outward motion, known as an outward vertical kick. For the outward vertical kick the foot sword is used as the attacking tool, while the *reverse* foot sword—that is the area on the inverted side of the foot sword—is used as the attacking tool for the inward vertical kick. Unlike the crescent kick and hooking kick which are usually done low and middle section, the vertical kicks can be done at any height, but usually at middle and high sections. Practitioners often use the vertical kick at high section to attack the opponent's head, “slapping” the opponent through the face with the foot.

Because “hooking kick” and “hook kick” sound so much the same, it is easy to see why these two kicks are confused. We've already looked at the hooking kick, which is a defensive kick using the foot sword as the primary blocking tool. Unlike the hooking kick, the hook kick is an offensive kick. The hook kick was made famous by World Kickboxing Champion Bill “Superfoot” Wallace. The attacking tool of the hook kick is primarily the back heel, but occasionally the ball of the foot can be used for more reach or the flat foot (foot sole) if you wish to lessen the impact of the technique. The heel is more likely the attacking tool of choice in a real fight situation or in heavy contact competitions, while the flat foot is used for semi-contact sparring.

The really confusing thing is that the actual term “hook kick,” although often used by

Taekwon-Do practitioners, is not found in the ITF Encyclopaedia. The correct term is reverse turning kick [*bandae dollyeo chagi*] or reverse hooking kick [*bandae dollyeo goro chagi*] (depending on the variation of the kick).



Now this might seem quite confusing as you may think that a reverse turning kick is a type of spinning kick. However, in this case “reverse” does not mean “spinning.” We are faced with a Korean-to-English translation problem.

When we look at the Korean terms it is much clearer. *Bandae*, in *bandae dollyeo chagi*, is better translated into English as “opposite” than “reverse.” When we talk about a reverse turning kick, “reverse” refers to the “opposite side” or opposite direction. As we saw earlier with the inward vertical kick that uses the “reverse foot sword” as the attacking tool, so “reverse” in “reverse turning kick” is referring to the opposite side of the attacking tool and opposite direction the kick is moving relative to the normal turning kick.

The attacking tool for the normal turning kick is usually the ball of the foot. On the other hand, the attacking tool for the reverse turning kick is the heel (the “reverse” or “opposite” side of the foot). The turning kick and reverse turning kick also moves in opposite directions – the latter is a “reverse” of the former. The reverse turning kick can be done either with the front leg or with the back leg. To do it with the back leg, one option is to spin

the body around. This spinning motion is what many people incorrectly assume is referred to by “reverse.” (Do not feel bad if this was your assumption, since there are instances where *bandae* can infer to a spinning technique.)

Simply, what is usually known as the “hook kick” is actually a “reverse turning kick” performed from the front leg. There are actually three ways to perform the reverse turning kick. Firstly, it can be performed with the front leg. Secondly, it can be performed with the rear leg, causing one to have typically stepped-over after the kick. Thirdly, it can be performed spinning around while kicking with the rear leg. All three these kicks are technically considered reverse turning kicks by the ITF Encyclopaedia.



Now, just to make it even more confusing, the ITF Encyclopaedia also refers to a “reverse *hooking* kick” in relation to reverse turning kicks. It continues to clarify that the reverse hooking kick “is a variation of a

reverse turning kick” (*ITF Encyclopaedia*, Volume 4, p. 72) where the leg is not kept extended during the kicking motion, but the lower leg is bent at the end of the kick to “hook” the opponent. Translated into English as “hooking” may make you think that we are talking about the defensive hooking kick we spoke about earlier; however, the Korean is not using the same terminology when we see “reverse hooking kick” in English. The Korean is *bandae dollyeo goro chagi*. *Goro* (sometimes romanized as *georo*) is based on the verb *geodda*, which means to gather something up, to bring something in, to roll something up, or to fold something. In other words, it is a reverse turning kick where the lower leg is folded in. A direct translation for *bandae dollyeo goro chagi* could be “reverse turning folding kick.”

To clarify: A reverse turning kick [*bandade dollyeo chagi*] is done with the kicking leg kept straight. A reverse hook[ing] kick [*bandae dollyeo goro chagi*] is a variation of the reverse turning kick and is done by folding the lower leg in at the end of the kick. Both kicks can be done with “either the front or rear foot” (*Ibid*, p. 70). The reverse hook[ing] kick should not be confused with the *hooking* kick, which is a block.

In summary, different things cause confusion over technique terminology in ITF Taekwon-Do. One problem is that terms used by the wider martial art community is frequently not the same as the terminology used in ITF Taekwon-Do. Secondly, some techniques look somewhat similar, but have completely different functions; for instance the crescent kick and inward vertical kick, where the one is a defensive technique and the other an offensive technique. Because of their visual similarity, practitioners may get confused and use these terms erroneously interchangeably. Finally, there is sometimes confusion because of the clumsy original translation of the terminology from Korean to English found

in the ITF Encyclopaedia. In my opinion, one of the best ways to overcome such confusion is to learn the Korean names for these techniques. Such confusion practically does not exist in Korean.

