

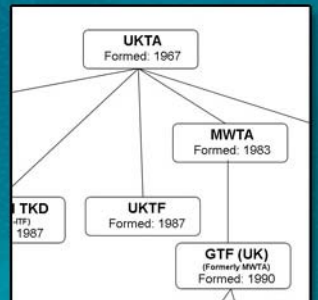
Totally TaekwonDo

The Free Global Tae Kwon Do Magazine

September 2011 • Issue 31



Interviews with
Stephen Gell & James Gridley
GTF & ITF World Champions



• How Do You Quantify Taekwon-Do?

• Taekwon-Do as Street Fighting

• Taekwondo Training In The Land Of Morning Calm

• UK Ch'ang Hon Lineage Tree Project

• 24th ITF Championship Success • The First Step • The Road To Black Belt • Weiss's Rubric

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

Produced and Published by:
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Editorial

Issue 31 - August 2011



Welcome to issue 31 of the greatest Tae kwon Do magazine on the planet - I say this, not because of my work, but because of all those that continually submit articles, which in turn allow the magazine to run each month, free of charge.

In this months issue we have two interesting interviews, a look at the '*martial*' side of Tae Kwon Do, Part 2 of Master Cooks interesting and informative article about his (and his students) training in Korea, news of a new project that those in the UK (and eventually around the world) can get involved in, reports of competitions and of course the interesting insights in areas of Tae kwon Do you may not have considered yourself!

What we don't have, which I often get requests for are '*basic technique*' articles, such as '*how do you do a 'reverse turning kick*' or '*tornado kick*' - something you only need a digital camera and some spare time to do!

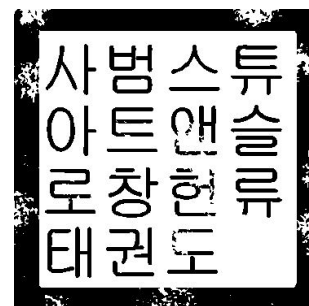
Another article that may prove interesting, should someone take up the gauntlet, concerns new '*Official Competition Poomse Doboks*' that recently came out - that a) many probably don't know about and b) didn't go down to well with some in the WTF.. Though to be honest, I kinda like them!

For young WTF'ers in the UK there is the opportunity to get to see the Olympic Taekwondo free (and help out at the event), so if that is of interest, be sure to read up and reply.

I'm sure you will enjoy this months magazine, so I'll stop nattering and leave you to it. Keep sending the articles in though!

Regards,

Stuart Anslow
Editor



Issue 31 Contents

Totally TKD News	Page 4
24th ITF Taekwon-Do Championship Success	Page 9
How Do You Quantify Taekwon-Do?	Page 13
Stephen Gell, 8x GTF World Champion <i>Interview</i>	Page 15
Taekwon-Do As Street Fighting	Page 25
The Korean Connection:	
<i>Taekwondo Training In The “Land Of Morning Calm” Pt2</i>	Page 31
James Gridley, ITF World Champion <i>Interview</i>	Page 43
Totally TKD Wants You	Page 46
UK Ch’ang Hon Lineage Tree Project	Page 47
That First Step	Page 49
The Road To Black Belt	Page 57
The Cross-Limb “Loadings” Rule...	
...Meets Weiss’s Rubric	Page 61
Whats The Point!	Page 66
Submission Guidelines	Page 69

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Vicky Morphew, Master Wajid Raza Isphani & Stuart Anslow**

Totally TKD News

Sad News



The Legendary Martial Artist Joe Lewis announced on his Facebook page recently that he had brain cancer and was given 6 - 8 weeks to live. A Facebook page ([Praying-for-Joe-Lewis](#)) was started to 'pray for Joe Lewis'. They want at least 1440 people supporting this prayer effort and... praying for Joe's recovery. They said "We want to have fans of Joe Lewis praying for him every minute of every day. Like this page and commit to praying for Joe's recovery at least one minute every day until he defeats this enemy."

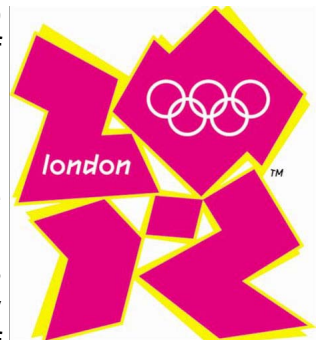
London 2012 launches Young Games Maker programme to find 2,000 dedicated young volunteers

Submitted By Vicky Morphew

- *LOCOG to recruit over 2,000 16 to 18 -year-olds to take up a broad range of volunteer roles*

- Team approach to be adopted throughout the programme to ensure best possible experience for the young people
- *Recruitment of sport specialist teams begins through National Governing Bodies and other appropriate sporting organisations from today*
- Team applications for the more numerous generalist roles and remaining specialist roles open on 22 September 2011

With just one year to go until the start of the London 2012 Games, the London Organising Committee of the Olympic Games and Paralympic Games (LOCOG) today announced details of the Young Games Maker programme.



Over 2,000 young people from across the UK will be recruited to take up volunteer roles vital to ensuring the successful delivery of the Games. Approximately 250 teams of young people, who must be aged 16 or over on 1 July 2012 and under 18 on 1 January 2012, will join the adult Games Makers next summer to help stage the London 2012 Olympic and Paralympic Games.

More information about the Young Games Maker programme and how to apply visit www.london2012.com/young-games-maker.

The Young Games Maker programme supports LOCOG's commitment to inspire young people to choose sport and leave a volunteering legacy. The programme will allow young people already involved in sport to experience sport at its highest



level and explore opportunities that exist outside competition; whilst encouraging those not necessarily involved in sport now to participate and develop their skills.

LOCOG invites organisations such as youth or sports clubs, community and volunteering groups and schools and colleges that are members of the London 2012 Get Set network, to spend the next eight weeks reviewing the roles on offer and encouraging their young people to consider forming a team.

Team leaders such as teachers, coaches and youth group leaders will apply on behalf of their team and support the young people through every stage of selection, training and delivery at Games time. The team approach will ensure the young people are able to focus on their roles and have a great experience during the Olympic and Paralympic Games, and that LOCOG is best able to fulfil its duty of care commitments to the young people involved.

Team sizes range from role to role and vary between two and 18 young people, with a team leader on board for every 10 young people.

Jean Tomlin, LOCOG HR Director, explained: 'The Young Games Maker programme is incredibly exciting as it has allowed us to identify a dedicated offering of roles which will allow us to harness young people's enthusiasm for London 2012 and guarantee 16 to 18-year-olds will have the chance to play their part in the

greatest sporting event on earth. With the support of their organisation and team leader, they will receive all the help they need to ensure they can make the most of this once in a lifetime chance and bring their very best to the role.'

Key dates and details for the Young Games Maker application process are:

- 25 July 2011 onwards: Specialist recruitment for begins directly through the relevant National Governing Bodies and other appropriate sporting bodies.

Those interested in the generalist roles available will be able to review the roles, the skills required and find out more about the team application process at www.london2012.com/young-games-maker

- 22 September 2011 – 31 October 2011: Generalist applications received via the LOCOG website from team leaders from all recognised organisations such as volunteer organisations, sports clubs, community groups and schools and colleges that are members of London 2012's Get Set network.

Note: Taekwondo generalist roles will need to close recruitment on 13 October (rather than 31st October)

Minister for Sport and the Olympics Hugh Robertson, said: *'The Young Games Maker programme will give those aged 16 to 18 a fantastic opportunity to play a role in the world's greatest sporting event and gain worthwhile experience in volunteering. I would encourage everyone to get involved and gain a valuable addition to their CV.'*

LOCOG is working with a range of organisations to encourage applications from the broadest audience possible for the generalist roles on offer. These organisations include; v, Action for Children and National Deaf Children's

Society, REACH, Action for Blind People, Get Set (LOCOG's own education programme delivered in schools and colleges) and Podium to the higher education sector.

Terry Ryall, CEO of v, The National Young Volunteers Service said: *'The Young Games Maker programme is a fantastic way to tap into young people's desire to make their mark and be a part of the biggest sporting event on earth. We are delighted to be working with LOCOG to encourage organisations to work with their young people to submit applications. Everyone involved will give their all to this once in a lifetime opportunity and as a result will be part of a new generation of volunteers inspired to put their experience to use long after London 2012.'*

The Young Games Maker programme is part of the official London 2012 volunteer programme, through which LOCOG will recruit up to 70,000 dedicated individuals to help stage the Olympic and Paralympic Games. Offers of roles for the adult Games Maker programme will be made from early September 2011 onwards.

Five teams of young people from schools and youth organisations based in different areas of the UK took part in the pilot Young Games Maker programme for the Volleyball test event, and will also be on hand at the forthcoming Beach Volleyball test event in August 2011. The participation of the young people helped LOCOG to test the field of play procedures in advance of running the competitions for real next summer.

The team: *Taekwondo (Olympic Games)*

The role: *Field of Play Attendant*

The venue: *ExCeL*

Responsibilities include:

- *leading athletes to and from the field of play while carrying the appropriate National Olympic Committee plaque;*
- *liaising with the Field of Play Team Leader to ensure the smooth running of the field of play; and*

6 - Totally Tae Kwon Do

making sure that access to the field of play – and the flow around it – is conducted in accordance with LOCOG and IF rules and regulations.

Key skills required: Good communication skills, the ability to perform tasks accurately and a keen interest in Taekwondo.

The number of volunteers in a team: 10 team members; one team leader; one reserve team leader

Kukkiwon President Awarded Certificate of Commendation To Master Zubairi

*By Master Wajid Raza Isphani. 4th Dan
Media Secretary (Pakistan Taekwondo Council)*



The World Taekwondo Headquarter Kukkiwon in Seoul, Korea had conducted the 23rd Taekwondo Foreign Instructor Training Course in the academy with the enthusiastic participation of over 144 Taekwondo Masters from 35 different nations. Master Zubairi from Pakistan was selected as Team leader by all participants.

The 23rd Taekwondo Foreign Instructor Training Course 2011 was held from the 11th till 16th of July. The orientation and opening ceremony was organised in the Taekwondo Academy/Stadium by Kukkiwon President Kang Won Sik which was followed by a special lecture by Professor Jin Suk Yang (WTF Secretary General) followed by another one on



Master Zubairi with Jin Suk Yang (WTF Sec Gen)

Taekwondo Vocabulary/ Basic Motions and movements by Professor Hyung Nam Kwon. The next day teaching method of Taekwondo was taught by Professor Chun-Taek Son and a lecture on Pre-hospital management in Taekwondo was given by Prof Jeong Weon Kim.



Master Zubairi under training in Kukkiwon

Then the demonstration theory was shown by Prof Taek Yong Kwak. Poomsae techniques were taught to Dan holders by Prof Jae-Yoon Ahn on the third day and Grandmaster In-Sik Hwang on the fourth and fifth day in the stadium followed by a thorough explanation of competition rules by Prof Ik Kee-Jeon. The sparring session by World Taekwondo champion Master Myung Sam Chang. Taekwondo History by Prof Uong Yong Ha.

Theory and practical examination were also conducted at the last day of the course by three Grandmaster of Kukkiwon. Master Zubairi, Oskar Posada Rios, Daniel



Master Zubairi in Kukkiwon Lecture Room

Kim and Jae-Hyong Kim were presented the certificate of commendation by Hyun-Duk Oh, the President of World Taekwondo Academy. Master Rizwan Mustafa Zubairi qualify the test along with his partners Master Laiq Sultan, Masroor Zaman and Kamran Zahid Khan.



Master Zubairi presents Sindhi Ajrak to GM Won, Sang Wook. 9th Dan Kukkiwon

Master Zubairi gave a special speech on the graduation day on behalf of the participants from all over the world. He humbly thanked Daniel Kim from Singapore, Jae-Hyong kim of Austria and Sungha Jung of Korea for translating all the lectures from Korean to English and making it easy to understand. A very special thanks to Lee Hyung Sun , Ko, Kwang Mun and Master Khalil Jabran.

Master Zubairi's Teacher Grandmaster Won, Sang Wook 9th Dan Kukkiwon had awarded special trophy to him due to his voluntary services in Kukkiwon training course.

The Pakistan Taekwondo Council and Zubairi's Martial Arts Centre are now registered with Kukkiwon (World Taekwondo Headquarter) in Kukkiwon Membership System.



Master Zubairi with Kukkiwon President



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The Free Global Tae Kwon Do Magazine

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Or come directly to the forum
<http://totallytkd.proboards.com/>

24th ITF Taekwon-Do Championship - Argentina

A Great Success

By Carlos M. López Rizo, *TKDTeam*

As expected, the tournament was held in Rosario city between the 6th and 7th last August and was a resounding success both in organization and development of the competition, as the number of registered competitors, over 1.200 which exceeded all expectations like every year lately.



Federation of Associations of Taekwon-Do (Faat) was sponsored by the areas of Sports in the city of Rosario and Santa Fe government.

The scenery of the competition was the comfortable indoor stadium of "Newell's Old Boys Club", which had arranged 9 areas of competence, one of them on high with all the features that mark the ITF rules, where took place the black belts competition, and in which was held the exhibition at the opening ceremony.

The Tournament Organizing Committee, headed by Senior Master Eduardo Palmisano and Sabum Nim Javier Meucci (VI Dan), had made all arrangements so everyone could live a real party at the most important Taekwon-Do competition in our country.

Like In A World Championship

The event organized by the Argentina

The stadium also had a big screen over the main ring, which projected the most relevant competitions, allowing to the



public follow all instances of competition, regardless of the stage where they were.

The tournament featured the prominent presence of the following authorities:

Grand Masters (IX Dan): *Adolfo Villanueva and Ricardo Desimone.* Both are members of the Executive Committee of the ITF and the highest officials of our martial art in Argentina.

Senior Masters (VIII Dan): *Osvaldo Rios Olivero* (President of the South American Taekwon-Do Federation, and Vice President of the Argentinian Taekwon-Do Federation); *Eduardo Palmisano* (Treasurer of the Argentinian Taekwon-Do Federation); and *Pedro Osuna.*

Junior Masters (VII Dan): *Carlos Roldan, Rodolfo Castillo, Enrique Godoy, Eduardo Cabrera, Carlos Ronconi, Ernesto Figueredo, Omar Gomez and Alcides Gomez.*

Official Presentation of Argentina's Selection for Korea 2011 World Championship.



During the opening ceremony of the championship were presented the athletes who shall participate individually, such as

Argentina's Selection of Taekwon-Do I.T.F., led by the experienced coach Javier Meucci (VI Dan), who will represent our country at the XVII World Championship Taekwon-Do I.T.F. to be held in Pyongyang city, North Korea, between the 6 and September 12 next.

Great News to the Argentina's NGB

Argentina is candidate to host the 2012 Intercontinental Cup. The authorities of the A.T.F. announced that Argentina will host an Intercontinental Championship to be held in Chaco province between 5 and May 6, 2012.



This project shall presented to the I.T.F. General Congress, and is the result of strenuous work that the masters have been doing for months together and coordinated with the authorities of the I.T.F., the province of Chaco government, and national authorities in the area of sports, and with culminating with the hearing the Chairperson of the Nation Cristina Fernandez gave to the authorities of the A.T.F. recently, opportunity at which it was granted her the honorary degree of V Dan.

Very good level of competition

The requirement of strict compliance with the competition regulations significantly increased overall technical level of competition. While there were some excesses contact that several times resulted in Knock Outs, they were treated as indicated by the I.T.F. Tournament Rules.

In this regard we must highlight the work done by the presiding officers, judges and referees, who were inflexible in enforcing the competition regulations.



Final Results

Team Patterns Junior Male:

- 1st. Santiago del Estero
- 2nd. Tucuman
- 3rd. Rosario

Team Sparring Junior Male:

- 1st. Tucuman
- 2nd. Santiago del Estero

Team Patterns Senior Male:

- 1st. Cordoba
- 2nd. Santiago del Estero
- 3rd. Tucuman.

