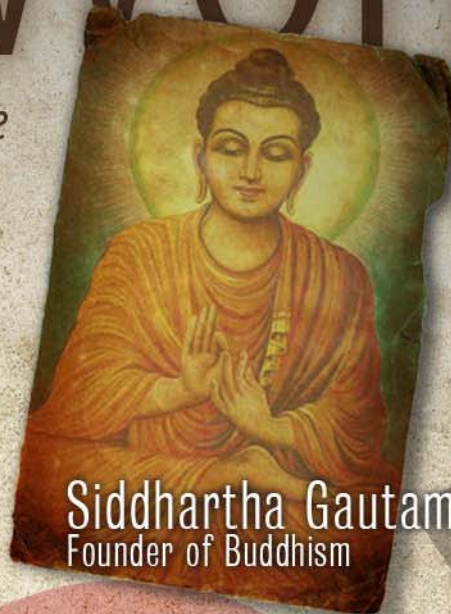


Totally TaekwonDo

The Free Global Tae Kwon Do Magazine

July 2011 • Issue 29

Connecting The Dots:
The Influence of Buddhism,
Confucianism and Taoism on
Traditional Taekwondo



Siddhartha Gautama
Founder of Buddhism

Confucius
Founder of Confucianism



Lao Tze
Founder of Taoism

跆拳道



Defensive Techniques In
ITF Taekwon-Do



Korean Goodwill Tour:
NK Demo Team Visits The USA

Also in this issue:
Getting Students in the
Door and keeping them in!
Fearless Focus
Nutrition of Athletes
Stone Hands
The Dojang Family

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

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Editorial

Issue 29 - July 2011



First some news: The Totally Tae Kwon Do magazine forum has had a new section added called "*Articles I'd Like To See*". It's a section for those that would like to see articles on certain subjects in the magazine, but don't feel confident of writing them themselves, to express their ideas with the hope that another may take them up.

I did this as, from time to time I get emails about new article ideas and this seemed a good way to allow others to both put them out there and also choose if they want to pursue them. I will post a couple of recent ones I have got and see if anyone is interested, but feel free to go and post your own ideas as well.

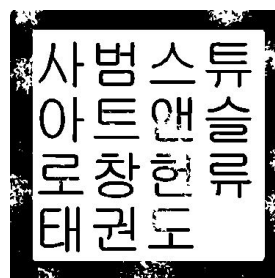
I watched *America's Got Talent* the other week and guess who was on there... low and behold '*Chip Townsend*'. I first heard his name when we started the '*Totally TKD Wants You*' campaign but sadly he never took up the challenge with us, perhaps because he was busy preparing for AGT! It did make me smile when he walked on stage and said "*My names Chip Townsend and I like to break stuff*" (or something like that). Its good to see martial arts represented on big TV shows in other ways than musical forms and we wish Chip the best of luck and perhaps one day he may still send us an article or two.

Back to this months edition and as usual, Totally Tae Kwon Do magazine has talent, in its writers, with great articles covering a vast array of subjects, from historic news to nutrition to insights into the art we love - so, something for everyone.

Finally, Id like to congratulate Taekwondo instructor and author Master Doug Cook on his recent promotion to 6th degree - well done sir.

Regards,

Stuart Anslow
Editor



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Totally TKD News

World Taekwondo Qualification Tournament for 2012 London Olympics to Kick Off on 30th June in Baku, Azerbaijan



The WTF World Taekwondo Qualification Tournament for the 2012 London Olympic Games will kick off on June 30, 2011 for a four-day run in Baku, Azerbaijan.

A total of 109 countries submitted their entry forms for 345 athletes, 194 men and 151 women, to the WTF as of the final June 10 deadline. Each country may enter a maximum of two male and two female athletes, with one athlete per weight category.

The four-day tournament, which will take place at the Sarhadchi Olympic Center in Baku, will feature four male and four female Olympic weight categories: -58kg, -68kg, -80kg and +80kg in the men's division, and -49kg, -57kg, -67kg and +67kg in the women's division.

The top three athletes in each weight category will qualify their respective National Olympic Committees (NOCs) a spot for the London Olympic Games. A total of 24 athletes will qualify their NOCs a place each for the 2012 Olympic Games through the World Qualification

Tournament.

For fairer judging, the tournament will use a protector and scoring system (PSS) and an instant video replay system. Three courts will be used at the Baku tournament.

A single elimination system will be applied throughout the tournament without repechage. The two finalists in each weight division will qualify their NOCs a place each for the Olympic Games regardless of the results of the final match, while an additional match between the athletes eliminated in the semifinals will be held to determine the third-placed winner.

The athlete lost to the first placer at a quarterfinal will be classified as the fifth placer, while the loser to the second, third and fourth placers will be classified as the sixth placer.

The WTF shall confirm to the NOCs with copy to national associations the quota places they have achieved within two weeks after completion of the World Qualification Tournament. Each NOC then has up to two weeks to confirm to the WTF the use of these quota places.

If an NOC qualified thorough the World Qualification Tournament relinquishes a quota place or has not confirmed the use of the qualified place(s) within two weeks from the moment receiving the allocation letter from the WTF, it will be allocated to the NOC of the next highest placed athlete in the pertinent weight category as long as the quota places for the NOC do not exceed the maximum quota of two male and two female athletes.

Great Britain, the host country of the London Olympic Games, shall not participate in any of the qualification tournaments, as it shall be automatically

qualified in two male events and two female events.

Great Britain has informed the WTF that it will send its athletes at the London Olympic Games for the -68kg and -80kg in the men's division, and -57kg and -67kg in the women's category.

A total of 60 international referees, including 10 review juries, will officiate at the tournament. The 60 were selected from among participants in the three WTF-organized international referee selection and training camps for the taekwondo competition of the 2012 London Olympic Games.

Compulsory anti-doping tests will be carried out for all the 24 qualifiers and 16 reserve athletes.

At the World Qualification Tournament, medals will be awarded to the top three athletes in the respective weight divisions.

The head of team meeting and the drawing of lots session will take place on June 28 at the competition venue of the Sarhadchi Olympic Center, while the opening ceremony of the tournament will take place at the same venue on June 30.

Twenty five percent of the registered athletes per weight category will be seeded based on the WTF World Ranking as of June 1, 2011. In the event that the registered athlete from the host country of the World Qualification Tournament, Azerbaijan, has not been included in the 25 percent, he or she will be seeded at the last place of the seeded 25 percent.

A total of 128 athletes will compete for top honors at the taekwondo competition of the 2012 London Olympic Games.

Of the 128, 24 spots will be decided each through the Baku World Qualification Tournament, the Asian Qualification Tournament (on Nov. 4-6 in Bangkok,

Thailand), the Pan American Qualification Tournament (on Nov. 18-20 in Queretaro, Mexico) and the European Qualification Tournament (on Jan. 27-29, 2012 in Kazan, Russia). Sixteen sports will be decided through the African Qualification Tournament to be held on Jan. 11-12 in Port Said, Egypt, while the Oceania Qualification Tournament will decide on eight spots for the taekwondo competition of the 2012 London Olympic Games. Four spots will be decided on through the tripartite consultation among the IOC, the ANOC and the WTF, which are known as "wild cards," while the host country of Great Britain will secure four spots automatically.

Master Doug Cook Awarded 6th Degree Black Belt At Promotion Test



Master Doug Cook, owner and head instructor of the Chosun Taekwondo Academy located in downtown Warwick, was recently awarded his 6th degree black belt at a promotion examination overseen

by martial arts legend Grandmaster Richard Chun. During the two-hour testing process, Cook was required to demonstrate proficiency in skills ranging from complex self-defense techniques, poomsae – the choreographed, dance-like formal exercises unique to taekwondo – and a period of free-sparring. The event culminated with the breaking of multiple pieces of wood with intense kicks and hand strikes, a dramatic component of the Korean traditional martial art expressing raw power and focus.



Master Cook breaks multiple pieces of wood with a twisting kick

Aside from his teaching responsibilities at the Chosun Taekwondo Academy, Cook has authored three best-selling books focusing on taekwondo and is featured regularly in various martial arts journals and periodicals. He has received numerous citations over the years for his contributions to the art including a Special Citation from the Korean government for forging a stronger relationship between Korea and the United States through the martial arts, and was named “*Taekwondo Master of the Year*” by *Budo* magazine in 2006. Cook served as a guest lecturer at the University of Bridgeport in Connecticut, the only institution of higher learning offering a major in the martial arts, and has recently spoken at the prestigious *Korea*

Society in New York City. He was a six-time gold medalist in the New York State Taekwondo Championships and the New York State Governor’s Cup competitions and presently holds D3 status as a U.S. Referee.

Master Doug Cook provides lectures, introductory classes and women’s self-defense courses, often free of charge, to local community and civic groups. He can be reached at the Chosun Taekwondo Academy by calling (845) 986-2288, or by visiting their website at www.chosuntkd.com

TaeKwon-Do International Seminar



Marr, Meany, Barry & Morgan with GM Kim

TaeKwon-Do International held their 7th Annual Conference June 3 and 4 at our headquarters in New York City.

Union President Grandmaster Kim hosted the majority of the seminar, which featured martial arts history, Taekwon-Do basics and fundamental, and always the highlight...an in-depth patterns seminar. Master Marr from Glen Ridge TaeKwon-Do in New Jersey hosted the business portion, and Grandmaster Lee, also of New Jersey, did a special Hapkido practice for the students in attendance.

Member schools from Delaware, Connecticut, upstate New York and



Grandmaster Kim with the seminar group

Manhattan all participated in the event, with Barry O'Mahoney from Warrior TaeKwon-Do from Cork, Ireland joining as a special guest. Master Morgan Prue was presented a katana sword from her seniors for her recent promotion to fifth dan black belt.

For more information, please contact Morgan Prue, TaeKwon-Do International's Secretary General, at 917-514-7189, or morganprue@yahoo.com.

