

# Totally Tae Kwon Do

태권도

The Free Global Tae Kwon Do Magazine

October 2011



• Become a  
Champion Sparrer



• 17th ITF  
World Championships



• Teaching Children  
The Basics



• 5 Types of Blocking

Interview with  
Master Doug Cook

• Reality Check:  
Extreme Close Quarters

• When Life Gives You  
Rockets





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

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

Email: editor@totallytkd.com  
Tel: +44 (0)7759 438779

This PDF may be distributed by all provided such distribution is not done commercially. Charging a fee for this PDF (in whole or in part) is strictly prohibited. This includes distribution by any body, group or individual where a membership, subscription fee or any other charge is required to access or view this PDF and / or its contents. Such distribution by commercial entities is prohibited. Commercial entities may distribute this PDF so long as access is open to all and no charge (direct or indirect) is made. Please contact us if in doubt.

Aside from non-commercial printouts of this PDF, written permission must be gained from Harrow Martial Arts before converting this PDF into any other media. This PDF and / or any resulting printout must be passed on as is and nothing may be added to it or removed from it without prior written permission from Harrow Martial Arts.

Worldwide copyright of all material (including pictures) is held by the originator of that material unless stated otherwise. The reproduction of any material extracted from within this PDF is strictly prohibited, unless prior agreement in writing is gained from the copyright holder of that material. Those wishing to make use of any material as presented on the pages of this PDF must also gain written permission from Harrow Martial Arts.

The views, reports and comments expressed herein are not necessarily those of the editor and publisher. Whilst every care is taken to check their authenticity, Harrow Martial Arts disclaim any and all liability for any inaccuracies.

The originator, publishers, editor and all contributors are not responsible in any way for any injury, or any other loss, which may occur by reading and /or following the instructions herein. It is essential that prior to undertaking any of the activities described within that the reader take the advice of a doctor and a suitably qualified and experienced martial arts instructor.

The publishers reserve the right to reject any material tendered at their discretion. The publishers accept no responsibility for the return of unsolicited material. The submission of manuscripts or materials shall be considered a warranty that such matter is original and in no way infringes on the copyright of others.

Harrow Martial Arts make no representations, endorsements, guarantees or warranties concerning the products and / or services advertised within this magazine.

Due to the nature of the magazine being still widely available long past its issue date, customers of adverts are advised to confirm any businesses advertised within this magazine are still trading before sending off any money, as Harrow Martial Arts cannot be held liable for any adverts, advertisers or consumer issues regarding products or services advertised within this magazine, which were correct at the issue date.

**Copyright Notice**  
All articles in this magazine are  
Copyright © 2011 Author of article

# Editorial

**Issue 32 - October 2011**



Welcome again to another cracking issue of the worlds favourite Tae Kwon Do magazine (as officially confirmed in our recent book poll)!

As usual we have loads of great articles, from interviews with author (and article writer) Master Doug Cook, to quite a few interesting articles on basics - either teaching them or a 'how to' article (at last, woo-hoo - and I mean that in a good way as its about time!).

In this months news you'll read about the 17th ITF World Championships in North Korea, as well as an in-depth (specially commissioned) report, with some excellent photos. Plus loads more great stuff.

I must offer my congratulations to one of our regular writers, Master George Vitale, who recently received a PhD from North Korea - becoming the first ever American to do so. His dissertation was on The History of Tae Kwon Do and the benefits of training in it. Hopefully we may be able to publish it in these very pages at a future date!

Also congratulations to Johann Landkroon (ITF New Zealand) who won a competition to travel to North Korea to give a special needs demonstration of Taekwon-Do at the ITF World Championships. Hopefully we will get a full report for next months issue about it all.

Don't forget to vote in the 2011 book poll, as its important to get as many views as possible, so the poll is fair and well rounded. Details are on the facebook page, as well as via the subscribers email and varying forums.

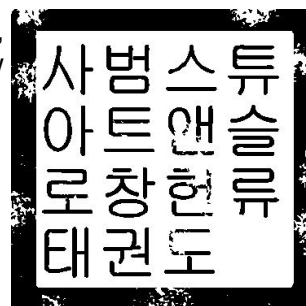
If your from the UK, please have a look at the TKD Lineage Tree and let me know if there is anything to add or any corrections that need to be made. I did receive an email about a correction, but due to a weird computer crash I couldn't recover it, so if that was you - please resend!

Not much WTF stuff in this issue, which is a shame.. But you know who to blame and its not us!

Enjoy this months mag,

Regards,

*Stuart Anslow*  
Editor



# Issue 32 Contents

<b>Totally TKD News</b>	<b>Page 4</b>
<b>TKD Sport “The Gathering”</b>	<b>Page 10</b>
<b>Become A Champion Sparrer</b>	<b>Page 13</b>
<b>Master Doug Cook <i>Interview</i></b>	<b>Page 19</b>
<b>When Life Gives You Rockets!</b>	<b>Page 27</b>
<b>17th ITF World Championships Report</b>	<b>Page 29</b>
<b>5 Types of Blocking in ITF Taekwon-Do</b>	<b>Page 39</b>
<b>Back To Basics: <i>Its All About The Technique</i></b>	<b>Page 45</b>
<b>Teaching Children The Basics</b>	<b>Page 51</b>
<b>Reality Check: <i>Extreme Close Quarters</i></b>	<b>Page 55</b>
<b>Martial Myths</b>	<b>Page 59</b>
<b>UK Ch’ang Hon Lineage Tree Project</b>	<b>Page 62</b>
<b>Afghanistan at ITF World Championships</b>	<b>Page 65</b>
<b>Totally TKD Wants You</b>	<b>Page 69</b>
<b>17th ITF World Championships Results</b>	<b>Page 71</b>
<b>+ <i>Letter from Prof. Chang Ung</i></b>	<b>Page 77</b>
<b>Submission Guidelines</b>	<b>Page 81</b>

**Cover Design:** Mickey Lozano

## **Contributors:**

**Gary Foster, Ira Hoffman, Patricia DeArmas, Sanko Lewis, Ha Tang, Jessica Lee, Master Doug Cook, Noor Mohammad Shirzai, John Jordon, Dave Lomas, Jon Mackey, Luke Danskin, Morgan Prue, Marcio Cruz Nunes de Carvalho, Tim Gridley, James Kessler, John Dowding, George Vitale, Michael Munyon, Sgt Edwin Rodriguez, Minh T. Luong, & Stuart Anslow**

# Totally TKD News

## 17th ITF World Championships Pyongyang, D.P.R.K

At the 17th Taekwon-Do World Championships that were held in Pyongyang the capital city of the D.P.R. (north) Korea the Korean team came away with 19 gold, 3 silver and 3 bronze medals to take the top prize as the most successful country. Croatia beat out Russia for the prestigious male team sparring championship. There were 80 Nations represented at the 21st Congress meeting and approximately 800+ players, officials and supporters on hand for this magnificent event.

Among the special guests were Mrs. Choi Chun Hi, the widow of the late Gen. Choi Hong Hi, the principle founder of Taekwon-

Do. Also in attendance was the President of Sport Accord, Mr. Hein Verbruggen, who is also an IOC Member. This was the second time this year that President Verbruggen stood with Prof. Chang Ung at a major martial art event. The first one was in Estonia for the occasion of the 4th International Martial Arts Games. The friendship and solidarity these two men share is a strong symbolic measure of Mr. Verbruggen's support for the inclusion of ITF Taekwon-Do into the Sport Accord. Additionally Japanese wrestler Antonio Inoki who fought Muhammad Ali in 1976 was in attendance as a special guest.

The word is that although the World Taekwondo Federation (WTF) has opposed it, the door is open for the Original Taekwon-Do if the ITF led by IOC Member Prof. Chang Ung can enter into some type





of working agreement with the ITF led by Grandmaster Pablo Trajtenberg. Readers of this magazine may remember that back in 2009 both groups tried to work towards an eventual merger but were not successful. Since those talks broke down, the Appellate Court in Vienna Austria overturned their previous decision and has now named Prof. Chang Ung as the legal head of the ITF. The impetus now for a merger or at least a working relationship is the possibility of acceptance by the Sport Accord. Hopefully everyone can encourage their respective leaders to work towards an agreement beneficial to the students of Taekwon-Do around the world.

Visitors to Pyongyang were able to take in the famous Arirang Mass Gymnastic Games and Artistic Performance, along with other sightseeing around the city. Additionally a special charter flight was set up to fly visitors to the beautiful Crater Lake ChonJi on top of Mt. Paekdu. This location holds a special significance for Koreans as the legendary founder of Korea, Dan Gun was reported to have been born there. Gen. Choi named his first two Tuls (patterns) after Chon Ji and Dan Gun.

Grandmasters Jung Woo Jin and Dr. Kimm He Young, along with 1984 Olympic Silver medalist in Judo representing south Korea, Master Hwang Jung Oh, Masters George Vitale (ITF) and Ji Seong (WTF), were treated to several special sightseeing ventures. These gentlemen were the hosts when the Chosun (north) Korean Demonstration toured the USA in 2007. Many of the same team members came back in June of 2011 when Grandmasters Jung, Dr. Kimm and George Vitale again hosted them. So the Koreans now were proud to reciprocate in the homeland. The VIP treatment included a special trip to the coastal town of Nampo. These dignitaries were given chauffeured driven cars that drove them around proving once again how Taekwon-Do can build bridges.

During the World Congress meeting five vice presidents were elected: Grandmasters Leong Wai Meng, PhD (Oceania), Benny Rivera (Americas), Master Anton Nobilo (Europe), Mr. Kim Kyong Ho (Asia) and the Honorable Judge Annali Basson (Africa) who became the first woman vice president of the ITF. Of these five vice presidents a senior vice president will be elected. Also re-elected as Secretary General was newly promoted Grandmaster Phap Lu.



**4 New ITF Grandmasters**

The ITF saw fit to promote four new IX Dan (9th Degrees) Grandmasters. As mentioned above, Phap Lu, along with Robert Howard from Ireland; who started his training in 1966, earning his I Dan (1st Degree) black belt in 1971. This round of promotions also saw the first two ever north Koreans to be promoted to Grandmaster, Hwang Ho Yong, currently teaching in the Czech Republic and Kim Ung Chol, who is assigned to teach in Bulgaria.

Master George Vitale became the first American ever to earn a PhD from north Korea in any academic discipline. The Doctorate Degree was conferred at the People's Supreme National Assembly after an oral presentation and dissertation defense was made at the People's Cultural Study House before a fifteen-member panel. The dissertation was in excess of 200 pages and was the culmination of graduate study that started in 1993. The dissertation topic was the history of Tae



Kwon Do and the benefits of the training. The primary sources included dozens of in-depth interviews conducted over a twenty five year period, along with extensive research on the secondary and tertiary sources on the topics, including review of thousands of pages of U.S. Congressional records and hearings into the Koreagate scandal and the activities of the Korean Central Intelligence Agency (KCIA) in the United States.