Team Patterns Senior Female:

- 1st. Tucuman

Team Sparring Senior Male:

- 1st. Santiago del Estero
- 2nd. Tucuman
- 3rd. Rosario-Buenos Aires

Team Patterns Veterans Male:

- 1st. Santiago del Estero
- 2nd. Rosario
- 3rd. Buenos Aires

Team Sparring Veterans Male:

- 1st. Buenos Aires
- 2nd. Rosario
- 3rd. Tucuman

We wish to congratulate to the F.A.A.T., and especially to the O.I.A.T., chaired by Javier Meucci (VI Dan), for the impeccable organization and development of this tournament, which allowed both competitors to the families and the general public to fully enjoy the competition.

For more information, photographs and videos please visit www.tkdteam.com.ar

24º CAMPEONATO NACIONAL DE TAEKWON-DO ITF - FAAT ROSARIO 2011

LUGAR: CA NOB
Organiza: O.I.A.T. (ORGANIZACIÓN INTERNACIONAL ASOCIACIONES TAEKWON-DO)

6 de AGOSTO
(Competencia de CINTURONES DE COLOR individuales FORMAS y COMBATE, todas las edades)

7 de AGOSTO
(Competencia de CINTURONES NEGROS individuales y equipos FORMAS y COMBATE, todas las edades)

9:00 HS.

Fiscaliza: O.I.A.T. ARGENTINA

Contacto: Cel. 0341-155-102466
e-mail: javiermeucci@hotmail.com
www.oiatargentina.com.ar

Auspician: GRAN MARC, GOBIERNO DE SANTA FE, MUNICIPALIDAD DE ROSARIO, MUNICIPIO DE ROSARIO

Torneo declarado de INTERES DEPORTIVO MUNICIPAL POR LA DIRECCION DE DEPORTES DE ROSARIO y de INTERES DEPORTIVO PROVINCIAL POR LA SUBSECRETARIA DE DEPORTES DE SANTA FE

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

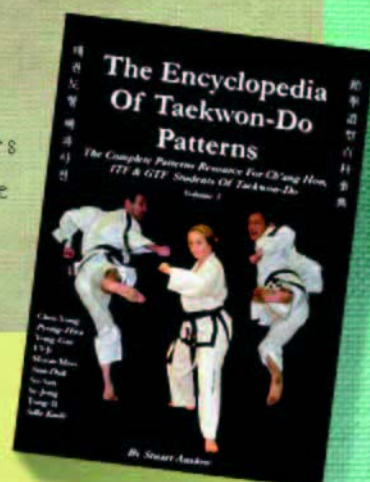
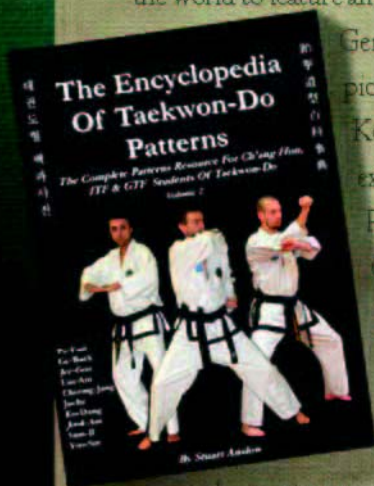
book ideal to learn or revise your patterns, no matter which organisation you belong to.

Volume 1 takes the student of Taekwon-Do on his or her journey from 10th Kup White Belt through to 1st Degree Black Belt and also includes the first of the Black Belt patterns.

Volume 2 takes the student of Taekwon-Do from Po-Eun (1st Dan) to Yoo-Sin (3rd Dan) and includes both Ko-Dang and Juche as well as the Dan grade patterns required by the Global Taekwon-Do Federation (GTF).

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.

No matter which Taekwon-Do organisation you belong to, the Encyclopedia Of Taekwon-Do Patterns covers all you need to know to take you from White Belt to Taekwon-Do Master.



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How Do You Quantify Taekwon-Do?

By Sanko Lewis

How do we quantify Taekwon-Do? In other words, how do we measure the value of Taekwon-Do, the success of our dojang or our national governing body?



For many people (Taekwon-Do instructors and/or national governing bodies), the two easiest ways to measure their success are the number of students and the number of medals. A big club with many students is obviously an indication of the health and success of that club and if you want to measure the technical ability of the club, you merely need to take inventory of the amount of medals and trophies the club has won at tournaments. Similarly, a national governing body can measure its success by the number of black belts it has or the number of medals won at international championships.

We measure success in a sport by the athlete's competitive achievements. Muhammad Ali is considered an extraordinarily successful boxer because of his track record in the ring. During his career he won 56 fights, with only five losses. He is the only boxer to have been crowned lineal heavy weight champion

three times. His success is undisputed, in part, because it is so easily quantifiable. At first this seems like an obvious and sensible measure of success for Taekwon-Do as well. Or at least, it would have been were Taekwon-Do merely a sport like boxing. However, Taekwon-Do claims to be more than a sport.

As a martial art, Taekwon-Do claims to be of value at other levels too. For one, Taekwon-Do claims to be an art of self-defence. How do we quantify successful self-defence? We could count how many people successfully defended themselves in a violent crime situation, but this would be a flawed measure of success. Part of self-defence training is to teach practitioners to be more aware of their surrounds, more safety conscious, more confident, and therefore less likely to become a victim of a violent crime. Since we are not counting how many people defended themselves from a physical



attack, but rather how many people avoided the situation in the first place, it is exceedingly difficult to put a number on it.

How about the other, more abstract, benefits of the martial arts, like building confidence, reducing stress, improving health, increasing self-discipline, forging character? A small dojang with a handful of students with little interest in tournaments may excel in these other aspects of the martial arts, but be considered unsuccessful from the outside (or by the national governing body) because of the lack of numbers—the lack in students and lack in medals. The fact that this small dojang have students with a great sense of personal safety awareness or an exceptional level of moral fortitude or a deep understanding of the 'Do' is all too easily overlooked. All people see from the outside is a small, seemingly unsuccessful club.

How do you and your dojang quantify Taekwon-Do? Is it all about the student numbers? Is it all about the medals? Since these other aspects of the martial arts are so difficult to measure, how should we go about quantifying Taekwon-Do? I do not yet have a fully functioning measuring tool myself, but I do know that whichever way

we attempt to “measure” Taekwon-Do, it has to entail a mind-shift from quantity to quality and it must take into account the more abstract values of martial art training—the 'Do'.

...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. Visit his blog at <http://sooshimkwan.blogspot.com>

Totally Tae Kwon Do Magazine would like to thank Marc-André Roy of Dumaine Taekwondo for supplying the 1st photo in this article. (www.dumainetaekwondo.com). The 2nd photo is of Rayners Lane TKD (www.raynerslanetkd.com) following wins at the 2004 AIAA World Champs which produced 7 World gold medalists. The pictures are for visual purposes only.

An Interview With **Stephen Gell, 5th Dan** ***8X GTF World Champion***

By Stuart Anslow

Can you start off by telling us how old you are and how long you have been involved in Taekwon-Do?

I'm 35 years old and have been training in TKD for 24 years

How old were you when you took an interest in martial arts and what arts were they?

I first took an interest in martial arts through Judo and then Shotokan Karate along with my older brother, after watching the "ninja" and Jackie Chan films around at the time. I think I would only have been 8 or 9 at the time. TKD came a couple of years later after seeing an advert for it in "Fighter" magazine. No-one had ever heard of TKD where we lived at the time, one friend of mine thought it was "oriental cooking", and there was only one class in the region some 15 miles from where we lived.

How was training in your early (kup) days?

Early training was very very different to the experiences of today. Much of what happened in the Dojan was still very traditional training methods, when you performed 1 step for example, you either blocked or you got hit. But even in the early days there was an air of acceptance in the class, you didn't have to be wearing the latest fashion or listen to the most "in"



music to be accepted. The dobok went on, you lined up and you all sweat together.

I remember our technical standards being way behind the times though. Of course we thought that the other federations were doing it "wrong" and didn't have any real idea of the vast differences in TKD. Our being behind the times was no fault of

the instructors of the time but the head of our federation at the time had left the ITF (along with Master David Oliver etc) before a lot of the innovations and changes came about. It wasn't until we joined the GTF in 1990 that we began to adapt to the more modern style of TKD patterns.

What instructor & organisation did you start TKD under?

My original Instructor was Mr Bill Crosthwaite, a 3rd Degree at the time. We trained under the auspices of the Mid-West Taekwon-Do Association (MWTa) which was headed by Master Roy Oldham, now 8th Degree. Mr Crosthwaite left shortly before my 1st Degree Grading and though we have gone through many transformations since this time I am proud to say that I am still with the Instructor that took over from Mr Crosthwaite (Mr Allan Cunningham, 5th Degree). Though the name of the federation has changed

(MWTa to GTF-UK to GTF-Scotland), I have never changed federations.

What was your 1st dan grading like?

My 1st Dan grading was probably one of the most surreal moments in my life. There were very few juniors around our area at the time that had made it up to 1st Dan and so everything I did was with the adults; Patterns, Sparring, 1 on 1 and 2 on 1, Self Defence, One Step, Breaking etc was performed along side and against the adults. As a scrawny 14 year old this was a real challenge. At the time there was no difference given to adults or juniors and you were all graded by the same criteria. I didn't feel this was of any disadvantage to me, just more of an incentive to prove that I could actually do it. My over-riding memory of the day though was myself, Mrs Shirley Cunningham and Mr David Stewart, sitting through in the other hall so nervous no-one could really talk. The grading flew past in the usual blur of blood sweat and tears and after being told I had passed, I wore a grin that an angle grinder would have difficulty in removing. Funny thing is every grading since has carried almost exactly the same feeling.

So you were there when the GTF started in Scotland, what was that like?

I was there at the start of the GTF. The UK were in fact one of the first members of the GTF. It was Master Tom Zuza, who sadly recently died, that negotiated our membership. It was quite a confusing time for many of us, certainly for me, as I didn't understand the need to do it at the time. I think this can happen, especially when the

class/federation is quite small, you can become quite insular and very defensive. Thankfully Grandmaster Park performed a seminar in the UK shortly after we became members and it very quickly made sense as to why we would want to join.

When GM Park did his first UK seminar for the GTF, what was the experience like and what did he do at the seminar itself?

The seminar was absolutely buzzing to be honest. Everyone had that addictive mix of nerves and excitement. Most of the seminar was spent doing colour belt patterns, with Grandmaster Park going over some of the technical differences and improving our basic techniques. I especially remember him talking about the correct foot positions for yop cha jirugi (side piercing kick) while holding his leg out at high section. This was probably the first time I had seen such a display of balance, poise and leg strength. I was absolutely astonished by it. He also showed some breaking techniques to demonstrate the theory of power.



Grandmaster Park, Jung Tae

What struck me most about him was though he talked to everyone like they were a long lost friend. From the white belts to the senior dan grades they were are treated by him as one and the same. He spent a great deal of time with one of the Scottish yellow belts discussing how she could help strengthen her back and prevent back pain etc. We had been told for years that the Korean masters, such as GM Rhee etc would not entertain us and would not recognize that we were even

there and yet here was one of the best exponents of the art ever quite happily conversing with all. And it wasn't something that you could say was forced or false, he did it with a huge smile on his face and looked like there was no-where he would rather be.

Were there differences between what you previously had done under the MWTA and the way Grandmaster Park did things?

Like I said we were obviously behind the times, and when I went to see Grandmaster Park for the first time, it became very clear just how far behind the times we were. The power, grace, precision, strength and flexibility that he displayed was simply awe inspiring. I say behind the times, perhaps that is the wrong phrase as many still perform their patterns in the manner we did (no sign wave and no breath - almost Karate in style), but we were not performing the patterns in the same way that Grandmaster Park or indeed the ITF were at the time. So on a technical level the difference between the MWTA and the GTF was massive and we had a lot of work to do in order to enable us to be technically proficient.

On a structural level nothing really changed except the badge we wore. The beauty of Grandmaster Park's model of a federation, one that still operates today, is that your national governance is not

interfered with by the international body unless it brings the GTF name into disrepute.

Did you find the GTF still mixed with others (at competitions etc.) or did they try to build from the inside and keep things GTF only?

We have always tried to do both to be honest. We did go through a spell in Scotland where this wasn't happening but that was due to internal circumstances rather than any sort of over-all GTF policy. The hierarchy of the GTF actively encourage members to attend Open events and as long as those attending continue to wear the GTF badge then there is generally no issue with this.

As a rule though there have not been, to this date, any GTF International Open events, these have been kept solely for the GTF members. Individual countries

however often host and attend open competitions, something that I know Hon. GM Mrs Park is happy with.

In Scotland we try to follow Grandmaster Park's example as closely as possible. He was a true man of the people and for him the badge on your chest or your current affiliation didn't matter, as long as you wore a dobok and followed the tenets he would spend hours discussing the finer points of TKD with anyone. It's our hope to continue



5th European Championships, Spain, 2003

spreading that same message through respecting all those that are involved in the art and beyond.

How did you feel when the GTF began to introduce the new patterns?

I for one was really excited by them. They were challenging, demanding and technical patterns. I know that many of the seniors at the time were not so impressed by this as they were concerned "their students would be better than them". This kind of narrow minded selfishness prevented Grandmaster Park from completing his work. I so wish he had been able to complete the Jook-Am set of patterns; whether these would have replaced or complimented the Chang Hon Patterns remains to be seen but they certainly would have been an exciting mix.

All of Grandmaster Parks patterns are now embraced by those that perform them, and they are seen as part of the backbone of the what makes the GTF unique. Perhaps one day the current group of masters will take on the challenge of completing Grandmaster Parks work, but that is for others to decide, I for one sincerely hope they do.

When General Choi passed away in 2002 it caused the ITF lots of turmoil, splitting 'his' ITF into two, eventually

leaving 3 groups all calling themselves ITF! Were there similar issues within the GTF when GM Park passed away in 2002 (just prior to General Choi's passing in fact)?

The GTF, rather than turmoil so to speak, had a Masters of the time struggling to gain power and to attempt to gain control of the Federation. Thankfully some of the more enlightened masters such as Master Ha, Master Gantner et al had the foresight to

steer away from this kind of in fighting and bitter dispute and voted Mrs Park as our president. I know this displeased some at the time, though they themselves were those that struggled toward power instead of taking the best interests of the Federation. Mrs Park has had almost 40 years of experience in Taekwon-Do, working along side arguably its best ever exponent and in my humble opinion Mrs Park was without a doubt the best person to take the



7th World Championships, Malaysia 2009

federation forward.

Very quickly there were committees set up led by the senior masters to steer certain aspects of the federation, i.e. Technical, Public Relations, Competition and Discipline. An Executive Committee was also established to ensure the upholding of the rules and regulations of the federation by its member countries.



4th World Championships Toronto, 2002

Though we have seen many changes to the GTF we remain as one, with an individual identity. This remains the main difference between the "turmoil" in GTF and ITF.

Over the years you have accumulated 8 world titles, please tell the readers when you achieved these, in what divisions and when?

My 8 GTF World titles were won in:
 2000 - Heavyweight Sparring
 2002 - Team Sparring
 2004 - Heavyweight Sparring
 2006 - Heavyweight sparring and Team Power Breaking
 2009 - Heavyweight Sparring and Flying High Kick
 2011 - Heavyweight Sparring

Would you say you excel in certain areas of TKD (at World Championship levels) or are you an all rounder?

I would probably say the sparring has definitely been my strength in competing

over the years. Though I must confess there has been a great deal of luck involved in many of the titles I have won. It's quite ironic because in training and in general I prefer performing patterns than I do the sparring.

Even though your World Titles are for sparring and destruction, do you compete at Patterns with the same gusto as other areas, at World Championship levels?

