

TOTALLY TAE KWON DO The Free Biolet Tee Kwon to Manazing

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

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Editorial

Issue 2 - May 2009

Hello and welcome to the May issue of *Totally Tae Kwon Do* magazine.

This is our third issue and we are still going strong, as you will see from all the great articles inside. Once again we have something for everyone I believe; from historical articles to interviews, as well as technical articles and sport related stuff.



Regarding the sport related articles, this

was one of the items requested in the 1st issue survey and we could really do with more articles covering this area, I have played my part by supplying an article and now I ask you, the readers, to do the same and start sending some sport related articles to keep the flow going.

We have a couple of new sections in this issue, starting with Glenn Smit's '*TKD Clinic*', which, as you will see, will benefit many readers because, as is usually the case with problems, if one person has one, you can bet many more do but simply remain quiet... but please don't, please send any worries to the TKD Clinic so Glenn can address them and help out.

Also new in this issue is the 'News' section, which has some interesting news items for Tae Kwon Do folk, again, if you, your school or organisation has any news to report, please send it to the news section of the magazine.

One section I'd like to get going is the 'letters' section, as although many are discussing things on forums, they are not contacting us directly, so to try to kick start it I'm going to leave you a couple of questions:

- 1. What would happen if the WTF lost the Olympic mandate?
- 2. What would TKD be like for students/instructors if the ITF and WTF actually merged?
- If you have an opinion, let us know and lets open up a discussion, via the letters pages!

Anyway, enough ramblings from me. Thanks once again to all our contributors in this issue. Enjoy this months magazine,

Stuart Anslow Editor

사 범 스 튜 아 트 앤 슬 로 창 헌 류 태 권 도

Ps. If you are connected to a charity in some way, or even if you just want to help one out, please contact them and tell them to send us their ad (half A4 size in length and in Jpeg format) and we'll run it in the magazine, free of charge, to highlight their cause.

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The Legend Returns

As a national champion point fighter three years in a row, Wallace captured virtually every major event on the tournament circuit. The more prestigious victories included: the U.S. Championships (3 times), the USKA Grand Nationals (3 times), and the Top Ten Nationals (2 times).

He was such as dominant figure in martial arts that Black Belt magazine, the bible of industry publications, named him to its Hall of Fame three times in seven years - twice as "Competitor of the Year." and once as "Man of the Year."

In 1973, Wallace, whose education includes a bachelor's degree (1971) in physical education from Ball State University and a master's degree (1976) in kinesiology (the study of human movement) from Memphis State University, suffered what many considered a careerending injury. However, one of Wallace's friends, the late Elvis Presley, flew in a Los Angeles acupuncturist to treat the Karate champion at Graceland Manor.

A year later, Wallace turned professional and captured the PKA middleweight karate championship with a second-round knockout (hook kick) of West German Bernd Grothe in Los Angeles. He relinquished the crown in 1980, undefeated and respected around the world

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Totally TKD News

Postponement of WTF World Tour

Message from Chungwon Choue, WTF President (April 28, 2009)

"As the President of the World Taekwondo Federation, I announce that the World Taekwondo Tour 2009 Mexico supposed to take place on May 2, 2009 has been postponed until further notice due to the outbreak of the deadly swine influenza in Mexico causing the death of over a hundred people.

The World Taekwondo Tour 2009 Mexico was initiated as a pilot project for the future organization of regular World Taekwondo Tour, but for the safety of the participating athletes, spectators and the general public, as well as a recommendation of the WHO, I unavoidably made the decision on the postponement of the event.

Once again, I deeply regret the postponement due to the unfortunate situation, but I sincerely hope that the event will take place soon when the situation settles down."

ITF Leader Wants to Unify South and North Korean Taekwondo

Korean news paper 'Dong-A Ilbo" (East Asian Daily), reported on 30th March that; One of the two leading world governing bodies of the Korean martial art taekwondo is seeking to unify with its leading rival. "Taekwondo was originally one. It has been divided for more than 36 years but now is the time to reunite. So I seek integration with the World Taekwondo Federation," said Choi Jung-hwa, chairman International Taekwon-Do the Federation. Choi held an exclusive interview with The Dong-A Ilbo at the Grand Intercontinental Hotel in Seoul.

As a preliminary step toward consolidation of the two bodies, he said he will relocate

his organization's headquarters in Vancouver, Canada, to South Korea. The international federation will also hold its world championship in South Korea next year. Pyongyang (North Korea's Capital) said it will host the event in 2011.

Instead of immediate integration, Choi proposed the creation of a new organization overseeing the two bodies first and seeking coexistence between the two taekwondo styles. He said he wants to diversify taekwondo for further expansion along the lines of wrestling, which has Greco-Roman and freestyle.

international federation The has not reached an agreement with its rival, but the latter has no reason to object to integration, Choi said, adding he will negotiate with world federation officials in his visit to Seoul. The international federation was founded by Choi's father, the late Gen. Choi Hong-hi, who also served as its chairman. The elder Choi fled South Korea in 1972 after a disagreement with then President Park Chung-hee and relocated the organization's headquarters to Canada in 1974. Choi Jung-hwa has led the international federation since 2003.

The world federation was formed in 1973 in Seoul, a year after Choi Hong-hi went into exile. Since the international federation began teaching North Korean-style taekwondo in the 1980s, the two bodies have remained at odds. "My father wanted integration with the World Taekwondo Federation though he built unintentional ties with North Korea. The North took advantage of our federation. Though he could not fulfil his hope because of differing political ideologies, he would agree to this integration if he were alive," Choi Jung-hwa said. "All political challenges have been addressed, and I believe the (South) Korean government will actively support

WTF President Book Releases



Taekwondo Federation (WTF) World President Choue Chung-won will release an English book titled "Peace in Mind. Sports at Heart". The 223-page book contains his ideas on the globalization of taekwondo. the creation of a taekwondo image, and a vision of sports and peace, as well as his reflections on life. The publication also highlights the reason why the WTF headman launched the Taekwondo Peace Corps last summer and the ongoing WTF efforts for fair judging and refereeing.

A photo book titled ``Taekwondo & The Olympics" will also be released. The 208-page title, the first of its kind to be published by the WTF, contains a rich selection of photos and information related to the Olympic sport of taekwondo. It very clearly describes its history and philosophy, as well as its educational value. ``The books will be of help to better understand the Olympic sport of taekwondo," said the WTF president. News courtesy of www.kidokwan.ord.

A small review of one of the books can be found later in the magazine.

ITF Vienna Host 41st Instructors Course *plus* 8th degree promotion

The 41st International Instructors Course was held in Queens, New York City from the 20th to the 22nd of March 2009. More

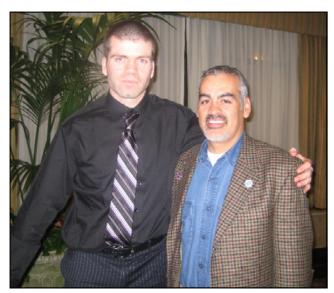
than 135 students from the rank of red belt to 8th degree black belt attended. Students came from as far away as Australia, Ireland, Finland, Canada, Norway, England, Scotland, Guatemala, Dominican Republic, Peru, Mexico, Paraguay, Holland, Poland, Puerto Rico, Jamaica, Argentina, Italy, Columbia and many States of the USA.

Many aspects of Taekwon-Do training were covered including all 24 of the Chang Hon Tuls (patterns) devised under General Choi Hong Hi, the principal founder of Taekwon-Do. Students also celebrated the 43rd Anniversary of the formation of the International Taekwon-Do Federation. The ITF was formed in Seoul, Republic of (south) Korea on March 22, 1966. The original 9 member nations were Republic of Korea, Malaysia, Vietnam, United States of America, Singapore, West Germany, Turkey, United Arab Republic (Egypt) and Italy.



Students of Original TKD Fitness Center Brooklyn, NYC

At the course the promotion to 8th degree master instructor black belt announced for Fabian Nunez of Odessa Texas in the USA and Pierre Laguerre of Quebec Canada. Master Nunez also serves as the president of the American Taekwon-Do Federation International. Also promoted to 7th degree black belt master instructor was Thomas Denis of London England in the UK. In total 18 people were promoted from 4th degree and above. Several students who did not make the grade were given guidance as to what to work on for their next attempt.



Mr. Michael Clune of Ireland congratulates Master Fabian Nunez

Cheaper Bill Wallace

The organisers of the Bill Wallace UK have seminar reduced the costs for participants by almost half, making it more affordable for anyone that wanted to attend and train with the legend. They have also split it into two seminars, one for voungsters and



one for older students. See advert in this issue.

BJM Employs TKD



News has it that Big John McCarthy of UFC and MMA fame has employed a Tae Kwon Do instructor (Ch'ang Hon stylist) at 'Big John McCarthy's Ultimate Training Academy', his gym in California. My contacts tell me

that he feels it's only a matter of time before someone in the UFC knocks someone out with a hooking kick or a Tae Kwon Do technique, because the striking isn't there yet and he recognizes the effectiveness of some of the Tae Kwon Do striking methods and thinks it can integrate into MMA well.

New ITF Master

Patrick McCarthy from IUTF-England was recently promoted to VII degree following a (physical) grading under senior ITF Master, Néstor Galarraga, 8th degree, that took place in Spain in late March. Master McCarthy has been training since the 70's and is known to have played a leading role (if not THE leading role) in taking Taekwon-do to Ireland and setting up one of the first schools there. He was Master Don Dalton's (ITF 7th Degree) original instructor.



Master Patrick McCarthy, 7th Degree

A Decade of Rayners Lane TKD



Rayners Lane Taekwondo Academy celebrated ten years of quality Taekwon-Do in April, from humble beginnings to one of the most widely respected and successful Ch'ang Hon

Taekwon-Do institutions around today.

Rarely does a modern martial arts school, let alone a pure Taekwon-Do school, survive and prosper for over a decade, and rarer still does a school do so independently of any major martial arts or Taekwon-Do association.

Under the hardworking and well-respected Mr. Stuart Anslow (IV) the Academy and its students have produced some notable successes, including some 600 medal placing performances in local and national competitions as well as seven Open World Championship gold medalists and a highly rated syllabus DVD series. Mr. Anslow's own endeavours include his acclaimed book on boon hae, IAOMAS, Pioneer TKD Association and now this magazine, doing his part to keep the Taekwon-Do world informed and on its toes!

Despite its success, the Academy remains unusually open to new ideas, and over the years has welcomed through its doors well-respected figures from around the world representing disciplines including WTF Taekwondo, Wing Chun, Karate, Kempo, Brazilian Jiu-Jitsu, Kali and Hap Ki Do as well as Taekwon-Do luminaries and legends Master Rick Clark and Master Willie Lim. Congratulations and here's to the next 10 years. Submitted by Jonathan choi

2009 Atlantic-Pacific Tang Soo Do Federation Master's Clinic 'Mastery is a Life Long Journey'

The Atlantic Pacific Tang Soo Do Federation, headquartered in Suwanee, Georgia recently hosted their annual Ko Dan Ja or Master's Clinic. Masters and Master's candidates from across the U.S. traveled to the annual Ko Dan Ja and spent four (4) days focusing on the history, tradition, culture, philosophy, and physical skills related to the ancient art of Tang Soo Do. The clinic took place from Thursday, March 26th to Sunday, March 29th at Federation headquarters in Suwanee.

Kwan Jang Nim John St. James, President and Founding Master of the APTSDF, led the team of Masters from Master's candidate to 7th Degree. The program started with a general orientation on Thursday morning at 9 am. The physical emphasis of this year's clinic was placed on Master level traditional Tang Soo Do hyungs (forms). Masters also spent time

working on various weaponry (staff, dagger, sword, and gun), ho sin sul (self defense), and heightened awareness training. All twenty (20) plus Masters and candidates in attendance trained on chi gong as well as advanced teaching principles or the art of pedagogy. This year we were also blessed to have two special guest instructors, both of which are 8th Degrees Black Belts. They were Kwan Jang Nim Chuck Blackburn, of the Spiritual Martial Arts Association, and Kwan Jang Nim James Allison, of the International Sun Moo Kwan Hapkido and World Kido Federation.

The first full day of the Ko Dan Ja went by fast as traditional Tang Soo Do forms were reviewed, standardized, and documented. Thursday's sessions added weapons as well as basic and advanced self defense and practical application (shil ki) training. Night classes covered everything from breaking barriers using advanced peak performance techniques to strategies for effective studio management and running a 21st century dojang (training hall) while maintaining the Moo Do tradition.

On Friday, the Masters and Candidates were treated to classes in Chi Gong by Kwan Jang Nim Blackburn as well as a class from Kwan Jang Nim Allison which covered advanced ho sin sul (self defense) from a gun. Later that night, presentations included a live internet demo of Dave Accelerator", Kovar's "Enrollment presentation on The Path of the Master by Kwan Jang Nim St. James, and a very informative presentation by Kwan Jang Nim Blackburn on disaster preparedness which covered everything from how to read a topographical map to a show and tell on how to properly store water, food, energy, and plan emergency routes in case of catastrophe.

On Saturday, the Technical Advisory Committee (TAC) finalized the Federation's new dagger form (Ho Rang Hyung or Tiger Form) and a new sword form (Yong Gum Hyung or Dragon Form). Under Kwan Jang

Nim's guidance, the group also completed reviewing, standardizing, and documenting all hyungs (forms) up to O Sip Sa Bo.



Masters Clinic Group

On Saturday night, there were very informative presentations and workshops on Certified Instructor Training and the Federation rolled out its new and improved website which went live on April 6th. The Web Committee was present demonstrate all the new upgrades to the Federation's leadership. Afterwards, Board of Directors meeting was held and then it was time for a final Ko Dan Ja Shim Sa (grading). Candidates tested to 6th Degree, 5th Degree, and 4th Degree and represented Georgia, Alabama, Massachusetts. Connecticut and Tennessee. The final grading phase started on Saturday night and ended at 2 am in the morning on Sunday. The testing candidates were challenged mentally, and emotionally. physically, spiritually, Actually, the test had started on Thursday morning and lasted for nearly four days. It was evident that the candidates had come prepared to give their best.

With graduation Sunday afternoon, each Master and Candidate left feeling thoroughly spent and yet enlightened and energized from another great mastery experience. The theme for this year's Ko Dan Ja or Master's Clinic was, "Mastery is a Life Long Journey." Everyone left ready for the next step in the journey.

Written by Deborah K. Jett, 4th Dan. Board Secretary and Treasurer, Atlantic-Pacific Tang Soo Do Federation

Mighty Lions Reap Success at National Opens



On Sunday 5th April, 11 members of the Lions Tae Kwon Do Schools took part in the I.T.F. Midland Opens. Chris Snow, 5th Degree, and Hemel Hempstead coach Stuart Smith, 4th Degree, were on hand to coach. Despite 3 members of the original 14 having to pull out the day before, the eleven returned home with an amazing 16 medals - 6 gold, 5 silver and 5 bronze.

Chris said "The journey to the I.T.F. Midlands took a few hours as the event was held in Derby. The gang showed real unity and supported each other throughout the day". Assistant coaches of the London Colney School Elliott Moulster, 2nd Degree, and Stephen Townshend, 2nd Degree, also competed - both are flying out to Croatia on May 25th to represent the U.K. at the 2009 Europeans. Stephen picked up a silver in sparring and a gold in special technique, whilst Elliott won a very close bronze in the same sparring division.