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...ooOoo...

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Martial Arts Testing And Job Interviews

By Timothy Phunkett, Awakening Tiger Dojo

During a recent Gup testing I came identify with the flood of emotions that come into play during any martial art test. The rush of anxiety, nervousness, fear, pride and hope are but a few of the different stages and emotions that occur at different times during and after the test.

As with any test martial arts not excluded, many things lead up to testing day. Usually months of planning, training and preparation are required before you prove yourself to your instructor that you are indeed ready to test, and once you get that invitation is when the conflicts begin.

Any job interview will result in a similar mix of emotions and fears. Having been on more than my share of job interviews in my

years I am quite accustomed to all them. Leaving out the reason for the job search in the first place, which may or may not be self-imposed will add any number of other factors in that we shall not discuss here. Let's assume that you have a decent job but need one closer to home or money is a factor. From this point out we will call our endeavor our goal, as in our job interview our goal is to land a new and successful new job opportunity, with martial arts it's to land a new and higher belt rank.

First you start to prepare for you goal, collecting whatever information you need to succeed. Resumes, contacts, job postings and portfolios; forms, oral information, portfolios, one-steps or sparring techniques is some of the



materials need to perform properly. You may practice for days, on communication skills, confidence, forms, muscles, building your portfolio etc... training for the day where you get the phone call for the interview or the application for testing.

Here you may become nervous, excited, anxious and hopeful, all within a matter of seconds. Once the realization sets in and the date is set, the feeling of nervousness will build to a feeling of dread and fear. The day of your goal will bring every emotion you have bubbling to the surface. The point here is to channel all of those emotions and have them work for you in your favor. This is your chance to show either the review board or your future employer what you've got and why they need to give you more. After you have successfully shown everyone what you have to offer, they award you with your goal, a new job with an awesome corner office on the bay or your next Gup level. However, the journey of emotional whirlpool is not quite over yet. Along comes the day where you have to walk into your new office or your Dojo, but sporting a new level of authority and respect. Here all of those feelings you thought you left behind at the test or interview are back, why? Because now,

you need to prove to all around you that you not only received your goal, but are worthy of it. You need to push harder, take



on more responsibility, you may have to train now and be in charge of a greater number of people. More students and co-workers now look up to you when they are stuck, how will you handle this additional pressure?

The good news is that needing to obtain a new job hopefully doesn't need to happen very often, hopefully your belt testing does.

Martial arts belt testing is fantastic experience for later on when not succeeding doesn't only mean not



obtaining your goal, but could have much greater consequence. The confidence gained from martial arts testing is just another benefit from studying any of the arts. The emotions and personal hurdles that one must overcome to perform well at work are perfectly matched to that of a martial art belt test. All of the skills learned in class should be

remembered when life mimics the art.

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Exiting The Clinch

By Jason Ainley, 4th Degree

In a previous edition of the magazine I wrote an article entitled **offensive and defensive entry techniques** and in the article I mentioned the importance of training for failure because in a confrontation a failed verbal dissuasion or pre emptive strike is always a possibility.

The article pointed out some basic entrance techniques from inside grappling range e.g. rising block, upset spear finger and arc hand that are simple in execution and effective if applied with commitment.

Now we can look at some examples of exit techniques to escape the clinch.

First lets look at how we would get in the clinch position, example our attempt to diffuse the situation has failed and our opponent is the first one to attack so we cover up to protect our head from the incoming barrage of punches before going into a clinch. **Fig 1**



From this position more control if possible when placed on the inside of the opponents arms, from here they are less likely to be pushed off and at the same time can check any incoming blows by raising the elbows.

X Knifehand Block *moves 1 – 4 Gae-bek pattern*



Fig 2 From clinch opponent secures a firm hold with their right hand on defenders neck, while attempting to strike with left.



Fig 3 Defender steps back with the right leg and applies x knifehand block attacking the opponents elbow joint by striking the outer upper arm with left hand and the lower inside arm with right hand



Fig 4 Then executes twisting kick to the inside of the thigh/ knee finishing with obverse/ reverse punch. **Fig 5**



Fig 6 Opponent has a secure hold with right hand behind defenders neck who places both arms across opponents arms while stepping backwards



Fig 7 Then places applies downward pressure to right elbow [arm lock] placing opponent in a vulnerable position on the ground.

Downward Block Alternate Palm



Fig 8 From inside clinch defender has both hands behind attackers head



Fig 9 Using attacker's strength / forward

momentum against them defender shifts backwards pushing opponents head downwards.

Fig. 10



Fig 10 When head is below chest level continue to press the head towards the floor the pressure applied to the base of the neck forces the attacker to let go, leaving them in a vulnerable position on the ground.

Upward Punch/ Downward Elbow

Fig. 11



Fig 11 Defender repeatedly throws upward punch/ uppercuts to opponents solar plexus in an attempt to weaken the grip.

