

Totally TaekwonDo 태권도

The Free Global Tae Kwon Do Magazine

August 2011 • Issue 30



The Korean Connection:
Taekwondo Training In
**The Land Of
Morning Calm**



Danjon
Centre of Vital Energy



Jayanth Reddy
Double Guinness World Record Holder



Puma
Masters Seminar

Interview with:
Master Antonio Montes
7th Dan Taekwondo MooDukKwan

Also in this issue:

- **Whats The Point**
Straight Fingertip Thrust
- Women & Self Defence
- Walking On The Right Side

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

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Editorial

Issue 30 - August 2011



Welcome to the August issue of Totally Tae Kwon Do magazine, which has another batch of interesting and informative articles for you to ponder on.

It's the school summer holidays here in the UK, which means many clubs close down for a period or experience low numbers due to many of their students going on holiday etc. If you are one of these students, who is not attending due to holidays or your club is closed this month, be sure to do both yourself and your instructor a favour and practice at home a bit, then you won't feel so rusty when you return and your instructor won't have to repeat what you should have gained from the last few classes just to get you back up to speed!

This issue has some interesting news, including a Taekwondo movie, Grandmaster Nam Tae Hi visiting a competition and one of our writers gaining his 6th degree (well, actually two, but one was reported in last month's issue already).

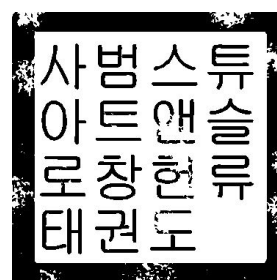
We also have a two part article about training in the Land of Morning calm aka Korea; not one, but two great interviews and other fascinating and insightful stuff for you to read and ponder upon.

I also have some interesting news for our Spanish readers just on the horizon, that I cannot release just yet, but will do as soon as I can.

Finally, remember, if you have a Taekwondo event that is open to all, there is no better place to advertise it than within the pages of this magazine, as it will most likely pay for itself ten-fold. It seems obvious, but many do not realise that fact and that what paper magazine may charge is a heck of a lot more than this magazine which is available worldwide and free of charge to ALL Tae kwon Do students!

Regards,

Stuart Anslow
Editor



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Grandmaster Scott McNeely & Stuart Anslow**

Totally TKD News

Olympic Gold Medalists Lynnette Love and Arlene Limas Life Stories headed for the Big Screen

Story by: C. Robinson

The year was 1988 and Tae Kwon Do was making its debut in hometown Seoul, Korea at the Olympic Games. Olympic park was filled with gold medal hopefuls. Amongst the crowd was heavy-weight Lynnette Love and welter-weight Arlene Limas. Fully charged, these women took the world by storm—becoming the first to bring home Olympic Gold Medals in Tae Kwon Do. Leading the women's team to victory, Lynnette Love and Arlene Limas also made history for winning the most medals for the U.S. Tae kwon Do Team even over the men's team in the history of the male dominated sport.

Since then, these women have continued paving the way for future Tae Kwon Do athletes. Lynnette Love's competitive career spans over 14 years. Known in the Tae Kwon Do world for her towering height of 6'3, as a US National Taekwondo Team member Ms. Love won three World Championships, two Olympic Medals, 10 US National Championships and 5 Pan American titles.



The most decorated athlete in Tae Kwon Do history, to date, no other female practitioner has beat her record. In 1991, the United States Olympic Committee named Ms. Love Female Athlete of the year for all sports. In 1992, with the title of Team Captain under her belt, she was the only woman from the 88 team to return and medal for the U.S..

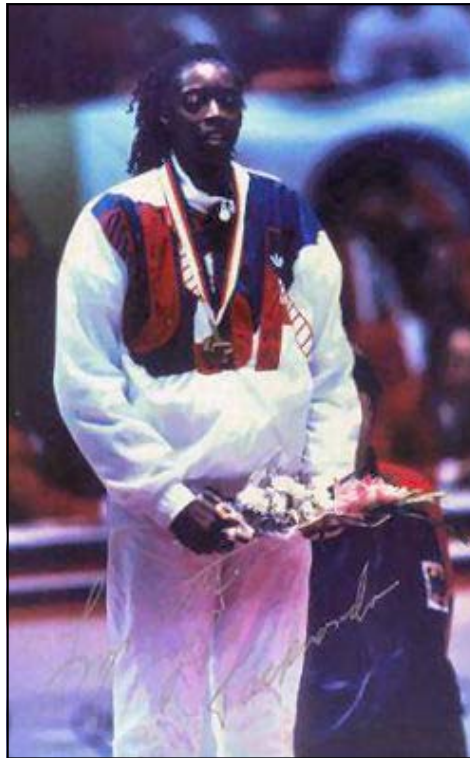
Soon after her retirement, Ms. Love coached the US National Team at the World Championships, World Cup and Pan Am Games and was named USOC Developmental Coach of the Year. And today Love owns and operates Love's Tae Kwon Do Academy in Washington, D.C.

Arlene Limas' Martial Arts career began at the age of five years old. In her hometown of Humboldt Park in Chicago, Illinois Limas was sparring little boys and winning competitions by the age of eight. She continued into her teen years competing against women on the National level in Tae Kwon Do. After finding her niche in Tae Kwon Do, a few years later, Ms. Limas won the welter-weight spot on the 1988 Olympic Tae Kwon Do Team. And the rest is history.

In addition, Limas' accomplishments include being inducted into Seven Halls of Fame, undefeated internationally and recently named to the Board of Directors for Washington/Baltimore Coalition for bringing the Olympic Games to Washington, D.C. Presently, Limas owns and operates Power Kix in Stafford, Virginia.

Twenty years after the Olympic victory, these women's story is under development and headed for the big screen. Native Washingtonian Cherrelle e'Lan, of Lady e'Lan Films, approached Ms. Love and Ms. Limas in 2008 during the 20 year anniversary of their first Olympic win. Ms. e'Lan learned about the women's victories while a student studying film and practicing Tae Kwon Do at Howard University—the stomping

ground where Ms. Love and the U.S. Olympic Team trained for the 88 games.



*Lynnette Love
Olympic Gold Medallist*

e'Lan felt the need to write their life story to commemorate Love and Limas, to empower independent young women and to build self-esteem. She started studying Tae Kwon Do after surviving the streets of Washington, D.C. "Everyday, young women are victims of domestic abuse, rape and violence. It's almost an inescapable rights of passage to be harassed while just trying to live life," says e'Lan. Growing up in the inner city of Washington, D.C. as a teenager, e'Lan attended school across town. She was once accosted by thugs trying to force her into their car. Fortunately,

she was able to break away to safety. She explains some of her friends, in their own travels were not so lucky. "Feeling something inside me was lost that day, I promised myself if there was ever something I could do to rebuild my confidence, I would take the opportunity," explains e'Lan. Five years later, she discovered Howard University's Tae Kwon

Do Club. "And after watching me earn a blackbelt...a few of my friends decided to join too!" expresses e'Lan.



Cherrelle e'Lan - Filmmaker

e'Lan has since started a campaign to promote empowering young women around the world through films --Lynnette Love and Arlene Limas are her first stories.

After hours of interviews and several drafts later, éLan has since signed Emmy Award Winner and American Film Institute Graduate, Romell Foster-Owens of Jowharah Films to produce and direct. Presently located in Los Angeles, together this female team have geared up to create this action packed film titled *Seoul, U.S.A.*



C.C. Robinson - Author

For more information please visit
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New Instructor at TaeKwon-Do International



TaeKwon-Do International is proud to welcome Master Tony Morris, owner and chief instructor at Asheville Sun Soo Traditional TaeKwon-Do located in Asheville, North Carolina as their latest member school.

Master Morris is a 6th Dan Black Belt, and runs a very successful program, encouraging all ages to benefit from traditional TaeKwon-Do practice. Their classes are empowering, nurturing and safe, and their goal is to help you discover the martial artist inside yourself.

Master Morris recently paid a special visit to TaeKwon-Do International Headquarters in New York City to receive specialized personal instruction from TKDI President Grandmaster Suk Jun Kim and senior instructor Master John Meany.

Grandmaster Kim welcomes Master Morris and stated "Tony is an excellent practitioner with a wonderful school. We are proud to have someone with his level of experience, personal integrity, and dedication to his students joining our union." In turn, Master Morris said "I found all of your black belts, and Grandmaster Kim, to be wonderful practitioners --- welcoming, professional, knowledgeable and passionate about traditional TaeKwon-Do --- a combination that I have been in search of for years."

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

Brighton Taekwondo Team Success at Disneyland, Paris

Sam Pulfer (a young Taekwondo practitioner from Brighton) has recently won second place silver medal at the 'European Festival of Martial Arts 2011', a huge international martial arts competition held once every two years in prestigious Disneyland Paris.

Pulfer (23) competed in the Korean kata division and met with tough competition from many European countries competing in the same category, especially from Germany. Yet, battling through the challenge, Pulfer over awed the panel of judges to emerge with second place.



'This is the first time in an 11 year competitive career that I've ever won a medal abroad, and to win a silver in Disneyland of all places is just beyond words.' Pulfer stated on regional radio, 'I am proud of all my competition achievements over the years, but Disneyland Paris has to be the icing on the cake for me. It was like a dream come true. Many people simply dream of coming here to Disneyland, but to actually come here to compete at an international martial arts festival and go home with second place is more than most can dream of.'

Pulfer is no stranger to Taekwondo and martial arts competitions. Since his debut in June 2000 (aged 12 at the time), he has competed all over England, Belgium, Portugal, India, Finland and France on regional, local, national and international level.

At 16, Pulfer was asked to join the National Taekwondo Team and participated with them in three tournaments in the mid 2000's. Added to, Pulfer has also trained with the Sri Lankan military in 2005 and established three competitive teams (one of which whilst living in India in 2006 and consisted of children from a rural, desert boarding school).

He led his second team, 'Shiva Soviet TKD', to southern regional champions in 2007 - 2008, national champions in 2008 and also succeeded in winning enough trophies to bring 'Shiva Soviet' to being ranked and seeded 7th at the 'National All Styles Martial Arts Event 2008'. Pulfer also trained intensively in Albania for 2 weeks before he took his Taekwondo abilities into an all rounded experimental stage and formed the exhibition outfit "Gemini", taking the team to the bi-annual 'SENI martial arts gala' in 2010 and then to compete in Finland later that year. Pulfer currently trains and competes with local martial arts team 'Gemini'.

Asked what's next for him, Pulfer replied 'Just take each day as it comes. I'm always training, always working on what I can do to improve myself and my performance. We do have a few small competitions in Cambridgeshire and Burgess Hill approaching, as well as a huge international tournament in the O2 Arena this month. In November I'm hoping to take the team to Romania to compete. It's a journey and I'm enjoying it every step of the way!'



2011 International Taekwon-Do Goodwill Championships



Traditional Taekwon-Do is on the upswing, demonstrated by Grand Master Nam Tae Hi and twelve of the world's most experienced Taekwon-Do masters, who gathered for a world-class tournament in Dallas, Texas, USA.

The World Taekwon-Do Alliance (WTA) hosted the 2011 *Taekwon-Do International Goodwill Championships* on July 22-24 at the Sheraton Dallas Hotel. This was a large international martial arts tournament open to the public and all traditional Taekwon-Do schools. Spectators and masters were impressed with the skill and

passion of competitors from 17 countries and 23 US states. Competitors provided exciting action in point sparring, continuous semi-contact sparring, and full-contact Olympic sparring. Advanced instructors provided demonstrations, and black belts participated in a board-breaking competition. Patterns were contested by various ages and skill levels.

An event spokesperson said, "This was one of the most diverse international Taekwon-Do events in US history. Never before have so many traditional Taekwon-Do practitioners gathered from so many countries and US states. In addition, many of Taekwon-Do's pioneers visited, including grand masters Nam Tae-Hi and C. K. Choi."

Grand Master Nam is famous for his demonstration in front of the South Korean President more than 60 years ago when he broke thirteen roofing tiles with a single blow. The President was so impressed that he decreed that the armed forces should begin training in this art. This event launched one of the most popular martial arts in the world. Grand Master Nam was pleased with the high level of competition



demonstrated during the tournament.



The WTA has been established since 2002 and is comprised of many of the original pioneers of Taekwon-Do. The organization has been designed to assist development and promotion of Taekwon-Do worldwide. Its non-political approach emphasizing high-quality techniques and modern-day philosophy is attracting many old-school Taekwon-Do practitioners. The WTA is the only traditional Taekwon-Do organization that's recognized by the multi-million-member WTF Olympic organization. The WTA is a working member of Taekwon-Do International, a UK-based network of more than 600 clubs in the UK and 84 countries.

For more information about the WTA please refer to www.wtaonline.net and www.mytkdworld.com.