I do try to perform the patterns as best I can, but there are some excellent technicians out there that truly excel in this area. Some of the Malaysian's for example are superb at performing patterns. As I say I prefer the patterns to the sparring but performing them on the world stage certainly isn't one of my strengths. I really enjoy the finer details of the patterns; angles, distances and motions. I really enjoy the practical application side of things as well and the debate they can create.

Though we have crossed paths on a couple of TKD forums over the years, we first met at the PUMA World Champs in 2011, where I saw your sparring skills first hand. Sadly, you had to retire in the semi-finals due to a knee problem - how long have you had this and how has it affected your training over the years?

It was my gluteal that gave up that day. That was a fairly new injury unfortunately, it had come and gone for about a year but thank fully is holding up well. I have had many injuries over the years and was never sensible enough to let them rest; as a result my left knee in particular needs some surgical attention.

Before that happened, I noticed you sparred in a very different way to how the ITF spars these days, mainly you still put together many of the leg techniques, not seen very often in high level ITF competitions these days, as they have adopted a *'one kick (mostly using turning kick) then punch, punch, punch'* type of sparring - it very much like how I learnt to spar (and still do), is

this the general way the GTF fight?

The GTF tend to use all techniques that are available to them. I have seen a few people trying to use this one kick idea but they usually come undone when someone has a half way decent side kick or back kick for example. I have seen some of the ITF fighters as well and I have to say I do not like this kind of sparring. It looks way too much like Kickboxing for my liking. Though in itself there is nothing wrong with that, I just think it detracts somewhat from the identity of the ITF and Taekwon-Do as a whole. Perhaps this is a side effect from the full contact competitions they run, though I may be being slightly disingenuous in saying so.

One of my memories from the PUMA World Champs involved yourself and a show of integrity, which is sometimes lacking in many fighters these days, as not only do they want to win, but will do so no matter what. However, what you did in that fight could have easily cost you the fight itself - I know, as I was watching - please can you relate to the



readers, in your own words, what I'm talking about?

This was in the second round. I forget exactly who I was fighting though, much to my embarrassment. It was two / two minute rounds and within the first few seconds I caught him with a bandae dollyo chagi (reverse turning kick) to the head and knew at that point that I had the better of him and decided to hold right back. Like you say though it did almost cost me the fight, but I knew that

at any point during the match I would be able to pick up enough points to win and did not see the point in humiliating a man that obviously had very little experience in the ring. I really hate seeing people humiliate less experienced fighters, it is just bullying and there really is no need for it. When I see that happen I always think to myself that the person must have such an ego that it needs to be fed by the humiliation of another, and that to me goes against what Taekwon-Do is all about. Of course the sporting aspect

has its place, but it should never replace the martial art and I feel that should always be the first and foremost thought in our minds.

I have seen too much of this in the past. Coaches humiliating their own fighters because the coach did not get the result they wanted. It doesn't belong in martial arts. Thankfully in the GTF these days there are no ego's. Everyone will fight as hard as they have to but the control of ego

also means that we can do so with keeping the integrity intact. This I know to be true of the vast majority of the GTF fighters, and I am pretty confident they would have done the same as myself.

How did Dan gradings under the GTF differ from what you experienced at your 1st dan grading under the MWTA?

To be honest there isn't much difference between them. There is still the mix of

physical and technical that must be performed, though probably the expected level has increased somewhat. Not to say that the gradings are harder but as the Federation has progressed under the GTF then the technical ability, knowledge and general fitness of the students has improved, therefore the expected levels have improved. I guess that will be true of most people's experience in TKD, especially those that have been in it for any length of time, however ours is an exceptionally large difference, when compared to pre-GTF days.



Flying High Kick 2010

You are currently a 5th degree, when did you achieve that and what was required?

My 5th Dan grading was in 2009 in Malaysia, and was really quite daunting to be honest. Most of my previous gradings had been in front of one Master and my instructor Mr Cunningham. This time however I had three 8th Degrees and six 7th Degrees. I had to perform all the Jook-

Am patterns, all the Chang Hon Dan grade patterns, and then a selection of the Chang Hon Gup grade patterns. Then there was 1 step, two step and free sparring; the free sparring had to be done fast with touch contact, but without boots and gloves. Destruction and self defence followed by theory and interviewing concluded the grading.

It was a very thorough and concise grading, though I must admit the humidity almost killed me as I wasn't used to that sort of heat and humidity but I persevered and managed to get through.

Did you have to complete a thesis on TKD such as you do in the ITF for 4th degree?

In GTF Scotland we complete a thesis for 1st, 2nd, 3rd and 4th degree. We also have 4 levels between each dan grade in Scotland where the student must compile a technical thesis on each pattern that gives every move in English and Korean plus the pattern definition and diagram. Though this is purely in Scotland we have found that it



*Early Days - MWT Scottish Junior Team Circa 1990
(Stephen is on the right, back row)*

improves the student's knowledge no end while also keeping them motivated to grade.

You are 35 and recently announced your retirements from tournaments, does this mean we won't see you fight anymore or will you simply move up to the veterans divisions?

I tried to retire but my instructor has convinced me to go onto one last international tournament in Canada next year and then I will have to enter the veterans in 2013 as it will be after my 37th birthday. So I suppose you could say I will have a last hoorah over the next

two years and then I will re-assess after that. It's that addictive mix of nerves and excitement that I mentioned earlier that is so hard to leave behind. I know I will have to eventually but while I am still able, and while I can keep up, I will keep on going.



GTF Scotland team with USA captain at 1st European Championships 1993, Moscow

Are you an instructor? If so, please tell a little about your school?

I have been teaching for around 17 years now in the Glenrothes area. As my class



Puma World Championships 2011

has grown over the years I have had to move halls to accommodate, but it still remains very much a labor of love for me. The classes run twice a week and I have to say I have a really good bunch of guys at the moment. I have some really good black belts at the moment that work extremely hard and attend just about everything they can. We have the same mix of abilities that are apparent at every class and the usual eclectic mix of people and ages. I wouldn't have them any other way to be honest.

Obviously GM Park was inspirational to you in your TKD journey, but what other martial artists do you hold high?

One of the main inspirations for me from other martial arts is Master Chris Crudelli (from the TV program Mind, Body and Kick Ass Moves). I have been fortunate enough to train with him a few times between his busy schedule and his knowledge and humility make him a great role model for any martial artist.

But if I am being totally honest my greatest

inspirations still come from within TKD, namely from my Instructor Mr Cunningham and his wife Mrs Shirley Cunningham and from Hon. GM Mrs Linda Park. They have great compassion; spirit and knowledge of how the art should be and it make me proud to be a student of theirs.

When you do eventually retire, apart from competing in the Veterans divisions, what plans do you have regarding Taekwon-do and yourself?

My hope, indeed my dream, is to be able to do Taekwon-Do full time, unfortunately circumstances have stopped me so far but hopefully in time this dream will be a reality. In the mean time I will continue to support my Instructor and my federation as best I can. I am now an international referee and am hoping to take that further. I am also hoping to further my understanding of the arts as a whole, especially the more mental and spiritual side.

What other memories can you share

from your years training and competing in Taekwon-Do?

I have spent most of my life competing and training in Taekwon-Do and have a world of memories and experience that would take too long to write here, but I guess my overriding memory that I have, from most if not all of my time in TKD is the people I have met and the joy that has been brought into my life as a result. I owe the man I am to the training and the people that I have met as a result. We all have our own journey and our own stories to recount and I am sure that all those training for any length of time will be able to relay and relate to most people's stories.

What advice would you give to new students to the art?

There are many people out there willing to give advice on what a person should do, my only advice would not to be blinded to the opportunities that Taekwon-Do and martial arts can bring. There are so many things that you can discover and have the potential to do, as long as you keep the mind open.



What advice would you give to current students of the art?

My only real advice I could give them is not to be in too much of a rush to go up the belts. The length of the journey and the destination is not really important, it is what we learn along the way that really counts.

What advice would you give to those wishing to compete at World Championship levels?

Do it with a smile on your face. Fighting at the World Championship level is exciting, adrenaline filled, thrilling and competitive, but it should never ever replace the martial art. At the end of the day any competition is just a sport and just as in football or

tennis, the winner is the person with the most points. Do not win at all costs as this will teach you nothing. You will learn more from your failings than you will your successes. Do not blame anyone else for losing, just learn how to ensure you don't lose next time round. In short remember your tenets and that you are a martial artist first and foremost, I would hate to see Taekwon-Do end up in the state that Football has, where people fall over to gain an advantage or harass the referee for making a decision. I think we all know that we are not a million miles from this, I have

already seen open tournaments where there have been armed guards on the rings to protect officials. As competitors we cannot allow this to happen or become the norm, and ensure we keep the martial art in our martial sport.

Another would be to remember that no matter how many tournaments you win or how many titles you collect, there is always someone out there that will beat you if you take your eye off the ball.

In short, you are only as good as your last fight.

Finally, is there anything you'd like to say to the Taekwon-do community as a whole?

The only message I have is for those that abuse the art for their own person or political gain. You have no place in Taekwon-Do, and Taekwon-Do would be better without you.

Stephen, on behalf of Totally Tae Kwon Do Magazine, thank you very much for taking the interview, I'm sure many will find it interesting and insightful.

Taekwon-Do as Street Fighting

By Patricia DeArmas, ITF 2nd Dan

“The truth is... 90% of what is taught in most martial arts schools, self defense seminars and videos... just won't work on the street!” This quote, listed on a self-defense website, puts into words what so many people, whether martial artist, MMA enthusiast, or random citizen, truly believe now days.

“Now, remember,” you’ve likely heard at least one martial artist say, “That technique is just meant to look good. On the street, you’d never use that.” You’ve probably heard how flying techniques are impractical, high kicks are wasted energy, and fancy-looking techniques become a takedown waiting to happen. But is it true? Can we really believe that after years of Taekwon-Do training, we cannot use most of what we’ve learned as self-defense on the street?

Today, with the increasing popularity of mixed martial arts, many martial arts schools are now teaching “street defense” in the do-jang, and showing practitioners what *really* works out there in a real-life fight. They’ll say that instead of using Taekwon-Do techniques to defend yourself, low-kicks and attacks to vital spots are what you use should as street defense, pointing out that Taekwon-Do curriculum techniques aren’t what to use *out there*. But what is it that we call “Taekwon-Do curriculum,” and are we

so sure that traditional Taekwon-Do techniques aren’t actually street fighting techniques already?

For thousands and thousands of years, humans have been perfecting the art of fighting and self-defense. Over the years, hundreds of techniques in many martial arts disciplines have been created, and in 1955 the martial art of Taekwon-Do was founded in the attempt to find and perfect the techniques which are most effective as self-defense. It is only in modern times that we have formed the opinion that nearly all

of the techniques created in the past are useless, and it’s just mixed-styles and other modernized fighting forms that work on the street, not those showy techniques in martial arts of the past. You have to use techniques not found in traditional martial arts, such as kicks to the thigh and the shin, and knockout punches to the chin, and attacks to pressure points and vital spots. But hold on - who says that



Taekwon-Do consists of entirely “showy techniques?” And who says that after thousands of years, what we’ve learned is suddenly not effective?

Developed into maturity in the 29th infantry division and used by the Korean military, the lethal art of Taekwon-Do has been proven to work in real-life self-defense situations. Its devastating techniques, good moral principles, and theory of power were all created in the goal of making Taekwon-Do the most effective form of self-defense it can possibly be, no matter what your size. In a paragraph explaining Taekwon-Do’s effectiveness in battle, a Marine Corps publication writes,

“... In urgent situations, the Marine in front would fiercely strike the enemy’s face and vital parts using Tae Kwon Do, causing him to momentarily lose his will to fight. Then a second Marine would finish off the enemy with the rifle. Additionally, striking the enemy with an entrenching tool was highly effective in destroying the will to fight among the enemy’s lead elements. While Tae Kwon Do demonstrated its practical effectiveness on the battlefield, more importantly, martial arts training instilled the confidence to defeat the enemy... I think this is the greater significance of Tae Kwon Do training.” –A Killing Art by Alex Gillis, page 68- details about this battle are from Durand (2004) and “A Savage Week,”

Time (Feb. 24, 1967)

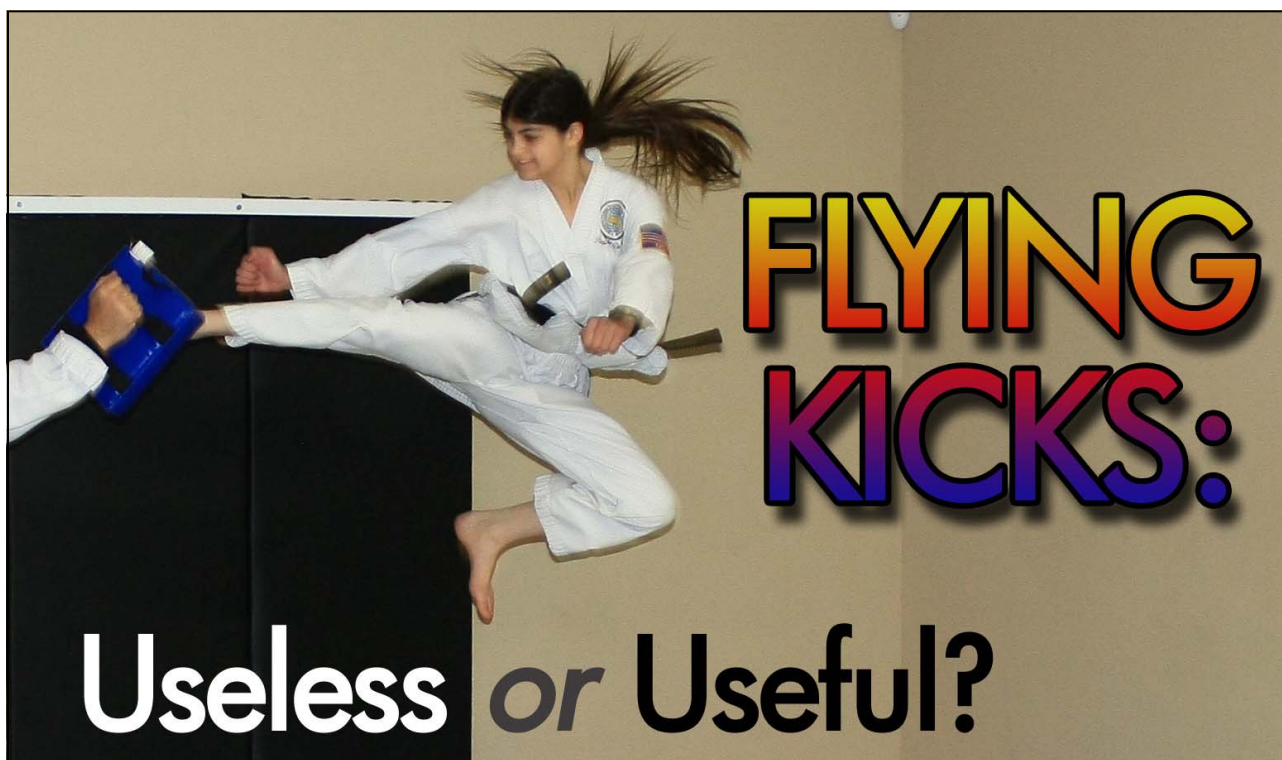
Fiercely strike the enemy’s face and vital parts using Taekwon-Do? This doesn’t seem like what is now thought of as traditional martial arts... but in fact, it is. In ITF and other Ch’ang Hon styles of Taekwon-Do, attacking vital spots and pressure points is an important part of the martial art. They serve as quick areas to attack which can temporarily disable,

severely injure, or even kill the opponent and are great self-defense techniques. If you read *The Encyclopedia of Taekwon-Do*, written by the founder of Taekwon-Do himself, General Choi Hong-Hi, this is in fact a traditional part of Taekwon-Do - these are not techniques taught additionally as “street techniques.”