Fig. 12



Fig 12 Then pushes down with the opposite hand on the opponents neck.

Fig. 13



Fig 13 Using the hand as a datum delivers downward elbow strike to base of the opponents neck.

Pressure Point Application *outer reap throw*

Fig. 14



Fig 14 From inside clinch defender strikes/ pushes opponents right elbow upwards



Fig 15 Then slips their head under the arm and clasps hands together in a cross palm grip or the inner forearm block chamber position and applies pressure to carotid artery.



Fig 16 Then steps through with rear leg and executes outer reap throw



Fig 17 In this situation the attacker has one arm around the body as defender applies circular block to lock the arm in position.



Fig 18 Then applies striking techniques with opposite arm .

Fighting in the clinch has advantages and disadvantages.

The advantages are that your average street attacker will be untrained in this area enabling a trained fighter to control and dominate at this range using attacks to the eyes throat ears or if needed joint locking, guillotine choke or takedowns.

The distance also utilises the correct range for applying forearm/ elbow strikes using the strong bone the ulna.

The natural response to push back against a resisting opponent can also be used to manipulate an attacker as is shown in example 3.

The disadvantages are that visibility is impaired and you are unable to see any other potential threats around and if more than one attacker is involved then being tied up in a clinch presents an easy opportunity for their associates to get in free shots.

Grappling in the clinch also increases the chances of being pulled to the ground a dangerous position with multiple attackers involved.

Partner training

Extreme care must be taken when training the methods in this article due to the pressure placed on the joints and neck.

The key to become more proficient in self defence is to train in a more realistic manner.

Basic drill for entering the clinch is your training partner wears a pair of focus pads {and head guards if wanted}, and from arms length throws wild punches starting with light punches and getting progressively heavier.



Defender covers their head and absorbs the blows and closes the distance before



both go into a clinch and then applying the exit technique.

What we do in the first few seconds of a self defence situation will generally have a major effect on the outcome.

We must take control of the situation from the start from pre fight verbal exchange, pre emptive striking or from the initial clinch position and although the clinch is the last position we want to be in regular training at this distance is essential to develop our close range combat skills giving us the best chance of survival in a violent encounter.

About the author:

Jason Ainley has been involved in Taekwon-do since 1994 and was a former senior Instructor with the North of England schools of Taekwon-do for over 9 years in the UK. He is currently a 4th Degree Black Belt and Founder and senior Instructor of Eastern Cyprus Taekwon-do based in the Famagusta region of Cyprus.

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Taekwon-Do Fitness:

Getting In Shape...

by Koo Fockens, 2nd Dan

.... and how to get rid of that belly flab...

In my last article in issue 20 (TKD a new Beginning), I told you about my Taekwon-Do past, and my new start earlier this year. In the meantime, I've had time to define a plan to get me fit and healthy more effectively, and therefore not only aid my TKD practice, but remain injury free (or so I hope).

I did find that in my enthusiasm of practicing TKD, I forgot that this time around I was 20 years older, and not as flexible as I once was (and that's an understatement), and strength, while I never really was much of a muscle man, but endurance I did have plenty.

As a result, I had a few muscle strains and other painful experiences, that caused me to re-think, and approach the matter a bit more 'careful', TKD is fun when you can practice it, but at home with an injury is not a good way to do that!

First and foremost, this body of mine needed strengthening up, losing some fat, as well as endurance and flexibility to be gained. I have the added difficulty that I travel a lot for my work, which affects my

workout routines, my diets, and my time for TKD practice.

MAKING A PLAN:

Over the past few months, I've been lucky that the hotels I've been staying in (I travel for work) had a gym, one better than the other, but a gym nonetheless, so I looked into how I could use those facilities to my advantage.

While you can do plenty of strength and endurance training without a gym, I find that it offers a good way of measuring your progress or workout. Either by showing you how many calories you've burned on a treadmill for example, or by how much weight your pressing on a bench press (in my case, a rather unimpressive figure at present).

I've made good use of these gyms recently, but not before I figured out what I wanted.

Research was conducted, as many of these 'torture' machines were new to me, or I needed refreshing, but also into diet plans, and workout plans.

There are thousands of such articles on



Ms. Joanna Fazzino, NPTA

the web, so my advice is to go and have a look around.

However, before you can do that, it is best to define what you want to achieve first, and set up from there.

A wise man once said: 'Only those who know the goal, can find the way'. I guess this is one such example!

In my case what I wanted was a better stamina, better flexibility, and also strengthen my muscles to have less chance of injury.

I did not look to gain a bulky physique, and certainly did not want to lose any speed either, so these are factors that influence your choice of exercise, or the way you conduct them.