1st Taekwon-Do ITF Colour Belt Test, Brasília



Since Totally Taekwon-Do issue 27, when was reported about the 1st seminar of Taekwon-Do ITF at Brasília, Capitol of

Brazil, regulars classes began in Fit21 Fitness Center. Among those that attended the seminar were some that became regular students learning from Bu Sabum Marcio Carvalho. Few months later they were invited for the 1st colour belt test (SIMSA) schedule for 11 June 2011.



All of them submitted themselves to the test conducted by Sabum Teo Riveros V Dan, also President of NGB Brazil ITF Taekwon-Do Federation, under the supervision of Bu Sabum Marcio Carvalho, President of ITF Taekwon-Do Association for Brazil central region, and passed the test. It consisted on the performance of Saju Jirugi and Saju Magki, Matsogi, punch and block techniques, and also oral test of history of Taekwon-Do and its tenets.



This was the very first belt colour test for Taekwon-Do ITF at Brasília, and will become history for our future students. Find more on www.tkd-df.com.br.

The First Peace Cup ITF Taekwon-Do, Afghanistan

The first Peace Cup ITF Taekwon-Do championships were held at the National Olympic Committee of Afghanistan gymnasium on 27 – 29 May 2011 by Afghanistan National ITF Taekwon-Do Federation.

The championships was sanctioned and sponsored by Afghanistan National Olympic Committee and was opened to all ITF NGB's regardless of the affiliation.

14 teams from 7 provinces Kabul, Heart, Balkh, Kunduz, Baghlan, Badakhshan and Qandahar were participated in this historical and memorable championship. The championships were held at both in Pattern and Sparring, as well as a tem competition. In Pattern all practitioners performed an optional and designated and

sparring were two rounds.

The All Afghanistan National Taekwon-Do Association (AANTA) members performed a great Pattern and Sparring matches which was very appreciated and enjoyable for all competitors, coaches, referees, umpires and audiences.

Also a technical seminar for all umpires, referees, coaches and competitors was conducted by Mr. Mohammad Maruf Sharifzada, 4th Dan ITF International Instructor and Chairman Umpire Committee (AANTA).

	AANTA			ATA			Afghan Youth		
	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
Individual Junior Pattern	2	1	5	3	2	4	1	1	1
Individual Senior Pattern	1	1	2	3	1	1	1	2	1
Individual Sparring (Junior)	3	2	6	1	3	4	3	1	2
Individual Sparring (Senior)	6	2	4	1	3	5	0	2	4
Team TUL (Junior)	5				5	5			5
Team TUL (Senior)	3		3		4	4			5
TOTAL	20	6	20	8	18	23	5	6	13

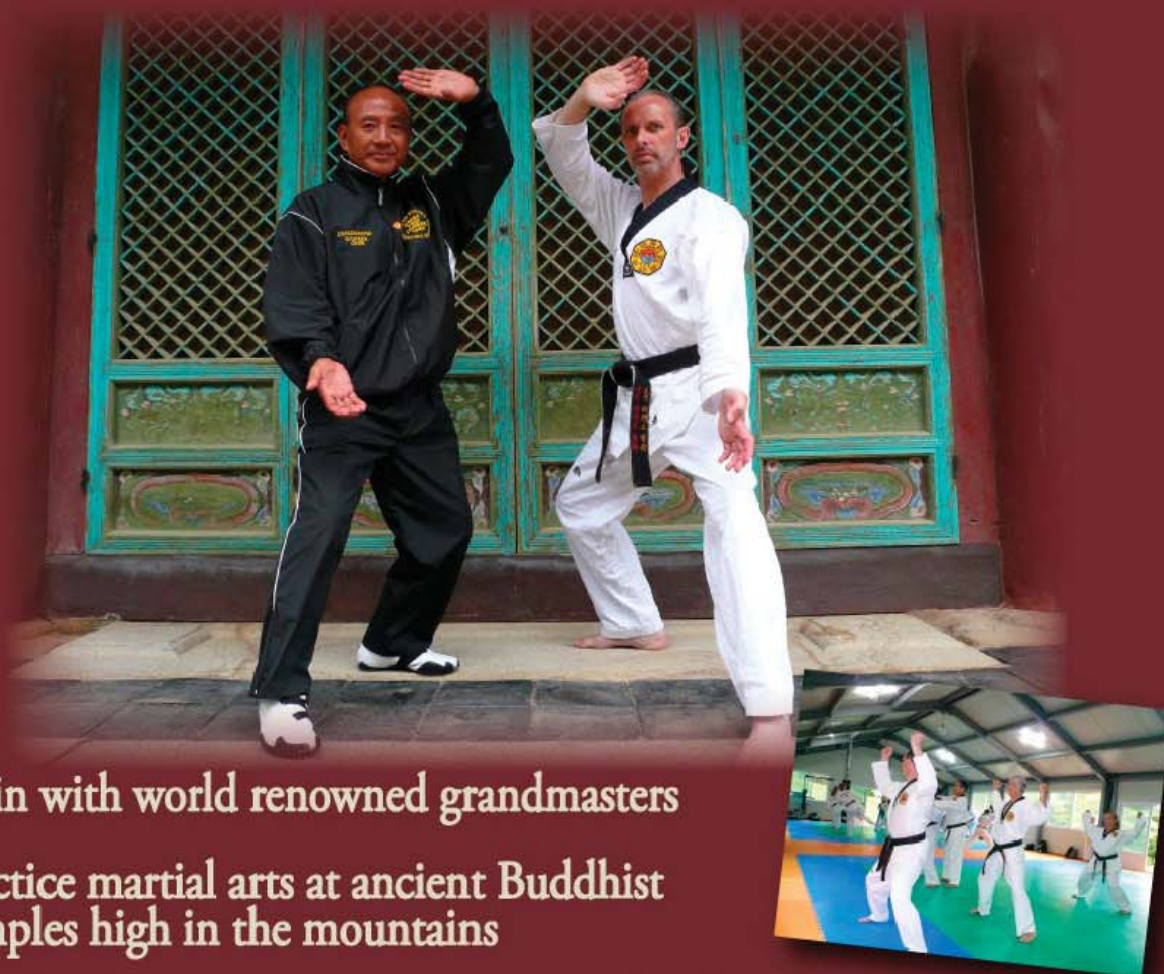
Result of the first National ITF Taekwon-Do Peace Cup Championships Held in Kabul-Afghanistan



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Connecting The Dots

The Influence of Buddhism, Confucianism and Taoism on Traditional Taekwondo

By Master Doug Cook

Many years ago, I authored an article pointing out that tae kwon do was not a religion. That fact is as true today as it was

back in 2002. Although several masters may demand cult-like devotion more akin to faith-based institutions and require unreasonable, impractical and often dangerous techniques from their students, there is no real theological component to the national Korean martial art. Yet it would be disrespectful of history to ignore the reality that the three major philosophical

paradigms of Buddhism, Confucianism and Taoism have had a significant influence on the ideology of traditional tae kwon do. Consequently, while these three systems

were never meant to be deified by their founders, it is the ethical and metaphysical content that the martial artist distills from each and not the religious component. From the Ten Mental Educations recited at the end of a training session, to meditation, ki development and the respect paid to seniors, all the tae kwon doist needs to do is connect the dots between the

aforementioned practices and the Asian philosophical triad to gain a better

understanding of their art.

Buddhism, first introduced to Korea from China in A.D. 372, encompasses the



The Buddha. Founder of Buddhism

teachings of Siddhartha Gautama who came to be known as Buddha or the Enlightened One. The Buddhist canon consists of the Four Noble Truths, the Eightfold Path and in some cases, the tradition of Seon (Zen, Chan) or meditation. A cornerstone of this system is a belief that suffering arises as a direct result of desire. While Buddhism was practiced in ancient Korea

during the Three Kingdoms and United Silla (A.D. 668-935) periods, it eventually evolved into the state religion of the Koryo Dynasty (A.D. 918-1392). Later, during the



Confucius, father of Confucianism

Chosun Dynasty (A.D. 1392-1910) when Confucianism ruled, the Righteous Monk movement played a vital role in repelling the Japanese invasion unleashed on Chosun in A.D. 1592.

Confucianism on the other hand, revolves around a blueprint rooted in ethical and philosophical principles developed by Kung-fu Tzu (551-479

B.C.) or in Western terms, Confucius. Encouraging exemplary moral behavior

and communal endeavor, Confucianism dominated during the Chosun era, eclipsing Buddhism and championed scholastic achievement rather than quotidian skills of warfare. Included in this philosophy was a hierarchical respect for elders and forbearers.

Last, but by no means least important, is the influence Taoism has exerted on the social fabric of Korean culture specifically, and thus traditional taekwondo in general.

Noted for its focus on the relationship between humanity and the natural order of the Universe known as the *Tao* or the *Way*, Taoism is thought to have been established by Lao Tzu (570-490 B.C.) who, as legend has it, may be a name for a combination of individuals rather than a single man.

When we consider the connection between the three primordial Asian philosophies turned religions, a good place to start is with the Ten Mental Educations or the Student Creed of Tae Kwon Do, which includes the following principles:

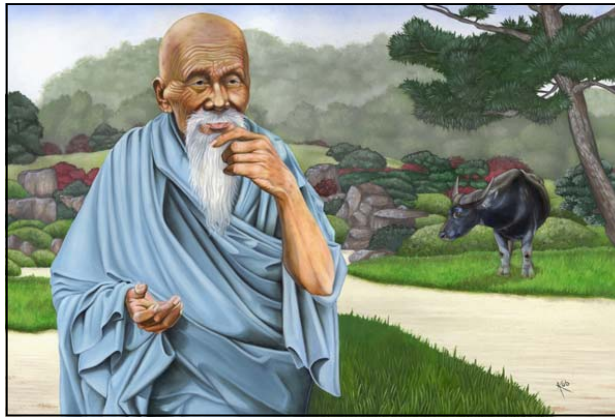
- . *Be loyal to your country.*
- . *Be loving and show fidelity to parents.*
- . *Be loving between husband and wife.*
- . *Be cooperative between brothers and sisters.*
- . *Be faithful to your friends.*
- . *Be respectful to elders.*
- . *Establish trust between teacher and student.*
- . *Use good judgment before harming*

any living thing.