***Ms. Ha Tang (NYC) & Ms. Jessica Lee (Boston) congratulate Dr. Vitale***

The State Commission on Academic Degrees and Titles awarded the Doctorate. This is the State Agency that issues all academic degrees in the D.P.R. Korea. Their Vice Premier Mr. Chon Ha Chol presented the Diploma and prestigious medal, with the ceremony being covered by State TV, radio and print media. The Sports Science program was announced by the ITF several years ago and is administered through the Research Department of the Korean Taekwon-Do Committee. The Republic of Korea has had such programs in place for some time now.

The participants had several opportunities to visit the gravesite of Gen. Choi and to pay their respects. It has been 9 years since his passing on June 15, 2002. Tours were arranged of the new structure currently under construction that will be the Taekwon-Do Holy Place or Sanctuary. This beautiful facility is in close proximity to and diagonally across from the Taekwon-Do Palace. It is scheduled to be completed in April of 2012, a year sooner than the Taekwondo Park in south Korea. The World Championships for the Juniors (those under 18) and the Veterans (those over 40, 50 & 60) will be held next year in Slovakia. The 18th World Championships will be held in Sofia Bulgaria in 2013.



***George Vitale & Ha Tang, Brooklynites on the shore of the Volcanic Crater Lake Chon Ji, Mt. Paeduk, DPR Korea***

Please read about these upcoming events in future issues of this magazine as well as the ITF website at: <http://www.itftkd.org>

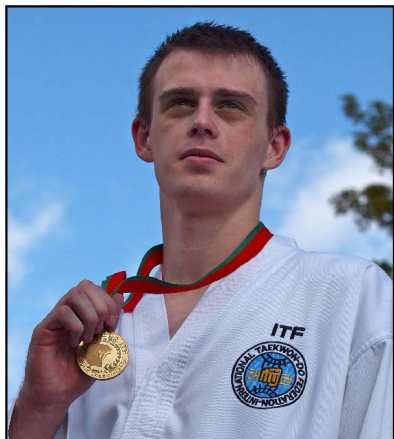


***special boat ride for Americans Master Hwang, Ji, Ms. Tang & Ms. Lee Made possible by TKD Diplomacy***

***Full results + more reports on the World Championships inside this issue***



## James Gridley Update



Further to the interview with James Gridley, which featured in last months magazine here is an update of his progress since the interview.

The interview was conducted when James had returned as World Champion in 2010. It mentioned about two future events that he was committed too, namely the ITF European Championships and an upcoming Full Contact Kickboxing bout against a superb opponent named Tom Smart.

James did win the Gold medal in the Euros and is therefore a current World & European ITF Champion; he also had a very strong 5 round fight with Tom for the vacant IKF 75 kilo Under 18 English Full Contact Title and won with a unanimous points win.

James also has started competing as an adult now that he is 18 years of age and in a 5 round war with Noel Tierney who is the current Irish Middleweight Champion and 2010 WKA World Champion won the IKF Middleweight British Title on Sunday the 11th of September.

A video of James last fight can be found on youtube by searching his name so please have a look and let me know your thoughts.

He has a Title defence already arranged for November and starts a fresh round of 6

days a week training within the next 2 weeks, he currently trains for his Kickboxing with Paul and the team at Star Kickboxing in Gravesend with additional sparring at the TKO academy with a strong group who include World Champions and Professionals Full Contact Fighters.

## 2<sup>nd</sup> Colour Grading Test at Brasília -Brazil and the 17<sup>th</sup> World Championships

*By Marcio Cruz Nunes de Carvalho*

At the city of Brasília, capitol of Brazil, on 27 August 2011, was held the 2nd belt colour grading test of Taekwon-Do ITF (under Prof. & Dr. Chang Ung presidency) at Fitness Center Fit21 ([www.fit21.com.br](http://www.fit21.com.br)) conducted by Sabum Teo Riveros V Dan, who came for it. It was a special event because it happened just a week before the 17th World Taekwon-Do Championships in North Korea, Pyongyang.



In this occasion the Brazilian delegation joined its members in the same Dojang to chat and revise the techniques that will



apply during Pyongyang Championships. It was an important occasion also for the students that came to test themselves, because they met the Brazilian delegation's members and they learned from them a better technique. Sabum Teo Riveros V Dan conducted a previous seminar to the students and visited the three Dojangs established at Brasília.



It was a great opportunity to promote Taekwon-Do ITF and was an honor to Taekwon-Do ITF Association, presided by Bu Sabum Marcio Cruz Nunes de Carvalho, to receive Sabum Teo Riveros V

Dan in the city, when good news were given to all Taekwon-Do family, consistent in Brasília host the 1st National Championship in April 2012 and 1st International Championships Brazil-Paraguay.



There was more good news given from the partnership that is being established between the Taekwon-Do ITF Association and SESI of the State of São Paulo ([www.sesisp.org.br](http://www.sesisp.org.br)). SESI is a Social Service of Industry, maintained by the Industry Sector of Brazil. SESI offers education, health, maintenance, sports, leisure, and cultural networks. A project is





being designed to introduce Taekwon-Do ITF among SESI's schools, which means thousands and thousands of students.

The relationship with SESI initiated due to the 17th World Championships to come, when two huge companies associated to FIESP (Industry Federation of the State of São Paulo) sponsored the Brazilian delegation to Pyongyang. FRIOZEM ([www.friozem.com.br](http://www.friozem.com.br)), a cargo and logistics company, JUMA LODGE ([www.jumalodge.com.br](http://www.jumalodge.com.br)), Amazon Rainforest hotel, are now official sponsors of Taekwon-Do ITF in Brazil. Koala textile ([www.koalamalharia.com.br](http://www.koalamalharia.com.br)) is also supporting the Brazilian delegation and is the manufacturer of all tracksuits and t-shirts to be used at Pyongyang.

For more visit [www.tkd-df.com.br](http://www.tkd-df.com.br).

## **TaeKwon-Do International Welcomes New School**

TaeKwon-Do International is proud to welcome Mankook TaeKwon-Do from Norway as their latest member school.

Stig Are Amundsen is the technical leader of the club, and is a third dan black belt. In their town of Moelv they are known as the "TaeKwon-Do Family." Stig's brother is

also a third dan, his mother is a first and his father Bjorn (the founder of the club) holds a second degree...this doesn't include the extended family members who also love training in the art of TaeKwon-Do.

Mankook TKD was founded in August 1996, when Bjorn started the club. Their school is a little different than most of the TKD clubs, as they train in both ITF and WTF style. Mankook TKD was also one of the first clubs in Norway to have a group dedicated to children as young as three years old (the Mankook Tigers)!

"The family" are known for their camps, including an overnight stay in a snow cave in the mountains in temperatures that reach minus 20 degrees Celsius! Nature, hunting and fishing are a very important part of their culture and program, as is family and strong ties to their practice and community.

We are happy to call Mankook TKD the newest members of our family.

*For more information, please contact Morgan Prue, TaeKwon-Do International's Secretary General, at 917-514-7189, or [morganprue@yahoo.com](mailto:morganprue@yahoo.com).*



**Back line, left to right: Stig Are Amundsen, Vidar Amundsen, Stein Atle Amundsen, Bjorn Amundsen**

**Front line, left to right: Frode Vikholdt, Marit Amundsen, Jan Lysthaug**

# TKD Sport "The Gathering"

**By Luke Danskin**

*TKD Sport "The Gathering"* took place on the 10th of September in Perth, Scotland and was hosted by Master Sheena Sutherland (8th Degree ITF) and Master Sandy Dunbar (7th Degree ITF)

The term gathering was truly applicable this year as our WTF friends, who feel as passionately about their style as we do about ours, accepted our invitation to provide demonstration fights throughout the day. This proved to be a great success.

It was great to see our friends from Norway, Ireland and Mr Jon Chrurchwood and his students once again who took home with them many medals. We would also like to thank our good friends south of the border England, for the old firm Black Belt match at the end of the day, this year it was England's turn to take the title which went back south with them.

With both ITF style and WTF style this event was set to be exciting. Starting at 9am the



*ITF & WTF Together*





*ITF & WTF Sparring - Side By Side*

umpires lined up and both UKTF and TKDSL Masters were introduced. We were fortunate to have 6 times ITF world champion Julia Cross and Olympic WTF champion Chu Mu Yen from Tai Wan present to the delight of the crowd.

The aim of having both ITF and WTF styles at TKD Sport was NOT to merge ITF and WTF, but to work together for the future of Scotland. Our ITF masters are passionate about the ITF style just as WTF masters are passionate about WTF style. The only way forward is to realise this as fact, respect each other and work together for the good of our country.



*Chun Mu Yen & Julia Cross*

our opinion have paid lip service to both styles working together; however done little to attempt to achieve this. Here in Scotland we feel fortunate that both UKTF and TKDSL have the same views i.e. two associations of different styles prepared to work together to promote TKD as a martial art. Although our styles are different, we have a common goal to make Scotland strong- both in international competition and technical ability. We believe that by working together, ITF and WTF side by side we can realise this.

**It is time for us to take our future into our own hands.**

For some time now Scotland has not fulfilled its true potential in terms of international competition (with one or two notable exceptions!). We feel it is time for a change. Many people around the world in

TKD Sport will be back in 2012 details will be found at [www.uktf.com](http://www.uktf.com)





# TOTALLY TAE KWON DO

The Free Global Tae Kwon Do Magazine

LIKE WHAT YOU'RE READING & WANT  
TO TALK TO OTHER ABOUT IT?

THEN JOIN US ON OUR INTERNET FORUM

VISIT [WWW.TOTALLYTKD.COM](http://WWW.TOTALLYTKD.COM) TODAY

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



*Miguel*  
**LOZANO**  
*Graphic Design*

Affordable serious Graphic Design for  
your Image and marketing needs:

- Logo and Corporate Identity
- Packaging Design
- Brochure and Catalog Design
- Editorial Design
- Custom Diploma Design
- Website Design

[mickey@moodukkwantaekwondo.com](mailto:mickey@moodukkwantaekwondo.com)



# Become A Champion Sparrer

By Gary Foster

**There is nothing like a good old sparring competition to get your blood pumping, and there is nothing like standing on the top step of a podium with your trophy in your hands looking down on all your opponents. It is time for you to start winning and become a champion.**

In order to be the complete sparrer, you must embrace most of the elements listed below. If you can tick off all of the following as things you do in competition or skills you have and use regularly, we will no doubt see you on the steps of the podiums up and down the country collecting shiny bits of silverware or adorning fancy medals around your sweaty neck.