So here's how I started: Once I knew what I wanted to achieve, I went looking for a workout program that suited me. While researching, I found that there are several great Apps available for iPod touch, iPhone, iPad in the iTunes store that cover a variety of health and fitness subjects. I needed some guidance on fitness and strength training 'machinery' as I've never been much of a gym person in that respect, and found that an App called iFitness had a good overview of this, in addition to suggestions for training programs/routines with video demo's etc., so I started with that one as a guidance (I since found many more that offer a variety of workout programs, including some that require no

gym equipment, handy for when I'm somewhere that doesn't have a gym)

WORKING OUT:

In general, I decided that the first thing I needed to do was to shed some body fat and get my metabolism going. I gave myself 12 weeks to get into shape. As it happens, there are loads of 12 week fitness programs around, some to give you that 'dream beach body' etc. However they all give the same important message.

Work out light initially and get your body used to these new routines, making sure that you perform each routine correctly. In other words, form is paramount! Don't be tempted to go to higher weight, just because you feel intimidated or embarrassed because there are people in there that push more than double your weight, or you want to leave an impression with someone attractive. Do it right!

So that's what I did too, workout light (but more reps), get familiar with the exercises, before moving up a notch.



Sylvio Cruz

Besides, working out light but more reps (and can increase the speed a little when you get used to it and got the form right) is just as effective, as long as you work out until you get the familiar muscle fatigue feeling. That's when you know a set has been effective.

As for weight loss, or better said, fat burning, it is important to take the

maximum effect out of each workout session.

This meant for me that I spend 5 minutes doing some light stretching first, then spend an additional 5 minutes on a bicycle or similar cardio exercise to get a little warmed up, then stretched some more, and then hit the weights.

After going through a series of weights for that day, I'd finish the workout with a further 20 minutes or so on a cross trainer. I prefer this machine over others, as it keeps both arms and legs active, and there's no impact to the knees and other joints as there is in running. I usually set my goal to a calorie amount to burn. No matter what your target is, I found a workout to be effective if you'd burn about 10 calories per minute on average. The other reason to do the cardio type exercises AFTER the weights is the fact that your metabolism is

kickstarted by the weight training, and when you start your cardio, the calories burned are almost straight away those you have in your reserves, I.E belly flab! Oh, did I mention to drink a lot of water? Do it! Forget the energy drinks and other supplements etc, good old (bottled) water is just as effective, and doesn't add calories to your body.

I found that in 4 weeks of doing so, (working out every day for about 1 hour, except sundays which was a day of rest

and recovery) about 75% of my belly flab had gone, and started to see faint outlines of abs that I thought I didn't have.

This was the start of my next section, and I adapted my plans to work on strength a bit more. I'm now used to the motions and some of the gym equipment. I now upped my weights, and lowered the reps a bit (not too much, like I mentioned I don't want bulky muscles, I need to remain agile and fast for my TKD practice), but in general kept things largely the same.

Now many fitness programs advice you to take a day of rest between weight exercises, to give your muscles time to repair and grow. This is important, otherwise you'll just tear new muscle fibers straight away.

However, you could also opt for 1 day weights, next day cardio, then weights again, I opted for yet another approach.



Andy Maguire

Every time I workout, my session is a combined weights and cardio workout, but I make sure that on the next day I focus on other muscle groups than the ones of the day before, that way resting the others as recommended, and still burn some calories every day.

FOOD and DIETS:

I also read a lot about diets, healthy foods, not so healthy foods, some that are downright bad etc. While I travel I can't always choose my food in detail, as I rely

on what the hotels offer and/or nearby restaurants, but knowing a bit more helps choosing responsibly from a menu. If you can cook at home, there's no excuse of course, and you can buy and eat what you need to achieve your goal.

Food wise, I reduced my carbohydrates intake drastically initially, too many sandwiches etc were substituted by more fruits and veg, added more proteins to my diet (more eggs, and other low fat dairy products), and had more fish and lean meats (chicken instead of pork chops, salmon instead of sausages etc), avoid deep fried and battered foods and limit the take away.

The trouble is that with restaurant food, it is often quite rich, but I found that most restaurants are willing to make some changes for you. I asked the chef in one particular place to substitute the rich bits of cheese in a ceasar salad, for warm strips of chicken and throw in a few more bit's of tomato and a bit of olive oil etc, and hey presto, I had a tasty and healthy salad, usually filling enough not to need a main course anymore.

WHAT IF HUNGER STRIKES?

What if you're hungry at 'random' parts of the day? Drink a pint of water first, often the hunger feeling is actually thirst. If the hunger still nags after 15 minutes, have some fruit like an Apple or similar. With food in general the advice is to eat little and often. The reason why this is good for you is that it keeps your metabolism going.

If you don't then your body goes into food storage mode to preserve energy, and it stores this as fat. That was the part I wanted to get rid off.... Now for some this is easier done than others, depending on where and how you work. In my case I pack my work bag with a few small bottles of water, some apples as they can handle a few knocks during transport, and one or two low calorie breakfast bars. About midway between breakfast and lunch, I'd eat an apple and drink some water, the same for the afternoon, however if I didn't fancy an apple, I'd choose the breakfast bar, but make sure you drink water.

I now feel better, I am getting a bit stronger, I've lost fat (not weight), and my flexibility is better too. I still want to get further, and so I keep going to a gym when I can, or find workout routines to do, that require no equipment.