- . *Never retreat in battle.*
- . *Always finish what you start.*

Upon close inspection, we find that the subsequent actions required by this code of moral behavior rest solidly in Confucianism's camp. Filial piety, a deep respect for the wisdom cultivated by elders and the placement of the welfare of the community above self, are all indicators of the influence

Confucianism has exercised not only on the dictates of traditional taekwon do, but, again, on Korean society at large. Just as we bow to upper belts in the dojang, it is not unusual in the homeland of taekwon do for juniors to readily assist seniors in any number of situations. Similarly, even though taekwon do is predominantly a physical art, the nurturing of the intellect through the study of technical nomenclature, Korean history as it relates to the native martial arts and a grasp of the rich philosophical underpinnings of taekwon do poomsae, all subscribe to Confucian ethics.



Lao-Tzu. Founder of Taoism



Taekwondo meditation reflects influences of Taoism and Buddhism

govern the use of modern day taekwondo tactics today. Zen or Seon Buddhism has also contributed to focused meditation; a practice considered to be a vital element of the traditional tae kwon do curriculum. Seated in a rooted posture emulating a great mountain, with the knees resting on the floor and the torso, shoulders and head tapering into a majestic peak, promotes stability and tranquility of mind while acting as a centering force prior to training.



Ancient Korean stone tablet containing the moral directives intended for the Hwarang by Wonkwang Popsa

doctrine, which reminds all martial artists that we are on a path to excellence in following the Way of traditional tae kwon do.

For many practitioners, me included, traditional tae kwon do, if practiced with vigor, diligence and sincerity, provides many of the spiritual requirements found in formalized religion devoid the dogma unique to such pursuits. Nevertheless, it is worthwhile remembering that the national Korean martial art is first and foremost an action philosophy and a physical endeavor supported by a rich underlying philosophy

Yet clearly it is Taoism that contributes most to the metaphysical aspects of traditional, pure-form tae kwon do. For instance, the ancient Taoist art of qigong, or work on qi, has supplied a roadmap for the various exercises we have come to rely upon in the Korean martial arts to cultivate and manifest ki, the internal, animating life force used to amplify technique. Moreover, the Eum / Yang, familiar universally with some modifications as the

steeped in ancient honor.



Master Doug Cook training at the Kukkiwon

Master Doug Cook, a 6th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and *Taekwondo—A Path to Excellence*, focusing on the rewards and

Taoist Yin/Yang, provides a timeless symbol signifying the duality of opposites, balance and an acceptance regarding the notion of constant change. But it is the Way, recognized in Taoism as a central

virtues of tae kwon do, all published by YMAA of Boston. Master Cook and Grandmaster Chun have just completed a new book on Koryo poomsae targeted for publication in 2013. He can be reached for lectures, workshops or questions at www.chosuntkd.com or info@chosuntkd.com.

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Taekwon-Do Goodwill Tour

North Korean Demo Team Visits The USA

By Patricia DeArmas, ITF 2nd Dan

A man steps onto a chair. Positioned on his shoulders is another man, this person holding a thick wooden board. On the opposite side, the same action is repeated: a person holding a board, riding on a man's shoulders, and this man is standing on a chair. In between them is a group of several people, all standing up straight and tall under the boards. Suddenly, a Taekwon-Do black belt flips toward the group of people, and then quickly does a back-flip over the standing men and women, kicking through the two boards upside-down and landing on the other side. At least, that's what you'll later discover occurred when you watch it in slow-motion in the video you filmed- at that very moment, it took place so quickly that you barely registered what had happened. You can only hold your mouth open in amazement and gasp, "**WOW.**"

This is only one of the astounding exhibitions of Taekwon-Do for the Goodwill Tour, an amazing and historic demo performed by the unbelievably talented North Korean National Demonstration Team in June 2011. These North Korean Taekwon-Do practitioners arrived in the United States of America and visited three different locations to perform remarkable technique demonstrations, outstanding ho sin sul, great model sparring, excellent patterns, and breathtaking board breaking in front of live audiences.

The Goodwill Tour first took place in 2007, and the North Korean National Demonstration Team's historic return was both an important and entertaining event in the martial arts world. The demo began with the playing of both the United States national anthem and the North Korean national anthem; and the demo team proceeded to show how they perform break-falls and basic techniques of Taekwon-Do. The audience was already in disbelief as they watched the basic

techniques, but were even more in awe when they observed the first demonstrations of board breaking, which included a Taekwon-Do practitioner jumping straight up in the air and doing a back-flip while performing an upside-down turning kick with his insteps and breaking two boards simultaneously. The demo proceeded with incredible ho sin sul fight scenes, patterns with outstanding technique, and even more astonishing board breaking feats. The talented third- and fourth-degree black belts who were performing were in great physical shape and had marvelous technique, and their performances left the audience cheering for more. Leaving the demo, my love of Taekwon-Do, which is already extreme, increased even more, and I am inspired to become even better at Taekwon-Do than I had previously been determined to be.

The demo was unique because some of the best Taekwon-Do practitioners in the world performed in the US for only their second ever Goodwill Tour. The North

Korean National Demonstration Team first visited the United States in 2007 for a Goodwill Tour that took 16 years to establish. At this incredible event, the North Korean National Anthem was played for the first time in the US, and not long after that the New York Philharmonic visited North Korea, who followed suit and the United States National Anthem was played in the DPRK. Now in 2011, the demo team returned and put on an equally important demonstration, making the grand total of cities that the North Korean National Demonstration Team visited in America rise up to eight.

General Choi Hong-Hi, the father of Taekwon-Do, used Taekwon-Do demonstrations to help spread his martial art of Taekwon-Do throughout the world. *"I made it my ordeal that I would spread Taekwon-Do all over the world, and not just a limited area. The limit of my goal was not a local area but the whole world,"* writes the General in volume two of his



book *Taekwon-Do and I*. Without his demonstration team, we might not be practicing Taekwon-Do today. With the Goodwill Tour, the North Korean Demonstration Team continued General Choi Hong-Hi's vision of spreading Taekwon-Do throughout the world, while supporting a peaceful exchange between North Korea and the United States of America.

History between the United States and North Korea has not been friendly. From 1950 to 1953, The United States and North Korea fought against each other in the Korean War. By 2002, relations had not improved very much and President George W. Bush labeled North Korea as part of an "axis of evil." However, despite the conflicts between America and North Korea, the first Goodwill Tour took place in 2007 and it was a huge success. In 2008, President Bush formally removed North Korea from the US terror watch list, though North Korea and the United States have still not become friendly politically due to differences in government



style. These differences were put aside for the performance of a second Goodwill Tour which took place in June 2011. Regardless of governmental dissimilarities, the two countries were brought together through a mutual love of Taekwon-Do. Taekwon-Do is universal, and all practitioners are united through its practice and the following of its tenets and Student Oath. It was peace between countries while the United States citizens watched the North Korean black belts perform their outstanding Taekwon-Do techniques. General Choi Hong-Hi would have been proud, and although it may be too much to ask that North Korea and the United States will ever unify in beliefs, it is not perhaps too much of a stretch to believe that someday Taekwon-Do itself will be unified, just as its students are through its practice.



About the Author:

Patricia DeArmas is a 2nd dan black belt in ITF Taekwon-Do and is a self-proclaimed Taekwon-Doaholic. She trains in Taekwon-Do at the do-jang 7 times a week and teaches a small Taekwon-Do program for homeschooled kids.



The Encyclopedia of Taekwon-Do Patterns

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The Encyclopedia Of Taekwon-Do Patterns is a unique series of books that feature the complete works of General Choi, Hong Hi; Creator of the Ch'ang Hon system of Taekwon-Do and founder of the International Taekwon-Do Federation; as well as the patterns further devised by some of his most talented and legendary pioneers; Grandmaster Park, Jung Tae and Grandmaster Kim, Bok Man.

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

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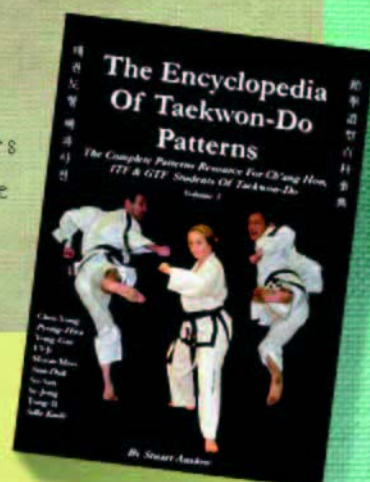
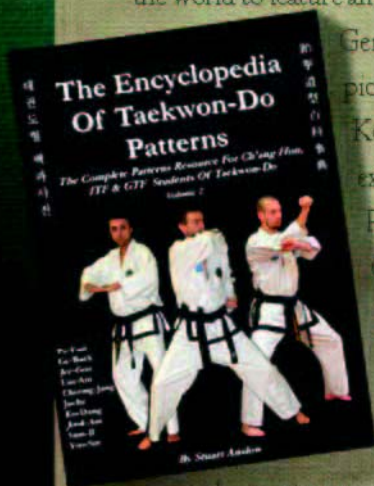
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Defensive Techniques In ITF Taekwon-Do

By Sanko Lewis

When thinking of defensive techniques—that is, techniques employed when an opponent's attacking tool, be it a kick, punch or other attack, has been launched towards us—we tend to think of blocks almost exclusively; however, blocks are not the only options available to us. In ITF Taekwon-Do we have three general types of defensive techniques; they are: blocks, body shifting (or “dodging”) and guards. Furthermore, blocking techniques can be divided into two general types: hard blocks and soft blocks.