All other things being equal in terms of height and weight. The following points in order of importance are the elements needed to become a champion in sparring. Feel free to disagree but this is the list I have come up with in my 29 years of competition sparring experience.

Here is the entire list for those of you that don't want to read the whole article.

1. Fitness
2. Experience
3. Movement i.e. moving target
4. Speed or acceleration
5. Good technique
6. Multiple attacks
7. Aggression

8. Having a plan
9. Effective guard
10. Flexibility
11. Diet and hydration
12. Sideways stance
13. Fake techniques



So here we go...

## No.1 Fitness

Without doubt, fitness is key to success. You may have all the experience in the world but if you cannot lift your leg up because you are too tired then you could easily lose a bout. The only time when fitness is not so much of an issue is when the other competitor is less fit than you. In that respect you have the superior fitness. Fitness comprises strength,

stamina and flexibility. Your fitness should keep you going to the end of the bout, it will give you the ability to keep moving away from danger and to move forward to attack, it will give you the strength to withstand attacks and repel them, it will give you the flexibility to reach up to kick high when needed. Fitness is your overall ability to spar and keep sparring. Your fitness is also important if you have

multiple rounds in a short period, your ability to recover from previous bouts and be ready for the next round is all fitness dependent. This becomes more acute in the semi-finals and finals where the time inbetween rounds is considerably shorter than in the first round. So get fit, train hard, train specifically for sparring, up your work rate in training, build a core fitness level by running regularly. Fitness your No.1 most important key to success in sparring.

## No.2 Experience

This element is not to be underestimated, your experience will stand you in good stead for the fight ahead, what you have done in previous competitions, what you have done for hours on end in training and what you have seen in your competition taekwondo life will enable you to react quickly to attacks and to s e i z e

opportunities the split second they arise. Is it any wonder the same people make it to the final in most competitions and as if by chance they are generally the most experienced competitors. They have seen it all before and importantly, they have learned from their mistakes.

Counter-attacking is a skill that is best honed in competition, if your opponent attacks, you must know the best counter for that move. This can be acquired through experience and training. E.g. If your opponent throws a turning kick, you must back kick them or reverse turning kick. If your opponent throws a side kick, it

is best to try and punch them before their kick is fully formed. All of these counter moves can be learned through experience.

According to Matthew Syed in his book Bounce, there is no such thing as natural talent, it is the countless hours of purposeful practice that make people stand out from one another. If you practice in a purposeful way i.e. for competition sparring, try and recreate the competition scenario as close as you can in order to gain experience. Have a referee, make sure there is a winner and a loser, have

corner judges if you really want to get the most purpose from your practice. With experience you will be familiar with the set-up, your nerves will disappear because it is something you have done hundreds of times before. Experience is key to becoming a successful competition sparrer. So spar, spar and spar



some more.

## No. 3 Movement, moving target

Movement is dependent on fitness, the fitter you are the more you move, the less fit you are, the more you stand still. We all know what happens to stationary targets, they are much easier to hit. If you keep moving, you will be able to position yourself to the optimum position to take advantage of any openings your opponent has. Your constant movement will make your opponent work much harder, reducing their energy levels. Keep moving and your opponent will become frustrated with their lack of success in landing scoring attacks





on you and they may take risks, leaving you the opportunity to score easy points. Your defensive movement is key to success too, try moving sideways when you are being attacked, try moving forwards, try moving diagonally, try changing direction mid movement to keep your opponent guessing. Don't always move in the same direction i.e. backwards. Movement is a more effective defence than blocking or guarding. Blocks can be defeated, guards can be bypassed but if you are not there because you have moved, you cannot be hit. Stand still and die, move to survive.

#### **No.4 Speed or Acceleration**

The speed of your attacks is directly related to your success in competition, the faster you are, the more bouts you will win. Slow attacks obviously give your opponents more time to react, block, guard, counter. Faster attacks don't give your opponent time to do anything. You could also condition your opponent into thinking you are slower than you actually are by attempting a kick or punch a number of times at a slower pace, then accelerating a kick/punch when your

opponent is not expecting it. This explosive acceleration is very hard to defend against and your training should encompass speed kicking. Not all elements of your bout need to be done at lightening speed but the experienced fighter will know when the opportunity arises, he may only have a split second to score a point. Competitors that practice speed kicking drills will have an advantage over those that don't especially in the heavier divisions where speed is a rare commodity.

#### **No. 5 Good technique**

Good technique only comes from years of purposeful practice, you won't get it right straight away. But with constant corrections and learning from mistakes, good technique eventually appears. Your attitude to training is the most important factor in bringing about good technique. Those that practice their technique at home or wherever possible as well as in the Dojang are far more successful than those who practice when told to do so. All the top competitors have good technique, fantastic technique, technique to die for. Practice, practice, practice.

## No. 6 Multiple Attacks

When sparring in a competition, don't attack your opponent with one technique at a time. It seems obvious but if you throw 3 attacks, you are 3 times more likely to score a point. All the time you are attacking, your opponent is defending unless they are particularly skilled at counter attacking. As you are throwing attack no.2, your opponent is trying to defend against it or move, you are lining up your real attack which is move no.3 which they are not suspecting at all. For example, you try double side kick, punch to the head followed by back kick. You only ever intended for the back kick to score but your opponent does not know this and you have manoeuvred them into the correct position with your previous attacks in order to score with the back kick. i.e. the Double kick safely gets you closer to your opponent, the high punch brings the guard up and the back kick takes advantage of the high guard, 2 points. Generally the more you

attack, the more points you score, it is simple maths. Why don't people attack more? Fitness. As you can imagine, even though these points are being discussed in isolation, all of these points are linked to one another.

## No.7 Aggression

Aggression in sparring cannot be underestimated. Everyone who spars in competition has a little bit of fear that they may come away from this competition with some kind of injury or facial blemish. Aggressive fighters play on the fears of

their opponent by sewing a little self doubt and amplifying it a little. A nervous looking, twitchy, constantly retreating opponent lacking in self confidence is a wholly different prospect to a fearless opponent who just wants to get at you and can't wait for the fight to start. If you are constantly moving forwards towards your opponent, it gives your opponent less time to think and plan and recover. An aggressive attitude is the best way to get under the skin of your opponent before the bout starts.



## No. 8 Having a plan

If you have a plan on how to proceed in a sparring bout, you are much more likely to succeed. The plans come in all different formats for example you could have watched your opponent in a previous round and have come up with something that they may be susceptible to. Another plan might be to ignore your opponent and just concentrate on your strengths e.g. each time your opponent kicks, you beat them to it i.e. your

kick lands at the same time or before theirs and never step backwards. Your plan must play to your strengths and ideally your opponents weaknesses if you are to succeed. Imagine having no plan, just going out onto the ring and relying on your experience and your instincts, it is pot luck whether you win or not. Keep your focus and concentration if you want to stick to your plan. If your concentration wanders, you won't be able to stick to the plan.

Preparation is key to your success, this also means having your sparring



equipment ready, with water on hand, not having to stress because your gumshield is missing. Everything is in place because you have prepared for your competition. You may win, you may not, don't leave it to chance, have a plan.

### **No.9-13**

The following points are important for successful competition sparring but nowhere near as important as the ones above in my opinion. These only need to be mentioned and not elaborated as above.

Make sure your guard is effective, for most people this means don't drop your hands. A guard is a last line of defence if an attack managed to reach you, your guard will be the difference between a score or a miss. Flexibility was mentioned earlier in fitness and is very important in sparring, all the top sparrers are super flexible. You must work on your flexibility for two reasons. Firstly, you will be able to reach all targets with your legs and secondly, lifting your legs will

take less effort because you are not struggling against your own tendons.

Diet and Hydration levels will affect your performance by a significant amount, your energy levels could drop quickly if you make the wrong choices pre competition. Keep yourself hydrated, sipping water or energy drink regularly right up to the start of competition. Eat complex carbohydrates prior to competition, try not to eat anything a least 90 mins prior to competition. If it is impossible to tell when you will be fighting then you need to eat small amounts often. Try not to rely on food obtained at the competition venue, these are normally quick release energy foods that will not help your stamina in the long term. You must bring your own food and drinks for a successful competition.

Sideways Stance is a basic fundamental of sparring that only beginners fail to grasp. Standing face on to your opponent gives them much great opportunity to score points against you and is therefore an essential sparring habit.



Faking techniques will hopefully fool your opponent into not knowing whether you are attacking or not and will not be able to tell when the real attack is coming until it is too late. A fake attack is an effective way to score points in the long term of a sparring bout and should be incorporated into any competition sparrers repertoire.

## Conclusion

This article has tried to outline the most important elements of good practice in sparring competitions. It is essential you work on your fitness and get some experience under your belt (no pun intended) if you are to succeed. If you managed to incorporate all of the above elements in each competition, you will see an improvement in competition. Some things are much harder to acquire than others. Speed and acceleration are difficult things to improve but fitness and experience are relatively easy. Try and go through each point and see which ones can be realistically improved and work towards improving them.

Another point not mentioned in the article so far is your attitude. Attitude is probably the most important element in life, if you are someone that gives up easily, you probably won't have made it this far in the article but if you are someone who absolutely will not stop ever and is never

distracted from their goals, this article is for you, you can be a champion. Attitude needs an article all by itself and cannot be changed by a few poignant points here.

Good luck and keep your guard up.

## Bio

Gary Foster

Age: 43

*Started training:*

1982

- English Sparring champion 1997 (TAGB)

- World Senior champion 2011 (PUMA)

- 3rd in World Championships 2000 (Taekwondo International)

- 10 years of International sparring

- Chief Instructor of the Taekwondo Sports Association (TSA)

- Full time Taekwondo instructor

- Qualified personal trainer

- [B.Sc.](#) in Sports Science

- 3rd degree black belt

*Home town:* Sittingbourne, Kent

*web:* [www.tsatkd.org](http://www.tsatkd.org)

*Favourite magazine:* Totally TKD



# SPECIALISTERNE

Passion for details



**The customer benefits of Specialisterne's core software testing services are:**

Contribution to corporate social responsibility

Expertise of Specialisterne staff in supporting employees with ASD

Contractual relationship with Specialisterne staff as opposed to an employment relationship

Access to a flexible and available skilled workforce to cover peak demand

Release of own staff to focus on other more added-value tasks

Impact on staff retention by reducing the number of less attractive IT tasks undertaken

Reduction in recruitment difficulties and costs in a supply-led labour market. Devolvement of responsibility for supporting employees to Specialisterne

The option for service delivery on or off site subject to security clearance

Lower turnover in Specialisterne staff provides access to a consistent workforce that becomes familiar with a client's organisation, workforce, products and processes.