The same goes for other techniques such as hooking punches, low kicks, sweeps, takedowns, and techniques to be used for the knockout - or for the kill. All of these can be found as “Taekwon-Do curriculum” and, contrary to popular belief, are a fundamental part of Taekwon-Do. *The*

Encyclopedia of Taekwon-Do, considered by many to be “The Taekwon-Do Bible” contains detailed explanations of these techniques, how to use them, and their effectiveness. Just because we are not allowed to use most of these techniques in tournament sparring for safety purposes does not mean that they are not a part of Taekwon-Do. This also does not mean that





we're trained to follow sparring rules when we defend ourselves on the street.

However, just because these street techniques can be found in Taekwon-Do doesn't convince everyone that Taekwon-Do is an effective martial art "in the real world." What about high kicks to the head, and those crazy flying techniques? Surely they waste energy and are impractical, correct? Everyone knows that straight punches are far more effective than jumping into the air and striking, or kicking someone in the head when you could easily kick them in the shin instead, right?

Of course Taekwon-Do is famous for its flying and jumping techniques. It is separated from other martial arts because of its fancy-looking aerial kicks and high kicks. However, many people only teach these techniques because they believe them good for sport and maybe conditioning - if they even teach them at all! Most people don't believe that these techniques are at all useful in a real street fight and claim that kicking high leads to your leg being grabbed and you being thrown onto the ground, and that there is no time to perform a fancy flying technique

when someone is prepared to come at you with hay-maker punches. But are we expected to believe that all our training to kick higher, jump higher and be faster is for nothing?

I think not - and neither does General Choi Hong-Hi. In Volume 4 of The Encyclopedia, General Choi writes,

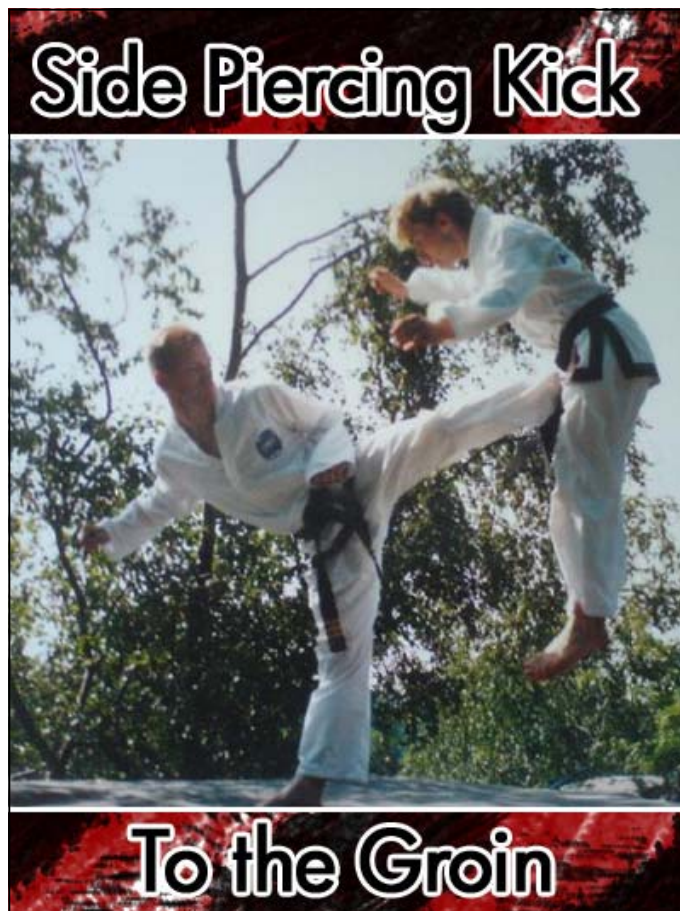
"Certain detractors claim that flying kicks are both impractical and vulnerable, but the words are usually uttered through ignorance or as an apology for their own lack of flying techniques. Numerous Taekwon-Do instructors, with years of experience, can testify that a well-executed flying kick, conducted with speed, is not only extremely devastating, but has the added advantage of surprise.... Flying kicks have a number of advantages: They perfect balance, develop coordination, condition muscles and are invaluable for attacking the high section of the body with [the] foot as well as developing timing and focus. They are also effective for vaulting obstacles without exposing oneself to an attack, for leaping over a pole, club or knife attack, and for stopping an onrushing or fleeing opponent, closing distances, and driving through an encirclement of several

opponents.” –*The Taekwon-Do by General Choi Hong-Hi, Volume 4, page 101*

Trust what The General believes, and if you still find yourself doubting, you can look on YouTube where you can find ITF knockouts with tornado kicks, people performing flying side kicks over cars to attack an opponent on the other side, and two-directional kicks taking out two people at once. You cannot ignore what your eyes show you and what you know must be true - why would a martial art used in the military be ineffective? Its entire creation was because the founder felt that martial arts needed to be more effective, so why do we not believe that he has achieved this?

But then we have high kicks. Kicks to the head, throat and shoulders - why would someone use their foot to attack someone's head, anyway? Well, there is a reason that we do not often see

Encyclopedia of Taekwon-Do high-kicking techniques in



MMA fights – First, not many MMA practitioners have practiced the moves enough to perform them effectively and correctly. Second, can you imagine if a Taekwon-Do black belt was performing full-speed, full-contact 180 reverse turning kicks to the heads of other fighters? There would be a whole lot of deaths in MMA. Sure, high kicks are ineffective if the kicker has bad balance and slow legs, but when done correctly, every Taekwon-Do technique, including high kicks, can be devastating. The head is a virtual jackpot of vital spots - temples, eyes, nose, ears, mastoid, mandibula, jaw, lips, chin, and skull to name a few. A well-placed reverse turning kick, hook kick, or side kick is proven to be deadly when thrown to the head or throat. These high section kicks were created for a reason, just like every other technique in Taekwon-Do - why

can we not accept this?

If we are true Taekwon-Doins, we shall trust what we learn, what we see, and what our founder worked so hard to perfect. How can we achieve expertise in Taekwon-Do if we are constantly explaining how what we learn is ineffective, ignoring years of the perfection of martial arts on earth? Although some techniques may seem showy, this does not mean that they are not effective and useful. With practice, every Taekwon-Do technique can be used in real-life fight situations - it is a military martial art, and was and always will be meant for self-defense in real-life battles. So how about we stop straying from what we've learned and trying to find new techniques that are supposedly better on the street than Taekwon-Do, when in fact Taekwon-Do gives you an arsenal of weapons for street fighting. Forget that

"90% of what we learn doesn't work," and start thinking that, 100% of what we learn can work if we keep practicing and learn how to do these techniques correctly. Then when you're in a real life situation, you can choose which of Taekwon-Do's over 3,000 total hand and foot techniques to use to defend yourself. I'm sure there's a technique that's perfect for every situation.

About the Author:

Patricia DeArmas is a 2nd dan black belt in ITF Taekwon-Do and a self-proclaimed Taekwon-Doaholic. She trains almost every day of the week and also has her own small Taekwon-Do program for homeschooled kids. Patricia also takes Doce Pares Eskrima stick fighting, in which she is a yellow sash.

"The Most important book published on TKD since the encyclopaedia"

John Dowding
4th degree ITF



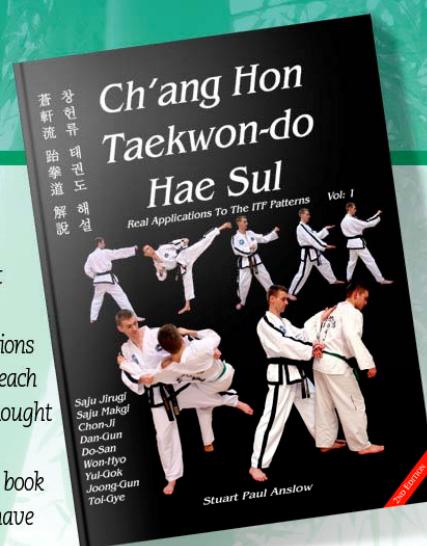
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

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

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



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Down's Syndrome Association

www.downs-syndrome.org.uk



Our aim : Helping people with Down's syndrome to live full and rewarding lives.

Who we are : We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the organisation is run by a total staff of only 38 (many of them part time), and a network of around 100 regional volunteer-led support groups.

Our mission is:

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

Can you help? As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site

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Totally
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The Korean Connection:

Taekwondo Training in the "Land of the Morning Calm"

By Master Doug Cook

Following on from last month, we continue the journey into the 'Land of the Morning Calm' with Master Doug Cook and his students.

Day Three / HOKI Taekwondo

If one were to visit the KTO website and navigate the dropdown menus in search of taekwondo tours, they would ultimately arrive at a link for Kumgang/HOKI Taekwondo.¹⁵ Located in an outbuilding at the Korean War Museum in Seoul, Kumgang/HOKI boasts a spacious dojang in the shape of an octagon. The floor, again, is fitted with puzzle mat, however this time the colors are those of our own school back in New York: blue and red. Against one wall is a raised, oak platform above which hangs a large embossed, wooden Korean flag. On either side, in bas-relief, are images of Kumgang Yuksa; the stern warrior that guards a huge statue of the Buddha at Seokguram Grotto in Kyongju.

As we enter, we are greeted by Master Byeong Cheol An, an affable young man with glasses whose English is clearly better than our Korean. He directs us first to a changing room and then invites us down a flight of open stairs to the training

floor. There, his students are stretching in preparation for a brief demonstration. I quickly mount my video camera on its tripod, as I did a Kyung Won, making certain the disk is properly seated in order to capture the activities of the day for future viewing. The Kumgang/HOKI Team begins with a display of basic skills followed by a series of dramatic breaking techniques. The students then don *hogu*, or chest protectors, and continue with a realistic exhibition of self-defense scenarios followed by WTF Olympic-style, full contact sparring. Upon completion, with the sound of applause ringing in their ears, members of the team bow, turn and exit the dojang leaving Master An to administer the day's curriculum.

We begin with a period of seated meditation and ki development exercises coupled with postures borrowed from *taijichuan* and *qigong*. In this exercise we rub the palms together, with the friction generated meant to stimulate ki circulation. We place the hands before us feeling the ki



Ho Sin Sool practice at HOKI Taekwondo with Master Ryan An

bathe our faces, then, placing the palms against our kidneys, experience the transfer of energy to that area of the body. The qigong posture we employ has us mimicking an archer drawing a bow, awakening the warrior spirit within.¹⁶ Standing, we drop into horse stance and begin basic (kibon) training; a series of single, double and triple punches, followed by a succession of stepping blocks and strikes in a variety of stances.

For many of my students, this trip is their first exposure to native, Korean martial artists and I secretly smile at their reaction as Master An demonstrates the kicking drills we are to practice next. Relatively common techniques such as front, round and axe kicks explode in a blaze of fury when executed by the gold-standard practitioners we have come in contact with thus far. Inspired, my students, all adults in their 30s, 40s, 50s and 60s, rise to the occasion and I notice with delight that their skills are improving before my eyes; this is the magic of training in the “Land of the Morning Calm”.

On previous visits, it seemed formal exercise practice was, for the most part, eclipsed by sparring (kyorugi) drills. So when the command is given to line up for poomsae at the completion of the kicking combinations, I am overjoyed. We commence with *Taegeuk Il Jang* and progress to *Sipjin*. The group on the training floor diminishes as forms of ever-escalating complexity continue until I am the last standing being the most senior rank present. We finally arrive at *Sipjin*, a fifth-dan poomsae signifying the majestic plains upon which humanity and civilization rise. At the command of “*sijak*”, I begin. Each stance is given its proper measure; every block and strike an ingredient of relaxation coupled with penetrating power. Then, somewhere in my consciousness I hear “*barro!*” and return to the ready stance (joombi sogi). If our group’s applause is any measure of success, then I have done well. Nevertheless, it is the thumbs-up I receive

from Master An that stamps this performance as one I will never forget.

Our training at Kumgang/HOKI would not be complete without instruction in full contact WTF Olympic-style sparring. A number of our students have been patiently awaiting an opportunity to spar with the best -of-the-best and now the time has finally arrived. Master An, wearing the hats of referee and instructor, steps the group through a number of blocking maneuvers, teaching how to protect against the ever-present front and back leg round kick; the sport’s number one scoring technique. Then, suiting up in the required hogu, helmet, forearm and shin guards, each student in turn is directed to face one other. Any practitioner who has entered the ring appreciates how difficult it is to repeat the many offensive and defensive drills one practices during an ordinary training session, particularly when the match takes place in a foreign environment. Our students, however, conscious of the watchful eyes scrutinizing them, do their best, demonstrating efficiency and focus under stress. Rather than expending energy throwing wasteful strikes, they wait and, when appropriate, counterattack with jumping back kicks, axe kicks and well placed round kicks.

As the day at Kumgang/HOKI draws to an end, Master An distributes a breaking board and marker pen to each student. He directs each of us to write one desire we sincerely wish to accomplish in life on the board. Some write of their hope to be better parents, husbands or wives; others to be stronger individuals and martial artists. Then, one by one we step up on the oak stage and destroy the wood with a technique of choice. I choose an unsupported spinning hook kick and break on the first attempt. The others do the same with various foot and hand techniques. However, as quaint as this ritual may appear, all agree this is an appropriate way to end our five-hour long training session, blending the virtuous with the physical.

Emotionally charged, a student turns to me and again asks: "how much better can it get?"

Day Four / Grandmaster Gyoo Hyun Lee

Paging through the Kukkiwon Textbook many years ago, I took notice of a severe looking martial artist chosen to model the unique and effective techniques of taekwondo by virtue of his long experience and skilled attention to detail. Again, in 1998, this high-ranking practitioner would appear in a promotional video for the Organizing Committee for Taekwondo Korea 2000 as a staff instructor.

Seeing Grandmaster Gyoo Hyun Lee in motion rather than on the printed page, convinced me that I would someday seek out his instruction. As destiny would have it, this was more difficult than expected. In planning the 1999 Chosun Taekwondo Academy Korea Training & Cultural Tour, I had inquired if he would be one of our teachers and was informed that his schedule did not coincide with our visit. Subsequently, in the

initial planning stage of our most recent trip I once more requested his talents: "unavailable", was the response from Korea and so, disappointedly, I turned my gaze elsewhere. Then, a few short weeks before departure, I received a surprise email from our tour service stating that the grandmaster had accepted our group for a day of training provided we allow his senior instructors to assist. This stipulation took all of one minute to consider; rather than a condition, it was truly a bonus!¹⁷

Following breakfast on our fourth day in-

country, we board our motor coach and begin the journey to Yangsu-ri, a small village a little over an hour's drive from Seoul. Our training to date has been challenging and highly rewarding, balanced between the martial art and combat sport of taekwondo. Today's training will focus on precise basic technique and the pursuit of excellence in poomsae. The metropolitan scenery flashes by as our guide directs our attention to several key points of interest along the way. Slowly, the urban sprawl begins to thin as rice paddies replace the high rise apartment complexes. We exit the freeway and snake our way through winding country roads barely wide enough to

accommodate the width of our bus. A tiny picturesque village materializes with a gas station, restaurant and shops selling fish, red peppers and an assortment of daily needs.