6th Dan Promotions

Richard Conceicao, a frequent contributor to this magazine, Geraldine Mihalik PhD, and Doug Cook all recently were awarded their 6-degree black belt in a group test overseen by Grandmaster Richard Chun.

Under GM Chuns' perceptive eye, the participants were required to perform the required WTF poomse, and the additional forms that are part of traditional Moo Duk Kwan Tae Kwon Do.

As is usual in all promotion testing, everyone showed their proficiency in improvised self-defense techniques, and of course free sparring.

When It came to the breaking portion, Richard and Dr. Mihalik with an over 70 years of combined experience in both Asian and western martial arts between them decided to dispense with the usual practice of extensive preparation before each break. Instead they simply walked up and snapped away - breaking with each technique as if they were moving through a form or a fight.

Richard has spent most of his martial career exploring the relationships between different arts and the hidden remnants of them that remain in traditional TKD. He loves unearthing what once made them devastatingly effective before the sporting emphasis watered them down.



*From Left to Right - Master Richard Conceicao, Master Geraldine Mihalik, Master Doug Cook
- all promoted to 6th degree by Grandmaster Richard Chun*

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Master Antonio Montes, 7th Dan

Interview

By Simon O'Neill

Master Antonio Montes Hermida, 7th Dan, is a well known and highly respected figure in Spanish Tae Kwon Do. What fewer people are aware of, perhaps, is the depth of his knowledge and his commitment to the original Art. Not afraid to question the evolution of modern Tae Kwon Do, he is an uncompromising defender of traditional values, and has maintained and nourished his Moo Duk Kwan lineage. Even as a recognised authority on Tae Kwon Do *hosinsul*, he is not afraid to place an emphasis on, above all, the benefits of the *Do*, the Art as a whole. I found this interview – conducted over a period of several months and many conversations – particularly enlightening, and it is my pleasure to share it with the readership of *Totally Tae Kwon Do*.

Master Montes, tell us a little about your beginnings. Why did you choose Tae Kwon Do?

I started out in 1975 at the time of the Kung Fu craze, with films starring actors like Bruce Lee and David Carradine. Young people didn't have so much to choose from leisure-wise back then, so the martial arts were very attractive to us. I don't know if I chose Tae Kwon Do or if it was Tae Kwon Do that chose me, but what I saw on offer at Master Uh Soo Il's club was just right for me.



Can you give us a quick resumé of your Tae Kwon Do career?

As a student my main objective was tournament fighting, and I won several Galician and Spanish championships, and

even placed well in International tournaments.

After I established my club in 1983 I decided to concentrate on my students, but I also started a parallel career with the Federation. That lasted for 20 years, and I held several positions including technical director, assemblyman, member of the board of directors, vicepresident, president of the disciplinary committee and director of refereeing. I was a co-founder of the Federación Gallega de Tae Kwon Do.

I must say I enjoyed this career, but looking back I get the feeling that I didn't manage to contribute all that I would have liked to, and that saddens me to some extent, because I put a lot of work and



Left to right: Masters Kim Mu Won, Felix Serrano, Chong Sung Kim Choi, Antonio Montes

hope into it. About 8 years ago I ceased all Federation activity other than what I need to do on my students' behalf. I now do Tae Kwon Do for my own enjoyment and the enjoyment of those who wish to share it, and I concentrate exclusively on my club.

How would you define Moo Duk Kwan Tae Kwon Do?

To me the Moo Duk Kwan name means Tae Kwon Do in its natural state, a Martial Art, not just a sport. The Moo Duk Kwan name is an *attitude*, which is something that has been lost, rather than a *skill*, which is what most people seem to be looking for. It's a way of keeping a link to the source in order to move forwards.

Does it differ from the Kukki style?

I don't look for differences between associations and federations. I look for the

points at which they come together. That is what the feeling of *Moo Do*, the Martial Art, offers us.

Are you of the opinion that there is – or was – a clear difference between the styles of the different *kwans*?

Of course, each *kwan* had its own characteristics, but aside from those differences there was mutual respect. Nowadays we tend to look for differences without that link to the source. We are heavily influenced by sport trends. In fact, I'd even say that today the sportspeople have more say than the masters.

I started out in the context of the Tae Kwon Do department of the Federación Española de Judo y Deportes Asociados [*an umbrella organisation for martial arts in Spain prior to the founding of specific*

federations], then the Federación Española de Tae Kwon Do with affiliation to the European Tae Kwon Do Union and the World Tae Kwon Do Federation, with the support of the Kukkiwon. All of these organisations have had a tremendous influence on the expansion of Tae Kwon Do worldwide, as a sport and ultimately an Olympic event. But with all due respect, I think they have forgotten the values of the Martial Art. I am still associated with these organisations ... but I wish they would stop and think about how Tae Kwon Do has developed.

What can you tell us about your training experiences in Korea?

To me the main difference between Korea and Spain isn't the technical aspect. There's as good a level of ability in Spain as there is in Korea. When I go to Korea what I want is to absorb their culture, which is transmitted through Tae Kwon Do: respect, discipline, fellowship, etc. I remember my first trip with Master Uh Soo Il ... I just wanted to train, train and train some more ... but I wasn't being given the opportunity. So I mentioned this to the Master, and he said, "An *ap chagui* is the same thing in Korea as in Spain. Here there are good and bad masters. You yourself know as much or more than some of them. What I want you to see is what Koreans are like, how we feel, how we live, what our philosophy is". And that's where I discovered the meaning of my trips to Korea, always in the context of Tae Kwon

Do, of course.

What are your objectives regarding the AETMDK?

The association I created is the *Asociación World Moo Duk Kwan*. The words Tae Kwon Do don't feature in it, because I don't want anyone to think we are competing with the established Tae Kwon Do organisations. What we offer is a meeting point, based on respect, for all Tae Kwon Do practitioners, regardless of their original affiliation, and even for anyone who loves Korean culture or practices another Korean martial art. We want to promote personal relationships in order to consolidate our Art through them.

The *Asociación Española de Tae Kwon-Do Moo Duk Kwan* is a different association created by Master Felix Serrano. I cooperate with it, but that's as far as my participation goes, apart from the respect I have for him as a master and friend. As I said, my work is within the Galician and Spanish Federations.



The Moo Duk Kwan master belt represents the never-ending learning process (the blue of the vast sky and sea), nobility (gold) and the bloodline that forms the Moo Duk Kwan lineage (red embroidery)

Tell us a little about Galibudo.

Well, there came a time when I wasn't enjoying Tae Kwon Do. I wasn't finding what I was looking for, and I started taking part in events where there were practitioners of other styles, Chinese, Japanese, not just Korean. They placed a lot of emphasis on respect. They valued the person and his achievements, not just the ability to win medals or train champions, or how high they could kick.

I liked this, and I decided to try to bring this spirit to Tae Kwon Do and specifically to Galicia. That was why I created Gaibudo. It's now an established international convention, where all martial artists are invited to participate the first weekend of September every year.

Do you consider in general that Tae Kwon Do is a complete self-defence art?

I don't do Tae Kwon Do to defend myself. In fact, I don't feel threatened by anybody. If I did, I'd probably just go round all the time with a pitbull ... just joking. Like any martial art, Tae Kwon Do has its own arsenal of techniques that can be very effective, no better or worse than any other art. I don't compare; each art has its own characteristics. But I insist, I don't do it to defend myself, nor do I promote that idea. Any martial art can be highly effective. It's up to the individual to make it so. I repeat, I don't think that's the objective of a martial art. We live in a civilised society, not a war zone.

Does a Tae Kwon Do practitioner need

to complete his training by studying other arts?

I think a Tae Kwon Do practitioner only *needs* to study Tae Kwon Do, but of course he can enjoy other arts and broaden his knowledge through them. I see that a lot of people leave Tae Kwon Do and start Hapkido, for example – which is fine – not because they want to enjoy Hapkido, but because they haven't found in Tae Kwon Do those things that Tae Kwon Do does actually have. I think we need to dig deeper in our own art. Let's not get stuck on the sporting part, because that's very limiting. Then if we want to enjoy other arts too, then that's fine.

There's a tendency to make a distinction between striking/blocking techniques and what we call *hosinsul*. In your opinion, where does Tae Kwon Do's *hosinsul* come from? Is it imported from Hapkido, Yusul or Yudo, or is it original to Tae Kwon Do?

Hosinsul is self-defence, and we can approach that from a number of different perspectives. One of these is a pressing need to defend ourselves, which – as I've



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Left to right: Masters Antonio Montes, Uh Soo Il, Go Si Jin

said – isn't my case. I prefer to emphasise productive cooperation through *hosinsul*. I prefer to get to know ranges, points of attack, etc. via a non-damaging approach. Where do the techniques come from? They are part of the Martial Art of Tae Kwon Do. They all have their reason for being. You just have to study them. Tae Kwon Do has its *hosinsul* just as Hapkido or any other art does. Each art uses its own techniques.

In the last few years there have been a number of books published (Clark, Abernethy, Anslow, myself) which interpret the patterns not as combinations of blocks and strikes against several imaginary opponents, but as *hosinsul* “catalogues” which combine strikes, locks, takedowns, etc. What do you think of this tendency?

Right, the “imaginary attackers” thing is common. With all due respect, I believe the *poomses*, *hyungs* and *katas* are a means of transmitting an arsenal of techniques so that the student can master qualities like balance, coordination, laterality, concentration and precision.

There *are* sequences that are more practical than others, but the objective is

not self-defence. We acquire capabilities that are useful in self-defence, but are not self-defence in themselves. The patterns are an excellent means of evaluation both for the master and the student. In the forms students come up against their own limitations and look to surmount them.

So you consider the *poomses* “training forms” rather than “fighting forms” ...

OK, let's see. A *poomse* or *hyung* or *kata* is a personal thing, an internal thing. We don't share it. It's our own work based on technical or even aesthetic criteria, with particular aims like that of controlling our bodies in the practice of certain movements ... which is, perhaps, the “art” aspect of the martial arts.

When you master a pattern, you not only master your body, but also your mind, your appreciation of range, mastery of speed, of focus, of angle of attack, of footwork, of how your mind is in step with all this ... and it's this combination that gives you the *sensitivity* that allows you to be effective. In fact, I strongly believe that a tournament fighter can greatly benefit from pattern work in certain senses, pattern work in itself, not just depending on whether you

have a sparring partner in front of you.

The patterns have a very linear trajectory, at least in the Korean and Japanese arts; it's different in the Chinese systems. But I can't always advance towards my attacker, which is something you find in all the patterns.

These movements sometimes represent techniques with practical applications, but only sometimes. In fact, I have to ask, most of those Jujitsu, Aikido or Hapkido moves ... Would we really be capable of pulling them off in a real self-defence situation? The idea of controlling or subduing an opponent ... in my philosophy the martial art *can* give us that ... but that isn't its overall aim.

But I'm sure you'll agree that a large proportion of people take up a martial art to learn self-defence, because they feel in some way threatened. That was certainly true for me.

Yes, sure. Most of us start out with that idea. The thing is that Tae Kwon Do has developed too far in the "physical" sense, and this has weakened its self-defence facet. There's too much emphasis on acrobatics and purely physical aspects. Self-defence requires maximum effectiveness from the simplest of movements in order to be useful for everybody. I could go on for ages about that ...

We are ignoring – or perhaps we're unaware of – Tae Kwon Do's self-defence

potential. The self-defence required in black belt gradings is pretty much confined to one-step sparring.

I find your comment about being able to apply techniques in a real situation particularly significant.

In most self-defence seminars you see a simple attack against which the demonstrator can do all kinds of marvellous stuff, and the "attacker" just lets him. I've even seen Youtube videos in which I'm amazed at the way some people can memorise certain combinations. But tell me, who can really do this in the street? If we're doing it as a mutual learning

experience, then fine, but self-defence is something quite different. I'll tell you something, as far as I'm concerned self-defence needs to be intuitive, and adapted to the student.

Another thing about self-defence ... What's the point of all this physical and technical ability if we can't control ourselves? We could either go too far or just freeze and not be able to do what we're

supposed to be able to do. Why not pursue – via the Martial Art – the ability to control ourselves? Self-control ... that's an overused word in martial arts circles. Let's pay more attention to the idea of controlling ourselves so we can be better people, through self-control and discipline.

How has Tae Kwon Do changed since you started? What do you think of those changes?

Good question ... I don't know if Tae Kwon



Do changed or if I did. What I mean is that today I see hundreds of excellent sportspeople who enjoy what they do, but I feel it's just sport, just competition. I feel that we look for motivation through competition, by trying to be superior to our companions and our rivals.

When I started out – and this is one of the things I miss the most – we had a real club atmosphere. We were a group, and we all enjoyed it as such. We were all important whatever our individual triumphs. I get the impression that today it's not like that so much. But maybe it's me that's changed and I'm wrong.