**Software Testing, Web Development and Usability Testing.**

[www.specialisterne.org.uk](http://www.specialisterne.org.uk) 0141 352 7400 Registered Charity No. SC041895

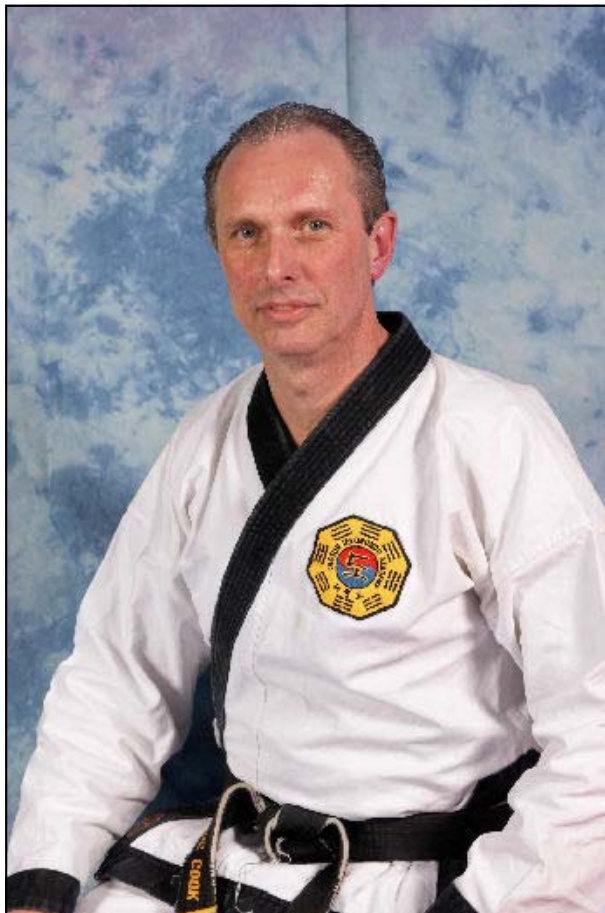


***An Interview With***  
**Master Doug Cook**  
***Instructor, Author***  
***& Supporter of Traditional Taekwondo***

**By John Jordan**

The *I Ching*, or Book of Changes, is an ancient Taoist classic. From it we learn that “everything happens in its appointed time.” Master Doug Cook, 6<sup>th</sup> dan black belt, school owner, author, and regular contributor to *Totally TaeKwonDo*, couldn’t agree more. Where most practitioners begin their journey through the martial arts during their adolescent years, Master Cook began his taekwondo training in his late thirties; and, if you ask him, he will confirm that the time was right.

Not being deterred by age, he trained diligently under the direction of several masters, eventually earning his 1<sup>st</sup> dan black belt in traditional taekwondo. His thirst for a thorough understanding of the philosophy and advanced techniques unique to the art, however, ultimately lead him to the door of martial arts legend, Grandmaster Richard Chun. After receiving his 2<sup>nd</sup> dan, Master Cook established the Chosun Taekwondo Academy, a school dedicated to traditional taekwondo instruction and Ki, or



internal energy, development. Later, in an expression of his passion for writing, Master Cook decided to share his knowledge of taekwondo through the

printed word, composing many articles for leading martial arts publications. In doing research for these articles, Master Cook discovered that there was little material available concerning the philosophical doctrines of traditional taekwondo. Seizing an opportunity to help remedy this situation, and to follow in the footsteps of his grandmaster, he began work on his first book, *Taekwondo...Ancient Wisdom for the Modern Warrior*. Destined to become an international best-seller, this work was

followed in 2006 by *Traditional Taekwondo: Core Techniques, History and Philosophy*, and in 2009 by his most popular work to date, *Taekwondo – A Path*

to *Excellence*. All three are currently available through international online suppliers and major booksellers worldwide.

Today, Master Doug Cook teaches as many as five classes a day, six days a week at his dojang located in upstate New York, and travels to New York City to train under Grandmaster Chun and his instructors on a weekly basis. He was a six-time gold medalist in the New York State Championships and the New York State Governor's Cup Competitions. He holds a D3 status as a US Referee and has received high honors from Korea in the

form of a "Letter of Appreciation" signed by World Taekwondo Federation past-president, Dr. Un Yong Kim. In 2003 Master Cook was awarded the Medal of Special Recognition from the Moo Duk Kwan in Seoul, South Korea. In 2004, while attending a training camp in Korea, Master Cook received a Special Citation from the Korean government for forging a stronger relationship between Korea and

the United States through the martial arts. In June 2006, he was inducted into the Budo International Martial Arts Hall of Fame as "Taekwondo Master of the Year". In 2007, Master Cook was invited on several occasions to speak as a guest lecturer at the University of Bridgeport in Connecticut, at the time, the only institution of higher learning in the country to offer a major in the martial arts. Master Cook was recently listed in *Black Belt* magazine as one of the Top Twenty masters of the

Korean martial arts in America. In 2009 he was invited to speak at the prestigious Korea Society in New York City and will appear in *Legacy*, an upcoming television documentary on taekwondo scheduled for release in 2013.

In this *Totally Tae Kwon Do* magazine exclusive interview, Master Cook shares with our readers what it is like to train under a true martial arts pioneer, thoughts on his literary contributions to taekwondo, and his formula for maintaining a successful taekwondo school. He also spoke of his frequent experiences while

training in Korea, and his vision of taekwondo in the future.

**Thank you for taking the time to speak with us.**

The honor is mine. Let me say that I am blessed to live a life filled with taekwondo and to be a regular contributor to *Totally Tae Kwon Do* online magazine.

**How did you first become associated with Grandmaster Richard Chun?**

As you know,

Grandmaster Chun enjoys a high profile in the martial arts community by virtue of his writings, his experience as an international master instructor, and his position as president of the United States Taekwondo Association. As a yellow belt, I recall reading a description of poomsae philosophy in one of his many books. I knew then that there was much more to taekwondo than kicking and punching and that someday I would seek his instruction. My opportunity came in 1997, when I met



*Martial arts legend Grandmaster Richard Chun (left) with Master Doug Cook*





*Members of the Chosun Taekwondo Academy*

with him, demonstrated my skill, and was subsequently accepted as a student. It was the realization of a dream.

**How has your relationship with Grandmaster Chun affected your training?**

Aside from the fact that Grandmaster Chun is one of the five original masters to emigrate from Korea with the intention of spreading knowledge of taekwondo in America, he sincerely personifies the spirit and beauty of the art. To see him train is to appreciate the awesome power hidden within each technique. To speak with him is to learn humility and respect for tradition. Frequently, I have gone to him for advice and he has given it freely, often by answering my question with a question in the Socratic Method, causing me to think the problem through for myself. Furthermore, he and his instructors, Masters Pablo Alejandro, Samuel Mizrahi and Maurice Elmalem have patiently taught me the importance of detail and relaxation in self-defense, poomsae and sparring. Training at the Richard Chun Taekwondo

Center prior to its closure, significantly improved my abilities as a martial artist both mentally and physically. Fortunately, I am able to continue this brand of training with his instructors at Haddock Taekwondo in New York City.

**Tell us about your school, the Chosun Taekwondo Academy, and how you arrived at the name.**

In doing research for my book, the term “Chosun” continuously surfaced throughout Korean history, first as Ko-Chosun in ancient times, and then again when referring to the Yi or Chosun Dynasty that existed between 1392 and 1910. Literally translated, it means “land of the morning calm”. Flying at thirty-thousand feet, about to make our final descent into Incheon International Airport during one of my many training trips to Korea, I recall seeing the peninsula shrouded in mist. In that moment, all the political turmoil that existed below evaporated and truly all appeared calm. I knew then, if and when I established a school, it would be called “Chosun”.



*Master Doug Cook breaks five bricks with a hammer fist strike*

**Do you import the lessons you learn at the Richard Chun Taekwondo Center to your school for the benefit of your students?**

For the most part, yes; certainly the self-defense drills and advanced Moo Duk Kwan poomsae. However, at Chosun we adhere to a stringent curriculum composed of a repeating template that increases in complexity throughout the various belt levels; for instance, promotion from one rank to the next is predicated on proficiency in an escalating series of basics, one, two and three-step sparring, self-defense, poomsae, sparring and breaking skills. Students are also expected familiarize themselves with Korean terminology and the philosophy associated with their forms. There is nothing haphazard about our program; every student knows exactly what is expected of them in order to achieve advancement. Everything is clearly written out to avoid confusion and preserved as downloads on our web site to be included in the training journal our students are required to maintain.

**Do you emphasize some aspects of taekwondo over others in your teaching methodology?**

My instructors and I highlight the self-defense, physical fitness, and self-enrichment components of taekwondo; this is in keeping with taekwondo as a martial way or a *path* to enlightenment. In addition, we amplify our practice with meditation and Ki development exercises. While our school attends several tournaments a year, I do not view the classical martial arts simply as sport and subsequently do not focus on competition. Instead, we offer a series of technical seminars and self-defense courses to dojangs and civic groups at little or no charge or, in some cases, as a community service. Not long ago, a U.S. Army medical unit requested that we instruct them in taekwondo self-defense skills. This was a great privilege. It was an honor to serve our country in this manner, doing what we do best.

**What forms do you practice?**

As a United States Taekwondo Association affiliate school, we perform the eight



*Master Doug Cook (front) trains with his students at the Kukkiwon.*



Taegeuk and Palgwe set of poomsae, in conjunction with the traditional Moo Duk Kwan and required Kukkiwon black belt Yudanja series. We also practice the Pyung-Ahn hyung and several of the ITF tuls, although these are not required for promotion.

**Please tell our readers about your experience of training in Korea.**

Almost indescribable! We have traveled to the “land of the morning calm” on five separate occasions now and are in the throes of planning our next training tour for July 2012. Clearly, I feel one must experience Korean culture firsthand in order to fully understand the roots of taekwondo. In doing so, the practitioner makes a geographical and historical connection with their physical training. Visiting the Kukkiwon, the various dojangs and universities; meeting the many gifted masters and students of the art, adds color and meaning to one’s practice that can only be

appreciated by traveling to the homeland of taekwondo. We attempt to go every three years and are fortunate beyond measure to be accompanied by Grandmaster Chun since doors that typically remain closed to Westerners, open wide in his presence. We welcome practitioners from all styles of taekwondo. Parties interested in joining us can contact me at [info@chsountkd.com](mailto:info@chsountkd.com).