Hard Blocks

The purpose of a hard block is to “attack” and hurt the opponent's attacking limb and so protect yourself. In so doing the opponent's attack is forcefully redirected. The ITF Encyclopaedia explains that the “defense itself . . . carries out the attacking role . . .” (Vol. 3, p. 185). For this purpose the blocking tools chosen have hard surfaces that are conditioned to make them harder and more resilient against pain. Although practically all ITF Taekwon-Do techniques have some circular motion as part of their preparatory movement (what's referred to in the *Training Secrets* as “backward motion”), hard blocks usually accelerate towards the target in a straight line. Typical examples include most forearm blocks, knife hand blocks, and the front fore fist pressing block. This latter block, although technically a checking technique, clearly illustrates the nature of a hard block, which is to hurt the opponent as the front fore fist pressing block is basically a punch directed at your opponent's kicking foot (instep).

Soft Blocks

Soft blocks, on the other hand, tend to reach



Hard Block - Double Forearm Block

the target in a curved line using a circular motion principle, or when it reaches the target straight on the function is not as a strike, as the case is with hard blocks, but as a push. The purpose of soft blocks are to deflect an attack by redirecting the force of the attack, or to unbalance the opponent using some kind of pushing motion. Unlike hard blocks that put emphasis on hurting the opponent's attacking tool, soft blocks put emphasis on redirecting the force of the attack and / or breaking the opponent's equilibrium. The hooking block is probably the most easily recognised soft block, but other soft blocks include the upward block ("upward" is not to be confused with "rising"), downward blocks, palm pressing blocks, pushing blocks, the grasping and luring blocks, scooping blocks, circular motion guarding blocks and some checking blocks.

Body Shifting

Body shifting is an umbrella term for another group of defensive techniques and include dodging, different types of stepping, sliding, turning and jumping, as well as body dropping and foot lifting. The purpose of most of these body shifting is to "avoid colliding with an [attacking] opponent" (Vol. 3, p. 320). Dodging requires some type of foot shifting; that is, moving one's feet away from an attack and so shifting your body out of harms way, but also placing you in a more advantaged position for counter-attacking. With good timing an "effective dodge may cause the opponent to lose his balance and leave himself open for a decisive counter attack" (Vol. 3, p. 320). You can move either one foot to shift your body positioning, or both feet. Dodging can occur in any direction, although to the rear is most common. Avoiding an opponent's advance can also be achieved through stepping, including side-stepping, shift-stepping, step-shifting, sliding, turning, jumping or a combination of these, which will cover a greater distance than only foot shifting can achieve. With regards to stepping, turning, and step-turning the ITF Encyclopaedia identifies quite a number of possible combinations and are often used as



Soft Block - Twin Palm Downward Block



Body Shifting - Jumping

part of other block techniques and can even include standing grappling style techniques like those often associated with Aikido or Hapkido, which involve *blending* with your opponent's motions.

Then there are also partial body shifting techniques that does not require the whole body to change location, like foot lifting, which is what you will do when someone tries to sweep one of your feet. Body dropping is probably better known as “ducking” when avoiding a very powerful high attack, for instance a baseball bat swung at your head. A strong attack aimed at the legs could be avoided by a high jump, with the legs tucked in. Other partial body shifting includes “bobbing and weaving” which is often employed by boxers, but also used by some Taekwon-Do practitioners.

Guards

Finally, guards, also known as guarding postures or preparatory positions, are a more passive type of defensive technique used in Taekwon-Do. A guard is basically a posture; a method of standing and placement of your limbs in such a way that if your opponent's attack should reach you before you could avoid or block it, your body positioning and placement of your limbs function as a buffer that cushions the blow. A guard generally closes off many of your own vital spots, acting as a fence between you and your opponent. Some guards also put you in a preparatory position from where it is easy to zap out your own attacks; these positions are often referred to as “chambers.” The accompanying photo shows a chamber position, known as the *bending ready stance*, from where one can easily launch a side-piercing kick or jab, if an opponent should venture within range.

It is clear that there is a variety of defensive techniques in Taekwon-Do. Each type is worth exploring and provides useful methods of defence. While it is good to consider each type—hard blocks, soft blocks, body shifting and guards—thoughtfully, it is very important to remember that they are all integrated and often work best in combinations rather than in isolation. Nonetheless, hard blocks tend to get the most attention in most dojang, therefore I would advise you to spend some extra time on the other types of defensive techniques so you can become more familiar with their strategic values as well.

...ooOoo...



Guarding Posture - Bending Ready Stance

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



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Getting Students in the Door

...and keeping them in!

By Ira Hoffman, WTF/KKW 4th Dan

You have a dream – teaching students as you have been taught, bringing your knowledge and experiences to a new generation of future martial artists. You have skills, skills you’ve learned over endless hours of stances, techniques, forms, sparring, and bag work¹. You have belts earned through the years, certifications to show recognition for your advancement, and perhaps trophies from competitions.

You have a dream.

How do you make that dream work? How do you get students in the door? How do you keep them? How do you transform your dream into a reality?

As one of the founding members of a new dojang – the school is not quite two years old – I’m in a position to reflect on this, and to respond to the challenge issued by the editor of Totally TKD in issue 28, to have someone : “... take up the gauntlet and write an article on ‘getting students through the door’ “

So what’s the secret? What’s the right approach? How do we get students in the door? How do we make them want to stay?

Location Location Location

There is a question asked by real estate agents in the States when they assess the value of properties for sale: What are the three most important factors in selling a house? The most important factor is location. The second most important factor is location. And the third most important factor is (yup, you guessed it) location.

The location of your dojang is critical. It should be easy to find, easy to get to. It

should be in a safe area so parents feel comfortable bringing their children to you. There should be enough available parking.

You should avoid locations that are already saturated with martial arts schools. Of course, “saturated” is a relative term, and if you have something unique to offer, then the presence of other martial arts schools may be less of a factor in your location decision. Since martial arts training is an optional expense, unlike food and housing, your dojang should be in an area in which people have enough disposable income to support you.

I have seen schools in stand-alone, beautiful buildings, and schools in strip malls. I’ve seen a school attached to an apartment complex, and one way out in rural section of my community. The dojang at which I currently train is located in a local shopping mall

I was skeptical at first, but the location has been perfect: parents drop their children off and go shopping, get dinner, or read a book. There’s plenty of parking, and the mall has its own security group.

The lesson: good locations can be found in



Be creative about the location of your school

unexpected places. Be creative!

Appearance

You walk into a dojang for the first time. Some of the lights don't work. It's far too hot (or too cold). There's an odor – not a clean odor of sweat and hard work, but a musty odor of mold. Mirror on the walls are cracked, some of the equipment is broken, the floor hasn't been swept, and student's shoes are discarded randomly around the school. Some students are in white doboks, some are in colors, some are in t-shirts. There is no organization, no structure, no discipline.

You walk into another dojang for the first time. It's well lit, airy, and cool. Equipment is clean and in good repair. The floor, walls, and display cases are clean and neat. Student's shoes are stored neatly, there's plenty of seating space for observers, and pamphlets with school information are stacked neatly. Everyone is in the same style dobok, with the same colors. The school is organized, structured, and the students are showing good discipline. Students bow upon entry and exit, they bow to black belts, and "sir"

and "ma'am" are the most common words you hear.

Which of these schools would you consider joining? Which would you want prospective students to see?

I was a member of a dojang of the second type: clean, neat, respectful and organized. There was strong growth in membership, and retention was very high. Over time, though, the school evolved into the first type: broken equipment wasn't repaired, discipline broke down, safety issues went unresolved, respect was no longer practiced. Many students left, including many senior black belts,, and that school has yet to recover.

Make sure you allocate enough of your income to maintain your school. Keep it neat, clean, safe, and well-organized. And that extends to your students – and to yourself. Enforce rules about cleanliness, standard uniforms, respect, and protocol. The entrance area should be welcoming and uncluttered, not messy and disorganized.



The Yats TKD Demonstration team, ready for a demo in the local shopping mall

The lesson: appearance matters!

Run the Business

Training, teaching, and running a business are three very different types of tasks, and require three very different sets of skills. Not everyone can make the transition from one to the other, but unless you can run your school properly, you will not be able to attract and retain students.

If you are a poor student, I believe it will be difficult for you to be a good instructor. But you don't need to be a great student to be a good – or even great – instructor². I've known some very good students who were poor instructors³.

If you are a poor instructor, I believe it will be difficult for you to be a good business person. But you don't need to be a great instructor to be a good – or great – instructor.

Specific skills – different from the skills of a student or an instructor - are needed to run a business. You must be organized. You must be able to balance the “big

picture” (business strategy, long-term plans and goals) with the details, the minutia of running a business (website updates, flyers, special programs, test lists, schedules, demonstrations.... the list goes on). You must have political and people skills to navigate the issues and conflicts that will arise among your students, your staff, and student's families. You must understand finance, accounting, business ethics, and even simple building maintenance. You must have a vision, a mission, a business plan, and you must stick to these – but you must also have the wisdom to know when these should change and the flexibility to change them.

If you can't muster these skills, then you will constantly find yourself reacting instead of planning, surprised by events and outcomes instead of being prepared for them, and you will likely be unable to attract and maintain members.

The lesson: run your business – don't let your business run you.

Program

What do you want to do when you grown up?⁴ Ask yourself this question often, since it will help you reflect on your direction – and without a direction there's no way to make progress. In the context of running a taekwondo business, you might ask yourself:

What kind of school do I want to run?

A traditional taekwondo dojang? One focusing on sports taekwondo and Olympic-style sparring? A mixed martial arts (MMA) school? Establish a vision and organize yourself around that vision. Don't advertise as an MMA school if you⁵ only have skill in one martial art. Don't portray yourself as a traditional TKD school if you only do sparring drills, techniques and exercises.

What do I want to accomplish?

Do you want to improve your martial arts skills? Then perhaps you should be training and teaching, not running a business. Do you want to make money, to make your dojang your primary source of income? Then you must make your school attractive to a broad audience and perhaps be prepared to spend much of your time on advertising, marketing, demonstrations, and public relations. Do you want to run the business part-time, teaching a select, small group of students, not for money, but for the joy of teaching? This will affect your decisions on pricing, location, and marketing.

What am I teaching?