Crossing a well-maintained concrete bridge, minus guard rails, that spans a swiftly running brook, we have gone as far as our bus can take us. We come to a stop and I am the second off after our driver who

is animatedly chatting with two gentlemen standing next to a Hyundai sedan. I am suddenly overwhelmed with disbelief as I see the grandmaster I have traveled eight thousand miles to train with before me. Single file, my students line up and bow. It is then that the stern face I have only witnessed in photos and on film erupts into a broad, welcoming smile and Grandmaster Lee invites us to follow him and his instructors up a rutted, dirt road. We pass a squat, single-story dwelling on our left that is his home and continue on a few steps to a red brick building with two sets of double



Grandmaster Lee awaiting our arrival

doors thrown open to the outside that houses the grandmaster's personal dojang. Inside, it is cool in stark contrast to the humid air that weighs heavy in the basin of the small valley. Instantly, we are enchanted by our surroundings. The floor is set with green puzzle-mat bordered in orange, and the walls are adorned with memorabilia from a lifetime devoted to the Korean martial arts. In a neat row, over the doors, hang circular, brass plates inscribed with the names of the original *kwans*, or martial arts institutes, established during the 1940s and 50s before the discordant styles were united to form taekwondo; names like the *Moo Duk Kwan*, *Chung Do Kwan*, and *Oh Do Kwan*, leap out reminding us of the tenure and seniority Grandmaster Lee enjoys in the taekwondo community.¹⁸ Suspended on the far wall surrounded by a black wooden frame is a scroll written in *hangul* characters reading: "A National Sport, Taekwondo". There were, purportedly, fifty of these icons painted in the personal calligraphy of South Korean President Park Chung-Hee in March of 1971. The majority, such as the one before us, reside inside the borders of Korea, while the remaining few were distributed to master instructors throughout the world. One was displayed in Grandmaster Richard Chun's New York City dojang for over thirty years and was recently given to us as a treasured gift. With reverence, we quietly prepare to train by changing into our doboks and fall in line, four across. Finally, there before us is the man the Kukkiwon has endorsed as the standard against which all practitioners of taekwondo should be compared for excellence in basic motions and poomsae.

Grandmaster Gyoo Hyun Lee cuts a striking image; with a shock of white hair centered over the left eye, in concert with his drill sergeant demeanor, his presence is



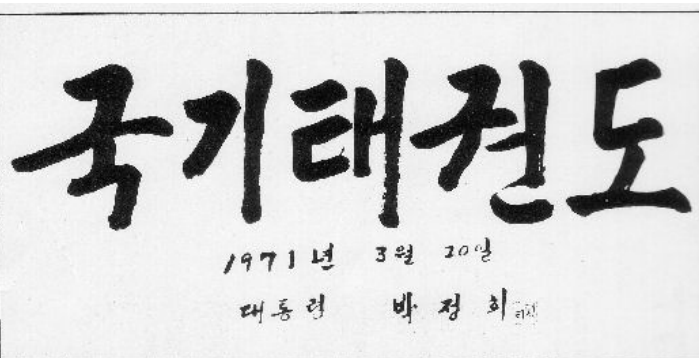
The original dojang of Grandmaster Gyoo Hyun Lee



A view of the rice paddies adjacent to Grandmaster Gyoo Hyun Lee's dojang in Yangsu-ri



Brass plates bearing the names of the original kwans



Calligraphy created by President Park Chung Hee of Korea

unmistakable. He is in his late sixties but moves like a cat. His flexibility, enthusiasm and strength are in direct proportion to his long years of dedication to the art of taekwondo. He is currently president of the World Taekwondo Instructor Academy and director of the Kukkiwon Taekwondo Training Center. From 1990 to 1998, his abilities earned him the position of Chairman of the Training Subcommittee, Kukkiwon. Prior to that, from 1973 to 1982, he was head of the Kukkiwon Demonstration Team. I respectfully approach him and offer up a letter of greeting drafted by Grandmaster Chun introducing me as one of his senior students and briefly describing my qualifications. Returning to my place in line, we assume the joombi posture, bow, and the training session officially begins.

The tension our group is projecting immediately shatters as the grandmaster, smiling, begins to wiggle from side to side, shaking his arms up and down in an effort meant to relax our taut bodies. Then, reminded to breathe, the standard warm up and flexibility exercises begin in earnest. It appears many of the more extreme postures have been borrowed from hatha yoga and we begin to perspire as the heat from our bodies warms the room. We continue to work on technique that many would accuse of being far too simple in exchange for an eight-thousand mile trip. My students and I, however, are so intrigued when the grandmaster reviews the process of making a proper fist that we photograph the precision with which it is accomplished along with the wear that is a result of striking solid objects for many years; and it does not stop there; front stance, back stance, middle blocks (momtong makki), knife hand blocks (sonnal makki), front kicks, round and side kicks (yop chagi), are all scrutinized beneath the magnifying glass of experience. A common thread running through the execution of every strike or block is the constant reminder to relax in our delivery and tense at the point of impact with the target. The phrase, "relaxation and **POWER!**" is repeated over and over again.¹⁹

After several hours of uninterrupted training, a break is called and we congregate in small groups to compare notes and review what we have been shown. Some gravitate to the water cooler situated in a corner of the room for a sip of much-



The fist of Grandmaster Lee



Master Doug Cook (left) and Chosun students practicing poomse Keumgang under the watchful eye of Grandmaster Gyoo Hyun



Grandmaster Gyoo Hyun Lee leads the class in stepping basics

needed refreshment. The conversation turns to differences some are noticing in the fabric of instruction. Nevertheless, before I can gain a better understanding of the root of these questions, we are commanded to reconvene.

At the close of the opening ritual, we are separated into groups according to belt rank and prepare for poomsae practice. In comparison to prior visits, I could not be more delighted in the direction our training has taken. Thinking back, in candid discussions with several Korean practitioners during our earlier tours, I was told of a movement by several masters to return from a sportive approach to a more holistic style of training including formal exercises and self-defense drills. Our experiences today, and the days previous, seem to confirm the reality of this trend. Although the *Palgwe* set is not given credence, the eight Taegeuk, in tandem with the mandatory Kukkiwon Yundanja-series black belt poomsae, are thankfully addressed in detail.

For black belts and color belts alike, no banquet is as bountiful as this day's forms practice; each student is afforded the opportunity to refine the basic skills contained within the poomsae unique to their belt level either under the intense direction of Grandmaster Lee, or by one of his accomplished instructors. I am working on poomsae Sipjin while other black belts

are focusing on *Koryo*, *Kumgang* and *Taebaek*. For my part, it is still difficult to believe that I am receiving private instruction from Grandmaster Lee who explains the practical application of each movement of my poomsae, in conjunction with its proper trajectory and chamber. From the corner of my eye, I glimpse my students receiving equal attention in analyzing the various Taegeuk poomsae, albeit with some minor alterations from the manner in which they were taught.

Suddenly, as the day progresses a potential dilemma begins to gnaw at me, as it must many instructors from time to time, and I sense what it was my students were referring to earlier as "differences" in curriculum. The World Taekwondo Instructor Academy, under the direction of Grandmaster Gyoo Hyun-Lee, is attempting, at least on the surface, to introduce a subtle shift in the dynamic principles of taekwondo technique based on an advanced understanding of physics as it relates to body mechanics. A

modern approach is being applied to footwork, power ratio, chambering and weapons training, while at the same time striving to maintain the value of traditionalism.²⁰ Today, we have been exposed to technical variations that faintly contradict the manner of execution we have become familiar with, forcing my students to politely ask: "what do we do now?" Buried in this question is an important lesson both for me and my



Grandmaster Gyoo Hyun-Lee (right) and Master Doug Cook at World Taekwondo Instructor Academy headquarters in Yangsu-ri



Bulguksa Temple. A stunning example of Sillian architecture

colleagues. Traditional taekwondo is a cultural treasure chest filled with effective self-defense strategies supported by a virtuous philosophy intended, in part, to govern their use. Although the Korean discipline contains immutable tools such as the round kick, back fist (doong chumok) and knife hand, to name a few, the manner in which these are performed may vary slightly from master to master. This fact does not corrupt the basic principles of taekwondo; rather it adds color and individuality to something that is an art rather than an absolute science.

Consequently, it is my desire to expose my students, at least those capable of sustaining an open mind, to the diversity

inherent in taekwondo whether it is at home or abroad, resulting in what I hope will be perceived as an enhanced training experience overall. However, having said this, it is to the teachings of my instructor,

Grandmaster Richard Chun, that I remain faithful.²¹



Master Doug Cook (left) training at Bulguksa Temple

The Final Few Days / On to Kyongju

No trip to Korea would be complete without a visit to Kyongju, the ancient capital of the Silla kingdom (57 BC–935) and the repository of the nation's cultural wealth. Located in the southeastern portion of the peninsula, this

historically-fertile region was once the training ground of the Hwarang, Korea's noble warrior-elite that devoted much of



Grandmaster Richard Chun (left) and Master Doug Cook at Bulguksa Temple

their time to the practice of the martial arts bolstered by a thirst for Asian philosophy and the performance of altruistic deeds.

Our first stop is Tumuli Park, where great mounds of earth mark the tombs of ancient Sillian royalty. It was here in 1974 that Chon'mach'ong, or the Flying Horse Tomb, was excavated yielding more than ten thousand treasures including a golden crown adorned with kidney-shaped jade, traditionally worn by the Sillian kings. Upon the monarch's death, he and many of his worldly possessions were placed in a room-like enclosure. Gravel, rock, and then earth, were piled on top eventually creating the fifty foot, hemispherical shapes before us. This ingenious method of construction discouraged looting since the only safe entry was from the crest of the mound thus eliminating surreptitious entry from below.

A short distance from the tombs, we find

Ch'omsongdae Observatory. Built during the seventh century, this bottle-shaped building is thought to be the oldest structure of its kind in the world. Legend has it that Sillian queens would be lifted through the small, south facing portal, there to gaze at the heavens.

Next morning, we venture to Bulguksa Temple, a stunning monument to both the skill of Silla's architects and its Buddhist faith. Originally built in 535, we are humbled by the splendor of the tiled roofs supported by timeless timbers painted in the brilliant blue, green and red hues unique to temple art. Although it is raining heavily, our students seize the moment and pose for a series of dignified photos depicting the beauty and strength of traditional taekwondo technique. Later, to our delight, we discover that the monks in permanent residence have invited us to join them for a period of meditation. Removing our shoes,

we bow and enter the relative dark of an ancient meditation hall. The surrounding air hangs heavy with a sense of peace mixed with the twisting wisps of sandalwood incense. A great, gold statue of the Buddha sits before us and time disappears as we attempt to relinquish all thought.

A perfect ending to our trip comes in the form of a visit to Tong-Il Jeon shrine dedicated to the memory of the Hwarang and the illustrious generals that led them to victory along with the subsequent unification of the Three Kingdoms.²² Nestled in the folds of Namsan Mountain, one must climb countless steps in order to reach the stately structures housing oil paintings of military training and legendary battles. There, in an adjacent courtyard, we line up, come to attention, and perform a series of poomsae in solemn tribute to fallen warriors of the past. Looking up, we notice a cloud of dragonflies hovering overhead in silent watchfulness. We are told by our guide that in Korea this is an auspicious sign. The spirit yells that punctuate our

blocks and strikes reverberate through the valley with the returning echo amplifying the strength of our movements all the more. At the completion of our training several of us are emotionally moved as we internalize the profundity of our actions within the bounds of this sacred place.

Reverentially, we stroll back to our motor coach for the return trip to the Somerset Palcae Hotel in Seoul and, eventually, Incheon International Airport. "Look!" someone shouts, pointing up in astonishment: high above our group a cloud of dragonflies follows.

Conclusion

Training in the Land of the Morning Calm is an experience the martial artist will remember for a lifetime. Traveling there in 1994, 1999, 2004, 2007 and again in 2010, provided my students and I with insights that have significantly amplified our cultural worldview and technical skills. It is a journey every practitioner of taekwondo should



Poomsae training at Tong-Il Jeon shrine

consider making at some point during their never-ending quest for excellence in the martial arts. For those interested, contact us at info@chosuntkd.com for information regarding the upcoming Chosun Taekwondo Academy 2012 Korea Training & Cultural Tour.

15 The KTO website describing taekwondo tours can be found at: www.asiaenglish.visitkorea.or.kr/ena/SI/SI_EN_3_4_6_1.jsp.

16 A component of this type of training was first introduced to me in 1995 during a seminar held by qigong master FaXiang Hou.

17 Since experiencing the training trip described in this article, we have trained with Grandmaster Lee in Yangsu-ri on several subsequent occasions.

18 For a comprehensive history of taekwondo, including creation of the various kwans, see *Traditional Taekwondo: Core Techniques, History & Philosophy* written by the author and published by YMAA Publication Center, Inc.

19 The dynamic of relaxation and power, or tension and relaxation, is known as "shin chook" in the lexicon of the Korean martial arts.

20 An example of this pedagogical shift came in the form of the stepping motion relating to the front stance. Rather than applying the traditional crescent step, along with its many benefits, WTIF instructors are advocating a straight step forward purportedly in the interest of speed as are Kukkiwon instructors.

21 Grandmaster Richard Chun, 9th dan black belt, was a student of Chong Soo Hong at the famed Moo Duk Kwan in Seoul during the 1950s. He immigrated to America in the 1960s with the goal of teaching taekwondo and is the author of five books and several DVDs. Grandmaster Chun is currently the president of the United States Taekwondo Association.

22 This era in Korea history, known as the United Silla period, lasted from 668 to 935, and resulted from the unification of three kingdoms consisting of Silla (57BC-935), Koguryo (37BC-668) and Paekche (18BC-660).

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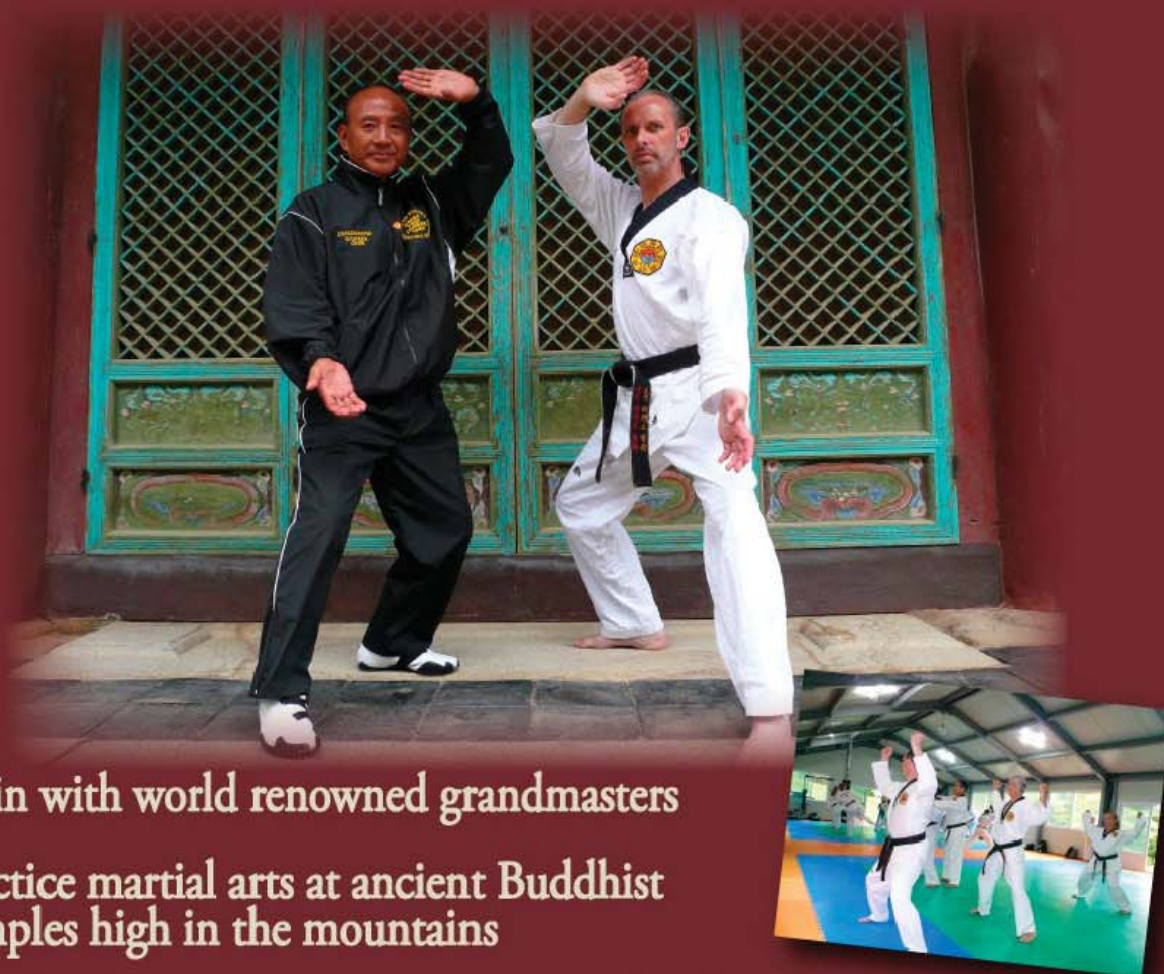
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Master Doug Cook, a 6th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for 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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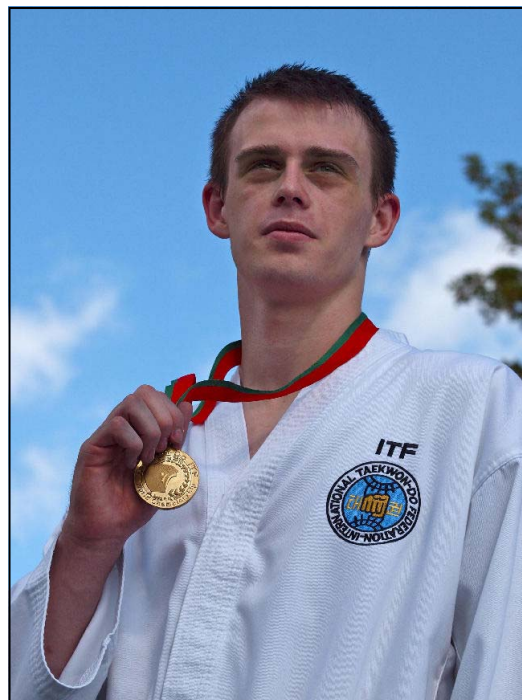
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An Interview With **James Gridley, 1st Dan** ***ITF World Champion***