**How would you characterize the training in Korea versus here in the West?**

We train very hard for extended periods of

time during our visits. After all, that is why we go and we choose to take advantage of every educational opportunity available. We balance the intense kicking and self-defense drills found at the university level, we travel to outlying dojangs and to Kyongju, the ancient capitol of Silla, where we visit and train at ancient Buddhist temples located in the training grounds of the Hwarang. There, we practice basics, poomsae and meditation. During our last

excursion in 2010, we were exceedingly fortunate to train at Kukkiwon, Kumgang Taekwondo Center, Gulgosa Temple and, as always, with Grandmaster Gyoo hyun-Lee at his dojang in the suburbs of Seoul. Naturally, we reserve time for cultural pursuits and sightseeing as well.

**Aside from being a professional martial arts instructor, you are an author, columnist and frequent contributor to this magazine with three best-selling books to your credit. How did that come about?**

Clearly, it is not enough to address the physical

portion of our art; one must contribute academically as well. The inspiration for all three of my books, was drawn from great masters such as Dr. Richard Chun and Sang Kyu Shim, who have demonstrated their devotion to taekwondo through their literary skills. In reading their work, it quickly became evident to me that taekwondo is not merely a series of physical techniques, but a road to enlightenment, a path to excellence. Realizing this, I too felt a desire to express my love for the martial arts through the



*Master Doug Cook practices Original Koryo at Bulguksa Temple, South Korea*



*Master Cook presents a copy of his newest book to Kukkiwon president Won Sik Kang*

written word. Following in the footsteps of my mentor was not difficult once I began research for my books. As odd as it may sound, I almost felt I was being guided by an external force that was using me as a conduit to disseminate this knowledge. Writing my books was one of the most profoundly rewarding experiences of my life. Presently, I am working on my fourth book with Grandmaster Chun, a work that will focus on the original iteration of Poomsae Koryo in conjunction with the current version we refer to as Kukki Koryo. The response to this body of work has been favorable, indeed, based on the many letters and emails I receive weekly from around the world inquiring about the differences in these two poomsae. Release is planned for 2013.

**What expectations do you have for your school and how do they coincide with your prediction of how taekwondo will**

**evolve in the future?**

This is an interesting question, the second part of which I can only voice an opinion. As I see it, taekwondo currently sits at a crossroads. On the one hand, we have an element dedicated primarily to the practice of WTF Olympic-style taekwondo. Schools of this nature are clearly in the majority and mirror the approach taken in Korea. Conversely, there exists a minority of institutions and associations, here and abroad, that focus largely on the self-defense and life enrichment aspects of the art with little or no emphasis on sport competition. I, and other like-minded instructors, refer to this alternative style as *traditional taekwondo*. Nevertheless, this nomenclature may appear to be somewhat of a misnomer since the history or "tradition" of taekwondo as it exists today, is relatively short with much of it being devoted to its promotion as a world sport. Like it or not, the answer to this paradox



lies in the fact that taekwondo owes much of its pedigree to foreign influences, some of which are rooted in Funakoshi's Shotokan karate-do and, to a lesser degree, Chinese gungfu. Consequently, in its early developmental stage, prior to its promotion as an Olympic sport, taekwondo



*Master Doug Cook performing a jumping back kick*

self-defense, predating the W T F , materializes. It is my belief that we must maintain this traditional approach to training if the defensive art of taekwondo is to survive in its fullness. Subsequently, the primary mission of the C h o s u n Taekwondo Academy, in unison with

contained a complete palate of offensive and defensive techniques including hand strikes, blocks, throws and sweeps. Sadly, at least in its sportive form, these techniques have been forfeited altogether in favor of those certain to score in the ring. With this in mind, the notion of taekwondo having a "traditional" component based on

establishing satellite schools, is to, first and foremost, promote the complete art of taekwondo while recognizing and appreciating its sportive mate for the catalyst it has been in promoting Korea's national martial art and Olympic sport, worldwide. In the end, however, I think all practitioners will agree that both martial art



*(Left) Master Cook executing a ball of foot front kick at the Kukkiwon.  
(Right) Master Doug Cook breaks multiple pieces of wood with a twisting kick*



and combat sport, in union with their diverse administrative arms, must learn to coexist harmoniously if taekwondo is to advance successfully into the future.

**In closing, are there any final thoughts you would like to leave us with?**

Yes. I feel extremely privileged to teach taekwondo professionally. As an instructor, it is gratifying to know that you are instrumental in helping students of all ages develop confidence, defensive capabilities and improved health. Taoists metaphorically claim that one can achieve immortality by



**Grandmaster Gyoo Hyun Lee (right) with Master Doug Cook**

knowledge; if this is the case, then every taekwondo instructor should strive to live forever!

**Master Doug Cook**, a 6<sup>th</sup> 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 are planning their next training and cultural tour of Korea for July of 2012. Those interested in joining this excursion can contact Master Cook at

sharing their [www.chosuntkd.com](http://www.chosuntkd.com) or [info@chosuntkd.com](mailto:info@chosuntkd.com).



**Middle block in front stance at the Kukkiwon**



# When Life Gives You Rockets!

## *Teach in a Bunker*

**By Michael Munyon, US-ITF Armed Forces Director**

During the third week in September at Kandahar Air Base, Afghanistan I went to the Army Morale Welfare and Recreation (MWR) center to teach my Taekwon-Do

class to the men and women of the Armed Forces. However, that evening had a few surprises for the Munyon's Korean Martial Arts Academy/Afghanistan. Within five minutes of doing warm-ups the students of the Munyon's Korean Martial Arts Academy

heard an explosion come from outside. Approximately three seconds later the Rocket Attack Alarm sounded. Like we are trained to do, all personnel dropped to the ground and covered their heads for two minutes. I announced to the class "Good jumping jacks and front falls everyone, time to move quickly to the bunkers!" We all immediately evacuated to the bunkers located

outside of the MWR.

When we got to the bunkers there were literally close to a hundred personnel in all

of the bunkers located outside. This incident was not the first time this has happened during Taekwon-Do training. However, it usually happened towards the end of class. As we were all standing there quietly and bored out of our minds I decided to continue

teaching class. I took advantage of the bunker and personnel who were inside the bunker and taught techniques used in close quarters.

Approximately twenty-five personnel were in the bunker my students and I were in. I began teaching close range strikes such as elbow and knee strikes. After about fifteen minutes of that I moved on to joint locks, lock flows, take downs and



*Air Force Female Soldier practicing wrist locks on ITF 1st Dan Brian Webster*



*Bunker Elbow and Wrist Lock on Army Soldier*

pressure points. My students paired up with another class mate and practiced these techniques. I ensured they were aware of their environment. They could use the walls to smash their opponent's face into and take advantage of the limited visibility. This was because it was pretty dark inside the bunker. Moments later some of the other personnel in the bunker gravitated closer to us and asked if they could learn the techniques being taught that evening. Assisting me was ITF 1 Dan, Master Corporal Brian Webster who is part of the Canadian military.

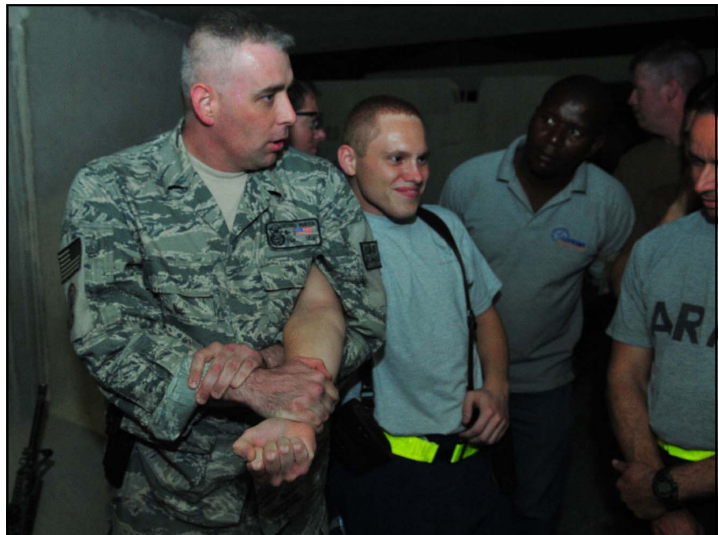
The bunker training was a success. Not only did we train various Taekwon-Do techniques in the bunker, but we also got other non-Taekwon-Do folks involved in the training. One of my Army students, Edwin Rodriguez brought his camera to class to take photos of the class training that evening and took pictures of the troops being taught Taekwon-Do techniques inside the bunker. Approximately one hour later the "All Clear" was announced. Everyone cheered and went about their regular activities. The students of the Munyon's Korean Martial Arts Academy instinctively stayed behind after everyone departed. When we were all alone I asked the students what they thought about training in the bunker that evening. All of the students had positive feedback to include the reality of our environment, how when life gave us lemons we made lemonade, how great it was to see others want to learn Taekwon-Do once they got to see it in action. We will definitely be reviewing those techniques during next class and hopefully, if we're lucky, we won't have to train in a bunker.

Motto for that day was:

**"LIFE IS TOUGH....  
YOU'RE TOUGHER"**



*Bunker Wrist Lock on Webster*



*Elbow Lock on Senior Airman*



*Bunker Instruction on Air Force Female Soldier*

**Many thanks to Sgt Edwin Rodriguez for taking the photo's in this article**



# 17th ITF World Championships

## *Pyongyang, DPR Korea*

**By James Kessler, V degree**

**After more than twenty years in Taekwon-Do, the prospect of attending a tournament doesn't usually get my heart racing. This one however was different as it was the 17<sup>th</sup> ITF World Championships and it was being held in Korea!**

The trip involved six flights and a ten thousand mile round-trip, but I wasn't going to miss an opportunity to visit the motherland of Taekwon-Do. Some people were surprised to find that I was due to visit *the 'Democratic People Republic of Korea'* or as we in the west often call it "*North Korea*" However I saw it as an opportunity to visit a part of the world which is like no other and to see and learn some quality Taekwon-Do at the same time.

### **Flight to Korea**

I had read a lot about Air Koryo, the DPRK airline – most of it negative! All I can say is that our flight from Beijing, China to Pyongyang, DPRK was absolutely fine. The seats were comfortable enough, the plane was reasonably modern and the in-flight meal was a chicken curry and rice... my favourite! I took this to be a good omen. Our flight also contained a visiting delegation of South Korean monks... so I was fairly confident the flight would make it without incident!

### **Pyongyang Airport**

Pyongyang International Airport actually looks like a cross between an old RAF airport – and a small 'local' airport, the kind light aircraft might land at.