Have a program. Define what you want your students to learn at each level. Make it clear and make it available to the students. Trying to teach advanced techniques to beginners can be frustrating and demotivating. Teach beginner techniques to beginners and advanced techniques to advanced students. Tie the teaching program to the testing criteria at each belt level⁶. And keep your focus: it's better to teach a few things well than many things poorly.

Who am I teaching?

Is your focus children? Adults? Teens? Families? Are you going to run a school focusing on beginners? On elite, experienced students? Or are you with your students for the long-term, from white belt through multiple *dan* levels? The program you create, the tools you employ, even the type of staff you hire, will be driven by these decisions.

The lesson: stick to the program!

Show me the money



Money is an unavoidable part of running a dojang

As readers of Totally Tae Kwon Do will recall, a number of articles have been written about fraud in the martial arts. If you decide to run a dojang as a business, then money will be an integral element of your operation. Whether you run your school full time (with a goal of a full-time income) or part time (where money is a small element of your business), whether you have just a few students or many, whether your charge small fees or large, money is always a factor.

Price your services carefully. If you price too low, you will not make enough money to survive. Too high, and you will chase students away. Pay attention to the market price in your area, to the local competition, and to any unique services you offer.

Don't ever surprise your students about

money. I have learned of one master instructor who offers a month of free lessons, and only after that month are the very high ongoing fees presented. The high fees are a surprise, and surprises like this don't help retain students. Publish a fee schedule for tuition, tests, uniforms, and equipment. Give prospective students the information they need, in advance, to make an informed decision. The best way to retain students is to inform them before they make the decision to join your school.

Do not, under any circumstances, handle money in a way that could be perceived as unethical. Don't promote students before they are ready; you might be perceived as a "black belt factory". Avoid excessive costs. Avoid hidden "add-on" costs. Minimize cash transactions, and always, always, always give receipts.

The lesson: Whatever Gordon Gekko⁷ may say, greed is not good.

Summary

You might run a dojang as a full-time business, or you might run it as a part-time hobby. You might be in an area filled with martial arts options, or you might be all alone in your area. You might have years of business experience, or you might be a first-time business owner. No matter what your situation, your experience, or your timing, getting students in the door and

keeping them at your school is a key goal.

I'd welcome your comments and experiences.

1. *And, of course, sweat and aching muscles.*
2. I tell my students – to their great amusement – that I'm good at teaching the right way to do techniques because I'm the world's expert at doing them the wrong way.
3. *I am frustrated by students who cannot accept that they are executing techniques incorrectly, who are convinced they already know the right way to do everything. Such students are incredibly difficult to teach, and this lack of humility makes it unlikely they will ever become effective instructors.*
4. I have a friend in his mid-50's who constantly asks this question, no matter what the age of the person being questioned.
5. *"you" here refers to both you and your staff.*
6. This is clearly more relevant for geup tests than for black belt test. Geup tests are characterized by the techniques a student learns at each level; dan tests are more subjective and test criteria like leadership instead of specific techniques.
7. *Gordon Gekko is the character played by Michael Douglas in the "Wall Street" movies.*



Ira Hoffman is a WTF / KKW 4th dan, and a master instructor at Yats' Taekwondo in Midland, Michigan. He has written a number of articles for Totally Tae Kwon Do Magazine on topics ranging from fraud and business ethics to knee injuries. He can be reached at irahoffman@aol.com.

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Fearless Focus

How To Vanquish Nervousness

By Patricia DeArmas, ITF 2nd Dan

You hear your name called up by the judges. You take a deep breath and shout out, “Yes sir!” as you run up to the center of ring. You’ve been practicing your pattern for months and you know you’re prepared physically for this pattern competition... you glance over as you notice that your opponent who has just been called up is none other than the best competitor in your age category - you’ve noticed your opponent’s sharp technique, good snap, and the fact that this person comes from a multi-time world champion do-jang. You feel yourself shaking as you get into your ready position and you turn to stare at the judging panel....

You almost gasp as you see how high-ranking your judges are; and you try to stop looking at the golden rank numbers positioned on the tips of their black belts. A rush fills your chest and your heart starts pounding rapidly. You start your pattern, but you can’t help feeling other students and spectators watching you... so many people watching you. You have to do a good job. You continue your pattern and... oh, no, you’ve almost reached the part with that kick you always lose your balance on when performing.... And your opponent has such good technique... and all the judges are watching you... and the crowd is cheering for you, so you *have* to....

Before you know it, you’ve lost the pattern competition. You’d been trying so hard to do a good job, but it’s too late now, because you’d been so nervous about everything that you couldn’t focus on anything except for everything *else*. This can happen to you and others with anything - whether you’re in a tournament, a demonstration, or a test, you’re bound to feel nervous sometimes, but you know this is unavoidable... or is it?

Just like other weaknesses such as bad technique or fear of board breaking, nervousness is a common disadvantage which anyone can have and anyone can get rid of with practice and determination.

Nervousness is considered to mean, “uneasy: having a feeling of dread or apprehension,” and is a commonly encountered feeling when an individual must perform something in front of a large group of people, or in front of a small group of people/one person whom the individual admires or fears. People will often become nervous in a Taekwon-Do tournament because they know that they’re being judged by an accomplished judging panel, competing against someone they know is very good at Taekwon-Do, and being watched by a group of people. Combine this with the fact that they’re afraid that they’ll make a mistake in front of all those people and also lose the competition, and their fear causes them to *do* the very thing that they’ve been worried about. This is similar for a demonstration; the performers of the demo are nervous that they’re going to make a mistake in front of the crowd that they’re performing for, and this is also

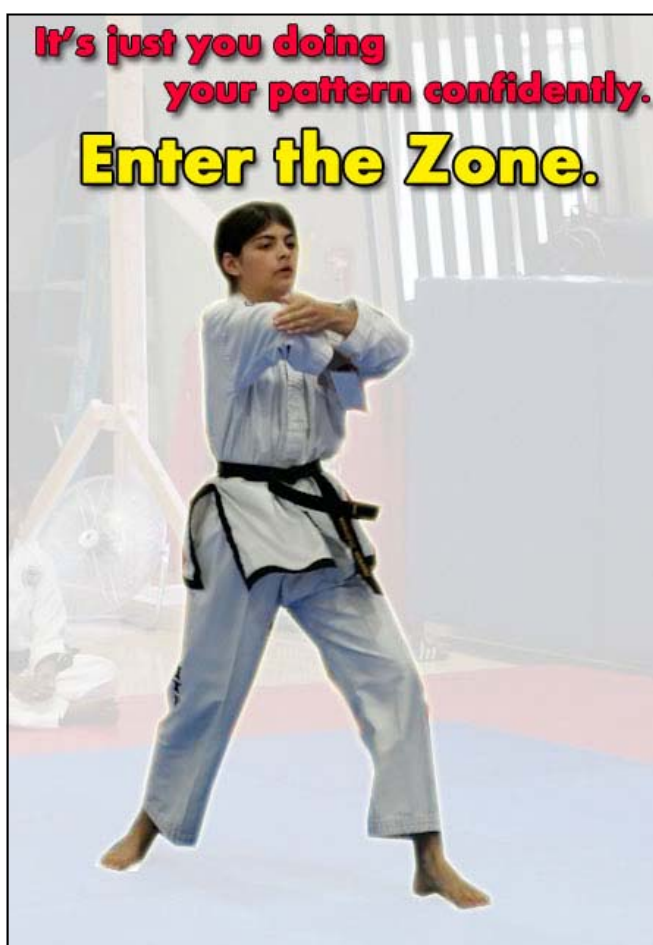
similar for a test; the student is worried that they will make a mistake and fail their test, all while being watched by their instructor, their entire class, and a large group of family and friends.

Although feeling nervous is natural, this natural reaction could get in the way of becoming the best that you can be in Taekwon-Do as well as in other aspects of your life. When you are nervous, it increases your chance of doing the actual thing you were afraid you would. For example, you were afraid you'd forget the end of your pattern, and since you worried so much about it, you actually caused that result to happen. If you want to be able to do the best that you can possibly do when performing in front of other people, you must first overcome your nervousness.

But how? Let's look at what causes nervousness: Fear of failure, fear of making mistakes, fear of being judged, fear of not living up to the expectations of others, fear of not living up to your own expectations, fear of embarrassing yourself - and all in front of other people. Since nervousness is primarily caused by being fearful in front of a group/an individual, your first step in vanquishing nervousness is to vanquish your fears.

When you go to compete, demonstrate, or test, you should make sure that, rather than focusing on other people, you focus

only on yourself and what you're doing. For your pattern or for board breaking, imagine that you're alone in a blank, white room, and it's just you, doing your best at your pattern or board breaking. If you're sparring or doing step-sparring or ho sin sul, imagine that it is just you and your partner alone in this blank white room. If you can cause yourself not to see all the other people, then you will not react as if you are *with* the other people. An alternate way to do this is to imagine yourself alone at your favorite place to practice Taekwon-Do.



You can also try performing as if you're just practicing, not competing or demonstrating or testing. For many people, imagining that they are just practicing their best instead of performing can help them calm down and not get nervous. However, some people perform their best when they know that they are competing or demonstrating because they don't practice as seriously as they do when they perform, so this may not be ideal for everyone.

Make sure that when you perform, you breathe deeply from your diaphragm and not rapidly from your chest. If you are breathing from high up in your chest, you can tell that you are nervous. Breathing from lower down in your diaphragm can help you calm down and get a hold of yourself so that you can do what you need to do to vanquish your nervousness.

When you can perform calmly, you can enter an amazing state of mind: The Zone. The Zone, or your Ideal Performance State, is where you go when you're performing at your peak, and James E. Loehr, Ed.D, explains it best in his book *The New Toughness Training for Sports*:

"An Ideal Performance State (IPS) exists for every athlete. It's simply the optimal state of physiological and psychological arousal for performing at your peak. Arousal is reflected in heart rate, muscle tension, brain wave frequency, blood pressure, and a host of other measures. IPS is typically accompanied by a highly distinctive pattern of feelings and emotions- a most fascinating discovery. You are most likely to experience IPS and perform at your peak when you feel:

- . **Confident**
- . **Relaxed and calm**
- . **Energized with positive emotion**
- . **Challenged**
- . **Focused and alert**
- . **Automatic and instinctive**
- . **Ready for fun and enjoyment"**

- *The New Toughness Training for Sports* by James E. Loehr, Ed.D. pages 6-7

If you are able to access your Ideal Performance State, if you are able to get into The Zone, then you will not feel nervous and you will be ready to perform. Of course, if you don't have good technique and haven't practiced what you're supposed to do in the first place,

getting into The Zone, if you even can, will not be as effective, but if you already know what you are supposed to do and the only thing keeping you from being your best is nervousness, then getting into The Zone should be your ultimate goal.