Of course, practicing TKD will further help getting me in shape. I will report back from time to time how I fare.

Pictures:

The pictures in this article are for display only. They are unrelated to the author and the article itself.

They are of -

- **Ms. Joanna Fazzino, USA - Courtesy of NPTA**
- **Sylvio Cruz, 5 Dan TaeKwondo/Kong Soo Do, Brazil - Courtesy of Adriano Gomes**
- **Andy Maguire, USA - Courtesy of KickPics.com**



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Whats The Point?

Ge-Baek Movements 6, 7 & 8

By Paul O'Leary

This issue I am looking at the movements taken from Ge Baek Tul at the request of Mr. Dwayne Crowley 2nd Dan Warrior TKD, Cork, Ireland.

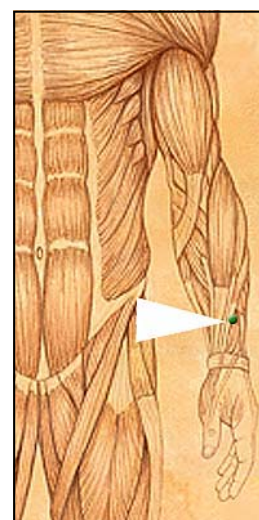
Performed in a sequence with movement 5 (a rising block) we are working with a low block, double arc-hand block to the right and moving back into a right bending ready stance.



Pic 1 to 3 Show the movements as performed in the pattern.



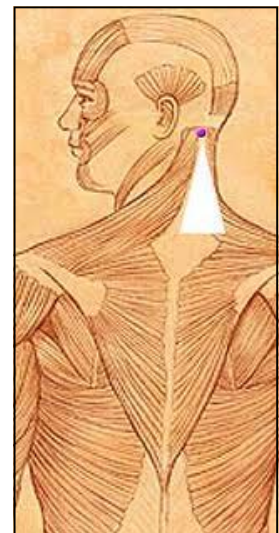
Pic 4 The attacker moves in with a low section attack to the body. The defender blocks this attack with a low block striking LI-6 on the forearm. This will cause a shot of pain along the arm which will shock the attacker and allow you to move onto your next movement.



LI6



Pic 5 The defender moves their left hand up behind the attackers right arm creating a hook control as they land their right hand on the head or neck area in either a knifehand strike or palm strike possibly to the GB-20 area.



GB20



Pic 6 The defender moves their left foot behind the attackers right calf in a scooping motion.



Pic 7 Continuing the action the defender brings their foot to their right leg as they push the defender to the ground.

Have fun with this one while trying the move onto a pressure situation with this defence. If you have any suggestions for future "What's The Point?" articles I'd be glad to hear from you.

Finally I'd like to thank Mr. Martin Ryan, Assistant Instructor of Blarney TKD part of United TaeKwon-Do International – Ireland for being my attacker.

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

Physiological Responses Of Children To Exercise Series (3) *Children's Neuromuscular Skeletal System and their perception of exercise*

PART 3

By Tristan Vardy (B. Hons. Sport Science)

In this instalment by Sabum-nim Tristian Vardy, looks at two important aspects that parents and instructors should keep in mind. The first is the neuromuscular skeletal system of children, and the second is children's perception of exercise. Depending on how these aspects are approached, they could have a lifelong impact on the person.

Neuromuscular skeletal system of children

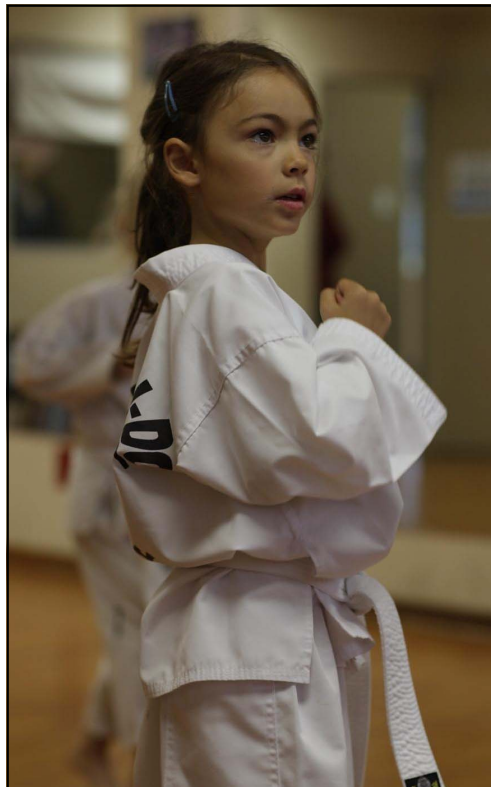
though children are resilient, they can still overtax their bodies and get injured.

A child has an immature body structure; i.e. the bones are still growing and the muscles are still developing up until adulthood. With a child's body there are three main areas of concern; namely musculature, bones structure, flexibility and mechanical efficiency.