Do you believe that modern Tae Kwon Do lives up to the essential values of the art?

It pains me to say so, and more so publically, but to be honest I must say no. Tae Kwon Do is not being true to its principles.

Technique-wise, for example, there are basic truths

founded not only on years of work but also on logic, passed on from masters to students, that are being modified for competitive reasons, and this means we are losing our origins. There are techniques that have been passed down from the heart of each *kwan*, from master to master over the years, and today for competition reasons there are suddenly new rules and all that work is lost.

It turns out that the *chumbi* I did for 30 years is now unacceptable. The *ap kubi* I did for 30 years is not acceptable either. No sir, there's something wrong here. So we want to compete? OK, fine. Let's make some rules and go for the most

spectacular, eye-catching part of our sport – and I didn't say martial art – but the techniques of the Art must remain.

I was referring, among other things, to certain types of behaviour that can be seen in present-day tournaments.

Behaviour ... Now that's where the problem lies, and our behaviour leads us to mistaken attitudes, and we are called to answer for our attitudes. Sport, as such, is a beneficial activity for the individual, but when it becomes competition, then there tend to be certain interests that modify the basis of the sport itself ... and much more so the basis of a Martial Art.

Through the practice of competition, the student should learn to win honourably and



with humility, and to lose – also with honour. That's life ... you win, you lose. But you have to do it with honour. It's true; there are many cases of regrettable behaviour by sportspeople and coaches alike. But that's

down to the individual. We can't blame Tae Kwon Do for that.

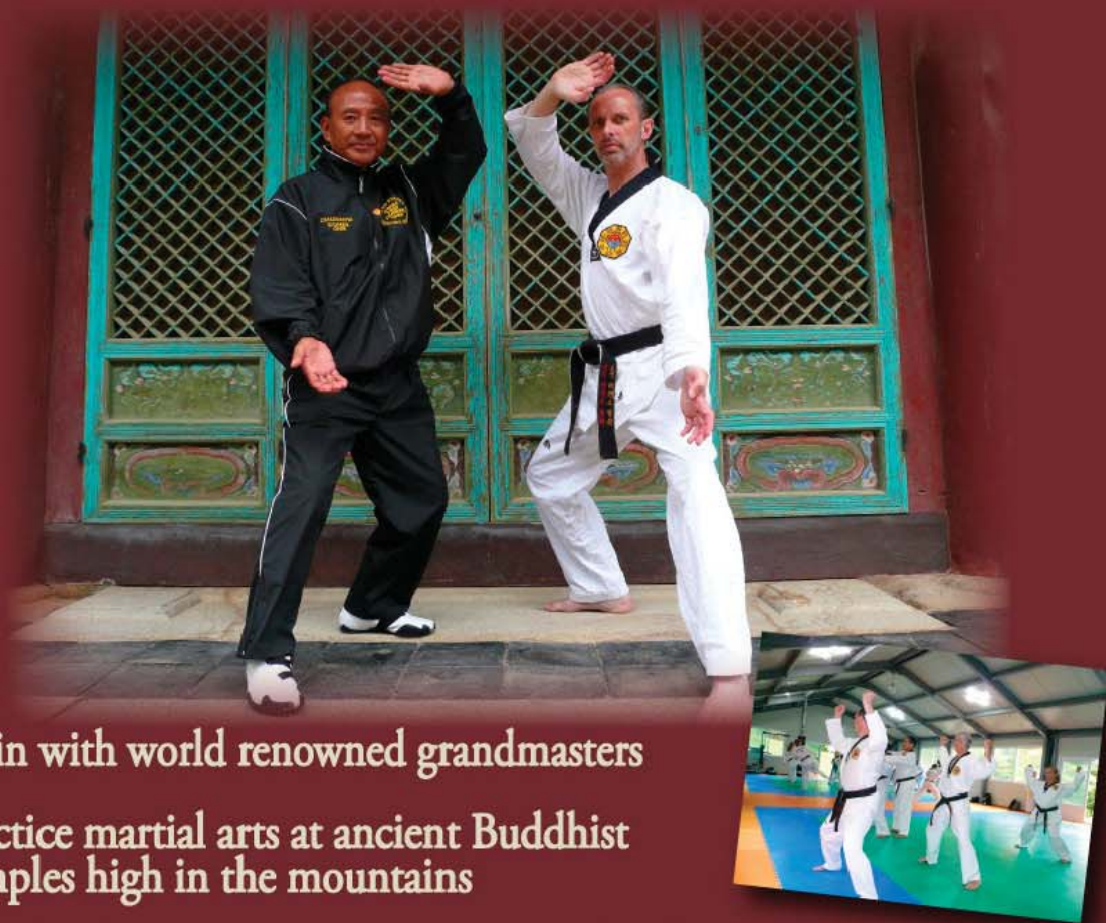
What is Tae Kwon Do's future?

I truly believe that the inclusion of Tae Kwon Do as an Olympic sport, and the fact that it's probably the most widely practiced martial art in the world today is a huge triumph. We've come a long way. But I really feel that we've distanced ourselves from our origins ... in so little time. Mankind needs to be familiar with its origins if it wants to progress. Tae Kwon Do needs to make a distinction between its sporting side and its martial side. We need to transmit the idea that *attitude* must come before *aptitude*.

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The Korean Connection:

Taekwondo Training in the “Land of the Morning Calm”

By Master Doug Cook

Traditional taekwondo philosophy teaches us to cultivate, among other things, courage, perseverance and indomitable will¹. Clearly, these virtues go hand in hand with transforming dreams into reality; however, it is rare that one can, in fact, claim to have fanned the spark of imagination into a blaze of experience. Nevertheless, this is precisely what a group of my students and I did early one summer, when the stirrings of a plan, born on a cold, winter evening in January, materialized seven months later as we stepped aboard a jetliner bound for the homeland of taekwondo.

In retrospect, our hopes were not unusual. At one time or another almost every martial artist dreams of visiting the country from which their chosen discipline has evolved. To the karateka, that region is Okinawa or Japan; to the gungfu practitioner, it is China. But, to the taekwondoist, it is a peninsula, rich in greenery with mountains masked in swirling mists that rush to meet the sky. This enchanted nation is called Korea: Land of the Morning Calm.

Months of Preparation

We had just completed a particularly vigorous class and were chatting over refreshments when I mentioned to the small group of students before me that I was planning our school's tri-annual training and cultural tour to Korea. We would be leaving in early July and planned to stay for seven days. Eyes lit up and nods of commitment circulated around the table. Since I was no stranger to this process, having traveled to Korea before on five separate occasions, I realized that, at best, one third of those assenting to participate that evening would ultimately make the trip; family and financial obligations would act as a filter in the months to come, eventually leaving me with a core group of highly motivated

students to chase the dream of training in Asia.

January bowed to February and the cycle of the seasons turned. Emails flew across the Internet between my dojang in a small, upstate New York farming community and the hustle and bustle of Seoul, South Korea. Already, this journey promised to be radically different from others I had participated in. On previous trips, I had worked closely with various organizing committees who assisted by arranging everything from airfare to training, food and lodging. However, being unfamiliar with the intricacies of international business, many of these organizations self-destructed leaving me with no alternative but to plan this tour myself. As excursion administrator I would have to deal with various agencies and personalities abroad in an effort to solidify our plans in preparation for our July departure. Subsequently, many hours were spent with the travel service I eventually settled on, revising and refining every detail of our itinerary until, following months of correspondence, I felt we could do no more². Special packets of information I had created were sent out to all participants including a registration form, our itinerary, a check list containing essential items to

bring, suggested reading material, and a letter discussing local customs, proper etiquette and how to behave while traveling in a foreign country. As the snows of winter melted in the warmth of spring and, finally summer, the long awaited day of departure arrived.

Departure

It is 5:00pm, Friday, and the yellow school bus I had chartered months ago is waiting in a parking lot across from our dojang, motor running, to deliver our group to Kennedy international Airport. It has just begun to rain and we are concerned about the traffic we may encounter coupled with the potential of a flight delay. Family members are snapping photos of us as we pose before the bus in our black Chosun Taekwondo Academy warm up suits. Amid a flurry of goodbye waves and embraces, we board the bus and begin the first leg of a journey that will cover many thousands of miles. Moods are high as we cross the long span of the George Washington Bridge with an obscured, yet breathtaking view, of New York City.

Weaving through the narrow streets of Manhattan, our first stop is the headquarters of the United States

Taekwondo Association under the direction of my instructor, Grandmaster Richard Chun³. Here we meet four students who are joining us on this excursion. Dodging raindrops, we quickly load their luggage and continue on. Traffic on a Friday night in the city is generally congested, but when it rains, that congestion is magnified many times. This night, however, the slick roadways offer less resistance than expected and we arrive at the airport with time to spare. After clearing security, we have a quick bite to eat and move to the gate. The anticipation is palpable as we patiently await the announcement to board.

The cabin of the Boeing 747-400 is roomier than expected. For the most part we are all seated together. After stowing our carry-on baggage in the overhead compartments, we buckle in and begin taxing down the tarmac. Then, at 11:50pm, in spite of the inclement weather, Asiana Flight AZ221 grudgingly lifts off the runway right on schedule. I cannot help but feel this is a good omen.

Aside from a quick stop in Anchorage, Alaska for refueling, where we stretch our legs and enjoy a bowl of *udon*, our flight proceeds without difficulty. Surprisingly, many of us are able to sleep, making the



A long-anticipated journey begins for the students of the Chosun Taekwondo Academy

eighteen hour flight completely bearable.

Arrival

I awaken to the aroma of fresh brewed coffee and a bright voice drifting from the onboard communication system apprising us of our proximity to the mainland. The flight attendant approaches and I choose, from the cart she is wheeling, a traditional Korean breakfast of fish, rice and kimchi, the ubiquitous side dish of fermented cabbage served with every meal. The spicy, pepper paste I apply to the rice, or *bap*, whets my appetite for the delicious, healthy food I will be enjoying for the next week.

Before long, I glance out the tiny window to observe a sight I have been longing to see since the inception of our journey on that January night seven months ago. To my left is a peninsula of land shrouded in mist that is brilliantly illuminated by the rays of the morning sun. Excitedly, I rouse my students so that they, too, may share in this moment of splendor. Seeing Korea like this leaves no doubt in the mind why it is pleasantly referred to as "The Land of the Morning Calm."⁴ Before we realize it, our big silver bird gracefully touches down and glides to a terminal marking our final destination and the end of an eight-thousand mile journey. We have arrived: Incheon International Airport, South Korea.

After collecting our baggage, clearing customs and exchanging our dollars for *won*, we make our way to the international arrivals building where our guide for the week, Ms. Angel Choi, is waiting. We are delighted to discover that Ms. Choi speaks fluent English since, in our ignorance, we can only navigate the terms for taekwondo techniques in Korean! Our group has an equal mix of male and female participants and so one of my students and I purchase a rose for each of the women in a gesture of welcome. We hurriedly document the occasion in a photograph and, with bags in tow, proceed to board the motor coach that will serve as our transportation and rolling home for the next week. In what is the first

glimpse of the Korean cityscape for many in our group, we cross the long causeway between Incheon and Seoul to the Somerset Palace Hotel where we will be residing for the duration of our stay.

Day One / Sightseeing Seoul

When we arrive, Ms. Choi checks our group in and hands each of us a meal ticket and room key. We find our accommodations comfortable and, following a quick shower, meet in the hotel lobby to begin a day of sightseeing before our training begins in earnest. Once again, we board our bus and drive to the Blue House, Korea's presidential compound similar in nature to our American White House⁵. Security is tight and so we remain for a few short minutes before proceeding on to Kyongbokkung Palace. This magnificent complex of temples, shrines and courtyards, was constructed in 1394 by King T'aejo, founder of the Chosun dynasty (1392-1910), when he decided to move the seat of government from Kaesong to present-day Seoul⁶. A great majority of its structures were destroyed by Japanese invaders, once in 1592, and again in 1910, leaving only a limited number of the original sites remaining.



*Kunjongjon, the main throne room
at Kyongbokkung Palace*

We stand before Kunjongjon, the main throne hall where coronation ceremonies and other events were held and wonder why the paving stones are so oddly arranged. It is explained to us that they

were shrewdly set in such a manner so as to reflect the rays of the afternoon sun into the eyes of enemy troops. Moreover, none are even in height causing visiting emissaries to stand awkwardly before the King and his protectors.

Situated on the palace grounds, is the National Folk Museum where we are fortunate to witness a demonstration of ancient Korean military skill. Martial artists, men and women alike dressed in traditional costume, wield swords, halberds, and fighting staffs or *bong*, in a display of technical excellence. It is the perfect preface to the events ahead.