The clubs are currently working very hard, as they had six members chosen to represent the U.K. at the I.T.F. Europeans back in February – unfortunately, two of the chosen six are not able to attend due to politics. Chris said "When our students attend any U.K. events, they are trained hard and pushed to get the results, so you can guess the clubs are working hard to help the four going International. As a community club, we are noted by many for the high standards we help our members achieve and we seldom get complaints. When we do, it is normally because some think the sessions are too hard as we use

a lot of the American Kick Boxing music drills. We pride ourselves on being hard working family orientated clubs. We are the only group in the U.K. that holds bi-annual charity events that have helped raised over £10,000 for worthwhile charities to date". You can contact Chris on 01727 822612 or visit their website at www.uk-ltsi.com for info on the L.T.S.I. and all their events. The group are affiliated members of the B.T.C. and the I.T.F. Submitted by Chris Snow, 5th Dan, Chief instructor, LTSI

Rayners Lane's Black Belt Promotion

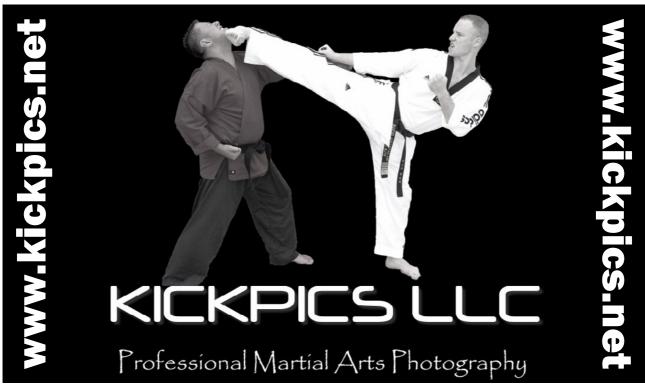
Rayners Lane Taekwon-do Academy is pleased to announce the promotion of a new black belt to its ranks. Sushil Puni started training at the Academy as a child and sadly quit after failing to gain his 1st kup. However, in а true show indomitable spirit, he resumed his training again a few years later, older and wiser, passed his 1st kup with flying colours and continued training hard for his black belt grading which he took on 7th April at age 17.

As many know, the gradings at Rayners Lane are fairly intense. They are small gradings and this was no exception as

Sushil was the only gradee. Even so, the grading lasted around 3 hours (and that doesn't include the theory part). As there were no other gradees he was up against opponents of 1st dan or higher only. For things like sparring and hosinsul.

1 Ambulance (as one of the black belts dislocated his shoulder at the grading) and 3 hours later he emerged exhausted still not knowing the outcome. A week later, after the results of the 5 examiners were complied his promotion was announced and he was presented with his certificate, new black belt etc. Many congratulations to Sushil. A video reel of the grading can be found at www.raynerslanetkd.com





Thanking The Founders

Thanking Those Who Started It All

By George Vitale

I have been involved in original Taekwon-Do for the last four decades. When I started training it was common to refer to Taekwon-Do as Korean Karate. The martial arts were fairly new to the western world, slowly coming onto the scene in the 1960s when soldiers returned from duty in various parts of Asia, aided by the introduction of some Asian fighting techniques in Hollywood movies. As

westerners started to become familiar with the terms Karate and Judo, few had heard of Tae Kwon Do. So it became common place to advertise Korean martial arts schools as Karate in help order to marketing, with Taekwon-Do being used to denote the sub-style of Karate being taught. Taekwon-Do

flourished and became tested on both the battlefields of Vietnam and the local tournament circles, the use of Tae kwon Do grew, while the term Korean Karate started to fade away.

As I became more involved in Taekwon-Do it became apparent to me that this wonderful Korean martial art of self defense had impacted my life in so many positive ways. This can be said by the countless millions of students who have been exposed to the multitude of benefits this art imparts. With that in mind I wondered about the history of this art and those who made it possible for the lives of so many people to be touched and shaped over the years. Combining my 24 years of

experience as a New York State Trooper, rising to a Senior Investigator in the State Police Bureau of Criminal Investigation and the research skills developed in my academic education, obtaining a Master of Arts degree and 2 years in a doctoral program, I set out to identify and credit those that made this wonderful martial art possible.



Grandmaster Lee and General Choi

Now as any cop can tell you, there are 3 sides to every story. police work it would be that of the complainer, then the defending against the complaint, with the truth lying somewhere in between. The role of the police detective or investigator is to and ascertain trv what that truth is. When they get close

to the truth, justice usually prevails. The times they get it wrong or just can't gather enough reliable information to find the truth, injustices occur. The recording of history is often shaded and made difficult by numerous influences conflicting and interests. These factors that have interfered with the proper documentation of Tae Kwon Do's history are many and they are complex. I will attempt to address issues in subsequent articles. However for now we can look at who started it all during Tae Kwon Do's formative years.

It is generally acknowledged that there were 5 original kwans that started teaching martial arts in Korea as the occupation

period by Japan was ending. They were:

- Song Moo Kwan
- Chung Do Kwan
- Chosun Yun Moo Kwan Kong Soo Do Bu (Ji Do Kwan)
- Moo Duk Kwan
- YMCA Kwon Bup Bu (Chang Moo Kwan)

The annexation of Korea by Japan took place at the start of the 20th century and was formally finalized by 1910. During this time what little was left of Korean martial arts were outlawed. When World War II ended on August 15, 1945 the forced and brutal occupation of Korea by Japan ceased as well. There were 6 influential Koreans that studied martial arts abroad during this time period. For the most part they trained in karate while living in Japan. There was some reported minor influence of the Chinese arts as well. What follows are those who started the 1st schools in Korea. These gyms were called kwans and these were their founders.

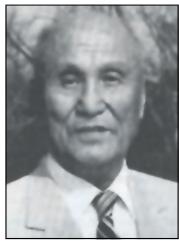
RO BYUNG JIK founded the Song Moo Kwan, the School of the Pine Tree Some records indicate he first taught at the Kwan Duk Jung Archery School i n KaeSung starting March on 11, 1944. He was forced to close a few months later



as Korea was still occupied by Japan. Scott Shaw reports that he reopened on May 2, 1946 in Dong Hung Dong KaeSung. After the Korea War ended the Song Moo Kwan relocated to Ah Hyung Dong Map Gu district of Seoul and was established on September 20, 1953. GM Ro studied ShotoKan Karate under Gichin Funakoshi while living in Japan. He served as a vice president of the 1959 Korean Tae Kwon

Do Association and later as the 4th president of the KTA. At present GM Ro is approaching his 90th birthday, making him the oldest Korean martial artist known to be still alive. He is now living in the USA.

LEE WON GUK founded the Chung Do Kwan, meaning School of the Blue Wave. during the occupation period in September of 1944 at the Yong Shin School in Suh Dae Moon section Gu of Seoul. After WWII



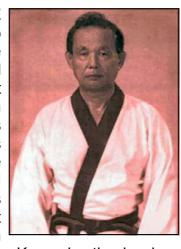
ended he forged a relationship with local officials teaching so many police officers that his gym became known as the National Police Headquarters DoJang. In 1926 he went to study at a college in Japan. There GM Lee also studied under the Father of Modern Karate Sensei Gichin Funakoshi along with GM Ro, who later founded the Song Moo Kwan. According to Scott Shaw he started his martial arts training at age 19. Some of his very influential students were grandmasters Kang Suh Chong, Son Duk Sung, Uhm Won Gyu, Hyun Jong Myun, Nam Tae Hi, Paek Joon Ji, Han Cha Kyo & Jhoon Rhee. These students would later become some of the major leaders of making Tae Kwon Do into the art or sport it is today.

CHUN SANG SUP founded the School of martial Training and called it the Chosun Yun Moo Kwan Kong Soo Do Bu on May 3, 1946 in Seoul Korea. Scott Shaw says that GM Chun may have taught privately in Korea



during the occupation period as early as 1940. He learned Japanese Shotokan Karate. He later disappeared to north Korea during the Korean War. A very influential student, GM Lee Chong Woo changed the name at this time to the Ji Do Kwan. This Kwan was instrumental in devising many of the Olympic TKD rules.

HWANG KEE founded the Moo Do Kwan or the School of Martial Virtue circa 1946 at the Yong San train station in Seoul. As result its nickname became the Railroad DoJang. He reports learning about Taek Kyon when



he lived in northern Korea by the border with China. Living in Manchuria he learned Chinese martial arts and claims to have studied a form of Karate there as well. Hwang Kee served as the Chief Director of the 1959 KTA. He formed the Korean Su Bak Do Association in 1960 and authored several books. His research with the Muye Dobo Tonji resulted in him establishing Su Bak Do, supposedly linking this art to Korea's past. This focus moved him from the Tae Kwon Do unification efforts.

YOON **BYUNG** IN the YMCA founded Kwon Bup Bup Bu translates which as School of the Fist Method, in Jong Ro Seoul in 1946. He studied Chinese MAs, including Joo An Pa in Manchuria. While living in Japan he reportedly studied Karate under



ShudoKan founder Toyama Kanken. During the Korean War he was taken to north Korea where he eventually taught the MA they called Kuk Sul. Robert Mclain reports during the Korean War massive bombings destroyed the YMCA building in late 1950, early 1951. In 1952 an early influential student GM Nam Lee Suk changed the name to the Chang Moo Kwan after relocating the Dojang to a Postal Administration Department Club. (See issue #2 of this magazine for a more in-depth article by Robert McLain on this Kwan Founder)

CHOI HONG HI founded the Oh Do Kwan which means the gym of my way, along with Col. Nam Tae Hi in 1954. Gen. Choi reports that he had been teaching since 1946. Kang and Lee in a Modern



History of Tae Kwon Do state that Col. Nam taught in the Army since 1947. As a Choi teenager Gen. says he introduced to Taek Kyon and studied Karate in Japan. He came up with the name Tae Kwon Do and served as VP of the Tae Kwon Do Association of Korea in 1957, founded the Korean Taekwon-Do Association in 1959 & the International Taekwon-Do Federation in 1966 as well as the author of several books on Taekwon-Do from 1959 to 1999, including the 1st. He led the 1st Taekwon-Do demonstrations abroad in 1959 & the Goodwill tour in 1965.

Although the Oh Do Kwan was not an original Kwan the Korean Amateur Sports Association mediator Lee In Tai, a senior member of their Board of Directors found that since Gen. Choi had trained thousands of soldiers in order to teach Tae Kwon Do to the Army it deserved to be on par. This decision was handed down after leaders of the 5 original Kwans protested that the Oh Do Kwan should not be included in unification talks in the 1950s. They asserted that this Kwan was not

established prior to the Korean War, nor was it a charter member of the Korean Kong Soo Do association or Korean Tang Su Doo Association. Noted historian and Korean Martial Artist Dr. Kimm He Young documented this in the history section of his book on Tae kwon Do.

The finding of the Korean Amateur Sports Association paved the way for Gen. Choi and the Oh Do Kwan to take part in the discussions which led to the formation of the Korean Taekwon-Do Association in 1959. Gen. Choi was the 1st president, with Grandmaster Ro Byung Jik serving as the vice president. Few if any can legitimately deny the role that the Korean Army under Gen. Choi played in the development of

Taekwon-Do as a martial art. Nor can we ignore the thousands of soldiers that were exposed to his Chang Hon system as military service was mandatory for all Korean males. Some of these soldiers and officers became the next generation Taekwon-Do leaders who spread this art around the world. Remembering them and recording them insures that all future Taekwondoin will have a chance not only to read about them, but thank them. Gratitude may not be a listed tenet of Taekwon-Do, but I am sure it fits right in there along with courtesy, integrity and modesty. I for one am very grateful for their contribution. I am better because of it and am certain many more over Taekwon-Do's 54 years are as well.

What's Your View?

What would happen if the WTF lost the Olympic mandate? Send your view to letters@totallytkd.com

ON STADROME. Down's Syndrome Association

www.downs-syndrome.org.uk



Who we are: We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the

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Our mission is:

- To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.
 - We strive to improve knowledge of the condition
 - We champion the rights of people with Down's syndrome.

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Wendy Tseng: A Star In The Making?

By Marek Handzel. Photo's By KickPics

Totally TKD recently tracked down a young aspiring American actress who just might be promoting Taekwon-do on the big screen one day.

Can you predict who the next big-time martial arts movie star is going to be? Well, not without a list of wannabe budding Jet Li

-type thespians you can't. And then you need an individual who fulfils the right criteria: Good looking, smart, able to act (sort of) and yep, you guessed it, awesome at their Art.

But even if someone ticks all the right boxes, nobody can predict the mood of Lady Luck when directors and producers go out sniffing for fresh talent.

Totally TKD recently caught up with a young lady who certainly wouldn't mind sharing a screenshot with Michelle Yeoh - and from what we've seen she has the tools to back up the ambition. It doesn't take much of a leap of imagination to picture Wendy Tseng throwing a flying side kick at some generic Asian gangster wearing a tailored Armani suit and a bucket load of hair gel.

What's more, the second degree Taekwondo black belt started on the same path that many a Hollywood star has taken. As well as being a personal trainer, she is also a waitress at two different restaurants in her home town of (Gaithersburg, Maryland). And when she's not busy

studying and training in her free time, she's trawling through her back catalogue of Bruce Lee and Jackie Chan movies.



Early Start

Born in Tiapei, Taiwan, 21 year old Tseng emigrated to the U.S. with her family in 1994 and began training in Taekwondo two years later, at the tender age of 7. As the aspiring actress admits her however. first forays into the dojang where not necessarily driven by her own burning desire to learn Taekwondo.

"It was like day care for my parents," she jokes. "Somewhere to just throw me in while they were at work."

Nevertheless, she quickly took to the Art, obtaining her black belt when she was 14 and showing enough promise to be asked to compete both at home and abroad.

As a practitioner within the WTF, there were no shortage of tournaments for Tseng to choose from and only shortly after passing her first degree grading, she entered the Belgium Open, where she performed remarkably well for a novice on the big tournament scene, finishing in fourth place in the juniors' division.

At her second Belgium Open she did even better, taking the bronze in sparring for juniors and then stepping up to the challenge of the senior division in spectacular style by cleaning up and taking

home the gold.

From then on, her Taekwon-do career took off, with her making the Amateur Athletic Union (AAU) Junior National Team in 2005 and qualifying for the Jackie Chan Disciple Competition final in Beijing in 2007.

Organised by the actor who made his name in blockbuster hits such as Rush Hour and Rumble in

the Bronx, this multi-discipline 'American Idol' type competition involved participants showing off their acting and singing skills as well as their Martial Arts ability. After her mother had encouraged her to enter

following an ad in a Chinese newspaper, Tseng made through to the final, which was to be held Beijing. Seven winners would be given а contract under Jackie Chan's management and have the chance to perform at the 2008 Olympic Games, as well as land minor roles in some upcoming action movies. Despite getting so far after the passing both

qualifying rounds which were held in New York, she decided to forsake the final in order to concentrate on her exams at college. "I thought long and hard about it," she says. "But I feel I made the right decision."

Her decision was not entirely taken for

academic reasons. Winners of the competition would have been required to stay in China for a whole year or more, which may have been too long away from the 'scene' in the U.S. Despite being fluent Mandarin, Tseng's focus lies very much on success in her adopted home.

So much so, that she has branched out into different fighting

styles, to add to her repertoire and set of skills.



"Taekwon-do is my base art," she explains.

"But the more experience I have, the better. Right now, I'm also training in full-contact kickboxing and (Western) boxing."

Describing Martial Arts as her way of life, Tseng has been frustrated recently by being limited to only four training sessions a week and not being able tour to the tournament circuit as much as she would like. Her studies.

work and money are all "obstacles" she has to deal with, much like many young martial artists the world over.



Tseng, who used to dream of competing in the Olympics before the silver screen turned her head, is also a perfect example of someone who lives her life according to the tenets.

Her perseverance has allowed to her be able to perform to a world-class level at Taekwondo.

"This may sound weird, but I'm not naturally

flexible, even though I can kick high. It took a lot of work for me to build my flexibility," she says.

So does she have any training tips?

"To improve your kicks, you have to practice daily. Don't just kick targets, but build your training with plyometrics and



conditioning, so you have control in every kick."

Even with here impressive abilities, Tseng is still human. In her first U.S. Open in Orlando, Florida, she decided to start her first fight with a bang.

"I was going to throw an off-the-line roundhouse kick, but I threw too hard and lost control. I was in the air for about

5 seconds and landed an inch away from the concrete floor and knocked myself out."