Musculature

Simply put, in comparison, a child is not as strong as an adult is, therefore the instructor must take care to choose specific types of exercises that will not overload their bodies.

What instructors need to realize is that in the instance of resistance training (moving an external weight of sorts), a child will attempt almost anything asked. The thought of "too heavy" is disregarded, especially with boys. Even



Bone structure

The bones of a child are still in the process of growing. The ends of the bones (epiphysial plate) are the sections that lengthen the body. If forces are applied that are too great in an isolated incidence, acute damage to the epiphysial plate is likely, resulting in required orthopaedic surgery. Similarly, if too great forces are habitually applied to the skeleton (in the form of resistance) this will result in premature and irreversible closing of the epiphysial plates resulting in stunted growth⁴.

It is very difficult to determine what force is 'too much', however a child should always be encouraged to participate in activities resulting in integration of motor unit skills and working across the median line (such

as a typical Taekwon-Do class), rather than specific gains in strength through resistance training.

Since children's bones are still developing, they should not be allowed to do power breaking.

Flexibility

There is no set standard to determine whether or not children are more flexible than adults, however it can be shown that specific areas are more flexible than adults, and other areas are less flexible; i.e. the hamstrings in children seem less flexible due to the constant lengthening of the muscles, but the hips seem more flexible.

Regardless, flexibility is beneficial to an individual's health and in turn can be trained at any age⁵.

With children, however, supervision is more important, so not to allow an over eager child to do permanent damage to their developing bodies. Instructors should guide their students to understand the differences between healthy and unhealthy stretching methods.

Mechanical efficiency

Mechanical efficiency can be described as the relationship between the external mechanical work accomplished (running, kicking, etc.) and the bio-chemical energy (ATP, glucose, etc.) utilized during the work. This mechanical efficiency improves directly with age, as well as with training, especially in children as they are the most mechanically inefficient. Astrand's⁶ work (1952) shows that in children aged from 6 years old, the oxygen cost (air used) of a set workload decreases with age. Peak power⁷ per kg of bodyweight is lower in children than in adults, and similarly the mean power (average) per kg of bodyweight is also lower.

It is very important to understand that a

child can only achieve a relative workload of 60%-85% of adult values. In other words, a child will find moving an object of relative weight in comparison to an adult more taxing on their musculo-skeletal system⁸. This again underscores the importance of separating children and adult classes, as mentioned in previous instalments.

Exercise perception by children

Children habitually see exercise as less strenuous than adults do. Whether this is due to the lower build up of lactate in the muscles is unclear, however, it seems most probable. Children also recover faster from exercise than adults do; again, this could be due to lactate. Because of this reduced perception of difficulty, an instructor cannot rely on perceived exertion during exercise of the child (i.e. how tired a child looks). A child may *be* overtaxed but *not look* overtaxed.

If not monitored the child will reach a state of unnecessary premature exhaustion during training and will start to associate classes with exhaustion rather than enjoyment. Habits formed in children are often for life and great care needs to be taken to ensure that those habits are good ones.

If the environment is hot and/or humid or cold, extra special care must be taken with children, and the instructor needs to be aware of all the extenuating factors to adequately teach a class safely in these conditions.

Do not overly focus on competition for children, as most children will base their self-worth on their performance; however, there can only be one winner in any event. If a child thinks it is a failure at any given activity (not winning) it will seek out a perceived something he/she can do well, and may end up leaving Taekwon-Do. This

2 children after an intense sparring bout

must obviously not happen. As instructors we must take extreme care of the transference of our own attitudes and beliefs on to the child, especially when it comes to competition.

Conclusion

Instructors have to remember that the neuromuscular skeletal system of children is different than that of adults and therefore requires a different approach to preparing exercises for class. Instructor must keep in mind the associations that children develop to training. Is the experience positive (fun) or is it negative (e.g. overly exhausting, humiliating)? Instructors must also take note of their own attitudes that they may be bestowing on their students either intentionally or unintentionally.

4 Marieb 1995

5 Plowman 1997

6 Physiologist of the 20th Century who conducted

large-scale research.

7 Peak power: The maximum power that an individual can produce.

8 Plowman 1997

Resources:

1. PLOWMAN, S.A., SMITH, D.L., (1997). Exercise physiology: for fitness, health and performance. Pg 23-29, 47-66, 112-137, 143-162, 178-185, 264-265.
2. MARIEB, E.N., (1995). Human anatomy and physiology, Third edition: Pg 10-12, 155-166, 267-275, 612-667, 713-780.
3. ASTRAND, P.O. 1952. Experimental studies of PWC in relation to sex and age.
4. EMPIRICAL STUDY. 2005. The impact of Taekwon-Do training on children under 12. Johannesburg, South Africa

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Cross Training

By Richard Conceicao

With all the seminars, workshops, and other educational opportunities buzzing around, the issue of “cross training” has once again reared its head; I thought I would indulge myself with some thoughts on the matter.