Day Two / KTO and Kyung Won University

In what to me represents the epitome of Korean hospitality, our group is invited to the headquarters of the Korean Tourism Organization in downtown Seoul, for an official welcoming ceremony⁷. Situated on the ground floor of a vast office complex, the KTO administrative center contains a reception area, clerical space, a display of Korean cultural artifacts, and a small

auditorium where our students are each given a DVD of Kukkiwon poomsae⁸. To my surprise, I am called to the stage by KTO Director, Mr. Kee Hak-Whang, and presented with a Special Recognition Award commending my efforts in forging a stronger relationship between Korea and the United States through the martial arts. Following a commemorative photo of the event, we are interviewed by local news reporters.

During the planning stage of our trip, in order to provide an honest portrayal of what was to come, I informed the students that our instruction in Korea would be difficult. While in the end I decided against it, I had even considered writing ahead to request that consideration be given to those of advanced age since the youngest in our group was thirty-one, with the oldest being sixty-nine⁹. Nonetheless, even I was not fully prepared for the physical intensity of our first day of training at Kyung Won University under the superb direction of Grandmaster Seung Hyeon Nam. Striking in appearance with a strong, angular jaw line, close-cropped jet black hair and a trim, muscular physique, Grandmaster Nam is



Korean Tourism Organization headquarters, Seoul, South Korea



Namdaemun market where anything from dried squid to Koryo celadon can be found.

quick to smile and effusive with a multitude of constructive criticism. The loyalty of his students is without question since at the time of our visit, the college semester has just ended yet still they remained on campus to assist their mentor in teaching our group. These young martial artists, all in their early twenties, were stunning in their abilities, the result of training many hours a day.

We quickly change into our doboks and assemble in the University's dojang; a large room measuring roughly fifty wide by one hundred feet long, with walls tapering to create a vaulted ceiling. The green and orange puzzle mat contrasts greatly with the blue and red grid we are accustomed to at our own school a half a world away. In his broken, but sincere English, Grandmaster Nam calls us to attention. We line up according to rank with his students, members of the Korean National Team, interspersed amongst our group. All of us feel a great sense of pride to be here mixed with not a little apprehension for what is to

come. Sensing our tension, Grandmaster Nam patiently describes what the day's training will consist of. First, we will engage in calisthenics and flexibility drills for one hour, followed by lunch, then a jog around campus. After this, we will undertake four hours of non-stop training. At the time this sounds challenging, but nothing we cannot endure. Ten minutes into the warm up, however, we realize this will not be your ordinary training session.

Having trained at Kyung Won previously under the guidance of Grandmaster Nam's senior, Grandmaster Kyu Seok Lee, I am familiar with the arduous series of relays unique to this school that are intended to prepare the body's core for taekwondo training¹⁰. Grandmaster Nam though seems to have refined these drills in order to condition those who are seeking the ultimate in physical fitness; we begin with postures geared towards promoting flexibility, and follow with a string of sit-ups, push-ups and leg-raises. At Grandmaster Nam's command, we then run, jump and



Chosun Taekwondo Academy students posing with the Korean and Syrian Taekwondo teams at Kyung-Won University.

leap across the dojang in lines of four without interruption. Nevertheless, most difficult of all is an exercise that I misconstrue as a crab walk. I drop to a position preparing to execute the drill and am politely laughed at. My embarrassment turns to incredulity when I realize that, in truth, the Kyung Won students are scampering across the gym floor in the classic bridge pose found in hatha yoga; a posture significantly more difficult than the crab. Finally, an hour and a half later, we are told to break for lunch and prepare for a jog upon our return.

Lunch consists of boiled chicken, rice and kimchi, however, I do not want to overindulge and so I accept a small portion. We sit at long tables in the University cafeteria. There are an astonishing number of students present for what must be the summer session reflecting Korea's Confucian ethic on education. Young people randomly approach Grandmaster Nam who is seated at an adjacent table, bowing to him with trays filled with food. Clearly, he is a highly respected instructor. Our repast completed, we begin to file out and lazily stroll back to the University dojang; a short jog will be welcome - little do we realize what lies ahead.

Upon our return, we are directed to an area just outside the dojang where members of the Kyung Won Taekwondo Team are gathering. The command is given by a senior student to line up, four across, in tight formation. We shake out our arms and legs and our jog begins. Counting in Korean, we slowly build up speed. Our voices echo off the walls of the various buildings throughout the complex; "hana, dool, hana, dool, set, net". Curious students poke their heads out of classroom windows to watch as we pass clad in doboks and black belts. The pace is quickened until we come to a wooded area behind the campus with a hint of a trail leading up the side of a mountain. We stop to catch our breath assuming our run is half over; nothing could be further from the truth. One by one the Kyung Won team breaks for the path and disappears into the woods. Confused, we follow. Slowly, we realize that we are expected to join them in their daily run up the steep incline backing the school. The path is narrow and paved with a number of sharp rocks poking through the soil. It has been tamped down over the years by martial arts students struggling, yet focused, on maintaining a high level of physical fitness. At first daunted by the effort, I gain my second wind and actually begin passing several of the younger

students who seem to be falling back. A segment of our students, too, are beginning to fade. Just when it seems the end is in sight, there is another climb around the bend. After running for what appears to be at least two miles, I hear the voices of Grandmaster Nam and his students through the trees at the crest of a final hill. Digging deep for *ki*, I sprint the last few hundred feet and make the summit. I am quickly joined by five of my students. Forming a circle, the Kyung Won practitioners applaud and slap our backs. Just as pride begins to blossom over our accomplishment, we are directed by Grandmaster Nam, now clothed in tee-shirt, dobok pants and a baseball cap, to turn and jog back to the starting point. His students leap into action as we stare at each other in disbelief. One by one, we shrug and dart off into the woods careful not to lose our footing since, just as the run up the mountain clearly presented a physical challenge, the journey down demands skill in remaining sure-footed. It would be disastrous to sprain or, worse, break an ankle so far from home. Students, who have not completed the run, turn back as we pass them on our return trip. Upon reaching the bottom, we discover yet another circle of students and join in executing push-ups, sit-ups and other strenuous calisthenics, before jogging back to the dojang. Grandmaster Nam now deems us ready to begin training.

Back on the training floor, we are shown a quick demonstration of basic skills. Apparently, the Kyung Won students use these as a prelude to kicking drills and

forms practice. This exercise, which I now refer to as Korea Basic Drill #1, consists of a series of single and double middle punches, coupled with low, middle and high blocks performed with both left and right sides of the body. The Korean Taekwondo Team is astonishing in their precision as they carry out these techniques. We then move on to kicking drills. Memories of my last visit to this institution flood my mind as I step through these; the faces have changed since the group I trained with previously has graduated and moved on, but the environment is the same. The

determination of the instructor is obvious as he barks commands and the *kihaps*, or spirit yells, of the Koreans are unmistakable. The advanced students in our group are offered up yet another, more complex, string of techniques. For use in my dojang, these become Korea Basic Drill #2. I now generally reserve these for my black belts. This drill is composed of knife, X, mountain and middle blocks in conjunction with a punch and spear hand strike executed in back (*dwi koobi*) and front (*ap koobi*) stances. Again, the Kyung Won student's discipline

shines through as they perform flawlessly. Meanwhile, our students are thrilled with the quality of instruction thus far, continuously turning to me and asking, "How much better can it get!?"

Grandmaster Nam is an exceptional instructor, nimbly moving from one component of the taekwondo curriculum to the next. From basic movements he continues on with one-step sparring drills (*il su sik daeryun*), fourteen in all, ranging



A member of the Chosun Taekwondo Academy sparring at Kyung-Won University with a member of the Korean team.



A member of the Korean team demonstrating a jumping split kick

from axe kick (chigi chagi), round kick (dollyo chagi) combinations to spread block (hecho makki), upper cut (chi jiluki) in twist stance (koa sogi) techniques¹¹. By any standard, it is clear that he not only values the combat sport of taekwondo, but the traditional, defensive aspect of the art as well.¹²

We have been training for three hours straight with but two breaks for water or *mul*. There is not an individual among us who wants this experience to end. Still, the pitch at which we have been working is beginning to show. For another fifty minutes we focus on formal exercises (poomsae) starting with *Taegeuk Il Jang* and ending with *Sipjin*.¹³ In reviewing videos of this session, I am both pleased to have participated with such able companions and, in equal part, proud at the ability displayed by our students in matching the precision of the Kyung Won team during poomsae training, since to me, formal exercises represent the essence of any classical martial art.¹⁴

In what is to be our final exposure to Kyung Won, at least for this excursion, Grandmaster Nam leads his students in an amazing demonstration of taekwondo skill. After again lining up in strict military fashion,

he commands his charges to vigorously perform Korea Basic Drills 1, 2 and 3, an advanced kicking pattern. Based solely on the fluidity and precision with which these techniques are delivered, it is blatantly obvious that these students are endowed with the spirit and physical stamina required of the true martial artist. Then, blindingly fast, one student jumps an astonishing eight feet in the air, breaking two separate boards with a double jumping front kick; another spins three consecutive times destroying multiple pieces of wood with high, mid and low spinning hook kicks (momdollyo dwidollyo chagi) followed by a reverse punch (bandae jiluki), penetrating five one-inch thick boards. Our visit to Kyung Won concludes with Grandmaster Nam and I exchanging several books authored by each of us concentrating on the art of taekwondo. After capturing the moment on film, we bid good-bye to our new friends and board our bus for the return trip to the Somerset Palace Hotel.

Day 3 onwards, to follow in next months edition of Totally Tae Kwon Do magazine

1 Strictly speaking, although our school is not officially associated with the International Taekwon-Do Federation, we do adhere to the Five Tenets of Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit as dictated by ITF-founder, General Choi, Hong Hi.

2 For the 1999 Chosun Taekwondo Academy Training & Cultural Tour, I secured the services of the Organizing Committee for Taekwondo Korea 2000. In 2004, we arranged our excursion through Darlin Travel Services in Seoul. In 2007 and 2010, we relied on America Tour USA to assist in making our tour a success. We will be using America Tour USA again for our upcoming trip in July 2012. For those interested in joining us, contact us at info@chosuntkd.com.

3 The headquarters of the United States Taekwondo Association recently moved from 220 East 86th Street in New York City to 87 Stonehurst Drive, Tenafly, New Jersey.

4 The term "Land of the Morning Calm", is derived from the word "Chosun". The Chosun dynasty was the most enduring of the Korea dynastic successions lasting from 1392 to 1910. During this period, hangul, the Korean alphabet consisting of twenty-four characters, was created by King Sejong in 1443. Chosun can also be construed as meaning "morning freshness".

5 The name "Blue House" stems from the unique, traditional azure tiles covering the roof of the structure.

6 Seoul can be defined as "circle of snow". During the Japanese occupation, between the years 1910 and 1945, it was known as Gyeongseong and was almost completely destroyed during the Korean Conflict (1950-1953).

7 The present headquarters for the Korean Tourism Organization is located at 40 Cheongyecheon-ro, Jung-ju, Seoul, South Korea 100-180. The organization is an excellent source regarding tour and cultural information.

8 This set of four DVDs is available through Dartfish Video Software Solutions and focuses on the eight Taegeuk and nine Kukkiwon Yudanja series black belt poomsae.

9 While a great majority of taekwondo schools demographically favor youngsters, the Chosun Taekwondo Academy population is composed of 70%

adults. We attribute this to our tradition-based curriculum and an emphasis on self-defense and character enrichment rather than approaching taekwondo as a sport.

10 Professor Kyu Seok Lee is currently a member of the governing body of the World Taekwondo Federation.

11 Korean terms for taekwondo techniques can be found at www.chosuntkd.com under the "The Art" heading.


12 Presently, there exists an ongoing debate as to the complexion of our disciple - whether it should be recognized as an authentic form of self-defense, or an Olympic world sport. This author, as do most, posits that both claims are valid with traditional taekwondo and the combat sport of taekwondo being two sides of the same coin.

13 The Taegeuk series poomsae were developed in the early 1970s, superseding the Palgwe set which were created in the mid 1960s along with eight of the nine current Yudanja, or black belt forms required for promotion by the Kukkiwon.

14 In his landmark books and during lectures, martial arts pioneer Grandmaster Richard Chun is adamant in stating that "without forms, there is no taekwondo."

Master Doug Cook, a 6th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and his most recent contribution, *Taekwondo—A Path to Excellence*, focusing on the rewards and virtues of taekwondo. Master Cook and Grandmaster Chun have just completed a book featuring Original and Kukki Koryo poomsae scheduled to be released in 2013. He can be reached for questions, lectures and seminars at www.chosuntkd.com or info@chosuntkd.com.

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The Encyclopedia of Taekwon-Do Patterns

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

60 years in the making...