Inside there was a large presence of uniformed officers of military appearance. The rules for what you can and can't take into DPR Korea have been relaxed in

recent years. You still cannot take a mobile phone or any GPS equipment into the country. We surrendered our mobile phones at the airport, they were placed in a bag, we were issued a receipt and they were handed back to us on the way home. The phones were locked in a security cupboard and showed no signs of

tempering. Laptops, iPads, MP3 players etc are all fine to bring in to the country.

My luggage was opened by a security officer, who pulled me to one side and questioned me about the contents. He was curious about one item in particular. He showed me an x-ray image of my case and kept asking "*What is this?!*" pointing to one



*Side Kick Outside The Taekwon-Do Palace*

part of the image. After a while, I figured out what the image was. *"It's an iron"* I told him. The guard didn't seem to understand the term and asked me again *"What is this?!",* what is this?!" I mimed an ironing action for him. The guard laughed, nodded and made an action as if he were straightening my shirt collar. He obviously understood what it was and why I needed it, and so let me and my luggage through.

## Meeting our Guide

Every visitor to DPR Korea is assigned a guide for the duration of their trip. The guides act as translators and tell you about their country and the various monuments and interesting buildings in Pyongyang. Our guide for the trip was Mr. Pak Chol, a 21 year old language student. At first the relationship was a little strained, as he was insistent in finding out as much about us as he could. As a British person I found this perceived invasion into my privacy a

little unnerving, wondering if he had been asked to collect this information from a government official! As it turns out, part of it was that he had been assigned a project as part of his university studies. The other reason for the questions was that he was genuinely interested in us and our culture.

After a couple of days everyone relaxed, and I became convinced that nothing sinister was afoot. We exchanged stories about life in our respected countries, education, work social and even love life!

## Taekwon-Do Palace

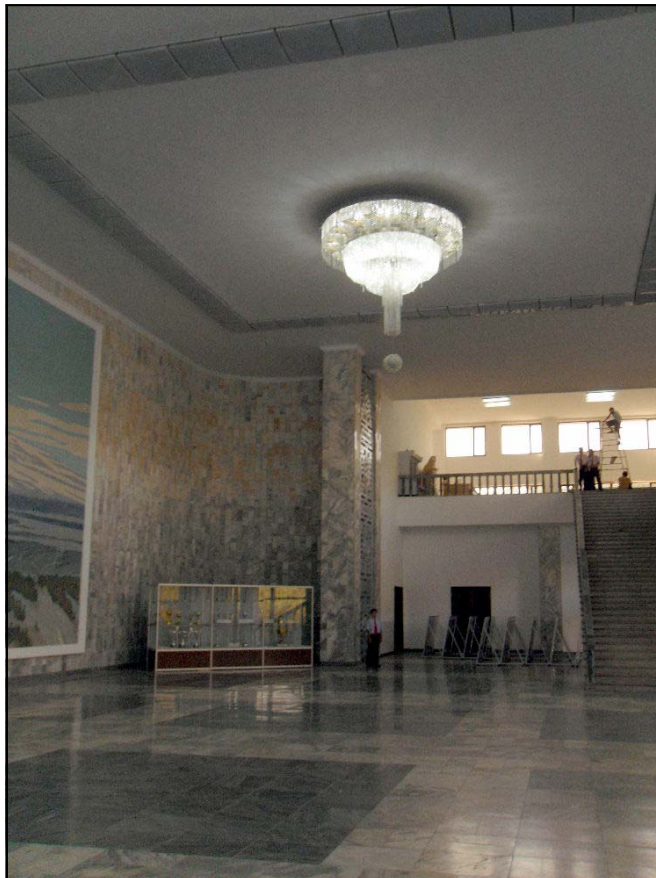
Our first stop was at the Taekwon-Do Palace. Having seen the pictures of the palace in the condensed version of the Taekwon-Do encyclopaedia I was naturally very excited to finally see it for myself. As we pulled up in the car park we were greeted by the sight of the famous statue of the flying side kick. The palace was built in the 90's by the DPR Korea government. Our guide told us that most Koreans are sent to the Taekwon-Do palace at age 14

to learn a few months of Taekwon-Do. Those who show promises are kept on to study. The adults are professional Taekwon-Do students and instructors. They train six hours a day, seven days a week... no wonder they are so good!

Once inside the Taekwon-Do Palace you are greeted by a large foyer with marble floor, chandelier ceilings and a large mosaic of Lake Chon – or Heavenly Lake, found on the Baek Du (Paektu)

mountains. This was the inspiration for the naming of pattern *"Chon-Ji"* the first of the Taekwon-Do patterns, which, if your reading this magazine I'm sure you will know means *"Heaven and Earth"*

The palace contains a large auditorium, which was to be the setting for the forthcoming world championships, smaller Dojangs containing mirrors, punch bags and matted floors, a cafeteria, a Taekwon-Do museum, male and female changing rooms with showers and toilets. The main



*Entrance Hall To The Taekwon-Do Palace*





*With our guide, Pak Chol at the Taekwon-Do Palace entrance*

auditorium has seating for hundreds of spectators on balconies on both sides, large TV screens and a floor which raises in the centre for demonstrations and exhibitions.

Once our registration and administration was complete we were taken to our hotel.

### **The Hotel**

We stayed at the Yanggakdo International Hotel, one of the largest hotels in Pyongyang and the second tallest building (after the Ryugyong hotel) which is, as yet unfinished. The hotel contains approximately 1000 rooms, four restaurants and banquet halls, a bar a bowling alley, a casino, a swimming pool, a golf course and a revolving restaurant on the 47<sup>th</sup> floor.

My bedroom was on the 23<sup>rd</sup> floor and contained two single, but quite comfortable beds, two chairs and a table, a radio alarm clock (which didn't seem to work) a television which could receive BBC World News, a Korean channel and some

Chinese channels. I also had an ensuite shower and toilet. Best of all my room had a spectacular view of Pyongyang which was just as impressive at night when illuminated.

### **The Food**

Korean food is often very spicy and is usually rice based with various meats, noodles, tofu and side dishes. During the first couple of days we were given a seven course meal at lunch and dinner with a buffet at breakfast. Towards the end of the championships all the meals were buffet style with lots of choice – although the options didn't vary greatly between breakfast, lunch and dinner. One of the side dishes offered with every meal was "kimchi" a Korean staple consisting of a type of spicy boiled cabbage. On the whole the food was very edible – and there was no dog insight!

### **Masters Day**

The masters were taken on a tour of the construction site for the new 'Holy Taekwon-Do House', scheduled for



*Pyongyang View*

completion in 2012. It will be 3-4 times larger than the current Taekwon-Do palace and will contain several Dojang's, a main auditorium, Gymnasium, Heath Spa and a centre for the scientific development and advancement of Taekwon-Do. They were then taken to 'Mangyongdae', the family home of the DPR Korean "Great leader", Kim Il Sung. This was very rural and contained primitive farming implements which the family used during their time there.

After the visit to Mangyongdae, the masters were treated to a Korean BBQ - Teppanyaki style. Featuring assorted meats and fish (including squid!) which was then cooked on small griddles. This afforded a great opportunity to meet masters and friends

from all over the world. Grand Master Prof. & Dr. Leong Wai Meng then gave a talk on what it means to be a master.

### **Technical Seminar**

The Technical seminar was conducted by Senior Master Hwang Ho Yong, VIII Degree\*. He is the Chairman of the Technical & Education Committee. The participants on the course ranged from I Degree to VIII Degree. Senior Master Hwang asked for volunteers to demonstrate each pattern. He would then explain the correct way to perform each movement of each of the 24 ITF patterns.

There were some extraordinary performances from some of the Korean



*Food at Masters day*





*Master Dykes & SM Prewitt outside the new Taekwon-Do Temple*

Black Belts, one of whom performed patten Chon-Ji with such power that you could feel the room shaking with the delivery of every technique.

One of the more noticeable aspects of the technical training was the refinement of the Sine Wave. More specifically, we were encouraged not to lower the knee-spring too much, and to concentrate to making the resulting technique fast and functional.

*\*Senior Master Hwang was promoted to IX Degree Grand Master at the 21<sup>st</sup> Congress two days later.*

### **Umpire Seminar**

The aim of this seminar was to brief the umpires who will be working during the world

championships. It is of course important at an event the calibre of the ITF world championships, to ensure that all the officials are educated to exacting standards and are up-to-date with the latest rules. The course was conducted by Grand Master Prof. & Dr. Leong Wai Meng, IX Degree.



*Master Dykes with GM Leong Wai Meng and myself*

Towards the end of the seminar we were shown the new computerised scoring system. This featured a large LCD screen and four wireless hand-held scoring devices which the umpires would use to record their scores. The technology was state sponsored, and developed by local IT specialists. It was used successfully two days later during the championships.

## **21<sup>st</sup> ITF Congress**

Congress took place at the Peoples Cultural House, Pyongyang. This is a government building, and was impressively laid out. ITF President Dr. Prof. Chang Ung, Mrs Choi Hun Hi – Widow of the Founder of Taekwon-Do and first President of ITF, the late General Choi Hong Hi, Vice Presidents, Secretary General & Treasurer were seated at the top table. The Executive Board members and national delegates from member countries were seated at semi-circular tables. Interpreters were located upstairs and translated the congress into English, Korean, Russian and Spanish to name a few. Sitting at the table with the microphone and the earpiece and the country name felt like being a

delegate at the U.N!

On the agenda at congress were the election of Executive Board members and the location of the next senior world championships. India and Bulgaria were proposed, with Sofia, Bulgaria winning the vote.

It was also announced that Argentina would be hosting an invitational team championship in 2012. A select team from the UK has been invited to take part all expenses paid! This is a fantastic opportunity to travel and compete without have to fund your own trip. Details will be sent to each recognised NGB through ITF England soon!

Congress also sees the promotion of candidates to VIII & IX Degree. UK Masters promoted to VIII Degree Senior Master were Augustus Mitchell and Derek Campbell.

Promoted to IX Degree Grand Master was GM Hwang Ho Yong, GM Kim Ung Chol of DPR Korea, GM Phap Lu of Canada and



*ITF Congress*



GM Robert Howard of Ireland. .  
Congratulations to all the new Sasung's!

**Day 1** - Opening Ceremony &  
Individual Patterns

**Day 2 & 3** - Sparring & Team  
Patterns

## Grave of the Founder

One of the highlights of the trip for me was a visit to the Patriotic Martyrs Cemetery, the last resting place of Gen Choi. We were given a guided tour of the cemetery and told that the sister of Ahn Chang Ho (of Do-San fame) was buried here. The guide seemed surprised that we knew who Ahn Chang Ho was. Visiting the homeland of Taekwon-Do makes learning the pattern interpretation a worthwhile exercise!