As sensei Abernathy said in one of his articles, all martial artists of old were generalists. They had to be. They all had a primary weapon as a specialty, but they would be fools if they had no knowledge of other weapons, or empty hand techniques. After all, what do you do if you drop your spear by accident? Other than pray. They may not have been as good at throwing as a modern day Judo practitioner, that is his specialty. They did however, know a few throws, and were able to pull them off in the heat of a “kill or be killed” battle. Something that I doubt the modern Judo practitioner would be able to do. Sports are not duels to the death.

So then, how did these people learn these

other skill? Did they cross train? Not really, at least the way we mean it nowadays. Each classical art (Jap. RYU) included all of these skills in the curriculum. Chinese arts have four “compulsory weapons”. These being staff, spear, saber, and double edge sword. While each person used the weapon that they were told to, it being the army after all, they had to have a working knowledge of them all. This extended to empty hand arts. It was felt that each weapons way of being used and distinct motions taught the empty hand practitioner something of value, even though you were never expected to use a weapon ever. You even see this in many Okinawan karate styles. You have to learn Kobudo as part of the style.



What then, is all the fuss about? I feel it breaks down to essentially two concerns: 1. Don't attempt another set of skills until you can master the ones your primary art demands of you, and 2. Don't go out there and come back with something I don't know about or can't do.

Of the two, obviously the first one deserves serious consideration. One instructor used to ask his teacher about something he heard about or saw in a movie only to be told, "You cannot yet walk! Why do you ask of these things"! He had not mastered the basics of his art, and without that he couldn't really learn other skills. Basics are the foundation for everything. Most people slide as quick as they can through the basics "to get to the good things". To put it plainly; after all the years they put in training, they still suck at what they do.

I think though that a distinction has to be made here. Some people take a hard line approach, i.e. nobody below 2nd. Dan is allowed to do anything else. I have even heard this stretched to 6 dan. To me that is excessive. Unless one has an extraordinary teacher, who can show you all facets of the art, if you wait that long you will probably not be very well rounded.

But let us posit a different approach. Suppose you are learning a hip or leg throw as part of your training. Do you think it unwise to go to Judo or Jiu-jitsu practitioner and ask them to show you how

they do that throw? I don't. I may never be able to do it as well as him, but I stand a good chance of learning it better than from someone who doesn't practice it one hundred times a day. Of course, the reverse is also true. If he wanted to learn a good round kick, would it make sense for him to ask you? These questions seem to answer themselves.

This to me is the first facet of cross training. Taking a skill that emphasized in one art and learning the way they do it to enhance your own. One can see that this is not the same as deeply learning that second art, but knowing a few words and



phrases of a foreign language does not mean you can speak it fluently, but it sure helps. This was the ultimate goal of the Liberal Arts education, to make you aware of many things so that you would be well rounded individual. Later if you wanted to, you could specialize.

The next facet is watching the concepts and approaches in other arts, and looking to find similarities in yours. They are not always apparent on the surface, but you can be richly rewarded by diving in. If we realize that every one of these arts is based on the idea that the opponent has two arms, legs, and a head that sits on something in the middle, then they all have to have a common core. The differences are emphasis, strategy, and cultural context. How can you miss? I may not be able to do Tai Chi, but is fascinating to find a move that is mirrored in one of our forms.

It may have a different approach, but the technique, in principle, is identical.

The last facet is the hardest, complete mastery of two arts. This one is self-explanatory and one that none of us may ever attain. I must say, it doesn't hurt to try though.

The second concern, "Don't go out there and learn something that I don't know about, or I can't do", is unfortunately the most common one. It usually comes under the disguise of the first concern. People, especially instructors who love the adoration and respect that they get from their students every day, have a hard time admitting that there are limits to their knowledge. In addition they sometimes fear that if you learn something from someone else you will not only think less of them, but then go elsewhere, thus costing them money. A shame really, but all too human.

I feel this type of attitude is quite damaging to all concerned. The teacher is no longer looking at his students from the historical

perspective: "The greatest gift a teacher can give is to have his students be better than he is." What is developing is the beginning of a cult (my opinion!!). In addition his students are not free to explore aspects of their arts that are not emphasized by the instructor. This takes away from them developing their own individual expression, which is supposed to be what they are there for. That is the essence of a personal "art".

I met a kung Fu instructor who has an open class on Sundays. In this class he is no longer the Sifu, he is just another guy. Every other day he teaches you what he knows. On Sunday you show him what you know. Should you kick him through the wall, or throw him to the ground, that is all fine, he has no problem with that.

I once gave a workshop on the breakdown of Keumgang that appeared to be well received. The participants were surprised that what appeared to be a kind of "nothing" form, there are no low blocks, no kicks etc., could contain so many different types of effective combat techniques. Yet





they had practiced this form many times. As my own mental joke, I even did the form with a six-foot staff and did not violate the form motions in any way. How come I could see these applications that they could not?

I LEARNED THEM BY CROSS TRAINING.
Please, do not sell yourselves short.