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

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

Utilizing over 5,800 photographs the student is shown in precise detail, each and every pattern from beginning to end, including useful tips on their performance and things unique to particular organisations (such as Kihap points etc.). Displayed in full step by step photographic detail, which displays not just the final move but the in-between motions as well making each

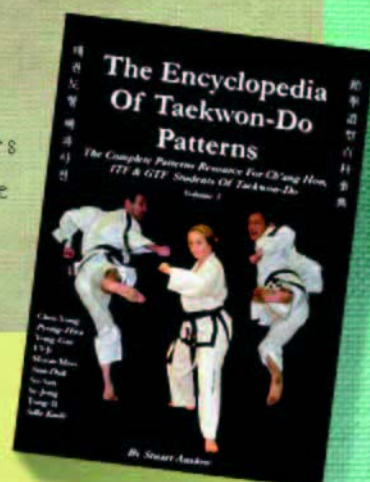
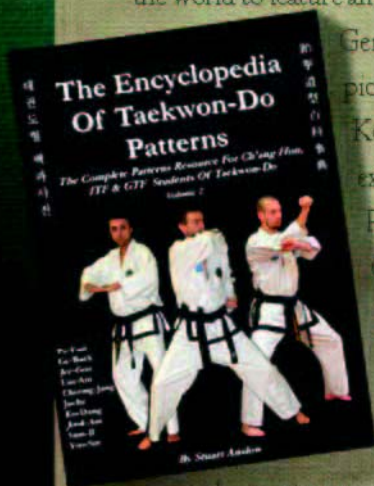
book ideal to learn or revise your patterns, no matter which organisation you belong to.

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Volume 3 takes the senior student of Taekwon-Do from Choi-Yong (3rd Dan) to Tong-Il (6th Dan) and includes both Pyong-Hwa and Sun-Duk (required by the GTF), as well as featuring the first weapon form of Taekwon-Do; The Silla Knife Pattern.

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Danjon:

Centre of Vital Energy

By

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& Gabriel Ramos Salgado

(Black belt 1st Dan TKD – 1st Dan HDKD – 1st Dan AMCE), Universidad del Valle de México, Campus Tlalpan; Taekwondo -Escuela Marcial y Deportiva

Is not possible to survive a few minutes without breathing, because to live, and to exist it is necessary to do so. It's a consistent processes to take the oxygen from the outside air and exhaling carbon dioxide from the inside the body.

In most high performance sports, the performance is in a direct relation with the aerobic capacity (is the maximum quantity of oxygen that an athlete could use during continuous exercise). Is around 80% of this capacity is genetically determine, the rest is acquired by all the training.

Normally all sports man should exercise in a 70% to 90% rank of their maximum cardiac frequency. You reach the optimum aerobic conditioning by doing vigorous exercise at least 5 days a week with workloads that exceeds the anaerobic threshold; this is obtained by altering high intensity activities by increasing the pulse to its highest level with moderate intensity exercises in which the pulse will not be inferior to 50% to 65%. The Taekwondo comes from respiration and go to it, and that can be observed in all the trainings. It is a fundamental fact, but the hardest to train.

The exhalation of air occurs when the lungs relax, and the inhalation is the contrary, occurs when the lungs distends when air comes in them. The exhalation must have its place just in the moment of

the impact, and that allows reducing the interior resistance and it keeps the flexibility on the body. The concentration is the key to success, that means, that to concentrate all of your attention on your abdomen and by doing certain exercise it will develop and circulate the Ki (It is the vital force and the energy flow that every living creature has is Ki in Korean or Japanese and Qi or Chi in Chinese) all around the body and into it conditions to develop additional energy. For example, it makes possible that the martial arts practitioner hits with excessive amount of strength and it makes that they can resist with his body, the penetration of each impact the opponent gives to him. The amount of Ki that we can generate is determinate in most cases, by the level of concentration. In Taekwondo, to breathe means to make a correct use of the Ki.

Because the Taoism spread all over Korea very fast, it was part of their culture since "The Three Realms" period, and in this days we can observe remains in the walls of the Choson Palace, in Buddhist temples, and in small religious communities like Ch'onghakdong, in the new schools of Seul they promote the "Breathing elixir" and also in television marketing they guarantee to restore the vigor and to prolong the existence. Another evidence can be found in the posters that decorate the walls in the train substations, where they proclaim all the merits and properties of Danjon Hohup

and they invite to all the people that is interested to live longer, happier and healthier lives they should go to the most close Tanhak son won traveling by Han munhwa won, this all to learn breathing techniques and all of the work outs of this Teo-philosophical thinking. All the Chinese roots of this ideology and practices has been hidden, emphasizing the Han munhwa which Dangun created the Danjon Hohup and any other resemblance it is because all the Chinese people learn from their ancestors.

In the east, breathing has a philosophical meaning and the subject moves in a metaphysical level. In all martial arts training the breathing has as much importance as the Ki. In a Zen discipline, all the right meditations always begin with the practice of breathing. It should be performed in a sitting position with your legs crossed at the front, with a straight back, the eyes closed and a relaxed body.

The nose and the belly button should be aligned in a vertical sense (Kabuchwa, figure 1). Each breathing should be deep, slow and prolonged, and you should be keeping in mind a phrase or a word to focus your attention even harder; the eastern people recite a Buddhist pray. Speaking Korean like, we can count on Shimgi, Kiryok, P'aegi and Hoyonjiki. This

concept is impregnating in all aspects of the Korean culture. Its legends are antique and we can find a good reference in the Samilshingo book, where we can read that the "Ki is the power of breathing; it is the fundamental element to keep a life style, a potential to create a superhuman power and energy for your live". In fact, the Eastern thinking of the Ki means "air" or "breathing", and this shows the crucial relationship between breathing and

keeping a good health, because when you do it the right way, the ability to fill up with energy is maximized, and that shows a higher performance level in martial arts. And that's why, the secret of good health cannot be found in an "elixir" but you can found it in the Taoist training method, and it helps you to eliminate the separation between your body and your soul. The Hyeolkido and others traditional Korean systems like Koulksudo y el

Tanhak are accepted and performed parallel to another sports like jogging and aerobics.

To control your breathing in martial arts is known as Danjon Hohup (abdominal breathing; Tanjon in no Romanized Korean; Dan Tian in Chinese; Tanden in yoga, Nara in Japanese and it is also known by Dan Jung o Dan Gun). But, what is Danjon? You can locate it in the middle of the belly button and the pelvis (figure 2),

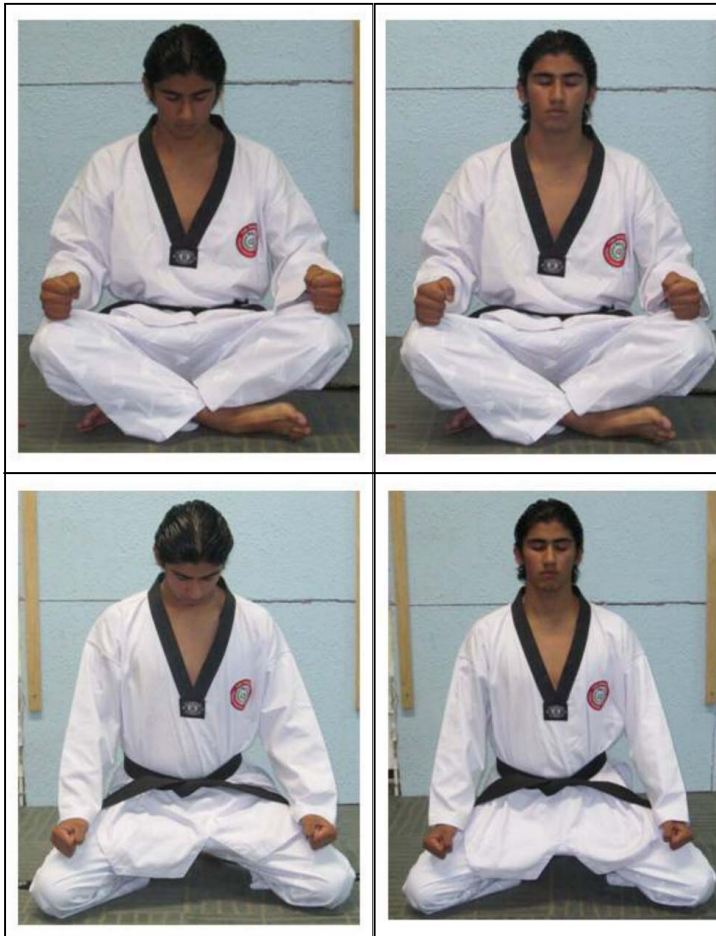


Figure 1. Propose positions for meditation (Muk-nyom) and breathing practice (Danjon Hohup)

although physically it does not exist, if you see it in a metaphysical way, you can stimulate mental activity. If you compare it with thorax breathing, the difference that you can see is that it does not affect the cardiac rhythm nor its pressure but it can improve the blood flow. This is an abstract entity and it is believed that you can find it in the human body, close to its center of gravity. It is a thought that is the source of energy and the activity. It is considered like "The Ocean of the Ki" it is the center where the vital energy orbits and it works like an energy "generator" which gives energy all over the body.

Its achievements are: To obtain a mental peace, an accumulation of the Ki and the improvement of knowledge and flowing of the mental world and all of this it is because the inhalation of more oxygen. In fact, breathing rightly to perform the sports techniques in an efficient way, and with this, you can optimize the quality of the activities and of the health. These are the reasons that justify the practice of the martial arts in modern schools. The creator of Liu He Ba Fa technique says that the training must have the soft of the harden and the hard of the softness, and its strategy includes movements in a straight line, forward and backwards, also round movements using the three distance of combat also known as Kyorugi (short, normal and long). But to

achieve the combination and to apply the techniques with skill you must have on your mind the six following combinations: a) the body combines and coordinate with the mind, b) the mid coordinates and combine with the idea, c) the idea combines and coordinates with the Ki, d) the Ki combines and coordinate with the spirit, e) the spirit (Chongsin) combine and coordinates with the movements; and that means, to find yourself in a clear state of mind, in calm, and without moving forward to discrimination and accepting the positive thoughts and all the benefits, and f) and

the movements combine and coordinate with the universe. This can be achieved by this eight methods: 1) to control the breathing through concentration 2) to concentrate the force in the bones, 3) to imitate different forms and postures, 4) to coordinate fluidly with the opponent movements, 5) to feel that you are suspended

from the top, 6) to balance your movements and your posture, 7) to keep the peace and mental tranquility and 8) and to avoid the exposure intentions in a early way.

In the human body's dichotomy, in the waist you can find the center of itself. The meaning of the ceremonial process to collocate the belt (tti) is to focus all of the internal and external energy (Wae-gi) in the Danjon so that the practitioner can use

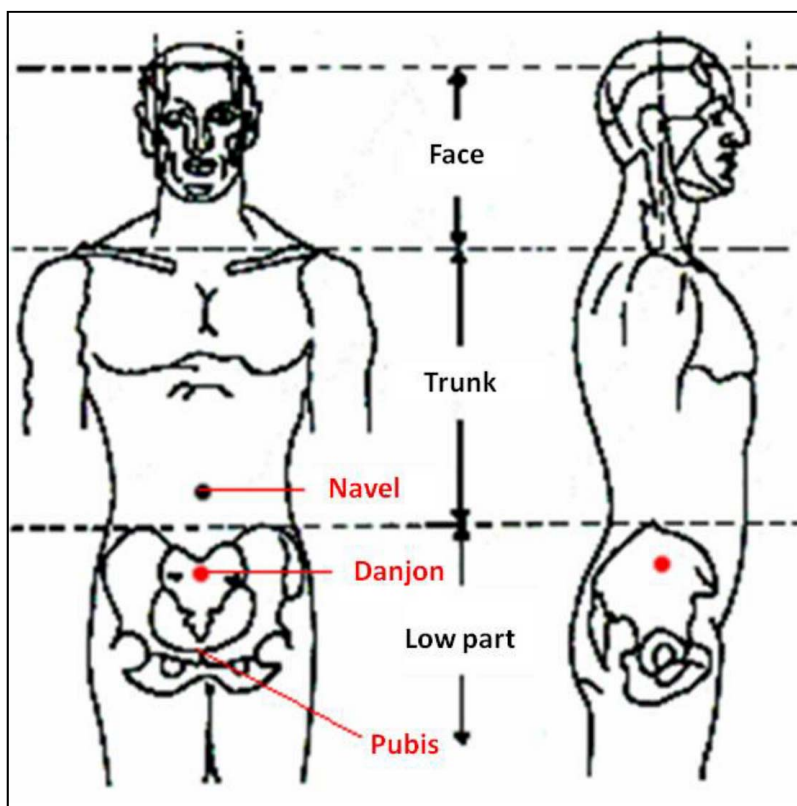


Figure 2. Anatomic localization of the Danjon

the Ki (inner force) to apply in all his abilities. This piece of wardrobe it is necessary and it is part of the Trinity that is composed by the coat (Sam-ui) and the pants (Ha-ui). This concept in the eastern philosophy is fundamental in the conception of the universe, which is composed by the sky, the earth and the person. This is the source of the life. Is an essential part of the Ch'onbugyong, which is why a person in Korea is considered like a micro universe. When the belt is in a knot, after you pass to turns into the waist, it will be at the level of Danjon forming a triangle, and that shows the individuality of each person.