Tournament bloopers aside, she expects to become a successful Martial Arts actress within the next 10 years.

Totally TKD wishes her all the best in her endeavours. Watch this space.



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State of the Art in Tae Kwon Do: ITF Versus WTF

By Brendan Wilson

It is late in the final round of the men's black belt World Tae Kwon Federation (WTF) tae kwon do competition. The red fighter is on the offensive as he whirls spinning high kicks almost too fast to see. The blue fighter falls back, exhausted and rapidly losing his situational awareness. Finally, he is driven out of bounds as the match ends. The red fighter wins. It is another triumph for athletic ability and conditioning, right?

Maybe. Let's move to a different scene. It sudden death overtime in the International Tae Kwon Do Federation (ITF) grand championships. The two black belts cautiously circle each other. score is tied 1:1, and each fighter concentrates intensely, looking for the opening he needs to score the winning point. Suddenly, the blue fighter springs forward and snaps out a back fist to the top of his opponent's head. The strike was partially blocked, but three of the five judges call the point. The blue fighter wins. Another triumph for precision, focus and timing, right?

Not so fast! The two scenes described above are repeated across the country every weekend, and they point out major problems in the application of fighting techniques in Tae kwon do today. In the WTF match. the fighters are prohibited from punching to the head and kicking to the groin, the two most common attacks they face in real would combat. This rear leg high kicks,

spinning kicks, and axe kicks. Additionally, fighters tend to keep their hands low because the threat of a hand strike to the face is zero. These kicks, however impressive in a match with rules, would be near-useless against a street-smart opponent who could kick the groin or rock the head with a straight punch.

This gloomy picture is matched with an equally dim analysis of the ITF fighters. The image of two grown men literally playing back-fist tag is almost too much to bear. Some years ago, I watched a so-called ITF world championship in which the

grand champion won in sudden death overtime with a technique that could not have so much as bruised a child.

The with problem these two scenarios is not just that they are unrealistic. All martial arts accept some restrictions in order to train safely. The real problem is that many, many schools train exclusively for tournament. and students are taught that these techniques are THE art.



encourages the use of the head, WTF fighters often keep their hands low rear leg high kicks, (photo: courtesy of USA-T)

Thirty five years ago, when I first began training in the martial arts, we trained by using different types of drills in class, approximating various levels of realism. The difference was that we knew they were approximations, not the real thing. Onestep sparring, patterns and free-sparring (with strict rules) were all recognized as techniques to improve ability confidence. No one mistook tournament prowess for genuine martial accomplishment. When I won a state tournament in the mid-1970s, my instructor did not even mention it to me, just as he made no comment about my defeat in the nationals later that year. This was not due to some Eastern practice of reticence or understatement. Ιt was because performance tournament was not significant.

Credit Due

Don't misinterpret the message. There are many fine martial artists who compete heavily in tournaments. And tournament prowess doesn't preclude true martial spirit. The problem is one of emphasis rather than activity. I have seen schools that train exclusively for tournaments. At least once a week the instructor would drag out an example trophy and parade it in front of the kids, raising their level of anxiety about tournament performance. What should have been a healthy addition to martial arts training became a singular perverse obsession.

Back to the Beginning

The "fix" for this problem is not necessarily a restructuring of tournament rules to make them more realistic. Tournaments are fine if put in perspective. But each of us who calls himself a teacher of the martial arts needs to re-examine how we present our program of instruction for our students. Some schools may legitimately emphasize one technique of instruction over another (for example, forms over sparring, or visa versa). But the super emphasis on tournament competition is certainly having a negative effect on the arts, and should be

pushed back in its proper place. What is needed however is a re-examination of what it is that makes Tae kwon do unique and formidable and, in doing so, a rediscovery what the WTF and ITF styles have in common.

Common Principles

We often read that Tae kwon do, as it was practiced in the early days after WWII and the end of the Japanese occupation, was very similar to Japanese karate with its longer deeper stances, emphasis on hand techniques, lower kicks and the general emphasis on the generation of power rather than speed or agility. We are told that the Ch'ang Hon forms¹ used by the ITF are closer to this original conception of the art. The Taegeuk poomse, used by the WTF, emphasize a smoother, more fluid movement, with shorter stances and a greater emphasis on kicks as apposed to hand techniques. This is perhaps true in some respects, but Tae kwon do is now, and has always been, unique and distinct from Japanese or Okinawan Karate in a number of areas:

1. Movement

The starting point for most forms of Karate is a strong stance. It is generally believed that the stance must be solid in order for either hand or foot techniques to be delivered. Thus if you watch the Japanese forms you will note the practitioner often moves to a new stance and then, from this position, delivers the strike, block or kick. This is not what we see in tae kwon do. In tae kwon do, the movement of stance, hips, shoulders, arms and legs all *move together* in one fluid movement and *stop together* at the moment of impact to deliver the greatest amount of force.

2. Extension

The biggest or at least most obvious distinction between tae kwon do and its predecessors is the extension, or opening, of the hip during the execution of the side kick. The supporting foot turns away from the point of impact and the hip is turned



Extended side kicks are an innovation of tae kwon do (photo: courtesy of Damien Littre)

allowing the greatest distance as well as the generation of power. The back kick and jump back kick are variants of this technique that allow the hip to open more fully without having to 'cock' or 'chamber' the side kick before delivery.

3. Jumping Techniques



Jumping kicks have been an essential element of tae kwon do since its creation (photo by Damien Littre)

Although tae kwon do is rightly regarded for its innovative jumping techniques, this needs to be placed into perspective. If we look at the patterns, jumping techniques are rare: for example, there is a jump side kick in Chung Mu, a first dan form in the Ch'ang Hon system; a similar move not seen until Ilyeo, the 9th dan form in the WTF system². In most cases, however, the purpose of jump kicks is neither to gain height or distance, it is rather to allow the practitioner to fully extend the hip quickly thus generating greater power at both short and longer range targets. But for whatever purpose, jumping techniques have been part of tae kwon do since its conception³.

Points of divergence

As we have seen above, tae kwon do has distinct properties that are shared by both the ITF and WTF approaches and which have persisted from the beginnings of the art, distinct from its Karate forbearers. However, the ITF and WTF have clearly distinct application, even within their basic similarities.

1. Poomse

The Ch'ang Hon forms, used by the ITF, are characterized by powerful, direct movements and deep stances. Typically, but not exclusively, the pattern moves to meet an imaginary opponent by stepping toward the threat and executing a single powerful block, punch or kick. Motions tend to be linear and are executed with great forcefulness throughout movement.

The Taegeuk forms use shorter back and horse stances, a walking stance⁴ and a narrow front stance often termed a forward These shorter stances stance. designed to more closely approximate the everyday usage of legs and allow a greater agility in movement and the delivery of kicks. Additionally, some emphasis is placed on engaging an opponent at close quarters and the generation of power with only slight movement of the stance, hips shoulders and hands. This close-quarters generation of power is seen, for example, in the first movement of Taegeuk Chil Jang where the practitioner moves from the ready stance to a tiger (cat) stance, executing a close-quarters palm block with the right hand to defend against a blow coming from the left side. It is designed to simulate a 'surprise' attack where room to manoeuvre is minimal. The block is followed by a rear leg front kick which then resets into the tiger stance with inner simultaneous forearm block. Conversely, in the Ch'ang Hon system, such attacks are almost always met with a step in the direction of the opponent, and kicks normally are followed by a step in the direction of the attack.

Thus we can see the relentlessly offensive nature of the Ch'ang Hon system: direct linear movements, stepping to meet the attacker (even when blocking) and an emphasis on power supported by precision and focus. The Taegeuk forms, on the hand emphasize а smoother movement, a whip-like delivery versus the piston-like strength of the Ch'ang Hon system. Movements are designed on the principle that attacks must be met both at close range as well as at longer range. Another subtle but substantial difference is the philosophy of the fight itself. The ITF schools typically teach that every strike, kick and even blocks should be a 'fightending' technique, delivered with such force the opponent will be unable to continue his attack. The philosophy of combat embedded in the Taegeuk is that the fight is continuous. This is shown by the number of combinations of block-strikeblock, as well as a number of defensive sequences in which actual fighting withdrawal is performed. something unthinkable in the Ch'ang Hon forms.

2. Sparring

Probably the most visible difference between the ITF and WTF approaches is the sparring.

WTF sparring rules, approved by the International Olympic Committee (IOC) and adhered to by 186 member nations of the WTF, provide for comprehensive rules governing allowable techniques, protective equipment, timing, penalties, athlete

qualifications and standards for coaches, referees and judges. Although sparring is full-contact, there is no punching to the head, kicking below the waist, sweeps or open hand techniques. Points are awarded only for techniques that shock the body sufficiently to displace (move) an opponent, and more points are awarded for kicks to the head than to the body. Additionally, matches consist of three sparring rounds lasting two minutes each with a minute rest between rounds. Sparring is continuous, corner judges calling points as they occur.



WTF sparing rules engender high kicks (photo courtesy of USA-T)

In ITF sparring, competitors wear head, foot and hand protectors, but not the protective vest required by the WTF. Contact is typically less than full, although hand techniques, both open and closed fist, are allowed to the head if properly controlled. Referees will stop the match to allow the judges to call a point. Points are typically awarded for a clean, focused technique delivered to an allowable target. Contact beyond that required to score a point is considered excessive and can be cause for a penalty.

As with other forms of sparring, the techniques commonly used in competition are driven by the rules, rather than the art itself. For the WTF, what has developed

over the years is an emphasis on very fast, often head-high, powerful rear leg kicks. Additionally, the length of the rounds and the continuous nature of the competition tend to engender a high level of conditioning. Because the match is not stopped by the referee to award a point, competitors train for multiple techniques, rather than a single, fight-ending blow. Defensive strategy often includes a 'lure', encouraging an opponent's attack, with the aim to deliver a counter blow.

But a quirk in the rules often results in a strange farce. Because it is difficult to displace an opponent with a punch to the chest protector, close-quarters fighting with hand techniques is limited. As both pushing and grabbing are forbidden, competitors who find themselves at close quarters often 'clutch' each other, chests pushed together, arms embracing as if in a hug with hands extended to show the referee that they are not grabbing. Since they have no practical way to disengage, competitors often remain in this embrace until the referee separates them. would hope this bad habit would not carry over into more realistic confrontations.



WTF sparring rules, which discourage close-quarters hand techniques, sometime result in a clinch (photo: courtesy of USA-T)

The ITF rules engender more caution, because the first clean strike wins the point,

even where the counter might have been more devastating. Hand techniques to the head, such as a controlled back-fist, often prove successful. As a result, ITF fighters tend to keep their hands up, guarding their torso and head, rather than at their sides as is often the case with WTF fighters. close-quarters fighting is common and a clutch, as is often seen in WTF matches. would be unthinkable. Because there is no requirement to displace the opponent's body, ITF rules engender rapid front leg snaps kicks. And as there are no additional points awarded for head kicks, these techniques are used less frequently, or as part of balanced strategy to force an opponent to open up other target areas.

The Way Ahead

A case can be made for recognizing the complimentary aspects of these two types of tae kwon do and advantages of both ITF and WTF approaches for any given school. Many instructors teach both Ch'ang Hon and Taegeuk forms to their students, thus ensuring a full range of techniques are preserved in the tradition of the organization. Likewise in sparring, some schools promote both types of sparring as they compete in a variety of tournaments using different formats. Even without tournaments being the driving martial artists capable of engaging tae kwon do in its various manifestations would clearly have more depth than those who focus exclusively in their narrow specialty. One often reads these days about efforts to unify the ITF and the WTF into a single organization. I am not sure that this is feasible or wise, given the strong divergence of views. But clearly the two approaches share fundamental principles, while the differences in application could be complimentary rather than mutually exclusive.

¹ Ch'ang Hon is the pen name for General Choi Hong Hi, the founder of the International Tae Kwon Do Federation.

² Other examples include jump front kicks in Taegeuk Pal Jang, the eighth WTF poomse.

Brendan Wilson holds a 6th degree black belt in

Tae Kwon Do and is the head of the Belgian branch of the International Sungjado Association. A retired US Army officer and fomer Army Ranger, Mr. Wilson formerly coached US army competition teams and has trained the SACEUR's (NATO Commander's) close protection team in weapons disarming techniques. Mr. Wilson works at NATO headquarters in Brussels, Belgium as a defence analyst.

What's Your View?

What would TKD be like for students/instructors if the ITF and WTF actually merged? Send your view to letters@totallytkd.com

Book Review:

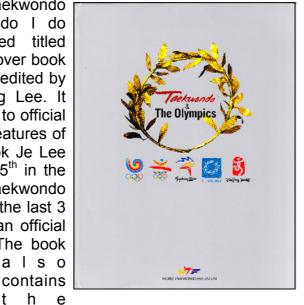
Taekwondo & The Olympics

By George Vitale

Although I no longer participate in Olympic Taekwondo nor do I train in Kukki or sport Taekwondo I do recommend a book about to be released titled "Taekwondo & The Olympics." This 2009 hardcover book is put out by the World Taekwondo Federation, edited by II Sim with the text written by Kyong Myong Lee. It contains information on Kukki Taekwondo's rise to official Olympic status. What may be one of the best features of the book is a collection of photographs by Seok Je Lee capturing memorable moments of the 24th & 25th in the Seoul and Barcelona Olympics where Taekwondo appeared as an demonstration sport as well as the last 3 Summer games where Taekwondo has been an official sport, including the 2008 Games in Beijing. The book



George with Dr. Chungwon Choue



complete records of all the winners and the nations they represented. A prerelease copy of this book was signed and presented to me by Dr. Chungwon Choue at a very recent meeting in New York City where the WTF President confirmed that Taekwondo is set to be included in the 2016 Olympics at a still undetermined location. Dr. Choue advised all 26 sports that appeared as an official sport at the 29th Olympiad in China will be voted in as a block this fall.

³ Many accounts of General Choi's skills in Karate are recounted in his autobiography 'Taekwon-do And I'

⁴ Chung Mu, which contains a flying side kick is part of the original tae kwon do forms and dates to the 1950's

⁴The walking stance is an abbreviated form of front stance. It is used in the early Taegeuk forms, and occasionally in the more advance forms, notably Koreo, a 2nd dan form.

The TKD Clinic

With Glenn Smits

"I have been practicing Taekwondo for around 7 months now and recently broke my 5th metatarsal in my right foot while executing a spin kick (actually lost my balance and fell on it). I had a surgery done to maintain the length



of the bone with a couple of pins keeping the bone in place. Now my question is how much time should I give for my foot to heal before I can start Taekwondo again? The doctor mentioned that a couple of months would be enough but I wasn't sure if he could actually understand the amounts of stress/strain my foot would be under. Could you also kindly recommend any workout routines to work on before I start training"?

Thanks and Regards, H. Srini, India

Hi Srini,

Thanks for the question. The procedure you had done is what is known as an open reduction and internal fixation or ORIF for short. This means that the surgeon made an incision over the area of fracture to expose it and then repaired it. Various types of hardware can be used such as wires, pins, screws and metal plates. This all depends upon the type of and size of the break being repaired. The foot and lower leg will than be casted for a period of approximately 8 weeks more or less to give the bone time to heal. The accompanying photograph shows the bone in the foot that

Fifth Metatarsal Fracture

Microsoft States of Control of Control

you fractured along with some of the various fractures that can occur.

During the time that the cast remains on the leg

you will not be allowed to bear weight on the foot at all, or sometimes the physician will apply a cast in a manner that some weight may be borne on it or a special boot may be worn over the cast to allow some weight to be borne. This all depends on your doctor and exactly how extensive the repair was. During this time there is not a whole lot you can do conditioning wise. Of course you can certainly do upper bodywork with weights perhaps but that's all. What you can do to help the healing process is to ensure that you are eating a balanced diet and getting enough calcium, magnesium and vitamin D. These are all essential to good bone health and healing.