The General's grave was towards the back and to the left of the cemetery. Once there we paused for a minute's silence to pay our respects to the founder of Taekwon-Do. We were then allowed to have our photograph taken next to the grave. As we left we bowed to the grave, and made our way back to the Taekwon-Do palace.

## 17<sup>th</sup> ITF World Championships

The event was sponsored by Koryolink – The first 3G mobile phone network in DPR Korea. It was held at the Taekwon-Do palace, Pyongyang. The championships saw representation from over 80 countries. The championships were organised over four days in the following manner;

main hall of the Taekwon-Do Palace to be greeted by spectators filling the seating capacity in the balconies. ITF President and the Grand Masters of the ITF and the Executive Board members, senior members of the organising committee and the president of Sport Accord were seated in the centre of the front balcony. The event was to be televised in seven countries; therefore there were many TV cameras along with thousands of still cameras in the hall.



*SM Issac Harry, VIII, Master David Dykes, VII and Mr. James Kessler, V with the ITF England team in DPR Korea*

The opening ceremony was impressive indeed. Lasting about half an hour, it included speeches from ITF President Dr. Prof Chang Ung, President of Sport Accord D.R. Hein Verbruggen, and various DPRK





*Korean Band Girls performing at the opening ceremony*

government officials.

We were then treated to a spectacular display of dance, gymnastics, marching bands, traditional Korean drumming, and a very impressive self defence routine from young Korean children. After watching these children perform, it is easy to see how they can learn so much Taekwon-Do in such a short time once they turn 14 – as they can already perform many of the hand and foot techniques required for a UK Black Belt test!

Then it was the turn of the Korean Taekwon-Do demo team... and they did not disappoint! Performing techniques including break-falling and rolling techniques (*Torogigi* and *Goorugi* in Korean) Fundamental

techniques performed in unison. Some entertaining Self Defence routines and some very impressive breaking techniques, which ranged from the acrobatic to the devastatingly powerful.



After the opening ceremony, the championships began with individual patterns. As you might expect, there were some excellent competitors on show. England's Valentina Iotchkova from Oxford was unlucky in the third round of the ladies II Degree Patterns, as she narrowly lost a decision against a competitor from DPRK after both competitors

offered an excellent performance of pattern Juche. From where I was sitting I was hard pressed to find much difference between the two – but the Korean won the majority



decision.

During the sparring, England's Damien Smith fought well but lost out in the third round. Jonny Chan, although having sparred very well was out after the first round. It's unfortunate when two talented fighters meet in the early rounds – On this occasion Jonny fell afoul of the rules. If he had thrown a 360° kick he may have won the bout.

Valantina Iotchkova secured the bronze for England in the Power breaking section.

Full results will be published by ITF HQ in due course.

The championships concluded with a closing ceremony and a farewell party for the competitors and officials.

I feel privileged to have been given the opportunity to attend these prestigious championships and to have visited Korea. I imagine I shall return in the future. I have already been contacted by some instructors who would like to go, so a future trip seems very likely!

**About the author:** James Kessler is the National Secretary of T.I.F (Taekwon-Do Instructors Federation) a UK based National Governing Body for ITF and a full member of the British Taekwondo Council (BTC)



With school in England, Scotland and Wales, TIF offers regular Taekwon-Do seminars and Black Belt gradings', official

ITF grade ratification, access to international seminars and tournaments, instructor training and networking opportunities. Any instructor who is interested in official ITF certification and BTC membership with no interference in the way you run your school should contact TIF membership services on 01743 243298 for a discrete, confidential chat, or visit [www.t-i-f.net](http://www.t-i-f.net) for more details.



*Valintina vs DPRK*



*ITF England Team*



*Reunification monument, Kwon Do - 37*



# 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...

**T**he 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

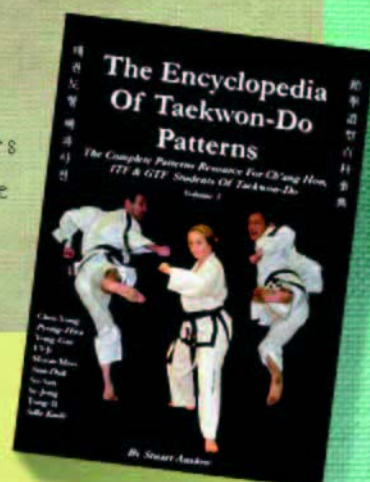
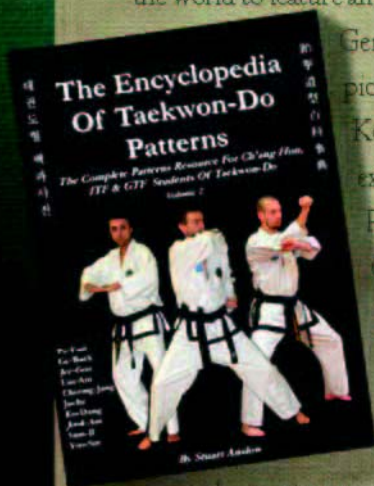
book ideal to learn or revise your patterns, no matter which organisation you belong to.

**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.



**Available on Amazon Now!**

Vol 1 : ISBN 978-1-906628-16-1 | Vol 2 : ISBN 978-1-906628-17-8 | Vol 3 : ISBN 978-1-906628-18-5



# 5 Types of Blocking Techniques In ITF Taekwon-Do

By Sanko Lewis



In my essay “Defensive Techniques in ITF Taekwon-Do” in Issue 29 of *Totally Tae Kwon Do*, I proposed three categories for the defensive techniques found in Taekwon-Do, namely blocks, body shifting and guards. I further subdivided blocks into hard blocks and soft blocks. Since then I have come to realize that such a simple dichotomy of hard blocks versus soft blocks doesn't adequately reveal the nuances of blocking techniques in ITF Taekwon-Do. In this essay I wish to take another look at Taekwon-Do's defensive techniques, particularly the different categories of blocks we find in ITF Taekwon-Do. I have identified five categories: offensive-blocks, deflections, diversions, disequilibriums, and obstructions. I wish to make it clear that

these are my own categorization of the different types of blocks and is not found in the *ITF Taekwon-Do Encyclopaedia* or other Taekwon-Do literature on the subject. Nonetheless, I find these categories a useful tool to understand the function of our blocking techniques.

## What is a Blocking Technique?

For purposes of our discussion we need a definition for what a blocking technique is. To do this, let's start by looking at the Korean terminology. The Korean word for blocking technique is *makgi gisool*; blocking is *makgi*. The root verb is *makda*, which carry the meanings of obstruction, i.e. “to obstruct the way”; to curb, check or prevent something from happening; to guard against something; to ward off

something, like “warding off attacks” or “preventing the enemy from entering into.”

Based on this we can define a blocking technique as a method (typically involving a blocking tool) to prevent an opponent's attack (i.e. his attacking tool) from entering into your sphere of safety. A blocking technique “obstructs the way” of the attack to prevent the attacking tool from reaching its target. The Korean root word reveals to us that a blocking technique is purposed to “prevent” something from happening—to ward off attacks, by somehow obstructing the way. In order to “prevent” the attack from reaching its target, the blocking technique has to *intercept* the attack and to “ward off” the attack it has to *redirect* its force.

Put simply, all blocks have this one thing in common: *to prevent the opponent's attacking tool from reaching its target*. With the exception of checking blocks, this is achieved by *intercepting and redirecting* the attacker's attack.

Not all blocks achieve this goal in the same manner and some blocks have additional goals beyond merely preventing the attack from reaching its target. Part of the purpose is to also decrease the attacker's tactical advantage and if possible, increase your own tactical advantage. (Tactical advantage usually involves advantageous positioning and being yourself in equilibrium while your opponent is in a state of disequilibrium.)

### Offensive Blocks

Apart from intercepting and redirecting, another purpose of some blocks, as I tabled in the previously mentioned essay, is to hurt the attacking limb of the attacker. The block, therefore, acts offensively. Previously I called these offensive-blocks “hard blocks.” The idea that some blocks in ITF Taekwon-Do have an offensive function is undeniable since the *ITF Encyclopaedia* states that the “defense

itself . . . carries out the attacking role at the same time” (Volume 3, p. 185). That Taekwon-Do practitioners are therefore to view some blocks as also offensive techniques is part of our tradition. However, this doesn't mean that we should categorically interpret *all* blocks as possible attacks. In my mind there is a certain category of blocks—these *offensive blocks*—that has this function “to intercept and redirect” while also “[carrying] out the attacking role at the same time.”



The most iconic example of an offensive block is the front fore-fist pressing block, which is basically a downward-angled punch aimed at the opponent's kicking foot. Other blocks may look less like actual punches or strikes, but still function offensively; in other words they still aim to hurt the opponent's attacking limbs. Examples of such blocks may be a number of the rotational forearm blocks that grind into the attacker's limbs, or the knife-hand blocks that often function in a chopping action. In order to cause pain, the blocking tools of offensive-blocks are often hard,



bony, and/or well-conditioned parts of the anatomy.

### **Deflections (aka Parries)**

Almost all blocks intercept and redirect the attack, but it is the way in which they do so that differ.



Deflections are blocks that bump into the attacking limb at an angle (sometimes acute angles, other times perpendicularly), which causes the attack to divert from its path. The amount of time the blocking tool is in contact with the attacking limb is very short—just enough to bump it off course. These blocks usually cover a relatively short distance and have a forceful “snappiness” about them.

A deflection-block can rightly be called a parry and are often used during tournament sparring because of their swiftness and relative ease of execution. More traditional examples of deflection-blocks are the waist block, some palm or back hand blocks, some forearm blocks, some upward and downward blocks, and so on.

The difference between offensive-blocks and deflections are often one of intent only. Is the intention to deliberately hurt the attacking tool, or is it to merely parry the attacking tool?

### **Diversions**

While a deflection-block forcefully changes the course of the attack, a diversion-block

changes the attacks direction in a smoother or less forceful manner. The amount of time the blocking tool is in contact with the attacking limb is longer, so that the blocking tool practically leads the attacking limb into a new trajectory. This type of block also covers a relatively longer distance, usually in a curved path, as it guides the opponent's attack astray. Diversion-blocks are usually what we have in mind when we think of “soft blocks” and is the type of blocking one would imagine for soft style martial arts like Tai-Chi Chuan.



Examples of diversion-blocks are the hooking block, palm pressing blocks, the circular block, and so on.