The Danjon Hohup consists of inhaling air, and to expel it and to hold the breath. This withhold is to achieve it obtain that all the energy of the body goes to the Danjon, it will increase the level of the force and the energy and that is useful. When the breathing flows towards the most internal parts in the body it is called the Naegi. The purpose that this is trying to achieve is to make use of mental concentration with use of the Ki, by practicing in the most flexible way, because their locations can vary with every kind of movement that you do. The primary aspect is the harmony between the body and the mind most have, focusing the attention on the Danjon to this relation should be effective. You should realize yourself inside and outside of the Doyang, in a systematic and a continuous form. When you execute the work out in an outside environment and in a standing up position, you should do it in a place that has clean air, and you should be looking towards the east and with your back relax and straight, with your feet open at the same distance that your shoulders in a parallel position. With this orientation we can we can make use of the rotation of the Earth and the flow of the Sun. You must have your mouth shut and to touch softly the root of the mouth with the tip of your tongue. You must not do it in an empty stomach or after eating (preferably one hour after you have eaten), if you are tired

or if you drink alcoholic beverages, because your concentration should be a lot harder to achieve.

Taekwondo is a martial art in which you use your hands and legs, in your offensive and defensive movements. When you master the Ki and the Danjon and you use it in a correct form, every technique should be given with the maximums efficiency. In other words, the mental energy transfers from the Ki by an adequate breathing technique. By all means to master the process it is by means of training, and the knowledge of the location of the Danjon and to breathe deeply until you feel a compression in that abdominal zone. During your training the body should become one with the mind, your mind with the Ki and this with potentiate al the techniques, and all of this combines is invincible, because the fusion of the mind the body and the Ki comes closer to perfection (Figure 3). And that's why every taekwondo technique is design to develop the potentiating of the Ki and by using the breathing correctly you can reach excellent results. It is important during the training to breathe trough the nose to decrease the anxiety and to establish the right focus. Do it deeply during the competition to keep yourself relaxed even in excessive stressful conditions. Exhale every time you execute a punch or a kick, and every time you do it shout (Kiap) to increase the power of your technique. And the outcome should that you become a good competitor by increasing your speed, flexibility, resistance and strength, this are the four basic capacities that all sports man should have. The word Ki means as the energy or the dynamic force that keeps on going all of the things, whereas ap is the root of the words that connote harmony, and that means to harmonize with the universal dynamic force.

If you do not make good breathing, the brain and the muscles so not receive the necessary amount of oxygen to function correctly in an unusual effort. If the oxygen

demand is not fulfilled you should show this symptoms: fatigue, poor muscular control, unable to think correctly, low stamina, hyperventilation, abolition of the reflexes and slowness. And that's why; the Ki is the essence of the Eastern martial

arts. Some authors suggest all kinds of methods to perform the process of the Tanjon, like the one which includes regular movements until you complete 8 respiratory cycles of 8 seconds each, 8 seconds of air retention and 8 seconds of expiration concentrating in all the inner body parts, it will

depend of the didactic experience of the teacher, the disposition of the practitioner and the amount of time that he dedicates to practice every day until you obtain that abdominal plenitude as an indispensable

daily ability. That is why a lot of repetitions will allow the development of an "automatic" coordination between breathing and the technique that should become an important part of every basic movement or every form that you execute.

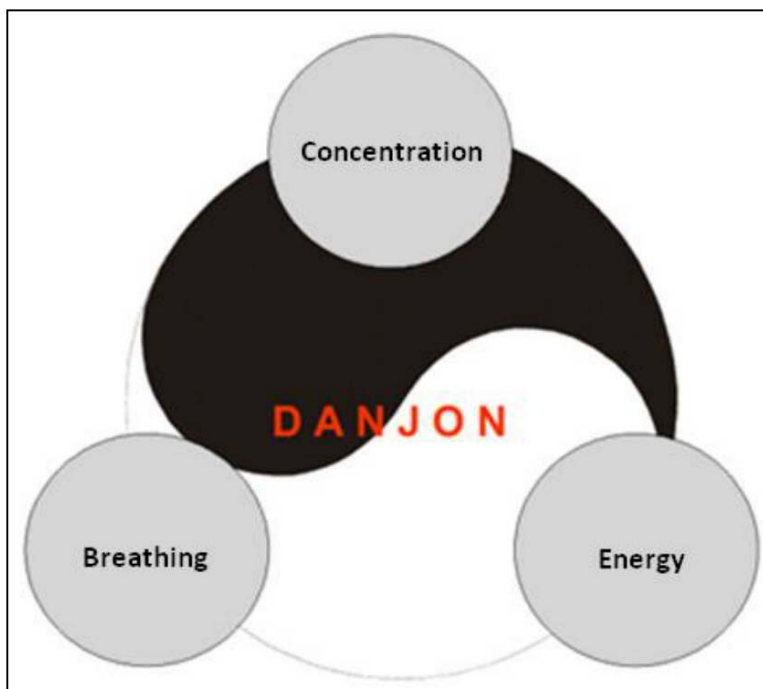


Figure 3. Essential elements for the development of the vital energy

Finally, we can say that most of the martial arts systems include breathing exercises as a central part of their trainings. But if you want to explore all the spiritual aspect of it, all the breathing exercises will show you the way. Nevertheless, nowadays the focus for these pragmatic reasons

includes: The improvement of the well being, the increasing of vital force, the focus of the attention and the channelization of the energy.

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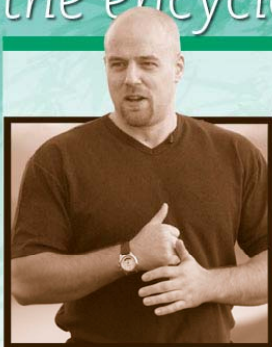
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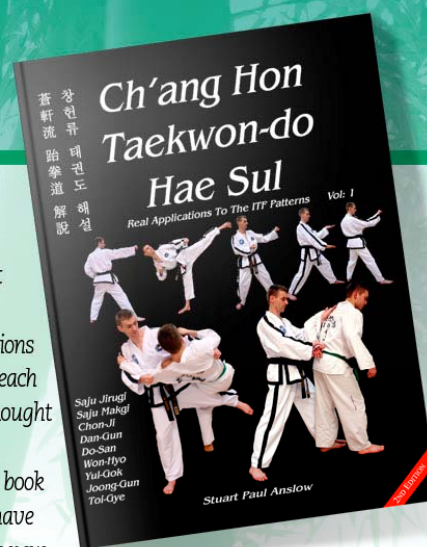
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

Stuart has a clear and engaging writing style and the book
is beautifully presented. I feel certain that this book will have
Taekwon-do practitioners looking at their patterns from a new
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Ch'ang Hon Taekwon-do Hae Sul should be the library of all
practitioners of ITF Taekwon-do. Read on, learn and enjoy!



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“Walking On The Right Side”:

Re-evaluating The Value Of Your Techniques

By Sanko Lewis

Last year South Korea started a “walk on the right side” campaign to create consistency between their pedestrian culture and traffic system. Although the traffic system in Korea requires cars to drive on the right side, Korean pedestrians traditionally walk on the left side. This dichotomy has an interesting explanation and serves as an anecdote for how we see our martial art techniques.

During the Japanese occupation of Korea (1910-1945), Koreans were forced to accept many Japanese habits, including walking and driving on the left side. The

Japanese both walk and drive on the left-side. The reason for them walking on the left side is not related to their traffic laws, which were probably influenced by the British. Rather, walking on the left is a custom that dates back to feudal Japan during a time when men customarily carried swords. The swords were carried on the left hip, so that it could be easily pulled from the sheath with the right hand. Because the sheath and sword is fitted on the left hip, it required pedestrians to

walk on the left side. If they passed each other on the right side their swords may bump against each other or get tangled. The solution was walking on the left side so that their empty right hips pass each other. This also made it easier to draw their swords in passing if ever the need arose.

Since walking on the left side became the custom it was passed onto the Koreans during the occupation. At the same time Koreans were also forced to drive on the

left side as is still customary in Japan today. Very few Koreans owned cars during the occupation. Most cars belonged to Japanese officials who applied the Japanese traffic laws in Korea and those Koreans that did have cars were obligated to keep the same traffic laws.

At the end of the occupation this changed primarily because of the high number of right-hand drive military vehicles used in Korea by the American forces stationed in Korea to

ward off the Soviet-Communist forces. When South Korean President Park Chung-Hee pushed for economic reform, including great infrastructural development in the 1960s and 1970s, Korea based their traffic system on the American model. Not only did they copy the multiple-lane highways, many traffic laws were adopted



A samurai, with sword on his left hip

and right-hand driving became irreversibly ingrained.

While Korea's traffic system require Koreans to drive on the right side, the pedestrian habit of walking on the left side, dating back to the Japanese occupation, never changed. This explains the discrepancy between Korean pedestrian customs (having a Japanese origin) and South Korea's traffic regulations (having an American origin). Through the current government's "walk on the right side" campaign, the left side pedestrian habit is slowly conforming to walking on the right side.

The reason I'm recounting Korea's (and Japan's) walking habits is to show how the way we move is often influenced by the culture and socio-political environments we find ourselves in. It

is undeniable that the techniques we learn in whichever martial art we study were forged from within a specific culture, with its historic influences, and a certain socio-political context. Sometimes such techniques become outdated. South Korea recently decided to change the pedestrian habit which is not in sync with the later developed traffic laws. Similarly, some techniques in our martial art(s) may be outdated or be culturally "out of sync." There are a number of examples, but I will focus on only one, because it so vividly illustrates my point.

In its self-defence volume, the ITF Encyclopaedia devotes over ten pages to self-defence from kneeling and sitting-on-the-floor positions. These techniques are

very situational and obviously part of a very specific cultural context, namely an Asian setting where people routinely sit on the floor. In all my years of Taekwon-Do study I have not once attended a Taekwon-Do class (even in Korea) where any of these floor-sitting techniques were taught. The reason is obvious: they do not make sense within the cultural contexts of any of the

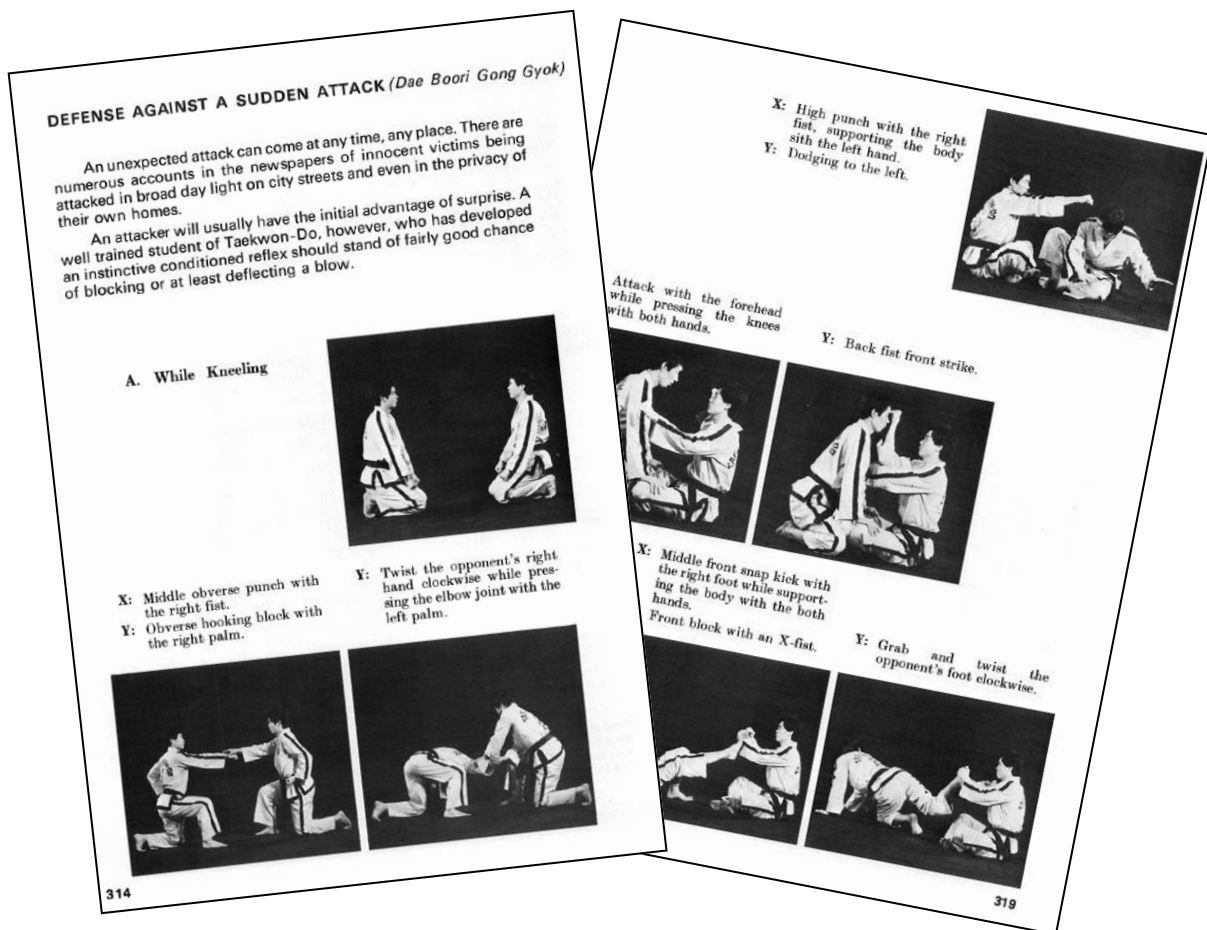
Taekwon-dojang I have attended. I'm not dismissing these techniques; they are an important cultural heritage of our martial art and have interesting historic value and some of it may actually prove contextually relevant. Still, how relevant are they in *your* life?