By Richard Hamilton

James Gridley, 1 Dan has just become junior sparring World Champion, at the last time of trying before moving up to the senior division. He is the first individual sparring World Champion England has had since the early '80s*. He has the chance to become European Champion early next year too and has his sights set on an English kick-boxing title next month. *Totally Tae Kwon Do Magazine* catches up with him at an ITF England squad training session...



You've just won the World Championship – how does that feel?

Feels fantastic. My family and friends are all happy for me. It's great.

Tell us about your competition experiences.

I've done three World Championships, the first in Bulgaria in 2006. I was only 13 yrs old. I was doing ok at the nationals – often coming 2nd to Tom McCabe. I only did team sparring – I got the captain of Bulgaria in the draw, did well but lost by a big margin. I really liked the international competition though.

I was determined to go into the next competition with the attitude "I am going to do better this time". I missed the next couple though (For reasons James doesn't seem to want to talk about [Ed]). I got dropped for Estonia, and didn't make Greece. I went to the Euros in Porec, Croatia in 2008 and did pretty well. Got a bronze in individual sparring (losing to

Russia). We didn't have a junior team that year as only 3 boys went.

At the Worlds in Uzbekistan I got individual bronze (Sparring – losing to Russia, again). We lost to Estonia in team sparring.

Then came the Euros in Slovenia 2009. I lost to Estonia in the 1st round – because of my temper. I let it get to me and all my focus and technique went completely. I lost my rag, basically. I learnt a lot from that experience. Mr Clark and Mr Taverner kept telling me to keep a cool head. I didn't listen and it cost me. They always believed I had the potential to win – but had to find a way to keep my self-control in check. I messed up in the Special Technique too – didn't break with flying side-kick.

At the Euros in Italy I let my temper get the better of me again. It was still a problem – I obviously hadn't sorted it out. Something

gets to me and the red mist comes down and I sort of lose it. Self control goes out the window and I get scrappy. End result is my performance is affected and – up until now – I lose out. I lost to Scotland (Ian – who got literally knocked out in Belarus) because of it.



letting my temper stop me from achieving success at the highest level.

You had a few hard bouts on your way to winning didn't you?

Yes, most of the cuts and bruises were from the Russian in the final. But it was the Greenland competitor who

I set things straight a little in special technique though – my flying side-kick helping the junior boys to silver.

was the hardest. He just wouldn't let up and kept coming in all the time, very hard. He was really good with his hands, and in one round nearly knocked me out with a

I've done well at nationals this year, winning at the Welsh and London opens.

Winning the Worlds is perfect timing. I've sort of come good at just the right time. I will move up to the seniors next year – so it was my last chance as a junior. My birthday is after the Euros in February (Tallinn, Estonia) – so I'm hoping I can do well there too. It would be brilliant to leave the juniors as National, European and World Champion!



knee to my head! I had to retaliate a bit – up the contact level enough to put him more on the back foot. It worked. I won. Sometimes that's what it takes. Overall though the contact levels were good and yellow cards only given when they were genuinely required.

How do you feel about moving up to the seniors?

I'm ready for it and want to. It's better competition for me. I'll get pushed harder at National level too. I can't wait!

I think if I hadn't done well in Belarus as a junior - I would

always be regretting through it and did really well. He seemed to

hit the ground running and I'm hoping I can do the same. Having gone through the training I've had leading up to the Worlds, and more importantly, learning to take the coaches advice and manage my self control problems – I think I'm in a really good position to continue to improve. I'm trusting their judgement now instead of letting my own head rule. I've finally realised that the coaches do actually know a lot more than I do – and I should benefit from that rather than ignore it.

Jenny Nsunta helped coach me in Belarus too – she was a massive help and brilliant at encouraging all the team to push to win. The team spirit in the England camp has always been good – but now it's better than ever. Hopefully my win will show that we can succeed in sparring and we can start to turn things round. We need more good results from seniors and juniors in the sparring.

Do you think your kick-boxing has helped?

Definitely. I didn't use my left leg much – but since I've been doing kick boxing I've used it a lot. TKD always says you should never be one-sided – and it's very true. To do well in a fight you need to be flexible. I'm not sure I would have won the Worlds without my kick boxing experience. Kick-boxing is full contact – so you can hit harder. It's easy to get sucked in and start scrapping. But if I stick to the TKD principles of control and technique it pulls

me back. Fitness is better too because I'm obviously training a lot for both disciplines.

I've had a few professional fights. I've got an English title fight against Tom Smart (a World and European Champion) in Newark on October 16th (same day as UKTA 4 Nations [Ed]). It'll be hard but fun. I haven't really had a skilled fighter yet – so this should test me.

How do you manage to find the money to travel/train and do all these things?

I get some sponsorship – but mostly it's mum and dad! It's good that I train hard

and have managed to get some success because it feels like I'm justifying the investment they're making in me.

Also it's obviously good for the other people who sponsor me too. I don't have any sponsorship lined-up for the Euros yet – but hopefully now I'm World Champion I might have a bit more of an edge.



Totally Tae Kwon Do Magazine wishes James the best of luck for the Euros, and hopes he can continue his excellent success into the Senior division.

A few highlights from Surrey Taekwon-Do Juniors and Veterans at the 2010 World Championships in Belarus:

<http://www.youtube.com/watch?v=29En6mEOYdQ>



WHO'S REPRESENTING YOU? WE CAN!

UK Ch'ang Hon Lineage Tree

(Project)

By Stuart Anslow & John Dowding

This is a brand new project to chart the history of all the Ch'ang Hon (ITF) based Taekwon-Do organizations in the UK, from the very first right up to all the groups around today and independent clubs, with the hope that others will be inspired to do the same in their country.

The tree will only chart when the various organisations were formed and who were their founding members. It is non-political and doesn't care about the reasons organisations or groups were formed.. Just when!

It is hoped, that through time all organisations will be represented on the tree, as well as smaller groups & collectives and independent clubs.

We Need Your Help

By our own research, we have gathered a lot of information so far, but there are a multitude of Ch'ang Hon (ITF style) Taekwon-Do groups in the UK and not all of them list their history on their web sites, some do not even have web sites, so if you have any information that could help, please email it to:

instructor@raynerslanetkd.com

As I said, we do not need to know the reasons for groups breaking away, just the following information:

1. *The name of the group and their acronym?*
2. *Who founded the group?*
3. *Which group they transcended from?*
4. *In what year? (if you have an exact formation date, that would be great, but is not required specifically)*

All emails remain anonymous and only the information is added to the tree. Also,

anyone can submit the information, don't leave it to others please!

Although titles will have changed since the formation of a group, please simply list the founders of the various organisations by their current titles (ie. Master, Grandmaster) if they have one, or simply by their name/s.

We also need the same information for the following groups: *ETA, BITF, ITUK, UKGT, BTMA, TIF, AImAA (UK), UKTD* as well as any groups not listed here or on the tree already.

Small groups are welcome to be included on the tree, as are (totally*) independent schools and if any of the current information is incorrect, please let us know.

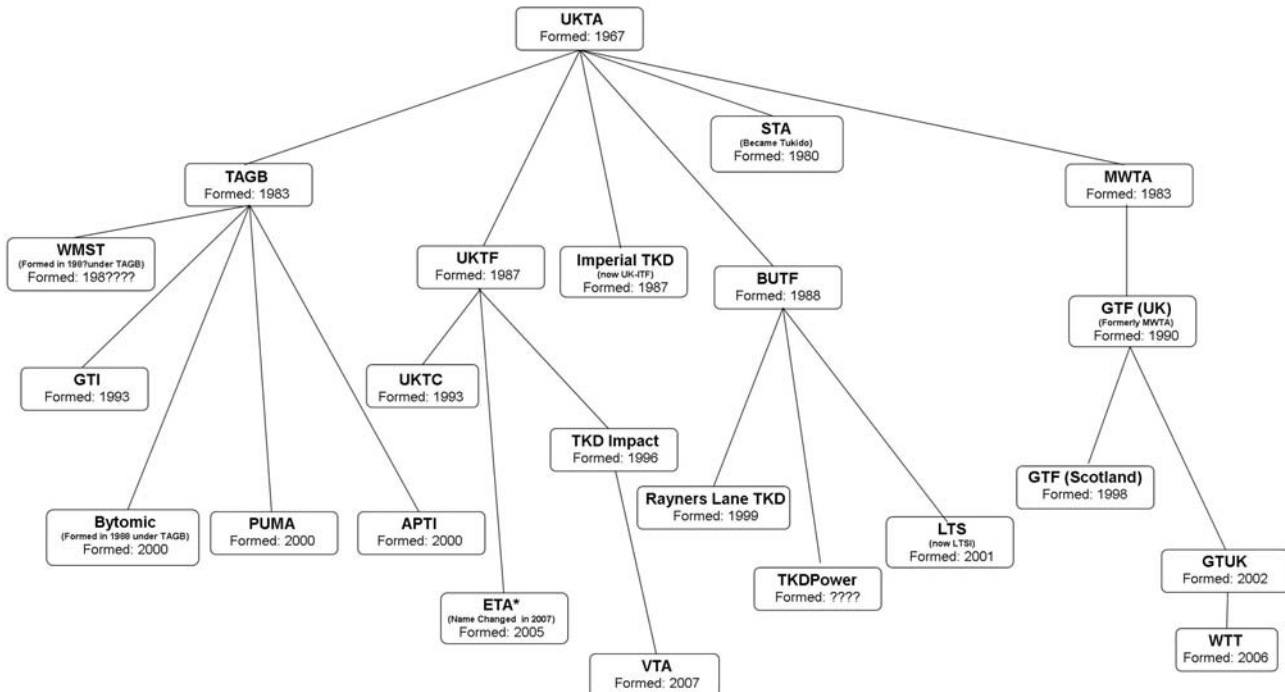
It is hoped that the UK Ch'ang Hon/ITF Taekwon-Do scene will come on board with this project, so all groups and Independent schools can be properly recognised for their place in UK Ch'ang Hon history.

This is an ongoing project and updates will appear in *Totally Tae Kwon Do* magazine on a regular basis. Many thanks to all those that have submitted info already.

** Meaning that if you are part of a group or collective then that name should be submitted. A 'Totally' Independent club/school is one with no group links what so ever.*

UK Ch'ang Hon Lineage Tree

Project Status: *On-going*



Timeline

1955 - Taekwon-Do officially named
 1967 - UKTA formed by Grandmaster Ki Ha Rhee
 1980 - STA formed by Hock Aun Teh
 1983 - TAGB formed by Master Dave Oliver, Master Mike Dew, Master Ron Atkins & Master Paul Donnelly
 1983 - MWTA formed by Master Roy Oldham
 1983 - Imperial TKD formed by Master Trevor Nichols
 1987 - UKTF formed by Master Rodger Koo and Master Marshall Pereira (England), Master Sheena Sutherland and Master Peter Harkess (Scotland) (May)
 1988 - BUTF form by Grandmaster Raymond Choi (1st March)
 1988 - Bytomic formed (under TAGB) by Dorian Bytom
 1990 - GTF-UK formed by Master Roy Oldham (Formerly the MWTA)
 1993 - GTI formed by Master Tony Sewell, Master George Cockburn, Master Clive Harrison, Mr. Frank Murphy, Mr. Kim Stones, Mr. Alan Sparks & Mr Mark Weir
 1993 - UKTC formed by Master Peter Harness, Master Derek Campbell & Master Stephen Rodney
 1996 - TKD Impact formed by Master Donato Nardizzi
 1998 - GTF Scotland formed by Mr Allan Cunningham
 1999 - Rayners Lane Taekwon-do Academy formed by Mr Stuart Anslow (April)
 2000 - PUMA formed by Master Gayle, Master Ogborne, Mr Chris Woods, Mr Nick Bayle and Mr Malcolm Jones (1st September)
 2000 - APTI Formed by Master Ian Ferguson
 2000 - Bytomic (formed by Dorian Bytom) becomes independent
 2001 - LTS formed by Mr Chris Snow (Now LTSI)
 2002 - GT-UK formed by Master Roy Oldham
 2005 - ETA form by Master Orello Ellis
 2006 - WTT formed by Adrian Gent (July)
 2007 - VTA formed by Philip Lear, Ken Chesterman, Martin Hewlett, Tim Dunn, Steve Bourne, Richard Cassidy, Garry Denman, Lucinda Cassidy
 2007 - ETA* name changed to English Taekwon-Do Association

48 - Totally Tae Kwon Do

That First Step

By Dave Lomas

Attending classes for the very first time can be a very strange and sometimes very nerve-racking thing to say the least. In the same way that it feels strange when attending a new school or starting a new job for the first time, and everything is a bit confusing, it is always advisable to talk to other higher graded students that are there as they will be more than happy to help you with any questions that you may have.

Attending classes for the very first time can be a very strange and sometimes very nerve-racking thing to say the least. In the same way that it feels strange when attending a new school or starting a new job for the first time, and everything is a bit confusing, it is always advisable to talk to other higher graded students that are there as they will be more than happy to help you with any questions that you may have.

Most clubs will allow you to watch a class in progress the very first week before taking part so as to give you an idea as to what is involved. You can of course take part if you wish when you first attend but if

you are not sure in anyway then it is always best to have a look first. If it is a new beginner's class that you have joined then the other students just like yourself will be thinking "I wonder what's involved? I hope I don't make a fool of myself"? If the instructor has been teaching for many years then he will know the problems and physical difficulties you are about to face and any mistakes or questions that you may have over a period of time, as all of these things will be more or less standard routine for the experienced instructor.

Depending on the nature and style of the martial art in question the new beginner



can expect to start off with warm-up routines, stretching exercises and maybe things like sit-ups and press-ups. In the case of the striking arts like karate, tae kwon do, kung fu and kickboxing, press-ups on the fists are very much a standard item both at the start or at anytime throughout the lesson period. If they don't do fist press-ups then ask them why?