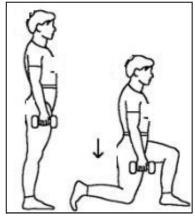
Your real question however seems to be what can be done once your physician clears you and you are able to start using the foot and leg again. As far as the fracture site itself is concerned I wouldn't be too concerned. Once that heals over it will probably be stronger than it was originally and the chances of causing damage to the same site would be negligible. What would concern me is

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injuring your leg after the cast comes off. Since you would not be bearing any weight at all on the leg, or only minimally the muscles of your leg will have atrophied tremendously. Injury or surgery to any weight bearing structure where one is forced to not bear weight for any length of time will result in atrophy (muscle wasting) of all of the muscles involved in standing and walking. The human body is an extremely efficient organism and muscle is metabolically "expensive" for the body to maintain. Therefore if the body senses it is not needed it will allow the muscle to shrink. Before you begin again to participate in any serious TKD training you need to rehabilitate the muscles in your leg so it equals the opposite leg in strength. The kicking techniques performed in TKD require a lot of strength and stability from the support leg. This is especially true during the execution of kicks such as a side, round or spin kick where not only is power generated from the support leg through the hips to the kicking leg but there is a tremendous amount of torque or twisting force as the support leg pivots to facilitate the kick. Here is where real problems can occur if the muscles have not been strengthened properly. The chances of spraining or even fracturing the ankle and/or causing serious damage to the ligaments of the knee, hip or low back are quite high.

As far as how long it will be before you can start TKD training again is up to your doctor and to a great degree yourself. Once you are out of the cast and your doctor says it is all right I would start a daily regimen of body weight exercises to start. Walk at least 30 minutes per day. Bicycling is a great way to build and exercise the legs and hips. Bike a course with some hills to increase resistance thereby placing an increased workload not only on the heart and lungs but the muscles of the legs. A toe clip or strap fixing the foot to the pedal will increase the workload by engaging the legs throughout the entire pedal cycle, not just when they are pressing the pedal downward. A stationary bike is fine also; just change the resistance every now and then to simulate a hill climb. After a week or so of just walking or biking I would then incorporate things like jumping rope and doing

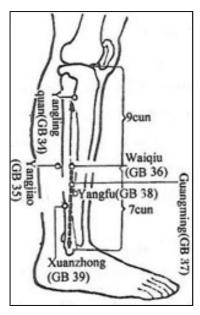
bodyweight squats and lunges (see accompanying illustration). Eventually start to add weight with either dumbbell or Start barbell. light and add small amounts of weight each



workout. I tend to stay away from machines because they isolate muscles and work them along one plane of movement. This may be fine for bodybuilding but it is antithetical to what you need to accomplish. Only perform compound exercises that work all of the joints and muscles of the legs and hips.

After a few weeks of working as described above you can start increasing weight and doing plyometric work like box jumps. If you're unsure of how to do any of the exercises I've suggested Crossfit.com has excellent instructional page contains clips of all the exercises I've mentioned and many more. I've been a big fan of Cross Fit for some time. Here is the link to the exercise page www.crossfit.com/cf-info/ excercise.html#Exer Another site with a great deal of information for basic weight training is the Stronglifts site stronglifts.com/. There is a free e-book that you can download.

Finally, as an Acupuncturist I would be remiss if I did not recommend something you can do to facilitate your recovery from the standpoint of my own discipline. There are two acupuncture points located on your



lower leg that are fairly easy to locate and vou would benefit from massaging them for seconds to minute several times per day. The points are Gallbladder 34 (GB34), a n d Gallbladder (GB39) both located on the outer portion of your lower leg. These particular points are known as "influential points".

Influential points have a specific body tissue or structure that they are particularly useful for. GB34 is the influential point of the sinews (ligaments and tendons) of the body and GB39 influences the bone and marrow of the body. Were you a patient in my clinic these two points would certainly be part of my prescription for you. You can see their location in the attached diagram. GB34 is just in front of and below the head of the fibula and GB39 behind the fibula several inches above the heel. Feel with the tip of your thumb in the general area where the point should be located. The point(s) will most likely be tender and you'll know you've found the spot. Massage deeply with the tip of your thumb in a circular motion for about a minute two to three times daily.

I hope that this information is helpful. Just remember, don't do anything without consulting your physician post operatively and take your time to prevent further injuries and time off from training. I'm sure you'll do just fine.

Yours in training and good health,

Glenn Smits

The information given is provided by the staff of Totally Tae Kwon Do magazine for educational purposes only. It is not a substitute for professional medical care, and medical advice and services are not being offered. If you have, or suspect you have, a health problem you should consult your physician.



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

Please send your questions to Glenn via

TKDClinic@totallytkd.com
ensuring "TKD Clinic" is in the subject line

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

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

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

What Training In The Martial Arts Has Done For Me

By Chelsea Hesketh, 1st Dan, North Valley Martial Arts

I've been involved in sports Ringette such as Volleyball since I was young. One event that stands out from that is when I was in grade 5, at the end of the season party for Volleyball, The whole season I tried to brush off how no-one seemed to notice me or congratulate me when scored points (sometimes the winning points). Whenever someone else on the team did, they always got the attention for it. The end of the season party was to be held at

the Vernon swimming pool, and then off to McDonald's. It sounded fun to me and I was excited about going. Once I arrived at the pool my excitement quickly vanished. The entire time I was there no one wanted me to socialize or play with them. I tired playing pool basketball, but I just stood there doing nothing, as everyone snubbed me and wouldn't involve me in anything. They even ignored me when I tried to talk them. Eventually we went to McDonald's. I wound up sitting alone; I tried not to cry as I ate my burger. One girl came over and sat with me for a while, to the others dismay, but she eventually asked me if it would be okay to go back and sit with the rest of the girls. I was too nice to say "no". This night would not turn out to be a very good experience for me at 10 years old.

I continued with Volleyball for two more years. I was hoping things would get better, and maybe gain some respect from my teammates. Nothing Changed. By grade eight I decided to give up Volleyball. I was



still playing Ringette though, which I started playing back in grade six. I enjoyed Ringette more than Volleyball and still have friends from that experience, and even enjoy watching the game today.

Unfortunately in grade eight I experienced some awkward personal issues which made me not look forward to grade nine. I was always kind of an awkward kid, I mostly just felt alone and insecure. When grade nine finally came around

I met a nice girl named Allissa. Ringette season hadn't started yet and she told me she was taking Martial Arts classes. I didn't know Enderby had a Martial Arts club at the time, so I decided to try a class and check it out. I wound up post-poning Ringette for a year and signed up for TaeKwon Do at the North Valley Martial Arts School, taught by Mr. Tim Posynick.

In grade ten I decided to try doing both Ringette, which I still enjoyed, and TaeKwon Do. It seemed though that once again I was having some social issues being involved in a team sport, this time Ringette. I decided that at the start of grade eleven I would give up Ringette and team sports completely as they didn't seem to suit me.

Training in TaeKwon do has helped a great deal with my self-confidence, enabling me to get through high school and its infamous pressures. It helped me to know that I can learn and be good at something without any catch or drawbacks. I've met and

become good friends with many of the TaeKwon Do students at the Martial Arts school. Instead of feeling socially frustrated and pressured by other girls, I felt encouraged and empowered to excel by people of all ages that were relaxed and easy-going. I felt comfortable training with them as a group and yet still retained a certain amount of independence.

Every year since joining TaeKwon Do, I have learned a new lesson about my innerself, about life and about growing as a person. Some are kind of complicated and difficult to explain, but are noticeable when I compare myself now to who I was back in grade eight and nine. I've learned that confidence and self-respect are worth more than the opinions of other people. Respect for your elders will definitely help you later in life. Having discipline and ambition to travel the long, challenging and sometimes difficult path is more rewarding than giving up or taking the easy road. I learned that when taken literally "CAN'T" really is a four letter word. Even the word " Impossible" has the word "possible" in it. Understanding that actions, especially positive ones, speak louder than words.

Having control and humility shows more maturity of character than mere physical strength. With Integrity you can control your life and your future to accomplish what your heart is passionate about.

"Knowledge in the mind".....In order to continue to grow throughout life, keep learning, continue to gain knowledge, and pass it on to others, encouraging them to do the same.

"Honesty in the heart".......To live a happy and fulfilled life, always be true to yourself, and your loved ones.

"Strength in the body"......Live long by staying active and actively living. Take care of the body, eat healthy and smart.

Earning the Black Belt means more to me than receiving the belt itself. It means that spiritually, I know myself and my limits, and how to exceed them. It means mentally I am capable of being in control of life's twists and turns. It means that physically, if need be I can be in control of my personal safety.



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So You Think You have Indomitable Spirit! **Make Way for the Samurai's!**

By Master David Lieder



Special Needs Students at All-Star Martial Arts in Cypress, Texas have a special "SAMURAI". name: These individuals put more effort into each kick, punch, block, etc. than the mainstream "normal" students. All-Star Martial Arts has about 50 Samurai in it's program that is dedicated to all individuals with any physical, emotional and developmental disabilities. Disabilities range from, but are not limited to, Down Syndrome, Cerebral Palsy, Mental Retardation, Blind, Deaf, Autism, Paraplegic, Wheel-Chair, Walkers, Dwarf Syndrome, etc.

We do push them to learn and do more than they are now. It takes a lot of patience and love to teach these special individuals. Hugs are given to all students in each and every class.

Most Special Needs individuals have financial issues as a result of the disability, care and medical expenses. To help deal with these issues we have set up a Non-Profit organization; *Inspiring Possibilities*, to raise funds in order to provide scholarships to any Samurai that needs support.

We offer separate Special Needs classes so we are able to treat each Samurai with individual attention and respect while allowing them to learn at a that pace suits them.





Samurai's Taylor and Libby - Patterns

lt is very rewarding to see these Samurai learn new things and be excited SO when thev are able to do even the smallest things. Most of them have never been able o r



allowed to participate in any sport nor activities for various reasons. Belt test with the associated board breaking is always a very uplifting event not only for the Samurai but for all in attendance. Tournaments also provide another source of encouragement and fulfilment.

Unfortunately there are very few tournaments that have a division for Special Needs. This is why All-Star Martial Arts is holding a Specially Challenged Martial Arts Championship this summer in Houston, Texas. The accompanying photos are from last summer when Inspiring Possibilities sent 17 Samurai to

California for a Special Needs Martial Arts tournament, all expenses paid.

Many martial arts schools around the globe have 1 or 2 special needs students; and that is awesome. But wouldn't it be spectacular if more schools and instructors found a spot in their schedule to start a special needs program to give back to their communities. Instructors and helpers at *All-Star Martial Arts* have benefited so much by helping the *Samurai*. It is an honor to assist and instruct in the Samurai class.

All it really takes to teach these special individuals is Patience and genuine Love.



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Top Tips for Successful Competition

By Stuart Anslow

Having competed since early on in my Taekwon-do career and still doing so to this present day, I have been to both local and international events and competed in sparring, patterns and destruction (as well as team events). I do not consider myself an 'Ultimate' competitor, but I have had a fairly successful competition career and met and competed against some great guys along the way. So, from my experience I offer the following advice for any student that wishes to participate in the sport side of Taekwon-do. The following is based on the light continuous format, which varies from light to heavy contact in many cases.

Preparation

If you are serious about making your mark then preparation is an essential part of competition build up. Ideally you should start doing extra training at least two or three months in advance. When training at standard lessons you should push your fitness, this will not only make you fitter but develop that 'never say die' attitude, better known as indomitable spirit. All sparring should be serious against all opponents. no matter what grade. When sparring opponents who do not match you for ability, it should be used as a way to work on specific elements, such as foot work or those rear left leg turning kicks you don't pull off as well as other techniques. If possible, select the best sparrer's in your school as often as you can, even if they are bigger, faster, stronger and better than you. Work on various styles of sparring for the different types of fighters you may encounter - from the big heavy guys, to the 'flick flick' feet guys. For patterns and destruction, it's a case of practice, practice, practice.. after all failing to prepare is



preparing to fail.

Finally, ensure you read the rules of the tournament. Far to many competitors enter having never looked at the rules and then wonder why they lost or are getting pulled by referees for things!

Remember the 5 P's - Perfect Preparation Prevents Poor Performance.

Extra Training

All serious students that are entering a competition put that extra bit into their training in the build up, so you need to go one step further. Extra sessions outside your own school club, at home or even better at other schools, will help immensely. Practice your patterns as often as possible, road work & shadow sparring are a big help for sparring as well. If possible, get a training partner for those home sessions, if not, hit the bag as often as possible!

Prepare your mind

Visualise the competition. If you know who your opponents usually are then visualise beating themeasily. If you don't know who your opponents will be then just visualise yourself winning, over & over again. Often it's not down to who's got the skill to win, but who's got the will to win.

Stamina Work

As I said above, roadwork (running) is an essential part of your extra training. The nerves and the adrenaline a competition produces really take a lot out of you. Running & sprinting will aid in the loss and recovery of essential energy. As mentioned, bag work (as in a heavy hanging bag) is also a good stamina builder. Not only do you work on your stamina, but also your speed, power and accuracy. Always train in rounds and perform for longer than you will have to at a competition. You need to build up anaerobic and aerobic energy.



Speed Work

This is all about kicking and punching as fast as you can, but on target. Work on your speed, retraction and multiple/combination techniques. Use the heavy bag, focus mitts, floor to ceiling ball, shadow sparring or a partner if possible. Work on it also when sparring at classes,

as a separate thing for simply sparring away. For ITF based competitions it's better to kick faster than harder as it's all about scoring points.

Distance and Timing

This is another essential part of your competition training. In the club work on your distance and timing by keeping just out of reach of your opponent, then counter-attacking attacking and opportune moments. Learn to read your opponents quickly, if your opponent seems to be a leggy kicker fight inside, if he/she seems slow fight outside etc. Try out strategies within your school, then employ them at tournaments ensuring you note their success rates for future events. Every fighter has a weakness; you just have to figure it out!



Confidence

On the day of competition you should have confidence in yourself and your techniques. Tell yourself how hard you've trained, that you're well prepared for all eventualities and that it will be no problem. Remember if you don't know your opponents then the old saying 'when ignorance is mutual, confidence is king' comes into play. When you step into the ring keep telling yourself that it's going to be easy, that you're fit, prepared and that beating this opponent will be no problem. Never let yourself look under confident as this will boost your opponent's confidence.



Psyche

The psyche-out of your opponents could play a major roll in winning or losing. People psyche people out in different ways; it's not always about starring your opponent down just prior to the fight. Ask different club mates how they do it. Different types of people can be psyched out in different ways, some can't at all. Don't bother trying to stare them out unless you're positive it won't psyche you out and have the reverse effect. Never let them ruffle you or wind you up as this could be part of their psyche on you. There's so many different ways it would take this whole article to list them all, but one way is to limit what you show before you fight and simply show a few of your fastest and strongest techniques, perhaps a rock solid turning kick at a focus pad for example, do this full power and full speed, just for the show! Don't worry about practising your poorer techniques, after all, if they arnt that good by now, a few more kicks before an event won't change much and will show a weakness to your opponent.

Do What You Know

Forget that triple jumping spinning kick that you've been working on. Leave the flash techniques until you are positive you are miles ahead. Stick to basic kicks and they

will come out fast and natural. Always try to score, as too many fakes and dummy kicks waste precious energy.

Attack or Defence

Counter-attacking is a lot harder than people realise. Its better in most cases to attack as continuously as possible. If you're the one attacking, your opponent will find it very hard to get their attacks in. If your feeling tired don't just run around the ring trying to avoid contact, but rather attack in short, fast spurts, blitzing your opponent with four or five techniques then moving out of range.

Final Thoughts

Though I still compete these days, I do so more for the fun of it than in any serious way. For the majority, the sport side is not the be all and end all of training in Taekwon-do, so don't get disheartened if all doesn't go well as I know of students that never won a thing as a coloured belt, then, following their black belt they excelled. Some students are driven by the crowds and adrenaline at tournaments, this makes them perform better than usual, for others it the opposite and a competition should be used to build on that internal strength, it not always about winning and losing.