If you are an instructor who claim to teach self-defence, then you have taken upon yourself a serious responsibility. It is crucial that you research your system's techniques and question their current validity. If they are not of value

within your cultural and socio-political contexts, then maybe you should not spend too much time on them. I suspect that few of you reading this essay spend too much time on floor-sitting techniques since they are not relevant to your life either. Note, however, that I'm using floor-sitting techniques merely as a metaphor for any technique that is culturally specific and possibly irrelevant. Not spending as much time on the techniques that are culturally or socio-politically of less value is one thing, another important point is to actively increase the training of those techniques and strategies that *are* fitting the likely scenarios you or your students may land in. This may very well require you to reinterpret the techniques in your system and make them practical and sensible for



A Korean sign that says: "Walk Right".



Example pages showing kneeling and sitting-on-floor defences from *The Encyclopaedia of Taekwon-Do*

your cultural and socio-political context.

As the cultural and socio-political contexts change, so the martial arts need to adapt too. At first Taekwon-Do was an almost exclusively military martial art, with an approach geared for the battlefields of the 20th century. Not only have the ways wars are fought changed dramatically, the people training in Taekwon-Do are also different. Instead of combatants, most Taekwon-Do practitioners are civilians and have to adhere to certain civil behaviours. To make Taekwon-Do relevant to its current practitioners reinterpretation is inevitable, yet at the same time we need not throw away those techniques that are culturally inconsistent. They are an intrinsic part of our martial art heritage and deserve to be retained. Who knows, maybe one day you might find yourself attacked while sitting on the floor! Martial art practitioners, especially instructors, are required to do a difficult balancing act in choosing which techniques are relevant and important, and

which are less so, and furthermore deciding on the training ratio we ought to devote to each and also how to reinterpret traditional techniques so that they stay truly relevant.

...ooOoo...

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

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PUMA Masters Seminar

PUMA - People United Making A Difference

By John Dowding, 4th Degree



Sunday 10th July 2011 saw eager members of PUMA Taekwon-Do association heading to a school in Warmley nr Bristol, UK. The event was an all day Masters Seminar featuring three PUMA Masters and one of PUMA's most senior members, each giving a seminar of an aspect of Taekwon-Do close to their hearts.

PUMA members came from all areas of the UK including the sunny shores of Cornwall and the dark satanic mills of the Northern regions, and there was certainly no doubt about the participants enthusiasm and commitment to the art of Taekwon-Do.

The event was organised by Mr Derek Skidmore 4th Degree who is one of PUMA's original members and has been training in Taekwon-Do for over twenty years. Mr

Skidmore and his team did a fantastic job of organising and publicising the event and sourced a venue large enough to accommodate the seminar floor with plenty of room for participants and adequate changing facilities and showers, which was a real bonus after a full day of training in the July heat.



Mr Skidmore

Mr Skidmore is a quiet and unassuming person who through his own passion for the art he teaches inspires a huge amount of loyalty from his students and a desire to be involved from all involved in his schools, not just students but parents and partners as well. In fact a large group of parents, partners and friends of his students put in a fantastic effort to ensure the training

hall was fully equipped with mats for the seminar participants to train on. Doesn't sound much? Well it involved a convoy of



Group Warm Up

vehicles and some significant mileage on the day before the seminar and the same again after the seminar had finished. When everyone else had happily made their way home Derek and helpers were still freely giving up their time. Without people like this events like this wouldn't happen.

The seminar itself started promptly at 11:00am and the atmosphere in the hall was friendly with everyone eager to get busy. Master Mark Ogborne 7th Degree was due to start the day's sessions and the anticipation levels were running high. Master Ogborne is well known in the world of Taekwon-Do having been a World Sparring Champion no less than three times, a fact which he never mentions, or is it never fails to mention? So it was an honour to have him take the first session and lead the group through a brief warm up, his session then concentrated on self

defence partner drills and finished with some ground work which was new to some of the students. As is the case when enjoying oneself the hour long seminar seemed to pass in the blink of an eye and it was time for session number two led by the legendary Master Johnny Black 8th Degree who is one of the most senior practitioners of Taekwon-Do in the UK.

Master Black gained his ITF black belt in Hong Kong in the early seventies and is a truly legendary martial artist. I think its fair to say once met never forgotten! Master Black although he probably doesn't know it, personally inspired me more than any other instructor I have met in my Taekwon-Do journey. It was a long time ago (before he was a master) and I was a new first degree who had only met Master Black a few times. He had made a comment to me during a very brief conversation about lending me some of his Taekwon-Do VHS



Group Press-Ups



Master Mark Ogborne 7th Degree Teaching At The Seminar

(remember them) video collection and I didn't really think much of it at the time. Things like that get said all the time often with the best of intentions. Then six months or so later I happened to be at a degree grading where Master Black was on the grading panel and in between his official duties he made a point of seeking me out taking me to the car park and handing me a bag of his prized videos! I was genuinely in awe that this man had remembered his words and followed them through because he saw my interest and wanted to further it. That is a measure of Master Black, and more information on him

can be found here <http://www.devonmartialarts.co.uk/johnblack.htm>

Master Black led a gung ho kicking pad work seminar which started with simple techniques and gradually led up to some very (for me) ambitious 360 degree flashy kicks which everyone enjoyed trying. You could feel the enthusiasm and enjoyment in the air with everyone really giving it their all and then almost as soon as it started the hour was over and it was time to break for lunch.

The afternoon session began promptly and



Front Rising Kick Practice



Sparring At The Seminar

was taken by PUMA's chairman Master Raymond Gayle 7th Degree. Master Gayle started his seminar with a talk on motivation and the required mindset for successful training and hinted that he may have a book on the subject soon to be published, so that's another for the Amazon wish list! After that it was time for some traditional Taekwon-Do basics practice covering the finer points of the sine wave theory. Master Gayle is well known as a committed technician and is happy to spend hours practising and teaching basics. He tells a story of attending a seminar with General Choi with some of the most senior Taekwon-Do exponents in the world including many Masters where all they practised was Chon Ji over and over, and he follows the same approach. After all if you don't have solid foundations you can't have a strong house.

Finally the last seminar of the day was taken by one of PUMA's most senior members Mr Robert Tettmar 6th Degree aka "The Badger". Mr Tettmar started his

Taekwon-Do training under Master Ogborne and Master Gayle at the first club they ran together in Bath back in the eighties and as such is their oldest student. Mr Tettmar is a personal friend of mine as well as being my training partner and my co-instructor at Warminster Taekwon-Do School so it was no surprise that I ended up in the role of crash test dummy for his seminar which focused on his speciality of sparring. Mr Tettmar is especially adept at sparring psychology and "ringcraft" and I have lost count of the amount of times I have seen him beat opponents who had the skill to win but let frustration get the better of them leading them to make mistakes which is exactly what "The Badger" intends. Once again the time slipped away and that was it for the day, time to hit the showers.

Four super seminars but with a difference as the purpose of the whole day and the funds raised through ticket sales was for one reason, CHARITY. Over the last few years under the leadership of the Masters

and with the full support of the members PUMA has made some remarkable commitments to support three charities which are all very different but each deserving in their own way. They are Friends of Valence School which is a well established centre of excellence offering high quality learning opportunities and excellent social and health care to children and young people who have physical disabilities and complex medical needs (www.valenceschool.com)., The Pilgrim Bandits which is a charity set up originally by serving and ex special forces personnel and devotes itself to raising funds through physical challenges for a variety of other charities and good causes (www.pilgrimbandits.com).

help with introducing and promoting ITF TKD in West Africa. I wanted to do more for them so still there trying to do what I can with the help of PUMA". Master Gayle and PUMA members have travelled to Ghana many times over the past years to promote TKD and assist the Ghanaian Taekwon-Do family to grow and develop. Members have donated time, money, instruction, kit and anything they possibly can to help Taekwon-Do flourish and those efforts have led to the fruition of a dream whereby a school and dojang building project is finally being realised. This has been made possible by the generosity of PUMA members and truly reflects the Taekwon-Do oath and the dream of building a more peaceful world.

The third worthy cause that PUMA supports is based in West Africa, in the Country of Ghana and in the words of Master Gayle "I went there originally because I was asked by the ITF if I'd like to

The aim of the seminar was to raise money for the causes supported by PUMA and a total of £1000 pounds was raised and a cheque presented to Master Gayle on the day, a fantastic amount that will go a long



Mr Tettmar Teaching At The Seminar



Mr Dowding, Miss Yates & Mr Tettmar take a brief moment to pose for a photo at the seminar

way and all for doing what we love, practising Taekwon-Do which can't be bad!

This year alone over £20,000 pounds has been raised through the members and Masters efforts, which is a truly phenomenal achievement. PUMA stands for the Professional Unification of Martial Arts but as Master Gayle signs off his emails PUMA – People United Making A difference which I think says more about us as an association than our official title.



Women And Self Defence

By Dave Lomas



The world today is a far cry from years ago when learning the martial arts was a male dominated thing and people used to think that if a woman took up combat training they would end up looking like a muscle bound man with a beard and a deep voice. It is hard to imagine now but there were those who thought that way many years ago. Today there is a strong growing army of women who have not only made strong progress within the martial art world but have also done better than their male counterparts, however, there are still those who think that learning any form of combat should be limited to women's only self-defence classes and even then only under a female instructor.

Women's self-defence classes do come under the general title of 'martial art' but it is only a small part of the fighting arts and although it does have good points it also has its bad points. Using a women's only course in self-defence as a way of introduction into the mainstream world of martial arts is a good starting point and does have many benefits but there are some main points that should be taken into account. Although today the attitude towards learning the martial arts and taking

up self-defence courses for women only have changed over the years many women still think that learning how to defend themselves against a big strong and very violent man can only be taught to them by another woman. In truth it does not matter if it is a man or a woman that runs the self-defence course but if they think that they will benefit from another woman's softer or more understanding approach then they will not feel the true value of what it is like when it comes to the real thing.

Many, although not as bad as years gone by, still think that learning a few clever little tricks like arm and wrist locks and pulling their attackers finger back to hurt them will be all they need to defend themselves against a potential rapist and that a short course of only a few weeks is all that they need. The first thing to consider is that some self-defence methods will only work with the full co-operation of the attacker. Pulling your attackers finger back, for example, to stop them from grabbing hold of you while driving along in their car will not work. Apart from the fact that in a situation of that nature the driver could lose control of the car and end up killing you both the person may not think to stop



their actions any further but instead may become more aggressive and attack you even more. Apart from incorrect teaching methods, no matter how good the instructor is, be it a man or a woman, a few lessons will have little or no true effect at all. To truly learn combat effective self-defence requires keep fit, conditioning workouts, in-depth technique practice and progressive physical contact with not only other women but also against men, which is the idea behind any women's self-defence course. It is also worth noting at this point that the risk of being attacked by another woman or a young girl is more common than you may think in this day and age.

A few short lessons in this form of training will have no true effect, what a person needs to gain good self-defence skills is to attend classes over a long period of time and progress to the effective higher levels as you go. The true benefit of taking up this form of training is if it is used as a stepping stone into the world of main stream martial

arts but also be aware that some 'women's only' self-defence courses are sometimes held for money only and not for your benefit. Some will ask for the full course fee in advance so that if you leave after only one or two lessons then they will still have gained that full course fee. It has been known for some course instructors to teach any old rubbish after being paid the full course fee and telling anyone who complains that the fee is not refundable and that if they are not happy with their training then not to come back. Many women today will bypass the short 'Women's only self-defence course' and go straight into mainstream martial art training with a view of learning full combat effectiveness but there will always be those who lack confidence and instead will opt for those limited, and in some cases, watered down versions of a martial art. If a woman lacks the confidence to attend a martial art club unless it is an all women's group taught by another woman then how will she cope if confronted by a violent male mugger?