Most people have experienced their Ideal Performance State at least a few times in their lives completely by accident, so you probably know what this feels like; you'll feel just as James E. Loehr described in *The New Toughness Training for Sports*. The trick is being able to trigger your Ideal Performance state at will, because if you can simply enter The Zone as soon as you are about to do something that normally causes you to become nervous, you'll be able to vanquish any apprehension or fear you have in demonstration, competition, or when testing.



When you go to perform, you will likely have a mix of feelings flooding through your body. You've likely been in the car or in an airplane for an extended amount of time, you might be lacking sleep, and you might be frustrated because you forgot to pack your camera or you left your box of energy bars back at the hotel. On top of this, those nervous feelings are starting to set in and you aren't so sure if you're as good as you'd thought you were. This is the time to prepare yourself to enter The Zone.

When the best actors and actresses go to act on stage or in a movie, they can actually cause themselves to *feel* the

It's just you and your opponent



You hear your name called up by the judges. You take a deep breath and shout out, "Yes sir!" as you run up to the center of ring. You've been practicing your pattern for months and you know you're prepared both physically and mentally for this p a t t e r n competition... you glance over

emotions that they need to act out. When Taekwon-Do practitioners go to perform, they must also be actors and actresses, but of a different kind - they must cause themselves to temporarily stop feeling any negative feelings and start feeling the good feelings that allow them to get into The Zone. Then when they go to compete, they allow themselves to enter that blank room or favorite practicing area, and they can perform their best because they will no longer have anything to fear.

When you go to compete, perform, or test, use your acting skills to physically and mentally cease to feel any negative feelings and begin to feel the feelings necessary to enter The Zone. Then allow yourself to enter the state where everything goes smoothly, a state where you're confident, relaxed, calm, energized with positive emotion, challenged, focused, alert, automatic and instinctive, and ready for fun and enjoyment. You'll be in that blank white room or great practicing area, and everything seems as if it happens automatically. You might not even remember exactly what happened afterward! That way, instead of focusing on crowds, tough opponents, judges, instructors, or your own inner fears, you'll have a very different outcome....

as you notice that your opponent who has just been called up is none other than the best competitor in your age category - you've noticed your opponent's sharp technique, good snap, and the fact that this person comes from a multi-time world champion do-jang. That's good - you like a nice challenge! You feel yourself smiling as you get into your ready position and let all troubles and worries melt away... you feel excellent, and you know you're going to do amazing. You start your pattern, and you feel as if your hands and feet are moving by themselves. It's just you and your pattern, and there is nothing else around you but your own power and speed, your smooth, flowing motion, your accuracy of technique. Suddenly you realize that the judges are pointing their hands in your direction - you've won, and your pattern has ended and you barely even realized you'd started performing!

Before you know it, you've won the pattern competition.

About The Author:

Patricia DeArmas is a 2nd dan black belt in ITF Taekwon-Do and a self-proclaimed Taekwon-Doaholic. She trains seven times a week and also teaches a small Taekwon-Do program for homeschooled kids.

Nutrition of Athletes

By Velimir Mladenov

A lot of young exercisers who come into dojang do not attach great importance to food which is introduced into their bodies. A healthy and balanced diet is mostly associated with sports such as bodybuilding, but the truth is different. In Taekwon-do when we are performing kicks and punches, we need all possible force that our body can produce. Thanks to the balance between the three things we will come to your maximum. "Holy trinity" of a good fighter is:

1. Well planned and structured training methodology
2. Adequate rest
3. Nutrition

All groups of foods should be introduced into the body. It is necessary to have at least five meals per day. We all should distinguished: proteins, carbohydrates, fats and fibers that are often forgotten. Each meal in every day should contain proteins, while the most important post-workout meal proteins and also have to contain carbohydrate.

Proteins are building blocks and we are using them to build our muscles. When we are using all food properly, they decompose into aminoacids in our organism and aminoacids are used to recover our muscle fibers. If we are interested in muscle growth we need at least 1.5 g of proteins per pound of our body mass, but the optimum is even higher and rises up to 3 g per pound. Proteins that we, as an athletes need, are in meat, eggs, fish, milk...It is also possible to enter proteins through supplements, whey protein. We can use it after the workout,

because of his rapid installation in muscles.



Sources of proteins

Carbohydrates provide energy for working muscles. Can be deposited in the form of glycogen in the muscles and liver. Glycogen is transferring into glucose, and releasing out as a ATP. Glycogen stores should be filled with complex carbs, such as: oat flakes, rice and potato. We can also use complex carb preparates an off course dextrose&maltodextrin.



Rice, Best source of carbs

Fats are divided into saturated and unsaturated. Saturated are bad for our cardiovascular system. Unsaturated are "good" and should be consumed. Sources of good fats are almonds, hazelnuts, peanuts, olive oil... One of the best solutions are tablets of omega-3-fatty acids.



Almonds

The fibers are in fact carbohydrates (fiber), but because of their importance, I decided especially to emphasize them. They are found in vegetables, mainly in cauliflower, cabbage, broccoli... Vegetables are also a much better source of vitamin C from fruit, which in addition to vitamins contain large amounts of unnecessary sugar.



Vegetables, best source of fibers and vitamins

Since I am the coach one of the most successful clubs of ITF Taekwon-

Do in Serbia, I will give you an example and show you how athletes in my club eat every day. Weight depends on body weight of a fighter, but a man of average weight about 80 kg should follow this program:

Meal 1: 100 g oats + 5 egg whites + 1 egg yolk

Meal 2: tuna in brine (one can) + salad

Meal 3: 150g of chicken white meat + 100 g rice + salad

Meal 4: 150 g of chicken white meat + salad

Meal 5: 150 + beef + salad handful of almonds

Meal 6: non-fat cheese, 250 g

I hope that you will find this article interesting. Please, do not hesitate to contact me: coach@taekwon-do.rs



Velimir Mladenov was born in 1982 in ex Yugoslavia. Started to practice karate at the age of five. Was a Yugoslavian champion in sparing discipline in 1989 and soon after that he became aware of the most beautiful sport, ITF taekwon-do. At the moment he is a head coach in the biggest club in Serbia, Novi

Sad http://novisad.taekwon-do.rs/index.php?lng_toggle=true. In last couple of years made a lot of Serbian champions in sparing and patterns. One of the pioneers in Regional Taekwon-do League of South East Europe. Still the champion of Serbia in ITF TKD and also champion of Bosnia and Herzegovina in kickboxing. After 24 years in combat sports received a plaque from club for all achievements. From 2008 to 2011 was a President of ITF in Serbia, Chang Ung-s group.

Working at the Faculty of Agriculture, University of Novi Sad and writing his PhD in field of biotechnology, connected to proteins, DNA and RNA.

Stone Hands

By Dave Lomas

Imagine what it would be like if you had fingers of steel that could strike or rip through an object or someone attacking you without breaking or even harming your own fingers. Better still imagine what it would be like if your hands were harder than the hardest stone and you could punch through anything without fear of pain or your hand falling apart on impact.

Although there are some martial art clubs that do not teach the discipline of fist press-ups it is a requirement within any school of combat that is more aimed at traditional or streetwise self-defence and therefore worth looking into a bit more closely.

When I started as a young lad of just 17 years old after seeing all those spectacular fight scenes at the movies I was shocked to find that instead of just learning some cool kicks and punches our instructors got us down on the floor and made us all do loads of push-ups, as many people call them, and although as a new beginner I hated every minute of it I soon learned the true value of this martial art discipline.

In addition to loads of other keep fit and conditioning workouts like sit-ups, squats and god knows what else during that very first lesson none of us raw new beginners had anything left to give by the time it came to some basic punching, blocking



and kicking methods. Of course no one in the room could complain as the instructors then went on to perform and demonstrate a load of fighting techniques with full power and speed even after doing all the workouts with us to the full. Not one of the new beginners, including myself, could do a fraction of the workout routines that our instructors did with ease, not even some of the more advanced students.

Thinking that learning the martial arts was all about jumping around doing kicks and punches, like a lot of new young beginners tend to think, I soon came to realize that conditioning workouts of this nature was a standard part of all training sessions - at least within this school of combat..

Our main head instructor of the class, (we all thought he was a sadist), it turned out was a keep fit fanatic before he had even thought of learning the martial arts himself, and this was very clear to see within all of his training sessions. Although he was

superhuman in our new young beginners eyes with regard to all the keep fit workouts that he pushed us into, (push is a mild word for it), his specialty however was fist press-ups, (not the flat of the hand 'palm' press-up), but fist press-ups to the extreme. His logic, sound logic at that, was that although you can strike with various parts of the hand it is the clenched fist that is the primary striking method and therefore that needs to be conditioned to the full.

Learning how to punch within lessons is all very well but without proper conditioning this alone will never be enough he would constantly tell us. To strike with the fist against something solid that offers resistance on



impact requires a number of abilities within the persons technique that can never be produced by practising strikes to thin air alone within the training session he would go on to say with a big grin on his face.

Fist press-ups are without question the most effective way of developing good impact strikes with the fist for a number of reasons, not least of which, the vital need to strike with the correct area of the clenched fist.

Everyone knows that the impact area of the fist is the first two fingers/knuckles section, (which is lucky because that's also the contact area of the fist on the floor), but placing the fists on the ground without keeping that in mind will cause problems and damage if the fists are not positioned just right. If the wrists are not perfectly straight then they will give way and you will collapse on the floor and if your other

smaller two fingers touch the floor and pressure is put on that area then those fingers will get damaged.