In my years of competition, when I was a serious competitor and youth and fitness were more on my side, I have trained up seriously for some events and done well, consequently I have hardly trained up for some other events and still done well. This

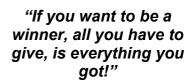
not because I am superb at competition, but rather that my mind set for each was different. When I trained really hard, it was with a 'do or die' attitude. I had photos of certain opponents on my garage wall to make me train harder, I did round after round of bag work, loads of roadwork (up and down hills – and I hate running), I punished myself to make myself faster, fitter and stronger and thus my personal expectations of myself were high. I step onto that tournament arena feeling (in my mind) like I couldn't be beaten. When I hardly trained and did well it's because I into went tournament а with expectations, no cares. If I won I won, if I lost I lost. And with no expectations of yourself, there's a lot less pressure to perform and sometimes this can work in your favour as well.

If you're a Taekwon-do student, then entering competition is like practicing your art and as such I personally dislike those that only compete in sparring or patterns, as personally I feel all areas are part of the same coin and even if you aren't the most technical person at patterns, or the most confident of sparrers, or the best at destruction, you should still have a go at them, if only as a learning experience. Being 'top dog' at one area doesn't relate to being good at Taekwon-do it just means you can spar well, or perform well or break

some boards, being competent at all areas, rather than specialising in one is the sign of a good Taekwon-do competitor.

Regarding sparring, it's more than a good idea to be able to spar at different contact levels. You should able to spar with controlled techniques, but also be able to step up a level if required, as 'light continuous' contact levels can vary dramatically and although no one likes getting thumped, we are doing a martial art, not ballet, so consider it good training. Remember, even the toughest of bouts end eventually and it's better to work with heavier contact at a competition, with first aid and referees than learn outside that you can't take a hit!

For me, competition has always been more about testing myself than winning medals. It was more about having the guts to step up there than being the all out champion. Sometimes (especially now) if I haven't been feeling the greatest or lacked confidence, I will still step up there, as winning is less important to me than knowing I still have the guts to get up and give it a go and believe me, even in the veteran divisions there are some great opponents. I have only sat out of a two tournaments in my entire martial arts life, one because I was very unwell and the other because I had an injury and didn't feel I could give my best, so didn't want to go in half prepared. At both of them I felt the 'itch' of wanting to be up there with the rest of the guys, however one I know it would have been the wrong choice to compete, where as the other I still regret not stepping on that mat as I felt I let myself down - I'll leave you to decide which one is which. I'll leave you with one of my favourite quotes that relate to competition:



Stuart Anslow is a 4th degree Instructor of Rayners Lane Taekwon-do Academy and still an active competitor, albeit in a semi-retired way. To see his achievements in the field of competition visit the 'The Instructor' page at www.raynerslanetkd.com and click 'achievements'. Video of his competitive career can also be viewed at the site.



Is Tackwon-Do Offense or Defense? YES!

By Earl Weiss

The article "Taekwon-Do: The Korean Art of Self Defense or Offense?" by Mr. Michael Munyon, in the first issue of Totally Tae Kwon Do presented a question which is food for thought. Since the article title was phrased as a question. I hereby submit my answer: YES!

This is one of my favorite subjects, and another instalment for Volume 16.

If you review books by the likes of George Dillman, Vince Morris, Rick Clark, and dare I say Stuart Anslow, you find either "Real Applications" or alternate applications for pattern movement which are different than the textbook applications and definitely offensive in the way they are performed.

Oftentimes at seminars I hear someone state a concept which I had already entertained but expressed in a manner that made it easier to communicate to others. It was at a seminar with Vince Morris (a non Taekwon-Do person), when he said: "Just because XXX (insert your style here) is an art of self defensive, does not mean it has to be defensive in nature."

Now, while only a couple of Tuls in the Chang Hon system start with offensive techniques, we need to further examine those that are supposedly defensive.

Let's take a look at how patterns Chon-Ji thru Choong-Moo (with the exception of Yul - Gok) start. (We need to except Yul-Gok because quite frankly, in my opinion the textbook application is very *unusual* and does not really fit into any offensive or defensive category. This is really one for the alternate application gurus).

Now, simply noting the patterns have the left hand defense thing in common is too easy. Have you noticed how you are

positioned in relation to the textbook attack? It's always coming from the side, or in other words you are initially side facing to your opponent. Have you ever noticed whether you are following a more logical course of retreating from an attack, or are you moving toward it, which is more of an offensive motion? Now, maybe it's just a coincidence that eight out of the first nine patterns start this way. What do you think? I think it is teaching you a few things:

- Ideally, you want to meet any initial attack from a side facing position which exposes fewer of the vital areas (I believe "Positioning" is an often overlooked element of patterns);and
- 2. By having people used to moving toward the attacker, they gain the advantage of jamming the technique and off balancing their opponent; and
- 3. The "Defensive move" is more easily adapted to a pre emptive strike.

Feel free to disagree, since I made this stuff up.

This article will not focus excessively on specific applications for pattern moves as alternatives to what is shown in the text. It will focus on whether alternate applications should be considered. As examples, please see the following pages.

We need look no further than General Choi's materials for information as to whether or not this is proper. (Although experience at Instructor Courses with him has provided additional insight.)

Moves in certain patterns show different applications for the same move. Circular block is a simple example showing both a defense against 2 attacks, one low and one middle, as well as a defense against a single low kick hooking under and redirecting the leg. (On a personal note the second example being among my least favorite.)

When describing patterns General Choi's text uses an analogy: "In short, a pattern can be compared to a unit tactic or word, if fundamental movement is an individual soldier's training or alphabet". (Volume VII page 13, 1st ed. 1983).

Using this analogy we know that letters make up the alphabet. Different letters or even the same letters arranged differently make up different words. Similarly, even the same word in different contexts has completely different meanings. It also lends itself to further speculation due to the relationship between some pattern

techniques and moves which either precede or follow the technique. (That is another topic for volume XVI.)

If General Choi meant for the applications to be exclusive it would have been simple for him to say so. In fact, though not stated in the text his teachings at instructor courses taught exactly the opposite concept.

Those who have been to Instructor Courses with General Choi will remember discussions involving questions and answers which were used to provide a logical basis to support his point. A key point often made was what he would refer to as the #1 Training secret of Taekwon-Do. (Don't get excited, I know it is not listed as #1 in the materials.) This was: "To understand the purpose of the technique".

The discussion would go something like this:

General Choi - "What is the purpose of XXXXX?"

First Student: "It is to do A Sir"
General Choi (Pointing at a second





Example 1

Dan-Gun #s 13 & 14 Low Block & Rising Block in continuous motion, or Same Side wrist grab defense striking the Attacker's Radial nerve with the forearm followed by a forearm strike to the jaw (note the requirement of "Continuous motion" vis a vis the likelihood and need to address attacks to these different levels done so close together in time with blocks. *Demonstrated by Paul Bouchard IV Dan and Darby O'Connor III Dan*

student): "He says it is to do B".

First Student: (Feeling smug) "But sir, your book says it is to do A, so it's A".

General Choi (Pointing at Second Student): "He doesn't care what the book says. How do we solve this problem?"

With any luck the answer General Choi was looking for was finally stated. This answer was to ask for Second Student to demonstrate their application. If their application made sense, then (General Choi said) it was a good/proper application.

One example often used was the low outer forearm Block. In response to General Choi's question about its application the answer would often be "To defend the (right / left depending if it was a right or left block) lower abdomen from a front snap kick." At which point General Choi would get down on one knee and do a punch to the lower abdomen and say "What about this?"

Therein lies a more important lesson than specific applications for a move. Instead, it

shows that instead of a block being designed for use against 1 or 2 attacks, it can be used to defend against any number of attacks directed to a certain area of the body from certain levels or angles.

So, we have more direct information from General Choi indicating that the stated applications were not meant to be exclusive. An important second opinion comes from Grandmaster Charles Sereff. Aside from General Choi, the only people in recent history authorized to teach an Instructor Course during General Choi's lifetime were Park Jung Tae, Grandmaster Rhee Kee Ha, and Grandmaster Charles Sereff. At an Instructor course taught by Grandmaster Sereff (Florida, 1997) he stated that all the applications for the fundamental movements are not shown or explained by the texts.

Another example in the text with regard to applications that are not explicitly stated but are feasible has to do with explanations for "X Checking" and "X Rising" blocks when performed with the Knife Hand as





Example 2

Do-San 13 & 14. Wedging outer forearm Block followed by front snap kick keeping the position of the hands as they were in 13: or Classic Judo type cross lapel choke followed by a knee strike to the lower abdomen.. For those familiar with the choke, note how the classic fingers under lapel starting position and rotation exactly track the position and motion of the wedging block. Also note distancing issues if a proper wedging block distance were to be observed in a walking stance and a rear leg front snap kick were to be attempted on the same opponent as well as the "Keeping the hands in the same position" specification. *Demonstrated by Chris Imig I Dan and Craig Wilke II Dan*

opposed to the forearm. The use of the Knife Hand to facilitate a grab is explicitly stated, yet no specific application for such a grab is shown. Would such a grab be considered Offensive or Defensive? You decide.

General Choi acknowledges in the text that just as no one person can take credit for inventing the wheel or discovering fire, no one person can take credit for inventing or discovering Martial Art techniques. The roots of Taekwon-Do in other systems are not only undeniable, but referenced in General Choi's 1965 text. Those specifically acknowledged are the Shorin and Shorei styles of Okinawa, the same roots as Shotokan Karate. Shorin being the Okinawan derivation and pronunciation of the Chinese system Shaolin (Although, as with much martial arts history some dispute this simplified explanation of lineage) further evidencing deeper roots. So, if one finds another practical application for a motion in General Choi's system in one of the predecessor systems, it is certainly evidence of an application for that same motion.

In a similar vein, General Choi once made the analogy that as instructors we are like parent birds feeding the babies. In a sense we are passing along information. At the early levels a student has pretty much all they can handle assimilating all information given to them. Yet, at some point even the baby bird leaves the nest. This is part of the luxury of being a black belt and learning only one pattern a year or so. You now have the energy coupled with experience behind it to think more for yourself about what you have been taught. Provided you have learned to move powerfully, efficiently, in a well balanced manner, and with accuracy, you may find it possible to use the movement in any number of practical applications.

More is More

So, what is the possible justification for all this extra motion in patterns? Well, as

indicated above you have the obvious factor of utilizing the mass of your body to help generate power. This might be better explained by saying you can use more of the entire body structure to generate power as well. However another aspect was made clear to me while training at the Mountain Combat Applications Training center in Colorado (RMCAT) run by Peyton Quinn, (one of the earliest proponents of what is called "Adrenal Stress Conditioning). For more information you can read his books "A Bouncer's Guide To Barroom Brawling" and "Real Fighting".

Briefly, under Adrenal Stress, adrenaline is being dumped into the body by the nervous system. This occurs in situations like being there attacked. and are physiological changes that occur. One change is that large motions become smaller. As part of the RMCAT training, the motions were practiced in an exaggerated fashion. The theory being that if they are practiced normally, then, under stress they become small and therefore ineffective. By large practicing them in а fashion exaggerating the body mechanics, then, under stress they will become smaller, yet still effective. As the instructor was explaining this I was thinking: PATTERNS!

While some say teaching classical pattern moves is counterproductive, this is only true if you believe the intent was always to perform the techniques this way. As with the RMCAT model, I submit it is easier to learn and practice exaggerated motions with good body mechanics and make them smaller and retain speed and power when needed, then to always use quick motions without regards to power and still have them be effective under stress. That is why patterns and fundamental movement are only a part of the cycle of TKD, balanced by sparring.

Claiming that classical motion is too slow or has wasted elements (leaving issues of alternate applications aside for now) ignores the training elements of reinforcing proper body mechanics and preparation for adrenal stress conditions. So, these seemingly excess motions in patterns become a tool for developing effective self defense/offense under adrenal stress conditions.

Another example could be the W shape block as found in Toi-Gye. From #12 to #13 you would step forward with the right forearm being the blocking surface and the left hand being used for opposite reaction / equilibrium and counterbalance. The stamp is used to "Facilitate power and accentuate the motion." A typical alternate application which is more in the nature of offense is shown is example 3.

So, with just a little bit of morphing and the same body mechanics you have transformed a "Defensive" technique into a combat modification of a classic Judo technique. (Combat style because the forearm strike to the head would not be "Legal" under Judo rules. The large striking surface of the forearm allows you to access a number of Vital Spots on the Side of the neck and head without having to worry about extreme precision.)

Most of us know the famous "Empty your cup parable", however I believe there is a corollary to this which needs to be kept in mind as well.

As white belts our cups are empty and as our instructor's pour their knowledge into our cups neither their ability to transfer knowledge to our cups, nor our ability to capture their knowledge in our cups are perfect. (Even less so when printed materials were scarce, not to mention videos.) So, while we may have had the instructor attempt to transfer a certain measure (litre or gallon) of knowledge to us, some was spilled along the way. Now, as we examine our cup we may find that it has fallen short of the full measure. Perhaps the instructor is available to help us capture what was lost. Perhaps not.

So, as advanced students we can try to regain the full measure of what we should have learned by building upon the past lessons. If you are lucky to come from a line of good instructors and you yourself have been a good student than perhaps you will achieve a level of knowledge that surpasses that of your instructor. This is not an insult to the instructors. A serious and dedicated student should be able to surpass their instructor because they will have had a better

Example 3



Defender (left) is positioned just as he would be after Toi Gye #12 as attacker (Right) begins a stepping right punch.



Defender begins Toi Gye #13, stepping forward and intercepting the punch with the left outer forearm which typically has no textbook function (other than opposite reaction or equilibrium).



Defender steps forward maintaining contact/ control of the attacker's right arm while striking the left side of the attacker's neck and head with Defender's right forearm.



The
"Stamping
Motion" of the
textbook
technique is
used just as it
would be in a
classic "Major
outer
Reaping
Throw"

Demonstrated by George Paweleck, III Dan and Richard Mann III Dan

instructor than, their instructor had. (Of course if your instructor "Never tires of learning" he may be in Black Belt heaven long before your knowledge level surpasses theirs.) Unfortunately there are poor students and instructors who fill the cup with fluid that results only in dilution of the contents. Students must take great care to avoid this.

As a penultimate (I always wanted to use that word) matter, I would like to leave you with this idea to ponder. Perhaps the focus has now moved too far from the textbook application to alternate applications and "Real Applications". This is not a new concept. As noted by Bruce Lee decades ago:

"Before I learned martial arts, a punch was just a punch and a kick was just a kick. When I studied martial arts, a punch was no longer just a punch and a kick was no longer just a kick. Now I understand martial arts, and a punch is just a punch and a kick is just a kick."

Perhaps the focus should be on performing the motion in a well balanced, powerful, fast and practically efficient manner. Performing the motion with the textbook application in mind will facilitate learning this type of motion. The textbook application is simply a training tool. How you then use the motion in a given

situation is limited only by your imagination and practical considerations. (As well as your review of materials containing alternate applications).

Less is More

There was a time in my training career when I lauded the exactness of General Choi's system which precisely defined terms, many with intuitive names, and the application of techniques when compare to some other systems where techniques were given esoteric names like "Swallow flies over Mountain Block" (I made that up,) which give no insight into the manner of execution or application of the technique. Now, I sometimes wonder if the precision in names and application tends to stifle the thought process. I guess it is like many things which present advantageous and disadvantageous when choosing different methods. So. iust as the alternate application proponents are to be lauded for stimulating the thought process, we should not consider these alternate applications to be exhaustive of the potential use for a movement lest we stifle the thought process. Further, no matter how many applications you learn, poor alternate (weak, unbalanced, inefficient) technique will not improve. These applications will simply make good technique more versatile.