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Jayanth Reddy

Double Guinness World Record Holder

By Sridhar M. Reddy

What Art do you practice?

Taekwondo

At what age did you begin your study of arts?

I started Traditional Karate at the age of 13 (1975) followed by Taekwondo 4 years later at the age of 17 in 1979.

What is / are your current schools?

JR International Taekwondo Academy.

What do the martial arts mean to you?

Martial Arts means the "World" to me. It enables me to maintain a high quality of life as a "Whole Person" in the body, mind, heart and finally the spirit. To be born as a human being is the greatest gift from God and one should make good use of it by enriching themselves through practice of martial arts as that would help them in achieving longevity coupled with good health.

My thirst for achieving more in the field of martial arts helped me in acquiring an 8th Dan Black Belt status from the Jidokwan organization of South Korea in Dec 2010 and also a 4th Presidential Award from

Barrack Obama in the same month after winning three Presidential awards from three former US presidents – George Bush Sr. (1991), Bill Clinton (1998) and George Bush Jr. (2005) in the past.

How have the arts affected / changed your life?



I would like to share my experiences based on three major accidents in my life. It was in the year 1986 when I was travelling along with my brother in the back seat of my car when another individual in an inebriated condition banged right into us and I had the good fortune of surviving that accident despite being hospitalized due to multiple fractures. On another occasion in one of the

construction sites I slipped and fell from a height of 20 feet and hurt myself very badly. But despite these two incidents it did not deter me from my goals and I still went on to achieve several laurels in the field of Taekwondo including the creation of my first Guinness record on the 31st of August, 2010 and the second on the 27th of April, 2011. It was in the early part of 2011 when I met up with an unexpected mishap when



I came in contact with a high tension wire at my home that threw me away from the first floor at a height of 20 feet on to the ground. Despite a dislocated shoulder I recovered in a span of a few weeks and got back to my practice regime. In a nut shell I would like to attribute the credit of my physical toughness and mental tenacity to quickly bounce back from such life threatening situations only to the practice of martial arts.

How do you use Martial Arts to better your community?

I promote the thought the Martial Arts not just helps in building fitness levels but it would greatly help if it made as a 'Way of Life'. In addition to training a lot of people on self defense techniques and the art in itself I have also helped a lot of people in improving their health through a variety of fitness exercises that are more customized based on the needs of each individual. On the philanthropic side there have been several occasions when I've taught Taekwondo to those people that are not in a position to pay

a monetary consideration to some of the other teachers that charge a sizeable sum. I've also had the opportunity of showcasing the art of Taekwondo in some of the leading multi national corporate in India by sending the message across to them that it is important for people to take good care of health while working in a stressful professional environment. I've been able to heal a few people of their ailments by getting them to practice Taekwondo and it is an ongoing journey for me to stand up as a role model and guide people on a 'Path to good Health'. They ultimately

need to fight their enemies within by strengthening their internal organs.

What are your plans for martial arts in the future?

I would like to set up a World class Martial Arts Organization in India where athletes that have a caliber of putting up a good show at an internal level such as the Olympics are produced. The coaching would be quite intense with a steep learning curve with the aim of building world class sportsman within a short time. In addition to my in depth knowledge of various traditional martial arts such as Karate and modern martial arts like Taekwondo; my thorough understanding of



modern health science & research in sports medicine would be an added advantage.

I've been able to create two Guinness records till date:

- . a.) 171 round house kicks in one minute on the 31st of August, 2010.
- . b.) 135 single leg, full impact round house kicks in the air without dropping on the 27th of April, 2011.

Yes, I would like to aim towards achieving a third Guinness record and I also aspire to create martial artists that are able to either break or create new Guinness world records.



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Totally Tae Kwon Do - 51

What's The Point?

Knifehand Guarding Block, Straight Fingertip Thrust

By Paul O'Leary

In this piece I would like to look at the knifehand guarding block and flow into the straight fingertip thrust found in Chang Hon patterns Do San and Won Hyo Tul.

For me the idea of striking my fingertips through someone's chest bone or even their solar plexus is not a runner. Its one thing breaking boards like this but the body mass behind this area would be too much strain on the fingers and most likely cause you to break a few digits. You would not strike a hanging bag in this manner? So why would you do use it against a body mass?



Pics 1 to 3.

Show the traditional movements as seen in the pattern performance.



Pic 4.

The attacker swings a right handed punch to your head. You parry off the attack with both your hands so that it passes to your right side. This is a similar movement to the ready position for the guarding block as seen in the patterns.

Pic 5.

Step forward into an L-stance with your left leg forward. Keeping your hands in contact with the attackers arm, rotate their arm into a quick standing armbar. This hand position will look a lot like a Knifehand Guarding Block. But it is only a transitional movement to distract and maybe cause a bit of pain so that the attacker is open to the next movement.



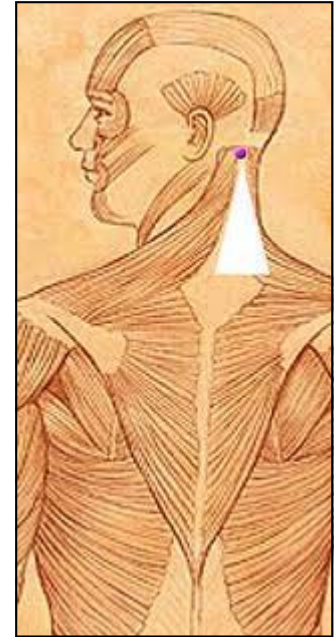
Pic 6.

With the attacker in this position we rotate our left arm around their right arm. This creates a trap or lock depending on the area we bring our arm. In this picture I am striking with a sliding motion with my knifehand into a point on the back of the neck at the base of the skull called GB-20. Which when fully extended will look like the position of a Straight Fingertip strike.



Pic 7.

As an alternative or follow up to this we can catch the attackers right hand and wrist and bring it around in front of us so...



Pic 8.

...that we create a lock sometimes called a "Chicken Wing".

GB20

Be very careful with your attackers arm because both the armbar and the chicken wing can hurt a lot!



from injury and allowing him to restrain the thief until more security guards could get to him.

Look up Youtube under "Jungshin" and "What's The Point? Part 2" for an old video we made for this one. Enjoy!

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

Paul o'Leary, 5th Dan Tae Kwon-Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor of Rebel Martial Arts and the National Co-ordinator for Prof. Rick Clark's AoDenkouKai in Ireland. To contact him about seminars on Pressure points, Patten applications or Self Defence with Prof Clark or himself please call 00-353-86-3545032 or email: adkeire@gmail.com or rebelmartialarts@gmail.com . Mr. O'Leary is also a point of contact for interested parties who wish to train within the United Tae Kwon-Do International syllabus under Grandmaster Karel Van Orsouw.



**WHO'S REPRESENTING YOU?
WE CAN!**

Large And Small

By Richard Conceicao

It seems that the time for “spring cleaning” has rolled around and once again, I am engaged in the process of trying to sort through some of the stuff I have accumulated in the past year.

This can be a very valuable effort if what is preserved is better than what was thrown out. After all no less a savant than Sherlock Holmes reminded us “the mind is like an attic. We can keep putting things in, moving stuff about to make it fit, but eventually you have to throw something out in order to put anything new in”.

The danger is that we are not always right and forget the reasons we saved it in the first place.

Much of what is practiced in karate stances and methodology today is a

misunderstanding of what was presented in the past for teaching or conditioning purposes to the student. What are presented now are not necessarily the original concern, i.e. fighting applications. Things have been changed for instructional (didactic) or, as stated before, aesthetic purposes.

This causes great confusion in modern times. It sometimes becomes very difficult to tease out what is being presented to you for the purposes of training your body to increase its strength or flexibility, or training your mind so that you know what enhanced stability, or weight shifting forward or backward feels like.

Funakoshi sensei explicitly states this; “wide stances are for novices, normal stances are for experts”. This is a phrase



that is too often forgotten these days, especially in form competition.

If one looks at most form competition in tournaments today, there are two types of competitors that win. The first one does a “classical” form with wide, deep stances, and careful attention to the timing, rhythm, and “perfect shape” of each position.

The second kind of competitor performs a form of his own creation, possibly with musical accompaniment, that demonstrates both great flexibility and athleticism. It is usually dramatic and exciting to watch, but unfortunately, completely devoid of any martial application whatsoever.

This is unfortunate, while the individual performing it may demonstrate great artistry; this is not a fighting art. When the performer is asked about this, in other words, what are you doing? He is either making his applications fit his form (if he has thought it through that far), or he has no idea.

It appears that this has become more and more commonplace as time goes on. As martial arts gain more and more

acceptance within the community at large, I fear that we will see an increase in this type of approach.

Yet, when the prospective student tries to figure out why he can't make his form show him anything that appears to be of any use in actual combat, we have to look at the above concerns.

Some examples to illustrate these points:

1. Many Chinese and other styles have this prospective student standing on horseback stance for extremely long periods of time. Are they trying to have the student develop good posture? Or perhaps enhance his leg strength and flexibility? Or do we honestly believe that they expect the student to consistently fight in the stance. I have heard many people express the opinion that Tai Chi can't possibly be an effective martial art as it is too slow!

2. Many Shotokan practitioners practice long, deep, firm stances. When they move across the floor they take very large steps, including when they switch among different stances, such as going from front stance to back stance to horseback stance and back to front stance.



Is this to teach stability, to increase leg strength and flexibility, demonstrate how important weight shift is, or are we to believe they honestly expect people to fight this way. Actually, sensei Funakoshi has already provided us with the answer above. No they don't. But many people behave as if they believe it.

3. ITF — TKD practitioners use a sine wave motion when moving forward and backward. When asked why, they will comfortably state that this is to develop power in the attacking technique. This is of course quite true. Unfortunately most apply the attack too late (i.e. after the weight has completely settled) for the power to be propagated correctly.

4. Many styles make their knife hand blocks from a chambering position very far back with the hands sweeping forward. Not to pick on a particular style, as a matter of fact, all “chambering positions” are not what they seem to be. In actual combat situations no one has the time to pull back to “chamber” in order to strike forward. Once again we have a technique that has become misunderstood in modern times.

5. WTF practitioners have had many changes to their forms. Almost all of the changes are in the interest of competitive advantage, as opposed to combat effectiveness. If you doubt that, take a look at the latest rules on stance size, and blocking hand positioning.

So now in our current situation, in order to tease out the actual martial applications we have to take a look at what we take for granted. If we practice something, we must ask ourselves some basic questions:

1. *What is this technique supposed to do?*
2. *How does it do it?*
3. *How do I train it?*

Obviously we must begin with a proper understanding of the basic purpose of the technique we are practicing. This could be considered the hard part, primarily because many of these have been hidden from us or given incorrect names. **In any event, whatever we conceive of it to be, we must practice it with that in mind. Anything else is a waste of time.**

Once we have an understanding, or, the very least, one particular application in mind, we begin the process of “making the large small”.

All movements as they are being learned have to not only be broken down

into their component parts, but they have to be performed in very large motions. This is so that each component part and its role can be fully understood and executed properly. This “mindfulness” is essential. Just as in poomse practice—*how you get there is far more important than where you end up (i.e. your final posture).*

It is a very natural way of learning. As proficiency is gained the motions can become smaller and smaller. Eventually





they reach a point where they are essentially invisible, even to the trained eye.

This, of course, is exactly the opposite of what most people see, especially on television, or the movies. In these cases the actors are making the movements very large so that they can be seen from the balcony. Many times the fights are done in slow motion –to make sure the unsophisticated audience appreciates the skills of the stuntman.

As Bruce Lee once pointed out, “you must hack away at what is unessential”. It is the job of the student to relentlessly improve on the efficiency of his technique. What once took five steps to complete should be whittled down to three, than to two, and finally down to just one.

To accomplish this goal takes not only practice, but purposeful practice. Always look to understanding the underlying principle. This will allow you to gain

understanding and remain open to variations in timing, angle, and intent.

Richard Conceicao has been involved in martial arts for over 37 years. He is currently a 6 Dan in TKD having studied under GM Richard Chun. He is a certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious in order to find the subtleties that define the essence of the arts. He is currently researching the commonalities of these arts to broaden their understanding, and to preserve what he believes is being lost. Most importantly, the combat essence of what everyone refers to as “the basics”.

He can be reached for questions or comments at

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3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
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— Chinua Achebe



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