Getting the fist in the correct position will also in turn make the student more aware of the correct impact area when striking but some new beginners in an effort to reduce the pressure on their unconditioned fists will stick their thumb out. Doing this of course is an illusion and does not reduce the pressure but it will damage the thumb.

My own first attempt at fist p r e s s - u p s resulted in me putting more weight on my third and small fingers which in turn damaged the nerves in those finger for a short time. This damage could be seen by everyone in the class when

the instructors told us to put our guard up with hands open, ready to begin basic technique training. Unable to control my one little finger from shaking due to this temporary damage the one instructor asked me why I was waving my little finger at him before bursting out laughing.

To ensure that the fists are in the correct position before attempting your first fist press-up you need to ensure that your fists are shoulder width apart and fully positioned directly under your shoulders when in the 'up' ready to go position. This will help to prevent putting weight on the small fingers and help with balance each time you push up. With the fists correctly positioned and the legs tight together you are now ready to perform one of the various fist press-ups that are available, each of which have their own specific benefit.

The standard, (and more faster), fist press-up simply involves going down most of the way and then pushing up again in one smooth action. Repeating this action without stopping between press-ups the standard amount of repetitions, for a new beginner, should be 10 or more at a time but maybe more than that for the higher graded students.

One standard training routine that tends to get results within the class is called the 'rotation' method. This simply involves getting everyone to do a fast 5, (or more), fist press-ups in turn and then resting until it comes around to your turn again.

Normally starting with the instructor this exercise is then repeated all over again when it comes full circle back to the instructor. For the more advanced graded students the standard number of 5 or 10 press-ups taken in turn would normally be repeated around 20 times. Based on doing 10 press-ups in turn this would come to 200 press-ups within that training period and should be made part of most, if not all, class sessions.

Performing this exercise over a period of time you will build not only strength and muscles in the fists, arms, shoulders and chest but also a degree of punching stamina which is vital for anyone learning the striking arts. Performing an alternating 10 fist press-up followed by 10 full speed, full force rapid punches and then repeating again many times will develop a very fast and powerful striking technique.

It should be noted at this stage that placing the thumb inside the fingers when

punching or performing press-ups will damage or even break the thumb. This is also the case if the thumb is protruding out as the thumb will hit the target before the correct impact area of the fist. Although nearly everyone from student to instructor is fully aware of this situation it is truly remarkable how many times a beginner will make this mistake before being advised of the situation.

A slower form of press-up that is specifically aimed at developing muscles in the arms, shoulders and chest area in a more focused way is what we call the 'Fully Extended Fist Press-up'. This is performed



in the same way as the standard method but in the 'up' ready to begin position the arms are fully straight, (locked), for a slow count of 10 then you lower yourself, in the down position, with the tip of your nose touching the floor to prove you have lowered yourself fully and hold in that position again for a slow count of 10.

Both the standard rapid press-up and the more focused extended press-up can also be performed by placing both feet on a chair and performing these press-ups in the same way. In the case of the fully extended press-up this method can be further advanced by not only having the feet on one chair but also by having your fists place on two chairs directly to the right and left of your shoulders and lowering the body, and holding for a count of 10, as far down as possible.

Without the need of any special training equipment and just using a couple of wooden or kitchen chairs these press-up

exercises will over a period of time give you stone like strong punching fists that are further enhanced by strong arms, shoulders and chest muscles.

To further enhance the striking hands, doing press-ups on the wrists will ensure that the wrist is strong when striking something solid and finger tip press-ups will

over a period of time give you steel like fingers that can be used as an alternative to striking with the fist.

For the more advanced student and assistant instructors of the class 'Jumping Fists' is a vital must do thing. Punching a solid object repeatedly will condition the fist and toughen the skin but the power of the impact is limited to the effort and speed of each strike, however, in the case of the Jumping Fist exercise the fists will have the full body weight of the person behind each impact with the floor.



Performed in much the same way as a standard fist press-up the idea is to jump your fists off the ground and clap hands, (as fast as possible or it will not work), and then land back on the ground with your fists - simple. On condition that you perform the clap of hands very fast and that you have conditioned the fists to take the impact with the ground before hand

through the standard and extended exercise routines then this is an ideal way of truly conditioning the fists for combat.

Dave J. Lomas (aka Dragonwriter)

A now retired 7th Degree Black Belt with 38 years experience. Starting his martial art studies in 1973 Dave Lomas became the founder, chief instructor and chief grade examiner of the original Dragon Martial Arts School in 1979 after first gaining his black belt in 1976 and then his 2nd black belt in 1978. Renamed the Tai Wai Martial Arts School in 1997 he also became, over the years, an honorary chief instructor and technical advisor to various clubs, groups and associations including teaching the combat arts at Keele University.

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The Dojang Family

By Sean Lunn

Over the last year or so the dojang I train at has lost several long time students and it has caused me to look back and reflect on the relationships that develop amongst our “dojang family”.

I have always felt a bit of sadness when one of my friends would quit their training and leave the dojang. For many weeks after, things simply would not feel right when I would arrive at the dojang for training, there was something missing, a void that is not quickly or easily filled. Over the years I have found that the loss of a long time student within the dojang is much the same as losing a family member. We as Taekwondo practitioners' are our own dedicated family and the bonds we share with each other are often a bit stronger than we think they are.

For me, the first time I really felt the loss of another student from my dojang family was in the late 1980's and some of my closest friends in the school moved away over the summer. They themselves were already a close family, two brothers and their sister and I had the privilege of training and knowing them for many years and looked after them as if they were my own family. It was a sad Saturday morning that our

school gathered together to say goodbye and have a small farewell party for them. Near the end, the four of us sat together and ate our pizza talking about all of the

fun we have had over the years, it was then that I began to realize just how much a part of my life they were. Before they departed they each signed one of my school T-shirts as something to remember them by, it is now twenty-two years later and I still have that shirt.

I am several years older now and fortunate enough to still be practicing Taekwondo and an active member of another dojang led by two excellent masters who embrace their students as a family. I do not have friends that train with me anymore, I now have students I help teach and lead, the

circumstances have changed but the bonds have not. I have been with this dojang several years now and have watched and helped in the growth of many students as they have progressed on the path to black belt. I feel a great sense of

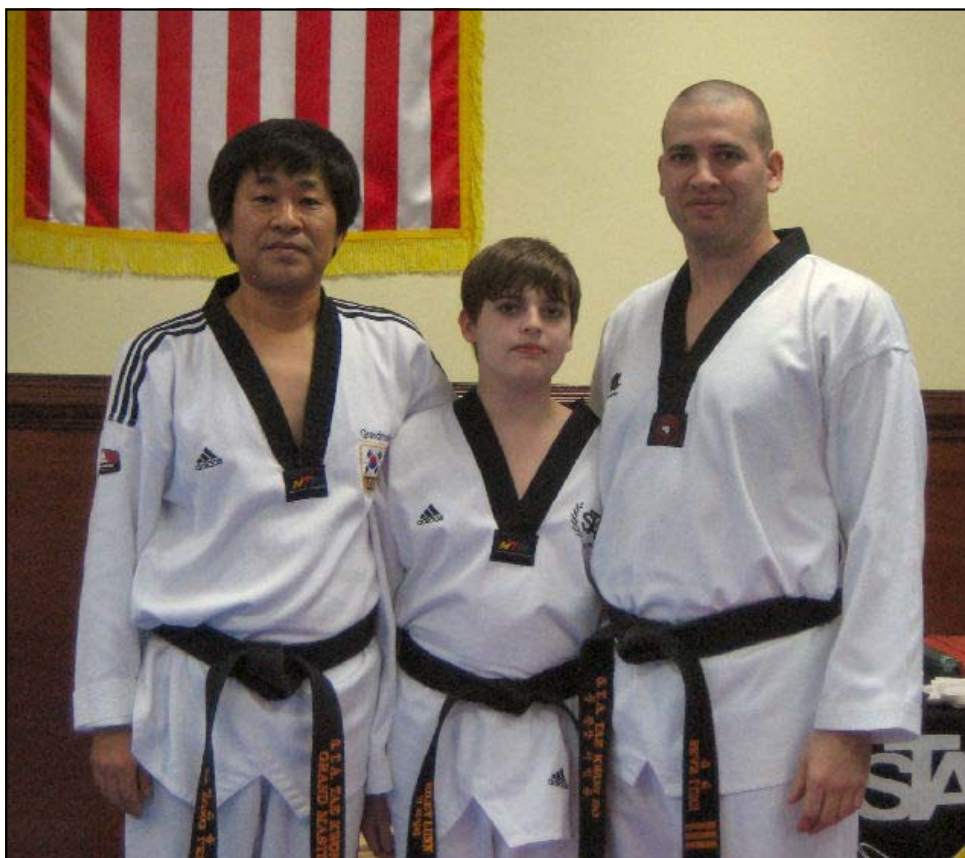


pride as I watch them perform to their potential at each new belt testing, I also feel a little disappointed when they perform at a level lower than they are capable of, just as I would a member of my own family. I have had the honor of watching many of them grow and develop into excellent children and young adults as well, becoming more respectful and self confident. Watching them is almost like watching your own children grow up, learning to crawl, walk and run. As you watch and teach them you develop a bond with them, that special instructor to student bond found throughout the martial arts world.

Over the last eighteen months I have seen the departure of nine or so students, most of which were students I saw move from their first class to earning their black belts. Each time we hold our small going away ceremony for each of them I feel a little saddened. They were each excellent students and I was able to see the dramatic changes each of them has made over the many years of training both as martial artists and as people. Our most recent loss was my own son and his departure saddens me the most. Like many students who started young, he trained hard and after several years of diligent practice, achieved his black belt. He continued to train for another year and a half and was preparing to test for his second dan before deciding he no longer wanted to go to class. He is a young high school student still trying to find his way and I am hoping that one day he will return to

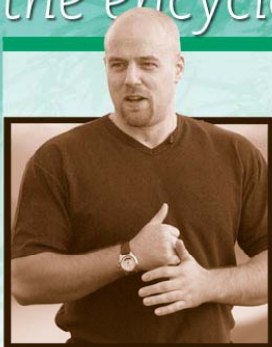
training.