So, in conclusion, I agree with Mr. Munyon. The art has all the elements for offense and defense. It is up to you to train in all the elements, and learn the applicable concepts. This brings to mind one of my favorite sayings, always worth repeating.

"If you understand one hundred techniques, you may understand a single concept. If you understand a single concept, you may understand one hundred techniques."

You may contact the author at <u>EWeisstkd@aol.com</u>. Additional articles by the author may be found at: http://www.geocities.com/ustfregion5/index.html

Fighting Physics

Newton's 3rd Law of Motion in Tae Kwon Do

By Simon O'Neill

Actioni contrariam semper et æqualem esse reactionem: sive corporum duorum actiones in se mutuo semper esse æquales et in partes contrarias dirigi.

Newton's Third Law of Motion is frequently used to justify the rotation about a central axis and – especially – the withdrawing of one hand to the hip while extending the other to strike or block. This principle of movement, common in the Karate-based

arts including Tae Kwon was Do, appropriated bν General Choi as the first element of his Theory of Power. first published in Volume II of his Encyclopaedia Taekwon-do. believe that it has poorly been understood many practitioners, in both the General's Chang Hon style and in other forms of Tae Kwon Do.

opposite directions'. The application of this principle is clearly visible in many martial arts. Consider a Boxer throwing a knockout right over a lazy jab, a Jeet Kune Do man landing a lightning straight lead "stop hit" as his adversary moves in, or a

Tae Kwon Do competitor stopping an advancing opponent in his tracks with a well-timed spinning back kick.

More problematic are the final two sentences of this section. General Choi states: Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip. The full three pages of photos which follow

this statement are concerned with showing how a strike or block is less effective if the "reaction hand" is not fully drawn back to the hip; this contrasts with a single page illustrating striking an incoming opponent, so brief in comparison that it seems almost to be an afterthought.

There are a number of difficulties with this idea of the "reaction hand" being fundamental to the power of the strike. One of them – namely that the retraction of the reaction hand leaves the face and torso



Choi dedicates two paragraphs to the concept of Reaction Force or Bandong Ryok. He mentions that great power can be generated by timing one's strike to make contact as the opponent rushes in, thereby adding the force of the opponent's impetus to the outgoing force of the blow to devastating effect. This is a perfectly valid expression of Newton's Third Law, which states that 'For a force there is always an equal and opposite reaction: or the forces of two bodies on each other are always equal and are directed in

open to attack – has been widely discussed, and we will not dwell upon it here.

A major stumbling block regarding the General's use of Newton's Third Law to justify the reaction hand is that the movement simply does not fit with this concept. Newton refers to the forces of two bodies on each other, not to forces moving in opposite directions within the same body. The Third Law specifically concerns an impact or a push caused by the collision of two different masses, and as such admirably explains the idea of a "stop hit". But it has nothing to do with the rotation of the hips about a central axis accompanied by a withdrawing of the non-extended hand.

Another obvious point is that a great manv techniques do not use this movement. Consider the various "quarding" "reinforced" blocks. It is often claimed that here the rear hand is lending extra power to the lead hand, which would imply that this is a method superior to t h e s a m e techniques performed with a reaction hand. Consider the many kicks of Tae Kwon Do. Where is the

compensating force moving in the opposite direction? Consider the strikes of Boxing, the Filipino systems and many Chinese arts, in which the rear hand is held forward to guard or is used to perform a complementary action such as checking or delivering a simultaneous strike. Are we to accept that these arts are inferior to Tae Kwon Do in terms of power generation and

balance?

Most importantly, rotation about a central axis is simply less efficient in delivering striking power - that is, body weight put into motion and accelerated in a fashion which amplifies its impact potential – than certain other methods. Notable among these is the placing of the vertical axis at the hip opposite the striking arm rather than at the midpoint of the hips. In this way, the whole body weight is made to swing in the direction of the strike, "hinging" off the opposite hip, instead of having half of it forwards other travel and the backwards. Furthermore, this method coincidentally employed by many practitioners of Tae Kwon Do when seeking maximum power for a breaking

demonstration – does not depend at all on the withdrawing of the opposite hand to the hip.

Before I continue. I would like to make it clear that this article is not disqualification of the teachings of General Choi or those of other pioneers. I do not doubt that these individuals and the many masters who have followed them knew a great deal about power generation; in fact I

have "enjoyed" such impact first hand on many occasions. It is simply an observation on the apparent contradiction between an established tradition, the scientific principles upon which it is said to rest, and what I have observed on my journey in Tae Kwon Do.

In the light of the above, we are forced to



pose a number of questions. What was General Choi thinking of when he committed his ideas about the application of Newton's Third Law of Motion to writing? Was he ignorant of the actual nature of this law, and, indeed, of human movement? What were other Korean masters thinking of when they adopted these movements from Karate and propagated them to generations of students? Did they intend future generations of instructors to repeat over and over that we must strike backwards with the elbow as strongly as

we strike forwards with the fist, because this is the way to produce maximum power? I think not.

It is important to take into account the circumstances under which General Choi wrote his Encyclopaedia. had Hе a n extensive personal and political agenda for promoting Tae Kwon Do as unique Korean martial art. different from the Shotokan Karate which he had studied in Japan. Despite the

addition of spectacular kicking, Choi's style still strongly resembled Karate, and something more was needed to distinguish the two. One way of doing this was to take existing elements of movement found in both, and to dress them up in scientific terminology, thus creating the impression of something new. While the idea of adding the force of an incoming opponent to the force of one's own strike was not new, associating it in writing with Newton's Third Law of Motion was indeed a novelty. And by filling the section out with the dubious matter of the reaction hand, the General

was able to present an apparently authoritative scientific basis for his style, even if this did mean being somewhat creative with the physics involved.

Another consideration is that although the reaction hand and the rotation about a central vertical axis have nothing to do with Newton's Third Law of Motion, they do bear a certain relation to another scientific phenomenon, the cross extensor reflex. This reflex dictates that when one limb is withdrawn, the other will tend to extend to

compensate. For example, upright an individual will automatically tense and extend the left leg in order to bear the body weight in the event of sudden cramp in the right leg: or the left hand will tend move forwards simultaneous with the right hand being sharply withdrawn from a stimulus.

The cross

extensor reflex is common in the martial arts as a means of maintaining balance in movement. I recall discussing the subject three or four years ago in Shanghai with a practitioner of the Quan Fa style Choy Lee Fut. He explained that in this art one of the basic punches is taught with the non-striking arm being flung out backwards behind the body as the punch is thrown with the other arm. This is done both to maintain equilibrium and also as a means for the beginner to use the cross extensor reflex to initiate the strike.

Indeed, although the reaction hand – be it in Tae Kwon Do or any other art – does not significantly add power in the sense of mobilisation of body weight, it can be said to "kick-start" the technique in an explosive fashion, producing acceleration and therefore some added power. This does, perhaps, make it more appropriate for snappy speed-based strikes than all-out power strikes.

Nevertheless, I still consider that this use

of the cross extensor reflex is merely a first step the learning which process, must be left behind once the basics of the technique are acquired. Furthermore, application in this fashion is better suited to straight inward o r techniques than those in which the striking o r blocking arm travels outwards.

O b j e c t i v e l y speaking, then, what are the real

uses of the reaction hand? To my mind, the usual explanations are not convincing. As we have seen, the idea of adding power based on Newton's Third Law of Motion is limited at best. The other common justification – an elbow strike against an opponent approaching from the rear – is simply too infrequent to be acceptable given the large number of techniques which incorporate the reaction hand.

The major application of the reaction hand, as I mentioned in last month's article – and as other authors such as Stuart Anslow and Iain Abernethy have pointed out – is to

pull on some part of the opponent's anatomy. The wrist can be grabbed and pulled in while twisting in order to unbalance the opponent, affect the structure of the arm and amplify a simultaneous strike, thereby producing a true example of Newton's Third Law of Motion. A handful of clothing can be grabbed, the twist taking up the slack, in order to achieve some of the same results. Other likely targets are the hair, the ear or the upper arm, all of which are effective

"handles" to be used to disturb the balance.

Pulling and pulling/ twisting was common in the Shotokan Karate studied by General Choi and other kwan founders like Ro Pyung Chik, Lee Won Kuk and Chun Sang Sup. may and be observed i n photographs of Funakoshi Gichin. the founder of this style. Strong gripping methods were also characteristic of the Shudokan style

studied by Yoon Pyung In and Yoon Kwe Pyung under Toyama Kanken.

The phenomenon is also visible later in Tae Kwon Do's history. Among others, Henry Cho appears in several photos using one hand to pull the opponent in while striking with the other. Certain patterns, like the Kukki black belt form Taebaek, show a clear grabbing, twisting and pulling motion in several movements. Many common onestep sequences include a pulling hand, usually applied to the wrist. I myself was taught *hoshinsul* techniques incorporating pulling and twisting while striking by Song



Suk Myung and Dung Le Van among others. Even the Kukkiwon website shows several examples of the pulling hand in its pattern applications.

This brings us back to the matter of central "posting" or lateral "hinging" performing the hip twist associated with the use of the reaction hand. Both have their place. For maximum power strikes, as we have observed, hinging off the opposite hip preferable, and is by no means incompatible with the pulling hand. The use of a central vertical axis, meanwhile, is suitable for delivery of fast accelerationbased strikes with accompanying pulling hand, and also for techniques in which the rearward pull is of greater importance than the forward push or strike.

For many, no doubt, so fundamental a matter as one of the supposed keystones of power generation should never be called into question. However, I believe that it is important to examine and test all aspects training. ΑII information of our susceptible being misunderstood. to adapted to a particular agenda, partially transmitted or blurred over time. We will probably never know exactly what General Choi was thinking when he committed his thoughts on Newton's Third Law of Motion to writing. Whichever the interpretation, the laws of physics remain the same, and can serve us as well as they served him and his contemporaries.

Simon John O'Neill is the author of The Taegeuk Cipher: the patterns of Kukki Taekwondo as a practical self-defence method, available at www.combat-tkd.com

The TAEGEUK CIPHER

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What's The Point?

By Paul O'Leary



Hi Folks! In this article I would like to take a look at one of the first applications I worked on when I started down to road of pressure point training. The movements seen in pictures 1 and 2 are found in Karate kata Heian Yondan and Chang Hon TaeKwon-Do pattern Do San. Usually it is taught as a "wedging block" where the hands come up inside an attackers arms as they grab your lapels with both hands.

For this alternative application I will use the same attack as is usually shown. But with a different focus on the outcome.



Pic 3 - Instead of bringing the hands on the inside, here we bring the hands to the outside and smash the ulnar bone at the end of the forearm into Large Intestine 10 (LI-10).

Pic 4 - This shocks the body forward and down which sets up the attacker for a double thumb knuckle strike to Stomach 9 (ST -9) while moving forward into walking stance.

One thing about this application is that you may be open to a

head butt? As many times people will grab you like this so that they can head butt you! But if you strike





before they get a grip on your jacket and hit LI-10 enough to just get the head to iar back exposing ST-9 then the shock factor will be enough to finish defence.





Paul o'Leary is the head instructor of Jung Shin Mu Do

Kwan, and teaches in Cork City. He is also a member of Prof Rick Clarks Ao Denkou Kai and coordinates Prof Clark's tours of Ireland. Videos of the "What's The Point?" series are now available on Youtube. Contact Paul o'Leary on 086-3545-032 or email jungshin@mac.com for more information on or club visits.

Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 3

When we are looking at the patterns, Master Kongs comments (see last months article) certainly imply that the knowledge passed on in patterns certainly wasn't as in -depth or much more than basic (block/strike) applications. This takes nothing away from Master Kong or any other Taekwon-do exponent, nor does it take anything away from General Choi or the art he unleashed on the world. It only tells us applications in patterns most of us *feel* are there, were not taught or passed on and this is because they were not taught to General Choi and other applications were found to replace the missing elements.



It should be remembered that patterns have a different role in Taekwon-do than kata do in Karate. In Karate they are seen as the backbone or the heart and soul of the art, whereas in Taekwon-do they are seen as part of the whole, but no more important than the other facets of basics, fundamentals, sparring, destruction, hosinsol etc. It could, in theory at least, be concluded that the reason for this was because of the lack of in-depth applications taught to General Choi that he had assumed similar, so felt the need for the other areas to be trained sufficiently to compensate (perhaps the reason for separate hosinsol practise) and its all these together that make Taekwon-do... Taekwon-do.

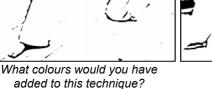
If you are reading this as a 2nd degree black belt or above, think of when you passed your 2nd degree. Take away your martial arts book collection, stop your internet for referencing, just rely on what you were taught in your standard Taekwon-do school (oh, and erase any questions you may have asked as this wasn't the done thing in martial arts years ago!). Now ask yourself, did or do you feel capable if asked, of forging a martial art not for the general public, not for a single school but for an entire countries military force, perhaps your own countries?

Think of how big a task that was 60 plus years ago. The fact is, General Choi did an amazing job considering the tools he had available at the time, he filled in his metaphorical 'paint by numbers' picture very, very well. His art has spread globally to millions of eager students, and the questions without answers, the sections of the picture without numbers, have been filled one way or another. But years on, with the knowledge we have available today, maybe we can now see that not all the colours were the right ones. They looked okay back then, but now we can see things more vividly than ever, maybe that blue should have been a purple and the green looks more like it should have been red!

General Choi was the Picasso of his day within martial arts, highly revered, but as the times change, the paintings are still great, masterpieces in fact, but like Picasso's work, some can look a little odd and may even look a little better with different colours in certain places.

As mentioned previously, some movements remain vague as to how or







This?



General Choi... the Picasso of his day!

why they are performed and are seemly exported directly from General Choi's learning of the Shotokan katas. Examples such as: Placing the hands on the hips in what looks like Twin Side Elbow Thrust (Toi-Gye), the slow Palm Pressing Blocks (Joong-Gun), Angle Punch going past the centre line (Joong-Gun), the fast then slow movements of the Twin Knife-hand Strikes at the start of Kwang-Gae and many more examples of movements that different instructors offer different reasons for – with no exact reasoning as to why they are performed that way or a decent application to support them! Ready Stances seem to follow a similar trend.1

Finally, if all that I've mentioned previously doesn't convince you that there's much more to patterns than what is presently offered or depicted in the numerous books, I offer you this simple thought.

If we are shown 5 blocks to stop an incoming punch, lets call them #A to #E and they all do the job to some degree but #A is slightly better than #B, #B slightly better than #C and so on to #E. That means #A is *much* better than #E, so why continue to teach #E at all if #A and #B are so much better? It simply doesn't make sense to teach something that is much less effective than something else, when we are trying to teach the most effective and



efficient way of doing something, in this case blocking a punch! So there must be another reason for teaching all these blocks and that reason is because they are not blocks, well at least their primary purpose isn't.

Granted, they can all be blocks, but many actual blocks are often better employed as something else, leaving the student to train the techniques that are actually intended to stop a punch, rather than those that are not. Whilst the training of certain techniques for their other specific uses such as locking techniques, is a better use of training time, than wasting time training it to do something when there is a better technique already for that purpose! There are of course variations to this theme, usually based on distance or angles, but in the main, most blocks have different purposes or intent as far as applications go.

The Shotokan Connection

Shotokan Karate had a major influence on the development of Taekwon-do, General Choi was taught by the an unnamed Karate instructor² in the system taught by the legendary Funakoshi himself, and gained a 2nd degree rank in Shotokan. Back then, 2nd degree (dan) was a fairly high level to obtain and therefore a good foundation for when General Choi returned to Korea to start the development of Taekwon-do. By his own words³, General Choi was adept at Shotokan.

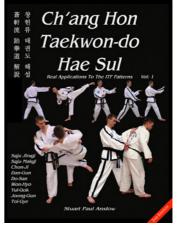
Classic Shotokan ⁴

As mentioned previously, in Karate circles, it is known that Funakoshi, despite having a good knowledge of the systems outline, was not taught in-depth applications to many of Shotokans movements, so it stands to reason these weren't passed on to any instructors Funakoshi taught, and therefore could not be passed on to General Choi. After all, you cannot pass on what you don't know.