All clubs tend to vary with regard to the nature and extent of the exercise and workout routines even adding or deleting items from week to week in an effort to add variety to the training sessions. Having completed the standard exercises and other workout routines the beginner, along with the more advanced students, will then normally begin basic technique practice. The basics nearly always involve learning the many various punches, kicks and blocks and are performed under the instructors count while standing or moving forward in rows with the more senior students positioned in the front. These repetitions are of course to allow the new beginner and the more advanced student to practice and develop the techniques to the point that they can throw a kick or a punch with speed, focus and power, almost to the point of doing so without having to think about it in an instinctive way.

New beginners will find that some of the basic moves are easy to do but others will come up against varying degrees of difficulty when practising the various items. Not everyone will be able to kick high or put power and speed into what they are doing but this is all part of the learning

process that even the more advanced student will face even after years of practice.

Some combat clubs do not teach in this standard, or if you prefer 'traditional' way, but will instead just let the students get on with the job of practising sparring with each other throughout the entire training period regardless if you are a beginner or a higher graded student. Although this specific training method is a vital part of martial art practice, if all lessons are carried out each

and every week in this way, then the student is missing out on a wide variety of other training methods and the chance to develop a higher standard of combat fighting skills. There are those who view this type of training session as a rip-off and would say that the instructor is teaching classes in an idle way having not the need to work hard at teaching the combat arts but instead all he or she would have to do is just stand there and let the students get on with it by themselves.

The instructor who teaches in the traditional way may insert a wide range of items into the lessons that could involve

more advanced training techniques than the new beginner is ready for, however, this is a valuable learning experience that will come in handy for when taking more advanced lessons and a more advanced grading test.

Beginners along with the more senior students are normally required to practice the basics, on a regular basis, in a standing position. The classic stance for



Picture supplied by Mike Glencross
www.centerlinemartialarts.com



this kind of practice is called the Horse Stance, so-called because you are positioned in a horse riding pose or position with your legs shoulder width apart and the knees bent into a sitting position. Alternatively this can be done in a High Horse Stance for combat styles that focus on close combat techniques.

Not long after you begin lessons, maybe even within the first lesson, you will then progress on to learning the basics by moving forward or stepping backwards adding correct stance and movement to the item being practised in question. At this point you need to note that the term 'item' is referring to a particular technique or stance that would officially be called a 'discipline' due to the need of the new student to 'master' the item in question. The set items that have been selected for a future grading test would be officially called the 'set disciplines' or the 'test disciplines'. The next step in your training after at least understanding a few of the basic strikes and blocks would then be to combine the various strikes, blocks and kicks together in a more realistic and practical manner. These combination, (fighting), exercises requires the student to learn a variety of skills including balance and co-ordination. Many students will find, to varying degrees,

problems with their balance, co-ordination and speed but if persistent will in time overcome these new levels of difficulty.

A natural progression from the basic and more advanced combination exercise is something called the set form or 'Kata' as it is called in the Japanese martial arts. Set forms or 'Chinese shadow boxing', as the Chinese refer to it, is a combination of strikes, blocks, kicks and moves that are very much the same as combination techniques but instead of being limited to just a maximum of around three or four moves or so the set form can be anything from ten up to as many as a hundred or more techniques combined together into a form of pre-set fighting sequence. The various types of set forms are almost unlimited in format, style and content. Many combat styles include several set forms while others may limit themselves to only one or two at the most.

Looking further into how these various set forms are constructed it is clear to see that some set forms come into the category of practical and others into groups that could be called exercise or display. Some set forms are practical in the sense that if used in a real street fight the moves and methods could very well work in that

general pre-set order while some of the other set forms however are not aimed at being of a practical nature but more as a method of learning the various kicks, blocks and moves combined together as a form of learning aid with the view of not only learning the various techniques but also to develop speed, coordination, balance and stamina.

The format of some set forms are constructed as a demonstration or display exercise routine for the specific purpose of highlighting their specific type of combat style to the onlookers. Set forms can range from very basic and rigid to fluid and very complex with varying degrees of difficulty.

The terminology, meaning the words and instructions used to describe the many kicks, strikes and throws is very hard to remember at first and if as is the case with many clubs, the instructions are in Japanese or Chinese then this makes it all the more harder. Many clubs today however teach in English and this can be a great help when first starting in the martial arts.

It was thought many years ago that if a martial art was not taught in Japanese or Chinese then it was not an authentic martial art style or club, today however this myth of having to be trained in this manner has been replaced by a more open approach. Learning any form of martial art for its practical use is far more important than the language involved.

The names given to the various moves do vary from club to club or the style of combat in question. This variation in words and applications is to do with the wide variety of styles and schools available and the instructors own preferred methods.

The dangers involved in learning the martial arts are always a key factor and very uppermost in peoples minds when initially thinking of starting up for the first

time. Training in the martial arts at beginner level is very safe indeed assuming of course that you have joined a school where the instructors and the students are not allowed to bully the new beginner.

For some, the practice of any martial art is no more than a short term interest that goes no further than learning the basic moves while for others the practice of the martial arts develops into, in some cases, a deep and even a religious thing. For someone taking up the fighting arts for the first time without any prior understanding as to what is involved will often be surprised if not shocked to find that various aspects of their training will involve more than they first realised. This of course does greatly depend on the type of club as some only teach a very weak form of training or combat style compared to others.

Demanding keep fit and stretching routines are part of basic training which continues to increase as the student attempts to reach the higher levels. For someone thinking that taking a lesson is all about learning fighting moves will be very surprised to find that physical conditioning is a standard part of what is involved. This is one of the reasons why new beginners, both adults and children alike, are put off taking further lessons almost straight away. Along with the keep fit training and other aspects that will often put off the new beginner from continuing lessons is the requirement to take a lot of repetitive practice of the basic moves and to a degree the required need to have physical contact with others.

Although some instructors prefer to be called by their first name and are not bothered about being too formal within classes there are those who will require the new student to call them by their traditional martial art title. In the case of karate and kung fu clubs the instructor of a karate



Master Vincent Affatigato. Junior Black Belt students
Picture supplied by Minh T. Luong

class would be called a sensei, which simply means instructor, and in the Chinese martial art of kung fu they would be called a Sifu which means in rough translation 'father' of the group.

The term Si-Fu was used because unlike the Japanese fighting styles that were taught in a military form the Chinese combat styles were often taught within the family circle with the elder or more senior students being regarded as the older sons and daughters of the class and the instructor being referred to as the head or father of the family style. Some of these traditional combat styles are called by their family name such as Lau Gar which in translation means Lau family Chinese boxing. Lau is the family surname and Gar means family.

The instructor is not only a vital part of the class he, or she, is also vital to the nature and way the class is conducted. Different instructors will affect training standards a great deal from club to club depending on

the nature and style of the martial art in question. Some martial art clubs may be teaching a form of combat that is specifically aimed at streetwise defence therefore the teaching methods and fighting techniques shown will be, to a degree, intense and physically demanding with a great deal of focus on serious fighting disciplines, in contrast, the sport competition based club will be more focused on fighting techniques that are specifically aimed at point scoring and not necessarily the hard body conditioning and training methods of the street combat fighter.

Training standards also vary depending on the characteristics of the instructors with regard to how hard and how intense the classes are run. Some instructors will, regardless of the type or nature of the martial art style being studied, lead by strong example and will do everything that they ask of their students themselves. This type of person will take their students through intense physical workouts and



Master Vitale, Master Cook and the Luongs
Picture supplied by Minh T. Luong

repetition practice to the point that none of the students, even the younger and fitter ones will ever be able match. Often these types of classes are well run and well disciplined with no time left over to mess about. Unfortunately, only the dedicated student will endure this level of training and the rest will soon leave. This type of class will normally only have a few students in attendance and very few, if any, child members.

In contrast some instructors, often based on the way that they were trained themselves, have such a laid-back approach to the training session that they will do no more than stand there throughout the entire session without ever doing anything or even breaking into a sweat. This idle minded approach is often

down to the instructors own simple idleness and couldn't care less attitude. Leading by example in this way will result in more members attending the class, who themselves may not like the idea of working too hard, but the overall training will have no true value. These type of classes are so relaxed that the students often end up just standing there having a chat to others in the room even when the lesson is supposedly in full swing. This situation could be compared to going to the gym for a workout. There are those who go to the gym and give themselves a good beneficial workout and use the time constructively while others use the time to socialise with others in the room. Of course common sense will tell you that a more elderly instructor will not be able to do the more physically demanding parts of

a training session with the students in comparison with a younger able-bodied man but they will still have valued experience to pass on to others.

The impression that a laid-back instructor gives could make new potential beginners think that the instructor is only there to make money and not really there to teach and show by example what true combat training is all about, but in all fairness however, it is often true to say that some instructors will not bother to try too hard when they realise that their efforts are being wasted on students who will not make the effort themselves. Unfortunately all instructors have their fair share of time wasters that only turn up to classes and do as little as possible in the hope of getting their next coloured belt without having to work too hard for it.

If a new beginner or a low graded student complained that you have blocked their punch too hard, for example, and they end up standing there rubbing their arm and pulling a face in disapproval then you may not be that surprised especially if the person in question was noted for being idle and a moaner. You would also think, most likely, that this person needs to get tougher in their fighting skills and needs to be more aware that true combat training does involve physical contact that can sometimes result in being hurt or bruised. You would also think that this person

needs to be a bit tougher minded and not complain so much when things get a little bit on the rough side, although, it would be fair to say that in some cases the student could be well within their rights to complain when their opponent is not practising proper consideration and restraint within a practice session.

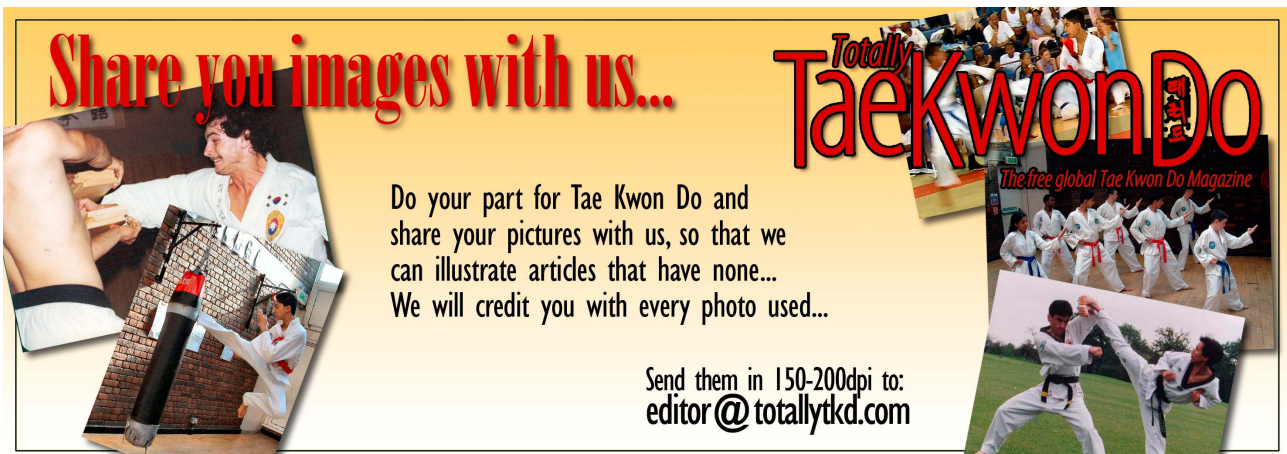
In some cases they, or you, could be dealing with the 'class bully' and therefore making a complaint would be more than justified but you would not expect this situation when it comes to the so-called black belt expert. I have known both men and women to complain that their punch was blocked too hard, or some other form of contact of this nature, by their opponent in the same way even though they were wearing a black belt and should be hardened to this form of physical activity. This raises the question of how good their standard in the combat arts truly is and it also raises the question of how they got their black belt in the first place. The biggest question of all however in a situation of this nature is what was the grading examiner thinking off when he or she passed them to this level.

Pictures in this article, supplied by Mike Glencross and Minh T. Luong are for visual purposes only and those in the pictures are not connected with the author of this article. *Totally Tae Kwon Do Magazine* would like to thank them for supplying them for the magazine.

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The Road To Black Belt

By Neil Patel, Hinal Patel & Tim Posynick

Neil Patel's Story



Key-hahp, I yell as I do a powerful back hook kick. My yell was loud enough to draw cheers from the spectating crowd across our practice area at White Tiger Taekwondo. If I can yell like this during my Black Belt Test in November, I know I can get the attention of the board of judges. With a little more training I will be ready to fulfill my taekwondo dream of becoming a Black Belt!

I am currently a Bodon Belt and will be testing this November for my Black Belt. I practice and train at White Tiger in Cary, NC. It's a great taekwondo school with many developing students. I have been training here for more than three years. As a Bodon belt there are many responsibilities, like being a role model for lower rank belts, and encouraging them to try harder. White Tiger has pushed me to not only be better at Martial Arts but also to be a better person. I have been motivated since day 1!

White Tiger Martial Arts has taught me many values. I learned that little things like

focus can improve your performance in anything. Focus is broken down into three types: Eye focus, Body focus, and Mind focus. Each step of focus is necessary to be totally concentrated. Before I started Taekwondo it was hard for me to focus, but now I can concentrate on just about anything and free myself from any distractions. Whether it's taking a test or listening to my parents, I know I can give my full attention.

Another principle that White Tiger has taught me is self-control. Self Control is the ability to control your behavior and emotions. In order to be successful in Taekwondo you need to have self-control. After I learned self-control I could throw a punch full force and stop an inch away from the target. I wouldn't be angry if I lost a competition and I would show respect to everybody even in tough situations. I could control my temper and be in charge of my own life. I felt great!

All in all, taekwondo has been a huge influence in my life. I know I can accomplish anything that I set my mind to now. Now when I test for my Black Belt in November, I know I will be ready with all the focus, self-control, and other great values that Martial Arts has taught me. Taekwondo has pushed me to become a better person. Taekwondo is not about learning to beat people up, but more about learning valuable life lessons. Taekwondo has set the perfect example for me!

Hinal Patel's Story

"Eye focus, body focus, mind focus," we chanted. It was my first day of Taekwondo class. I didn't know what to expect but I was really excited. The class started with



some basic techniques: blocks, punches, and yelling, lots and lots of yelling. This was a new concept to me and I had trouble getting my voice out. After class, I saw some of the higher ranked belts. I envied their dedication and commitment. One day I will be just like them, I thought to myself. Little did I know that time would fly by.

Here I am, three years later getting ready for my black belt test. So what have I learned? I've learned that Taekwondo is more than just about fighting. I learned how to manage my time and most of all; I discovered my passion for martial arts.

My training in Taekwondo taught me that fighting is the absolute last option when it comes to real life situations; one should always try to find a way to work things out before taking any physical action. This encouraged me to solve my own problems



and even stand up for myself. I learned to become a mediator and help others as well.

My training also taught me how to manage my time. In between school, taekwondo, homework, and friends, I barely had any time for anything else. Not long after though, I learned how to manage my time and developed a sense of patience. Taekwondo has now become a way of releasing stress. I don't think about anything but my training when I am in the dojang.

Lastly and most importantly, I discovered my passion for martial arts. Taekwondo was always something that interested me. After my first class, I knew that it was something I wanted to continue. From that day, I gave 110% whenever I was training. I also tried other forms of martial arts. I joined Kali, Pilipino martial arts and became a member of the Demo Team. I can honestly say, that I have learned a lot from my experience in Taekwondo and martial arts, in general, but getting my black belt, is just the beginning of my training.



Tim Posynick - Instructor



" A Teacher can only open the door. It is up to the student to step through."