On one of the dojang walls are black belts displaying the name of each student who has earned the rank under our Grand Master. Each day I go to class I pass by that wall as I enter the training area and look at their names and remember them. Of the many names on that wall, only two of us are still training, occasionally the other student will talk to me about them and describe how he misses them as well. We all miss them. They were all a part of the dojang family, and whether my own son or another student, senior or junior in rank, I miss them all as they depart. For me and I am sure many other readers and instructors alike they were, and are, our family and the dojang seems just a little quieter and emptier without them. We shared a bond not easily forgotten and for many of them will never be forgotten. Occasionally one will drop by just to see how things are going and I cannot help but smile and wave at them hoping inside that they will return to the dojang and start training again; after all, they are family.



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

John Dowding
4th degree ITF



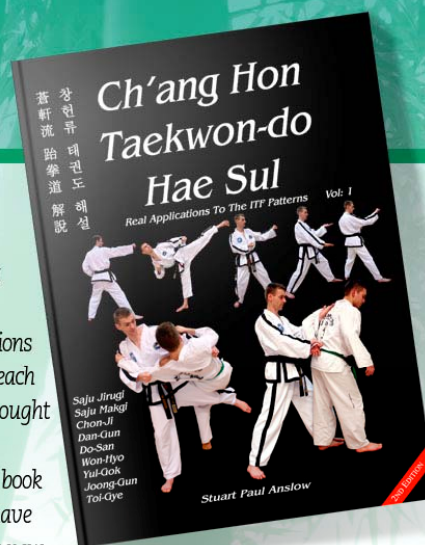
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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.

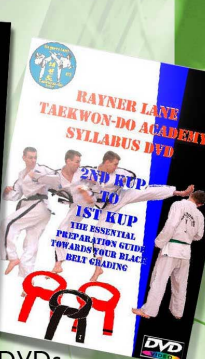
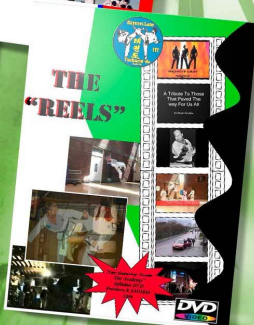
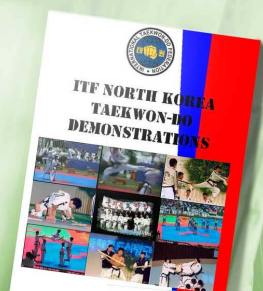
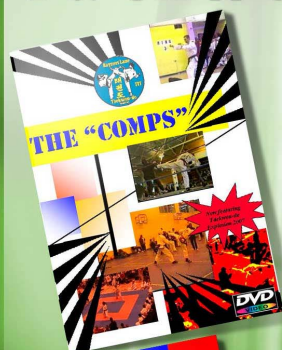
Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

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

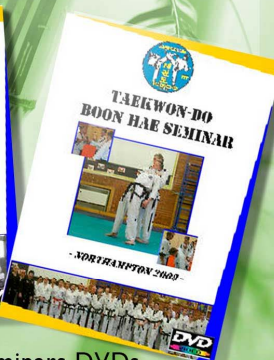
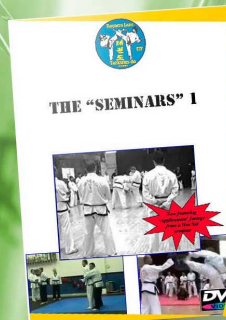


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What's The Point?

Tong Il - Movements 22 & 23

By Paul O'Leary

I'm returning again to Tong IL Tul the final pattern of Chang Hon TaeKwon-Do. This time we will be looking at movements 22 and 23. Many martial arts use this type of movement but mostly as a strike and not a blocking motion. So this made me reconsider the application and use for these two movements.

Upon trying out the idea of this alternative application with various grips, we realised that it would work as a very good way to get a release from a two handed grab on one of your arms.



Pic 1- Movement 22 of Tong IL Tul forming a right rear foot stance, while executing an upward block with the left bow wrist.



Pic 2- Movement 23 of Tong IL Tul forming a left rear foot stance, while executing an upward block with the right bow wrist.



Pic 3 - The attacker grabs one our lower forearm with both his hands.



Pic 4 - Counter grabbing the attackers right wrist with our left hand, we move to the outside of the attackers right arm while pulling their arm towards our hip. This exposes the

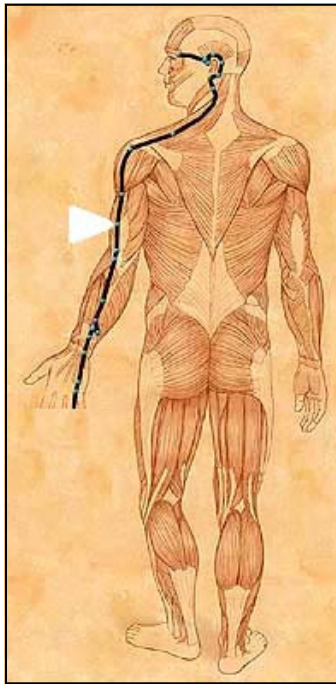


rear of the upper arm and allows us strike with our left bow wrist to TW-12. When we strike this point we also pull slightly on the arm with our right hand. This creates a moment of pain which causes the attacker to release their left hand grip.

Pic 5 - Swapping to the inside of the right arm we can now strike again on the TW-12 point with a left bow wrist.

Why are we doing this strike in a rear foot stance? In this application I found it really made a difference to the strike because we are lifting our front foot up with the strike. If this strike was performed in a L-stance then the momentum would be going forward.

This has really made me think about the use of a rear foot stance. When you think



TW-12

about all the times we use this stance in our patterns it is nearly always in an upward or upward direction block. Maybe we can find more interesting applications that use this stance while keeping this new information in mind?

Finally I'd again like to thank Mr. John Vaughan 5th Dan of Blarney TKD part of United TaeKwon-Do International – Ireland for being my attacker.

Paul o'Leary, 5th 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 . Mr. O'Leary is also a point of contact for interested parties who wish to train within the United Tae Kwon-Do International syllabus under Grandmaster Karel Van Orsouw.



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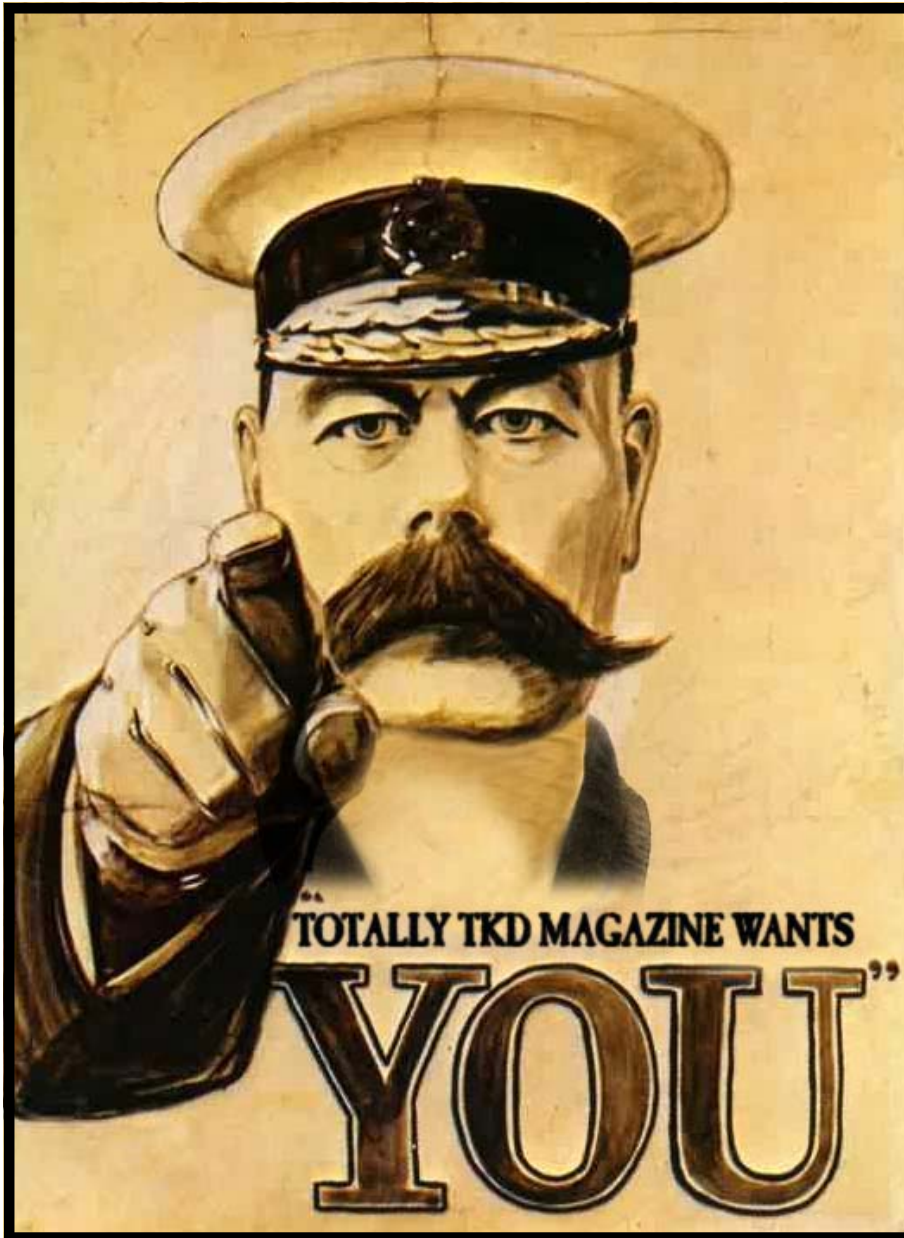
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— Mildred W. Struven



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