Note: The pictures for this article are supplied by IAOMAS and are unrelated to the author, but do feature cross-training



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Modernizing Tae Kwon Do

By Richard Grzela

I've been to a few schools in as a guest of a family or friend who wanted to share their enthusiasm about their particular martial form. I've even tried a few free classes on occasion as well. With that said, I'm simply a sucker for a free event where I get to share the experience with family and friends.

It's at one such event, a demonstration no less, where I learned that the only thing Tae Kwon Do and Hap Ki Do have in common is the native country where the martial arts share their roots, Korea.

A friend of mine knew of my interest of martial arts and called me up back in the nineties to attend the open invitation demonstration. The demonstration was to take place in at a local mall. A large mat was placed on a stage in the center promenade of the building where people on the second tier could look down on the demonstration. For myself this seemed pretty strange. It wasn't until I arrived that I realized that this made so much sense. Where else would you likely use your skills other then the public surrounded by perfect strangers where the real threats are likely to be.

As I let this thought sink in I watched as the students took their places on the mat.

Much as you would expect from any Tae Kwon Do school setting, the class demonstrated the proper protocol for respect. Today I see this practice more of a cultural practice in Korea and less part of the actual martial arts.

As the demonstration went on I saw several kicks and stances that you would see in Tae Kwon Do. A front kick, a back stance and so forth. Admittedly I knew very

little about Hap Ki Do, though I found a sense of comfort with my ability to recognize so many skills practiced in Tae Kwon Do displayed that day.

When the demonstration ended I was left with a profound amount of questions. Though the most important one being that of, how much has Tae Kwon Do evolved over time?

In the Far East the governments are

more restrictive and people have to follow a strict set of rules and laws. The average person has little say in the way of direct influence of things. By Contrast those who have taken Tae Kwon Do to the Western World have been inundated with a variety of styles and pop culture to alter our perception of Tae Kwon Do.

In order to keep the Tae Kwon Do modernization question on a more practical



level I realize that some of the skills practiced simply are not applicable outside of the school setting. I'm not looking to be critical here. I have never travelled to Korea. I simply want to pontificate on a very real factor we contend with everyday, that is weather.

I do make a living in the northern part of the world where I can't help but wonder if – 35 degree Celsius weather affects my martial arts. The short answer is yes it does. The harder answer to find is how to modernize Tae Kwon Do to effectively execute the skills in such weather conditions.

If you have never tried to perform a kick with a puffy winter jacket, padded pants and six pound boots, let me tell you that it

is quite difficult and gives you the best work out of your life.

The places where many martial arts are common to the culture must be quite mild as far as weather is concerned, where clothing is a less substantial a factor. Our mentors have carried Tae Kwon Do throughout the world. Perhaps our mentors have the answers; though it is possible that we as a community need to keep our minds open to other practical applications of the Tae Kwon Do form. We don't all live in mild climates. Maybe a little modernization is a really good thing.

Note: The picture in this article features Mike Cochnar and is unrelated to the author or the topic and included for presentation only. Courtesy of KickPics.net



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April Fool!

For those who haven't realised, a number of items in this months magazine were April Fools jokes.

April Fools' Day is celebrated in the Western world on the 1st of April of every year. Sometimes referred to as All Fools' Day, 1st April is not a legal holiday, but is widely recognized and celebrated as a day which tolerates practical jokes and general foolishness. The day is marked by the commission of good humoured or funny jokes, hoaxes and other practical jokes of varying sophistication on friends, family members, teachers, neighbors, work associates, etc.

The earliest recorded association between 1st April and foolishness can be found in Chaucer's Canterbury Tales (1392).

Other countries celebrate 'prank' days at on different days of the year, interestingly for Tae Kwon Do folks to know is that under the Joseon dynasty of Korea, the royal family and courtiers were allowed to lie and fool each other, regardless of their hierarchy, on the first snowy day of the year. They would stuff snow inside bowls,

and send it to the victim of the prank with fake excuses. The recipient of the snow was thought to be a loser in the game, and had to grant a wish of the sender. Because pranks were not deliberately planned, they were harmless and were often done as benevolence towards royal servants.

The following items were created as '*April Fools*', for fun and we hope the no one was offended by them.

- Olympic Hogu Colour Change For 2012 (page 5)
- Bare Foot Training Banned (page 6)
- Worlds Youngest Ever Taekwondo Master (page 8)
- Sine Wave Court Battle (page 9)

The events in the article are fiction and of no relation to anything, or anyone that may be similar in nature - that is purely coincidental!

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"DO not oppose force or give way completely. Be as pliable as a spring; be the complement and not the opposition to your opponent's strength. Have no technique; makes your opponent's technique your technique. Have no design; make opportunity your design.

One should not respond to circumstance with artificial and "wooden" prearrangement. Your action should be like the immediacy of a shadow adapting to its moving object. Your task is simply to complete the other half of the oneness spontaneously.

In combat, spontaneity rules; rote performance of technique perishes"

- Bruce Lee



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