A reminder that as you progress your training becomes more of a personal journey from within and less of an external expression of acceptance and approval on the outside. Your challenges become more with your own goals than they do with fellow students.

Healthy comparison with each other is natural when you are looking to better your skills and see a fellow student with a technique or form or some skill that you would like to become as good at or better. As you progress you will learn that your competitions are kept within, and your desire to be better or as good becomes a motivational tool rather than a drive to prove something.

The hardest lesson to learn is that of control and humility. Once you have gotten a hint of it you will desire it more. The highest skilled of Black Belts is also the one who can stop the technique from hitting its target, who will refrain from delivering pain with every blow, demonstrating control and skill without having to ever inflict any pain, and doesn't

feel the need to show or prove ones self anymore.

It may be hard to grasp at early stages how it is that a person shows skill without having to hit anything or anyone, or break umpteen boards or jump high into the air executing multiple kicks, but in time you will see, and it is from within your heart and your character that your eyes will open.

As you mature within your training you will come to realize that sparring is not fighting. When free / or semi-free sparring is engaged it is merely a tool to practise movement, balance coordination, timing, technique, footwork and combinations of these. Over time you will come to see that controlled free-sparring is more than just playing tag. It is an exercise in confidence, control, discipline, respect and above all humility. It will put you to the test to see if your desire to over-power your opponent with mere strength can be overshadowed by your desire to be empowered by the interaction with your fellow student. Exchanging energies of confidence, and feeding off of each others joy, helping each other to grow.

Sparring will become your time to "play" with your fellow students and empower each other with mutual exchanges of "good kick", "nice block", instead of "ouch!" "I win..you lose!"

The atmosphere of friends and family will slowly take the place of the opponent and competition ring. Within these experiences you will fully come to realize your true Martial potential and see that for you to truly grow your Martial Arts skills, it is inevitable that you will help others with their skills, and this will truly open your door to a life long journey in the Martial Arts.

Please Note: *This article is based on three different submissions to Totally Tae Kwon Do Magazine*

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The Cross-Limb “Loadings” Rule Meets Weiss’s Rubric

By F. M. Van Hecke, VIIth Dan

Conflict Resolution for Cross-Limb “Loadings” in Taekwon-Do, published in “Totally Tae Kwon Do” magazine in June, 2011, sparked a number of reader comments. A few were critical but were resolved easily by references to other authorities.

Perhaps this one paragraph, although relatively basic in the context of that article, incited the most interesting comment.

A “natural” intermediate hand position for techniques which ultimately use as primary tools the back of the fist or the inner forearm or reverse knife hand is with the primary “tool” hand/arm “below” or “outside” of the off-side limb. A “natural” intermediate hand position for techniques which ultimately use as primary tools the palm, or the outer forearm or knife hand side of the arm is with the primary “tool” hand/arm “above” or “inside” of the off-side limb.

The author was eager to see if there was any dissent from this proposition and was gratified to hear from Sr. Master Earl Weiss on the subject. Sr. Master Weiss has a most distinguished history as an instructor and knew General Choi, Hong Hi far longer than I did, attending numerous ITF International Instructor courses with the General. It was at Sr. Master Weiss’s behest that General Choi came to Chicago for the Millennium International Instructor Course in 2000.

Sr. Master Weiss, as most thoughtful practitioners, has wrestled with the methodology of finding truth in Taekwon-Do, especially in light of contradictory or seemingly contradictory information. His development of “Weiss’s Rubric” has been

used by the author for years in attempts to resolve such conflicts. Weiss’s Rubric is as follows:

1. *General Choi’s expressed opinion trumps everything about General Choi’s Art;*
2. *In weighing General Choi’s expressed opinion, one must cautiously weigh his statements in light of the clarity of the question and context to which it is a response, the clarity of the answer itself, the difficulties of language both ways across the “gaps” between Korean and the language of the questioner, the number of repetitions of that opinion (i.e., we all can make mistakes, even as to what we ourselves think), and the imprecision of human language in general.¹*
3. *The next order of certainty in resolving apparent conflicts is in the written instructions as to the questioned method or technique in the Encyclopedia of Taekwon-Do or its condensation, Taekwon-Do, The Korean Art of Self-Defense. Since both publications have undergone several printings, and the later printings occasionally show corrections of prior printings, the later the edition, the better.² These are generally to be found in the earlier volumes of the Encyclopedia or its condensation rather than in the “Patterns” sections.*

4. A next order of certainty can be found in the written comments to the patterns themselves. The commentary here is not extensive.
5. *A somewhat lesser order of certainty may be found in the illustrations and photographs which may be found in these publications. Because many of them also have been corrected in later editions, the later the edition, the better.*³
6. Another level of certainty, which may slide up or down this scale depending on the learning, experience, and intelligence of the proponent, is the “secondary source” of your instructor, an article or book, or one’s own instincts.

16.⁴

Master Van Hecke (hereinafter VH): Sir, with all due respect, the photograph in question, while consistent with that in the Encyclopedia for the same technique, is an “outlier.” If you look at the photographs of a similar downward strike in pattern Hwa-Rang, movement 7, (condensed version, page 545), you see an below/outside loading. More interestingly, within Kwan-Gae itself you see the opposite of the inside/top loading photographed at 16 in the exact same technique to the opposite side in movement 20. (Pages 62 and 63 of Volume 11 of the Encyclopedia.) Therefore, I would rely on the greater consistency.

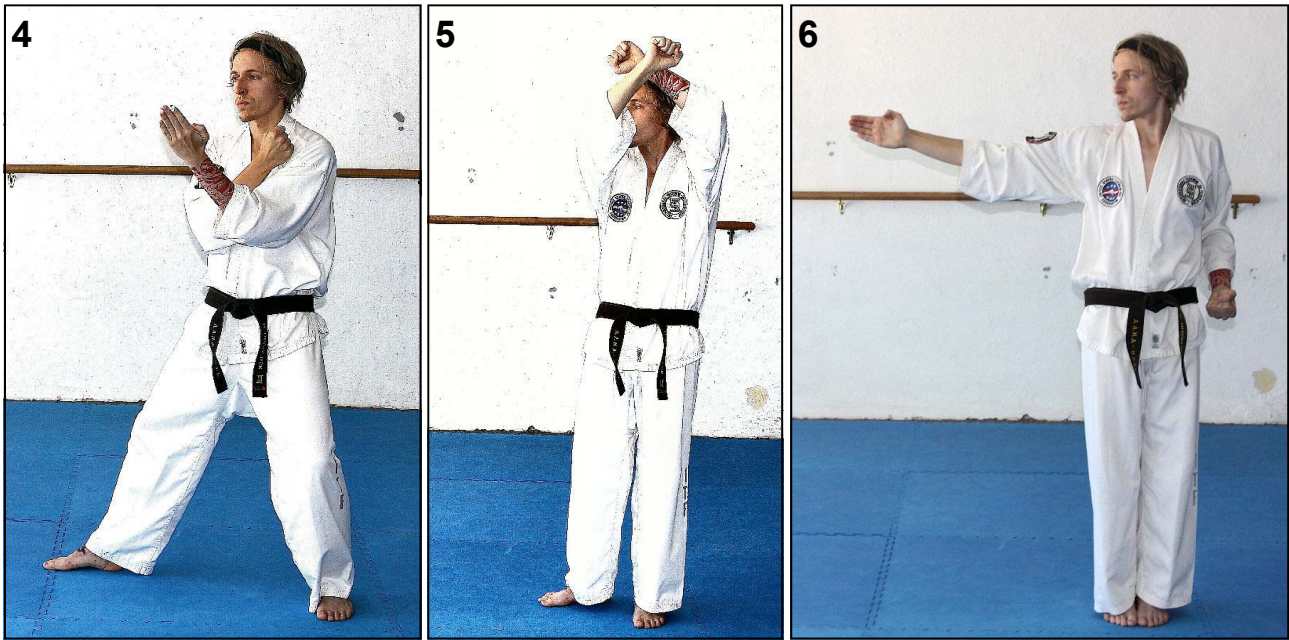
The Rubric served to resolve the conflict.

Sr. Master Weiss (hereinafter, EW): Master Van Hecke, the paragraph in question fails to account for downward strike with the side fist in pattern Kwan-Gae. See the photograph for movement

EW: I might point out that the General on one occasion said to me that the “loading” for that technique in that circumstance, where the prospective tool is impeded by a completed and immediately prior technique from readily and naturally going around that impediment to load on the opposite



1. *Fourth Dan Brian Nusslock, student of the author, shows immediately previous completed position for movement 15 precedent to movement 16 in pattern Kwan-Gae. Note resting position of non-tool hand. Also note that in order to be consistent with the photographs at 4, 5, and 6, we requested Mr. Nusslock reverse positions right to left.*
2. *Note the inside/top “loading” for the tool hand in the intermediate hand position. This is consistent with the photograph for this movement in the Encyclopedia and which is advocated by Weiss for both this movement and movement 20 in the same pattern.*
3. *Tool hand and reciprocal in completed positions.*



4. Mr. Nusslock once again demonstrates immediately previous completed position for movement 19 precedent to movement 20 in pattern Kwan-Gae. Note resting position of non-tool hand.
5. Note the outside/bottom "loading" for the tool hand in the intermediate hand position. This is consistent with the position set forth in the photograph for movement 20 in the Encyclopedia. See Master Van Hecke's (abandoned) argument, *supra*.
6. Completed positions.

side of the reciprocal non-tool arm, the tool will do the simple and direct thing and take advantage of its inside/top loading. Therefore, the picture you allude to with respect to movement 20 in the Encyclopedia is wrong, that at 16 is correct.⁵ It simply stands to reason that both could not be correct.

VH: Sir, I know you are a very careful interrogator and a retentive listener, but how do you know that the General's statement to you was not a simple personal inadvertent error? In an attempt to resolve this I found some pretty specific text on downward strike loadings at page 124 of Vol. 3. of the Encyclopedia. The same statement of principle seems to be at page 167 of the condensed version.⁶

EW: All I can tell you is that he clearly thought his answer through. What he said in answer to my questions, which noted the general rule and apparent contradictions, was, "Look, if I am going from New York to Toronto, why would I go to Paris to get there?" Clear enough?

VH: Thank you for the correction, Sir.

Game, set, match, Weiss.

So here's how one would amend the questioned paragraph:

In cross-limb loadings the "natural" intermediate hand position for techniques which ultimately use as primary tool the back of the fist or the inner forearm or reverse knife hand is with the primary "tool" hand/arm "below" or "outside" of the off-side limb. A "natural" intermediate hand position for techniques which ultimately use as primary tools the palm, or the outer forearm or knife hand side of the arm is with the primary "tool" hand/arm "above" or "inside" of the off-side limb. An exception is when an outside loading would be impeded by the necessity to reset the attacking tool around a completed hand position of the immediately prior technique.

1. Sr. Master Weiss is by profession an attorney. Like most in his field he is well aware of the imprecision of much verbal communication.

2. The author separately did a monograph on the differences, page by page, to be found in the First, as opposed to the Fourth, Editions of The Encyclopedia of Taekwon-Do with respect to the first seven volumes only. It ran, single-spaced and in twelve-point type, over thirty pages.

3. A favorite example of the author's is the miraculous change in photographs illustrating movement 27 in pattern Choong-Mu. Somehow the gentleman performing x-checking block with the x-knife hand not only changed to the correct hand configuration as indicated elsewhere in the Encyclopedia, but changed from Asian to Caucasian. (The corrected picture is of no less a luminary than Sr. Grand Master Charles E. Sereff.)

4. This can be found in the condensation, (Fifth Ed.,

1999) at page 551.

5. This author can affirm that, confronted with various pictures at apparent difference with a statement by the General, he has been known to say, "The picture in the Encyclopedia is wrong."

6. "Side Downward Strike.... Keep the forearms crossed in front of the chest with both back fists faced upwards, placing the striking one under the other at the start of block..."

F.M. Van Hecke is Professor of Graduate Studies in Martial Arts Science at Amerstate University, Racine, Wisconsin.

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What's The Point?

Choong Jang Movements 12, 13 and 14

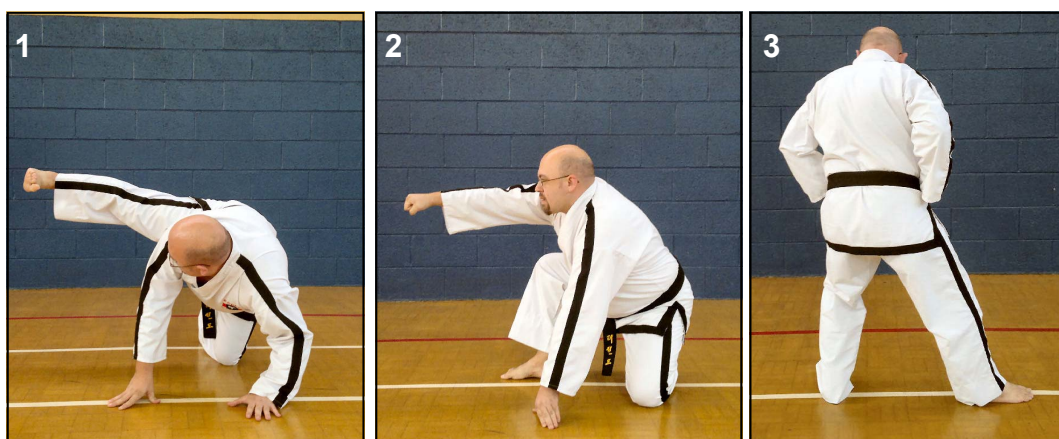
By Paul O'Leary

This month I would like to look at the odd sequence of movements found in Choong Jang Tul. Movements 12, 13 & 14 have been a subject of many a discussion for me over the years. Many times they are used as a whipping stick against the usefulness for Tae Kwon Do as a form of practical self defence. But I now would like to hopefully change this view with the ideas below.

This alternative application might look very like the original one used by many groups, but here we can see the difference that knowledge of Kyusho Jitsu (or Kupso Sul in Korean) can make to the use of the movements.

In the regular form of the pattern we are actively going to the ground to dodge an attack while we use our hands to balance

ourselves so as to throw the turning kick. I find this to be quite a dangerous idea in terms of practical Self Defence and instead would like to think that we have lost our footing in some way due to the environment we find ourselves in. This would mean that we are now using the fall to our advantage by regaining a secure base to strike with the kick.



Pic 1 to 3

Show the movements as they are performed in Choong Jang Tul.

Pic 4

Attackers square off.





Pic 5

The attacker kicks out with a middle height kick. For some reason we lose our footing and fall forward to the left side, this causes us to reach out for balance and use the momentum to assist in striking with a turning kick to the inside of the upper standing leg.



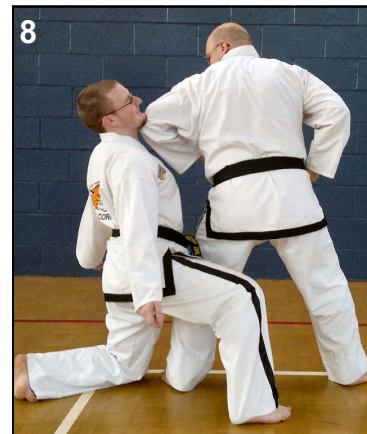
Pic 6

Next we trap the right leg with our left hand to the ground and press the base of our index finger into the metatarsal bones of the foot. Then we strike the same area on the inside of the upper thigh with a fore fist.



Pic 7

This combination will take the attacker to the ground.



Pic 8

The attacker tries to get up to attack us again, but we rise and shift forward as we turn to strike them in the head area.

Finally I'd again like to thank Mr. Andrew Green, 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. to train within the United Tae Kwon-Do International syllabus under Grandmaster Karel Van Orsouw.

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

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

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2. All articles should try to include photos and pictures to accompany the. If not Totally Tae Kwon magazine will source photos to accompany the article.
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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- Anon



Picture courtesy of
Mike Glencross

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