So when General Choi set about developing a martial art for Korea, of unifying existing arts (like Kwon Bop), the existing schools (kwans) and adding a Korean identity, he had some tools passed forward through his Shotokan training, but not the total in-depth knowledge of how they worked.

Never the less, Taekwon-do was born and from 1955 it exploded world wide, with small improvements or alterations being made along the way.

Next month we look at the connections of Kwon-Bop, Taek-Kyon and Tae Soo Do, the birth of Taekwon-do and the formulation of the Ch'ang Hon patterns.



Totally Tae Kwon Do - 49

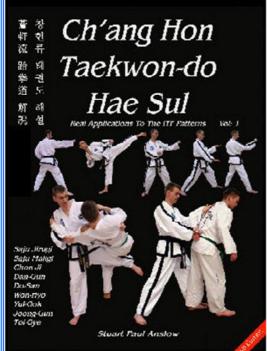
¹ See Chapter 7 (of book) for more details

² In his autobiography, General Choi states that Mr Kim took him to the University of Doshisha (Japan) where he witnessed Karate being practiced and decided to start but never mentions the actual instructors name. He also mentions that Mr Kim was 'a well trained Karate apprentice' but doesn't actually say that he was his instructor. However, in a Taekwondo Times magazine interview (January, 2000), General Choi states he learnt directly under Funakoshi. But learning the kata Ro-Hai seems to throw some doubt on this – see Appendx iii

³ Many accounts of General Choi's skills in Karate are recounted in his autobiography 'Taekwon-do And I'

⁴ Photo courtesy by Sensei Andy Wright, 5th Dan

Available from Amazon.co.uk, Amazon.com and other online book stores



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 Tackwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

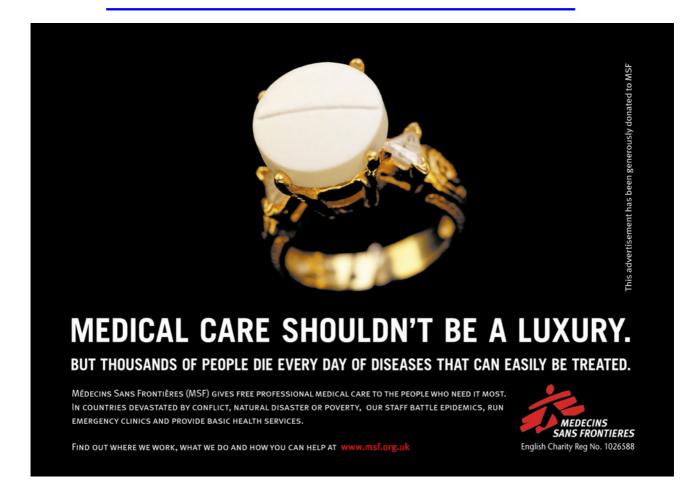
Ch'ang Hon Taekwon-do Hae Sul should be in the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!

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

"The most important book published on TKD since the encyclopaedia."

- John Dowding, 3rd degree, ITF

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Evolving And Training

By Michael Munyon, 5th Degree, US-ITF

Part 1

Evolving comes in different stages depending on what kind of evolving is taking place. I'd like to write about my evolving process in regards to my martial arts training. I would like to use time lines in my life as the examples and what impact they've played out for me.

I'd like to begin with my childhood. I grew up in a broken home. Μv and mother father divorced when I was 4 years of age and I guess that made me the "Man of the House." We lived in a community which was infested with crime. My mother had a poor education back and problems. Due to reasons were lived off the government on Welfare. My father,

who all in all is a good man, had issues with getting us Child Support so money and life was harsh.

On my block we were the only Caucasians. For some reason that gave

everyone permission to start fights with a 4/5 year old little boy such myself. neighbours would for no reason throw rocks at our house and break windows. Finally, at the age of 5 years old my mom watched a 11ish year old kid start a fight with me in front of our house. I guess my mom watching me get beat up and crying made her decide to enrol me into a martial arts program. So, at



Michael as a Moo Duk Kwan red belt performing Bending Ready stance

the age of 5, I began training in the martial arts.

I recall the school quite easily. It was in the lower level/basement of a pro-shop and the school's name was Brian Lee's Self Defense off 28th street in Grand Rapids, Michigan. I was the youngest person in class. I want to say the second youngest was a teenager.

Many instructors didn't allow kids to train back in those days. At this young age I recall watching my mom leave my sight and when she did I would cry and say I wasn't feeling good to the instructor because I thought my mom was going to leave me there.

It felt like forever before I learned my first pattern and earned my first Sometime after belt. that I recall another neighbourhood kid finding out that I took martial arts. Word spread like wild fire and next thing I know some wanted to fight kid Somehow I was me. able to defend myself and my mom to this day savs she recalls watching me in this fight I guess from the

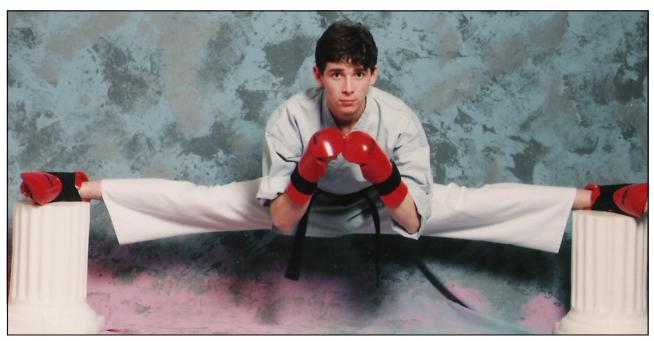
Totally Tae Kwon Do - 51

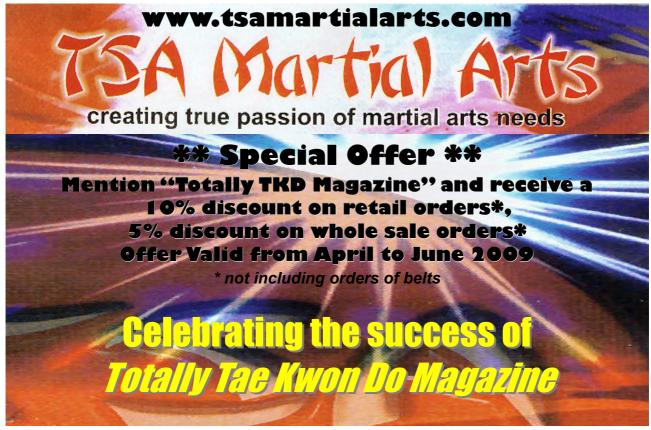
house) and said I kicked the kid in the stomach and he cried and left. Funny that shortly afterwards, I started making friends. I wasn't sure if it was from me "beating up a bully" or finally getting some self-confidence. Either way that was one of the starting points of my training

beginning to evolve.

At this point in my life we seem to acknowledge that my training was a necessity.

To be continued next issue......





The Front Kicks of Tae Kwon Do:

A Lot More Than You Think!

By W. Rhee

Generally two types of front kicks are recognized nowadays in TKD; the plain front kick, with knees straight for basic conditioning; and the front snap kick, bent at the knees for combat and competitions. Or the front snap kick might be the only front in a particular TKD school.

But there are more front kicks in Taekwon-Do than one thinks. Many branched out Taekwon-Do schools from the original General Choi's school reduced the number of front kicks from the instructors lack of knowledge and training. In the traditional Taekwon-Do Odokwan school by General Choi, front kick referred to just any front kick by context. If vou were doina



Lenny Ludlam executes a front kick

front snap kicks and the instructor says "Do the front kick again", you did the front snap kicks. If you were doing front shuffling kicks and instructor said "do the front kick again", you did the shuffling front kicks. Here are some front kicks I can think of right off the bat from my training:

The front kicks described here are *not* in combination with side or round kicks and not used in all Taekwon-Do schools.

Front rising/raising kick (no bending at

the knees)

- Front snap kick (snaps at knee and comes back) x (ball of foot, tip of toes when wearing shoes)
- Front thrusting kick leaning back
- Front thrust kick leaning forward
- Front twisting kick to side (ball of the foot, snapping kick)
 - Front thrusting kick to side (heel of the foot, pushing or snapping kick)
 - Front snap kick with in-step (for kicking between the legs)
 - Front stomping kick (stomping down on a stationary target, but it is also effective in stomping down sweep kicks of your opponent on the foot. Good timing needed of course)
 - Front twisting kick to face (ball of the foot angled straight upward,

kicking knee is bent)

- Front axe (outside in) shaped like a "D" contour
- Front axe (inside out) shaped like a "reversed D" contour
- Front crescent (outside in) shaped like a "complete circle" - kicking foot returns to origin
- Front crescent (inside out) shaped like a "complete circle" – kicking foot returns to origin
- Front crescent (outside in) shaped like an "incomplete circle" - kicking foot

- lands close to origin
- Front crescent (inside out) shaped like an "incomplete circle" – kicking foot lands close to origin
- Front sweeping kick (starts as if kicking low front then hooks in or out to the side)
- Double front kick (in stationary position then you jump and both feet strike the target
- Front "flutter" kicks. Multiple alternating (left-right-left-right or right-left-right-left, etc) while on ground or in air. Good for points in tournaments

The front kicks described so far can be further modified by doing the following:

- ⇒ Add a hop to all of the above
- ⇒ Add a "shuffle" to all of the above (used in tournament competition)
- ⇒ Add sliding to all of the above
- ⇒ Add jumping to all of the above
- ⇒ Add low, medium, high to all of above
- ⇒ Add retreat/step back to all of the above
- ⇒ Add continuous repeated same front kicks to all of the above (without letting the foot touch the ground)
- ⇒ Add continuous repeated same front kicks to all of the above (by touching the ground for "chambering")
- ⇒ Add combinations of different front kicks (eg. front snap & axe kick, front snap)
- ⇒ Do the above by doing the kicks with the front foot (i.e. lead foot)
- ⇒ Do the above by doing the kicks with the rear foot (i.e. rear foot front kick)
- ⇒ Do the above by advancing forward with one side only (i.e. left side) or by alternating sides.

When training the kicks described above, I practice with bags ranging from 20 lbs (focus) to 40 lbs (focus and power) to 100 lb (power). My training preference using kicking bags as targets instead of the focus pads. The kick to the bags, especially the 40 lb. ones makes a good simulation of a human target in my humble opinion. Your preference may vary.

I might also add that there are about 5 ways of doing basic front kicks:

1. Without power - for acceleration, feints, or focus)

Training method: Do kicks on a stationary bag. The bag is barely touched. The purpose is focus.

2. With power thrusting (push effect)

Training method: Swing the bag as far back as possible, and when it comes full speed at you, kick it so it gets "pushed/swings" back.

3. Snapping kick (whipping effect)

Training method: Swing the bag as far back as possible, and when it comes full speed at you, kick it so the chain "wails" upon impact, the bag goes back a bit but "shudders" upon impact from your front kick.

4. "Jamming kick" a modification of #2 and #3. It stops just at the right point of impact as the bag comes in. Somewhere between a thrusting and a snapping front kick. Good timing is required.

Training method: Swing the bag as far back as possible, and when it comes at full speed towards you, kick the bag so the bag stops "dead still" upon impact.

5. Accelerating - this comes by various movements. Leading with alternate foot by rotating accelerating, body (twirls), chambering with hips, leading with punches, combinations of several movements, A slight etc. upward movement also helps in the acceleration. Whether sine wave or non-sine wave is the preference is **Training method:** This is for speed and can be done in many different ways. For example: Two full body spins to deliver the kick, one full spin plus a one full counter before kick, deliver the kick-running forward, leaning forward, continuous drills etc.

Pioneer Tae Kwon Do Association

True gold does not fear the test of fire

By Marek Handzel

Many in the fighting arts are familiar with the adage 'it's not the art, it's the artist', when it comes to assessing whether a certain style can provide individuals with the necessary tools to defend themselves 'on the street'. But when it comes to Tae Kwon Do, some martial artists choose to temporarily suspend their belief in this universal truth, referring as they do to training routines that focus on points sparring and dance-like routine patterns. Either that or they are not taught either the difference between the sport aspects of the art (as opposed to self defence aspects) or any self defence aspects at all.

In truth, it can be hard to counter this seemingly widespread viewpoint when many schools whether they be ITF, WTF or 'you-name-it-TF' affiliated, gear the vast majority of their sessions towards the sports element of Tae Kwon Do, never making any distinctions. Although there is of course nothing wrong with having a sports-focused mentality at a club that's up front regarding this, although there is a school of thought that regards this as a dilution of the martial side of Tae Kwon Do and one that could threaten the art's future potency.

This has led a small group of concerned instructors to form the Pioneer Tae Kwon Do Association – an alliance of like-minded

individuals determined to – in their own words – bring back or keep the 'Martial' in the martial art of Tae Kwon Do. Although the Pioneer Tae Kwon Do Association does not disapprove of competition, it does want its importance downgraded in favour of back-to-basics, tough, effective training. The sort of training that equips people to deal with and even repel unwanted hostile behaviour.

In other words, the Pioneer Tae Kwon Do Association wants Tae Kwon Do to be viewed and respected as a martial art and not simply a martial 'sport'.

The Pioneer Tae Kwon Do Association claims to be non-political and shows no bias to certain forms of the style, be it Ch'ang Hon, Kukki or other style of Tae Kwon Do. In order to become a member school, adherence to a 'Key Stages' programme is all that is required. This programme is one that should ensure that a student is well versed in the elements of Tae Kwon Do that form the basis of effective self-defence. It offers support and training for both students and instructors, senior Kup and Dan grade group training sessions and black belt gradings, as well as giving member instructors an equal say progresses, how the association irrespective of grade. Apart from its stance on the sport side of Tae Kwon Do, the



True gold does not fear the test of fire

Pioneer Tae Kwon Do Association

Putting the "Martial" back into the art of Tae Kwon Do

association differs from other Tae Kwon Do federations in a number of ways.

The association has only recently been formed by Stuart Anslow, 4th degree, (Rayners Lane Tae Kwon Do Academy, UK) with the help of Dave Melton, 5th degree, (Viriginia Martial Arts, USA), Colin Wee, 5th degree, (Hikaru Dojo, Australia), Terry Stoker, 4th Degree (Twin Dragons Tae Kwon Do, USA), Elliott Walker, 3rd degree (Dartford Martial Arts, UK), Peter Whitehead, 3rd degree (Sutton Bonington Tae Kwon Do, UK), and Vikram Gautam, 2nd degree (Northwood Tae Kwon Do Academy, UK).

I recently caught up with two of these instructors, Dave Melton and Stuart Anslow to find out more about the Pioneer Tae Kwon Do Association.



Marek Peter Handzel (MPH): In some of your literature found on the Pioneer Tae Kwon Do Association website it is mentioned that the founders believe Tae Kwon Do is "on a slippery slope and is losing its effectiveness as a martial art". When you say that are you referring to the all forms of the art or only the WTF, for example?

Dave Melton (DM): It is in the mindset of the new students who know nothing about Taekwondo mostly. It is not to put blame on a specific art necessarily, but when a student sees sport style of WTF or ITF, they think "that is Taekwondo".

Unfortunately, they do not see the martial side of it. However, it is also the responsibility of those teaching it to emphasize that sport is only a small part of the art, and that the sport is not a substitute for self defence.

Stuart Anslow (SA): I also feel that these days, often a good Taekwon-doist is gauged by how well he/she performs at tournaments and many clubs feel similar in that a good club is (incorrectly) gauged by overall performances at tournaments as well. Tournaments are all well and good, but they only cover one side of the art and in the rush for recognition in this area, the martial side, the side many a student starts the martial arts for, is forgotten or ignored as one caters to the ego and the other doesn't.

MPH: Why do you feel this has happened - is it a natural process of dilution as something becomes popular and is this not a problem for all Martial Arts? Or has Tae Kwon Do suffered more than most?

DM: I have seen all styles suffer, but since Taekwondo is arguably the most popular style of martial arts today, we see more watering down because we are exposed to it more often.

SA: Things have been watered down for years in the effort to increase organisations numbers; less contact, less things to learn if there's little or no self defence, less things to remember, less chance (if any) of



failing gradings; all this equals easier gradings, more money and faster roads to black belts but in this proliferation, the real essence of what it means to be a black belt is almost lost. If both sides co-existed equally this would be better, but they don't and in some cases, the martial side no longer exists at all, but Tae Kwon Do, is a martial art first and foremost after all.



MPH: Do you believe that the Pioneer association can arrest this slide – or is it merely a 'safe haven' for like-minded practitioners?

DM: I believe it is a safe haven, but there is no way anyone or any one organization can change the slide too much in say the next 10-15 years. When someone sees a potential way to make an easy living, they will take advantage of every opportunity even if it means selling out.

SA: It is a safe haven yes, but it's also a message that will show the Taekwon-do world that the martial side of the art is still alive and thriving in some schools, that non-competition techniques, such as sweeps, throws etc. are part and parcel of Taekwon-do and should be trained the same as all other techniques; that fighting is different from sport sparring and needs practice; that anti-weapons training is important; that

a focus on self defence is important and then, maybe others will question why their own schools and organisations aren't doing the same, as to be honest, if they already covered all this, we would have had no need to form an association of this type.

MPH: There are a myriad of Tae Kwon do organisations around the world, from worldwide groups to small collectives, is there room for another Tae Kwon Do organisation and if so, what does it offer that the other organisations do not?

SA: Yes there are numerous organisations around, they have strong points and weak points, but most still miss the main point and that is that Taekwon-do is a martial art; Martial as in Mars, the God of war, not the God of sport or the God of over the top technical details with the exclusion of all else! Though there are many clubs under all the big associations that have a focus on self defence, as well as training the other facets of Taekwon-do to a good standard. this is the first time association has made it their main focus. so it is the first association for those that think this way to work as a group, to push boundaries further. the to become accountable for this specific area of the art for their students, whilst not dictating other parts of the arts, such as what patterns are



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performed, or what type of sport sparring you can train. If we are held to a difference standard, then we raise our own games to this level, adjust our training and methods to enable our students to accomplish this goal. Unfortunately, in the realms of how parts of Taekwon-do relate to self defence, no organisation that I know of does this.

MPH: Why have you limited the organization to TKD – or are there other associations similar to others in other arts that you can share 'best practice' with for example?

DM: I cannot speak proficiently enough about other styles. Taekwondo is what we have trained in and that is our specialty. I feel inviting other styles would mean watering down their style (or possibly vice versa) since Korean styles have fundamental differences in their practices than say Japanese styles.

SA: This goes hand in hand with my answer to your previous question. First and foremost we are students and instructors of Taekwon-do, we want to promote the art we study and the art we teach, but in its entirety. Most of the instructors are also members of IAOMAS anyway, so sharing and training with other styles isn't a problem and so we focus on the art we do. The self defence aspects are not the only focus, good standards in all other areas are also required to achieve dan grades; which include patterns, breaking, terminology (specific to the style), sport sparring plus more, it just that we have raised the level of expectations for the self defence side of the art, in line with the other areas that usually have prominence at gradings and this means it will be trained, it will be learnt and a student will benefit from that and the repercussions is that the martial art of Taekwon-do becomes more rounded, as it was meant to be.

MPH: Why did you found a formal group? Could you not maintain standards and share ideas without the need for an official

alliance?

DM: Sure, we could have done it informally. However, by having a formal organization it gives credibility to the public and promotes growth for others to commit to our cause.

SA: It also allows for accountability. From my experience as an instructor, I know words are cheap and accountably is king. To put it simply, if it's not in a syllabus, then it's often neglected or not trained at all, but by making it a fully accountable part of a dan grading, the equal to all other parts, it needs to be trained and not just by individuals, but by the whole club on their way to black belt. Knowing this, the worth of the grading is enhanced and in return it maintains the credibility of both the organisation and anyone who grades under us.



MPH: I notice that Dave, being Kukki based, you refer to Tae Kwon Do in the WTF terminology (Taekwondo), where as Stuart, being Chang Hon based, you refer to Tae Kwon Do in the ITF terminology (Taekwon-do), however, the organisation uses neither and spells it Tae Kwon Do, why is that?

DM: In my experience, Tae Kwon Do or Taekwondo is not organization based. However, I have seen Taekwon-do almost exclusively to the ITF styles. I thought it should be put to a vote as to not seem that we are alienating anyone. We want PTA to be as neutral as possible.

SA: Well, the organisation is for Taekwondo schools or any style, as ITF and WTF are arguably the most dominant, we wanted a name that didn't refer to either of these dominant styles and would be welcoming for all (including ITF & WTF based schools), hence following a vote, the term 'Tae Kwon Do' was decided upon.



MPH: And why the "Pioneer Tae Kwon Do Association?

SA: Whilst trying to think of a name for the new organisation, we felt that all the major titles had been taken, International this, World that etc. We also felt that what we are doing, our aims and how we are going about trying to achieve them were new and ultimately a pioneering concept as far as Taekwon-do organisations go, furthermore, this is the direction many of the original Taekwon-do pioneers would have taken had they been free to travel their own

paths from the early days and thus its a reference to them, as well as a reference to what we are doing.

MPH: Speaking of Tae Kwon Do pioneers, I see the association has been endorsed by one Tae kwon Do legend already, how did that come about and being such a senior, does that make him the head of the organisation?

SA: First of all, there is no head of the organisation. We work on a 1 member, 1 vote principle that makes all member instructors equal and have equal say on how things are run. Regarding Master Lims endorsement, in September I held a seminar with him. I simply explained about the new organisation, what we were trying to achieve, showed him the details on the web site to expand further and he felt it a good thing and offered his endorsement, the first of many of the original pioneers I hope. Many will know that Master Willie Lim was the pioneer who took Taekwon-do into New Zealand and he is held in extremely high regard by all, and thus his endorsement means a great deal and shows we are on the right path, more so, as he gains nothing monetary from it (as he offered it freely, with no conditions). Master Lims focus on Tae Kwon Do is also the martial side, he has a great depth of knowledge in Taekwon-do on many levels, apart from his endorsement, his seminars will bring additional knowledge to the table should members wish to attend any (which are purely optional of course).

MPH: What do you ultimately wish to achieve as an organization?

DM: To get back to the roots of the Taekwondo pioneers. Keeping Taekwondo as a well-rounded martial art, rather than just a sport.

SA: And ensuring that all black belts under this organisation are well versed in self defence as well as the rest of what Taekwon-do requires and offers... well

rounded, as Dave said.

MPH: When you say 'martial' - what does that mean to you? Is it even possible to run an 'old fashioned' type of school in this day and age of health & safety and rampant litigation? Has real Tae Kwon Do gone underground?

DM: "Martial" to me means warrior-like. That means everything starts with yourself - your spirit, your mentality. Without either of those, you cannot have true martial training. What does "old fashioned" mean? Obviously we cannot beat students with sticks or make put them in a dark room for a few days, but then again is that considered "old-fashioned". I run a very disciplined and rigid curriculum, yet we have push-ups and sit-ups as forms of incentive to stay focused and still keep safety as the focus. Then again, I have no clue how things were done 50 years ago so I just do what I think is best by keeping the students disciplined, respectful and training hard.

SA: Martial, in regards to martial arts, is named after Mars the God of War, hence 'war arts' or 'fighting arts'... hence, that is what we (as martial arts instructors) are supposed to be teaching!

MPH: Do you think it possible that your type of clubs will be the norm in the future? After all, if schools produce students unable to defend themselves properly when under pressure then they will naturally blame their teachers and look for instruction elsewhere won't they?

DM: No, but they will always be sought out. Most people will never have to defend themselves properly but more importantly it is not just about the self defense. It is also about building the student to be a better person.

SA: Not sure if they will become the norm, though that would be great, though I believe that through this, other clubs and

organisations will be forced to re-examine what they require or what they do, as the association will certainly give a view through the window to students of other clubs to look in. That said, egos can always be catered for and nothing says that as good as a black belt, a trophy or a title and these things will allow current trends to continue as many love to stand in their own little worlds on their glass pedestals I'm afraid!



MPH: In your FAQ on the website there is a section where you state that you may run competitions "if and when the association grows large enough" Surely this is a slight contradiction as you would be encouraging the 'sport' element?

DM: There is a difference between "encouraging" and "replace/substitute". When you see Taekwondo schools (primarily WTF styles) training ONLY for tournament, then clearly that is wrong. However, Taekwondo has evolved to include (but not limit to) sport, and competitions should be included as part of the art.

SA: Sport elements have been part of Taekwon-do from its early days, its a decent outlet and also fun for many, as we said earlier, we are not promoting the martial side in exclusion of all else involved in Taekwon-do, simply giving it more prominence. Most Taekwon-do clubs are involved int he sport side and if the

association grows large enough to organise such events and the members want them, that's fine.



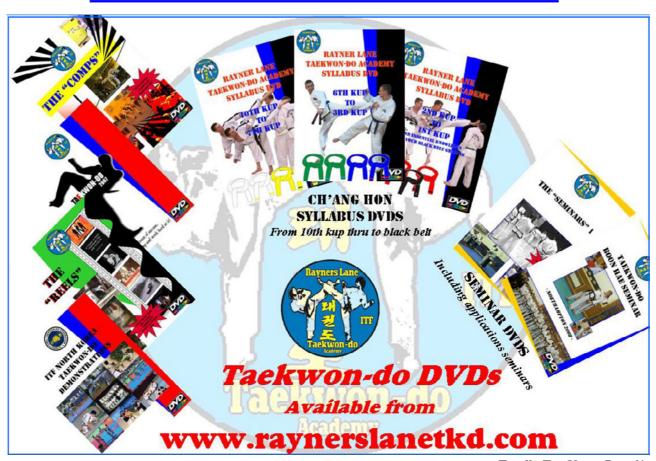
MPH: If Pioneer Tae kwon Do Association

grows and incorporates more schools in the future and gains a good reputation then how can standards be maintained? Surely you would just become 'another' group?

DM: I do not believe we will just be another group unless all or most other groups incorporate our standards, in which case we have achieved our goal.

SA: I couldn't have said it better myself. The goal here is not to make a massive organisation, but to ensure Tae kwon Do remains martial, whether it's done via us or via others, then it's still done and that is our goal. Within the organisation, we have our own methods of ensuring and maintaining standards, details of which can be found on the web site. These methods will ensure the black belts worth, no matter how large or small we are.

To find out more about the Pioneer Tae Kwon Do Association – visit www.pioneertkd.com



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ITF Vs Kukkiwon Dollyo Chagi

By Lou Giamo, 7th Dan Kukkiwon

In last month's issue 2 of "Totally Tae Kwon Do" there was an article by Mr. W. Rhee on the differences between the ITF dollyo chagi and the Kukkiwon (KKW)/WTF roundhouse. Mr. Rhee also referred to the KKW roundhouse as a "bit chagi". Actually KKW/WTF dollyo chagi and pi chagi are 2 separate techniques. Mr. Rhee's explanation of the roundhouse as applied to the KKW/WTF was incorrect. I would like to take this opportunity to go over the KKW/WTF dollyo chagi and how it does differ from the ITF dollyo chagi.

The major difference between the ITF and KKW dollyo chagi is the manner in which the leg is chambered. With the ITF dollyo chagi the knee is raised and the lower leg is brought up parallel to the floor. This causes the foot to have wide arching approach to the target and connect with the target at a 90° angle. Mr. Rhee's explanation of this technique is absolutely correct.

The KKW dollyo chagi, however, is executed from the ap chagi chamber position (fig. 1). The knee is driven up by pushing the foot into the floor. It is the same explosive movement that a runner uses to leave the blocks. The hip is rotated towards the target and the foot then rises to a position parallel to the floor (fig. 2). The foot then impacts the target at the same 90° angle as in the ITF dollyo chagi (fig. 3). The instep is used most frequently (but not exclusively) because of the extension that is made when the foot thrusts up from the floor. These differences are apparent in the speed of the kick and in the power of the delivery. With the arcing motion of the ITF dollyo chagi and the positioning of the leg to the side of the knee, the lower leg has to be lifted off of the floor by the quadriceps and hip flexors. The lower leg is then swung using body rotation into the target getting its power from the quads, hip flexors and torso. The lower leg has minimal contribution to the power and speed of the kick. In the KKW







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dollyo chagi the foot, ankle and calf are integral parts of the kick that drive the knee upward as in a knee strike. The body is driven forward in the same motion as running and then the hips are turned over (this would be comparable to Mr. Rhee's description of leaning the body into the kick). The upper body does twist into the kicking motion at the point of impact to balance the kicker and prevent over rotation. Also, the target area is not limited to the torso. More knock outs are made in WTF competition with a dollyo chaqi to the head then any other technique. As to training with "slap targets" (we call them focus paddles), that is a very minor method of training. Focus paddles are used for exactly what they say: to focus one's technique to a specific target area. They provide a small surface and are highly mobile which allow the holder to move them about and create different scenarios for the kicker. KKW practioners still rely on body shields (fig. 4) and heavy bags (fig. 5) to develop explosive power with the dollyo chagi.

Now, the pi chagi is a separate kick altogether. It is a short range mostly used to counter by kicking under the arm and to counter when someone delivers a back kick (dwit chagi). It is a fast whipping kick that does approach the target at a 45° angle, but is definitely not to be confused with a dollyo chagi.







Ch'ang Hon Taekwon-do Hae Sul:

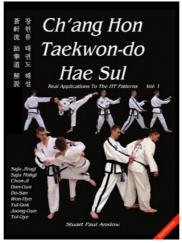
Real Applications to the ITF Patterns - Vol 1 Book Review

By John Dowding, 3rd Degree

As a serious collector of TKD books, training manuals etc I rate this book as the most important book on the Chang Hon style of Taekwon-Do released since the 15 volume encyclopaedia was published. I have a large collection of TKD books but they are all pretty much the same, clones of Gen Chois books. They all follow the same format that the original book on Taekwon-Do (published 1965) started, in

that the applications listed are all the same. The format being a block is a block and a strike is a strike. Have you ever wondered why the application shown for 9th kup technique such as low section outer forearm block is the same application shown for a first degree technique such as 9 shape block? Why are there so many tools that all perform the same function according to the existing manuals? If you have a spanner that fits a nut perfectly and it works well why would you want another hundred spanners that do the same job?

Stuart's book is completely different and packed with interesting, informative, useful, inspirational and perhaps controversial information. The first few chapters provide the background to the approach taken in the book, the Korean roots of Taekwon-Do and the link from Shotokan Karate, and from then on it's down to the pattern applications themselves. Each fundamental exercise and pattern from Sajo Makgi to Toi Gye is treated to a comprehensive chapter which provides explanations of alternative self defence applications for



each individual move and step. There is a wealth of photographs to accompany each technique which make the applications very easy to follow.

The great thing is the applications suggested actually fit the patterns as they are normally performed, as Stuart says the piece must fit the jigsaw as intended you should not have to alter the jigsaw so

the piece fits (a rough paraphrase!).

At the start of each chapter there is also a wealth of information on the Korean Characters and mythology that relate to the pattern meanings. Three pages on the meaning of Dan Gun alone!

If you have ever been dissatisfied with the stock answers to why we perform various pattern movements, or if you want to find out how to get the best from your reaction hand (have you ever even thought about it before?) then you need this book. This book is the missing link between pattern practise and workable self defence. You may not agree with everything in the book but it will certainly make you think and question which can only be a good thing.

If I was forced to get rid of my collection and allowed to keep two reference manuals, I would keep the 15 volumes and Stuarts book.

If you are serious about ITF Chang Hon TKD then this will be money well spent. More so now the hard back version is out.

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