### **Disequilibriums**

A disequilibrium is a blocking technique that aims at breaking the balance of the opponent and do so by either pushing the attacker off balance or pulling (“luring”) him off balance. Blocks that function in a pushing manner aim to intercept the attacking tool as high up the limb as possible—the closer to the shoulder or hip the better. In fact, blocks like the pushing block often specifically target the shoulder or pelvis. If a disequilibrium-block is done below the major joint (i.e. the elbow or knee), it is performed against the natural bend of the joint, because otherwise the lower-limb may merely bend naturally without the opponent's balance being affected. The scooping block is an example. On occasion some of the guarding blocks and double forearm blocks can function in

such a pushing, or disequilibrium causing way.



The luring block is “designed to put the opponent off balance or to make the attack in vain by drawing the attacking tool beyond its intended point of focus” (*ITF Encyclopaedia*, Volume 3, p. 287). The luring block might function by actually pulling the attacking limb beyond its point of focus, but often it merely “leads” the limb further than intended—not necessarily pulling the limb, but rather guiding it along the same path, beyond the opponent's position of balance. This concept is comparable to a principle found in Aikido where the opponent's vector is exploited by enhancing it. For pulling, the grasping block can easily be employed.

### **Obstructions (aka Checking Blocks)**

There is a special name in ITF Taekwon-Do for the blocks in this category—they are known as checking blocks. Checking

blocks are authentic *blocks*, in that they function as actual obstructions put in the way of the attack's path. Checking blocks do not intercept and redirect, they literally just “obstruct the way”. There are different types of checking blocks, and although they can employ just a single arm, they more often involve both arms to function as barriers against the attacking limb; for instance, the X-checking block or the twin-straight forearm checking block. These blocks are often used against powerful kicks, where the mass and associated force of the kicking leg will overcome, for example, the attempted interception and redirection of a much lighter and weaker forearm block.



### **Summary**

It is possible to group blocks into a dichotomy of hard blocks and soft blocks. Although sometimes useful, this proves to be a too simplistic view of the ways blocking techniques are used in ITF Taekwon-Do. Instead, a more nuanced differentiation group blocks into five categories: (1) offensive-blocks, (2) deflections or parries, (3) diversions, (4) disequilibriums or unbalancing-blocks, and (5) obstructions or checking blocks. Offensive-blocks aim to hurt or injure the opponent's attacking limb. Parries deflect the attacking limb off course by bumping into them at an angle, which changes the trajectory of the attack. Diversion-blocks guide the attacking limb off course, often in a curve. Disequilibriums focus on breaking



the balance of the opponent. Finally, checking blocks put a barrier in the path of the attack and so literally block or obstruct the way of the attack.

*Thank you to Lynne, Cory and Alex from 'The Way' Martial Art Academy of Seoul for posing for the photos.*

...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](http://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](http://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](mailto:saitf.research.education@gmail.com). Visit his blog at <http://sooshimkwan.blogspot.com>



### Get involved with UNICEF

There are many ways to get involved and fundraise for the world's children from trekking in Nepal, motor biking in South Africa, skydiving at your local parachute centre or running in one of the many road races across the country.

UNICEF can offer you guaranteed places in many challenge and running events, including the popular Royal Parks Half Marathon this October, so please get in touch today and help us change the lives of vulnerable children. You can make a difference.

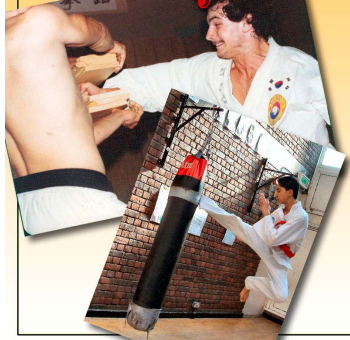
To find out more:

📞 [www.unicef.org.uk/howyoucanhelp](http://www.unicef.org.uk/howyoucanhelp) ☎ 0844 801 2414 ✉ [fundraisinghelp@unicef.org.uk](mailto:fundraisinghelp@unicef.org.uk)

unite for  
children

unicef 

## Share your images with us...



Do your part for Tae Kwon Do and share your pictures with us, so that we can illustrate articles that have none... We will credit you with every photo used...

Send them in 150-200dpi to:  
[editor@totallytkd.com](mailto:editor@totallytkd.com)

## Totally TaeKwonDo

The free global Tae Kwon Do Magazine



Totally Tae Kwon Do - 43

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

John Dowding  
4<sup>th</sup> degree ITF



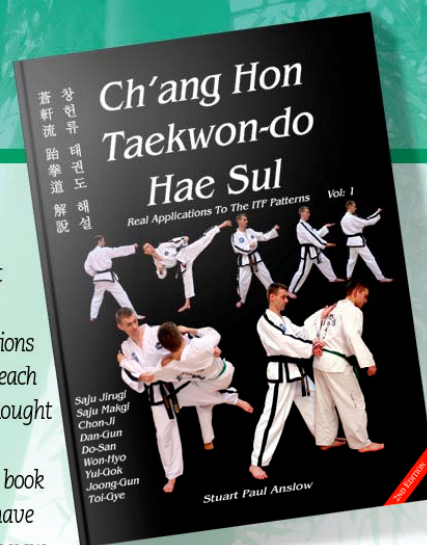
**Iain Abernethy**  
2006 6<sup>th</sup> Dan Karate  
British Combat Assoc. and Karate, England

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!



Now Available on Amazon: 2nd Edition Hardback Version - ISBN 978-1-906628-04-8

## Down's Syndrome Association

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



A Registered Charity  
No. 1061474

**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



# Back To The Basics

## *It's All About The Technique*

By Patricia DeArmas, ITF 2nd Dan

In response to Totally TKD's request for technique how-to articles, here is the first part of a look at basic kicking techniques, hand techniques, and blocking techniques. Note that these techniques are shown as learned in ITF-style Taekwon-Do. Through various pictures, explanations, and even tips from the Encyclopedia, you'll go back to the basics and learn that Taekwon-Do is all about the techniques.

Since the day I started training in Taekwon-Do, I have known that my first instructor's favorite things to say has been, *"It's all about the technique."*

He's always said that the most important part when you perform Taekwon-Do's movements is to be sure that you have good technique- a powerful or fast kick isn't necessarily good or correct; if it is performed without good technique, the power and the speed doesn't matter because you are not doing the kick right.

The same goes for all of the movements in Taekwon-Do- Be sure that you pay attention to all of the little details. Is your hand in the right position? Should your wrist straight or bent? Should your fingers be together or apart? Are you in the right stance? Ask yourself if your movements are correct. If you are unsure whether you have good technique, go ask your instructor to help you so that you are sure.

A vital part of Taekwon-Do, whether you are thinking about sparring, patterns, board breaking, self-defense and releases, or simply practicing kicks, blocks, punches, and hand strikes, is that all of your basic Taekwon-Do hand and foot movements have good technique. You cannot master a flying side kick if your basic side piercing kick is done incorrectly. You'll never have a

good twin foot jumping/flying front snap kick if your basic front kick lacks good technique. It's all about the technique, so you must be sure that your basic hand and foot movements have good technique. In answer to *Totally TKD's* call for articles from the September issue about how to do basic techniques, here is an article about some basic Taekwon-Do movements and how to perform them with good technique. Note that this is ITF style.

### Parts of the Foot

It is always important to make sure that you are kicking with the correct part of your foot. Often times, beginners to intermediate martial artists forget which parts of their foot is which.



# Front Kick



## Front Kick

The basic front snap kick, sometimes shortened to front kick, is usually the first kicking technique taught to beginners. In most circumstances, the kicker raises their knee, pulls back the ball of their foot, and kicks directly to the front. Usually this technique is performed with the ball of the foot, however as pointed out in *The Encyclopedia of Taekwon-Do*, it can also be performed with the instep, toes, and knee.

*The common principles of this kick:*

1. *The stationary leg must be relaxed at the moment of impact.*
2. *The knee of the kicking leg must be brought sharply toward the chest prior to kicking. These two motions must be coordinated in one smooth, swift action.*
3. *The attacking tool must reach the target in a straight line.*
4. *The kicking foot must be withdrawn immediately after the kick and brought back to the ground or the floor.*
5. *Carefully gauge the height and distance of the target and calculate the feasibility of using the kick.*
6. *The toes of the stationary foot should point to the front at the moment of impact.*
7. *The stationary foot must not pivot*

*throughout the kicking.*

8. *-Encyclopedia of Taekwon-Do by General Choi Hong-Hi, volume 4, page 33*

## Jumping/Flying Front Kick

Flying generally means kicking mid-air while moving forwards, and jumping generally means kicking mid-air and landing in the same position. This kick has been called both flying and jumping front kick. Either way, the principles are the same whether you soar forward or not. The performer jumps into the air while raising their back leg, then switching and kicking with the other leg. The same technique from a regular front kick applies, except for that in this technique, the ball of the foot is the only attacking tool rather than just being one of the attacking tools. In a variation, the kicker can jump straight into the air and kick with the rear leg, leaving out the first motion of raising the leg for momentum and as a faking or blocking tool.

## Turning Kick & Side Turning Kick

A common technique to use in sparring, when performing the turning kick one should raise their knee, pivot their stationary foot, and kick while their body is facing the side and their head is facing forwards. A variation is to perform a side



# Jumping/Flying Front Kick



turning kick, which is basically the same technique except for that rather than kicking at a 45 degree angle, one should kick directly to the front. This kick is primarily executed with the instep or the ball of the foot but can also be performed

with the knee. The heel must remain higher than the ball of the foot at the moment of impact. For a side turning kick, one must position their stationary foot 75 degrees outward as opposed to 45 degrees outward on a 45-degree-angle turning kick.

# Turning Kick



## Other View





The common principles of the turning kick:

1. The hip must be swung forward to enable the foot to reach the target in an arc.
2. The ball of the foot must be vertical to the target at the moment of impact.
3. The foot should have reached the apex of the kick shortly before contact so that the toes are pointed slightly downward at the instant of contact.
4. The toes of the stationary foot should point 45 degrees outward at the moment of impact.
5. The kicking leg must not be bent more than absolutely necessary at the moment of impact.
6. Do not attempt to kick the target positioned at the direct front.
7. The arms must be kept within sight while kicking.

8. -The Encyclopedia of Taekwon-Do by General Choi Hong-Hi, volume 4, page 50

## Side Kick

The side piercing kick, sometimes shortened to side kick, is a powerful kick that should be performed quickly and with power, but it generally takes a beginner from the time they are a white belt until the time they are a green belt to have a good side kick, and even then it will still need work. To perform, one should raise their knee so that their footsword is even with their stationary inner knee joint, kick while turning their body to the side whilst looking forward and kicking, pointing with the heel and kicking with the footsword with toes pulled back. A side kick's theory is basically the same theory as when one punches- power concentrated into one small point as your body and the attacking

## Side Kick

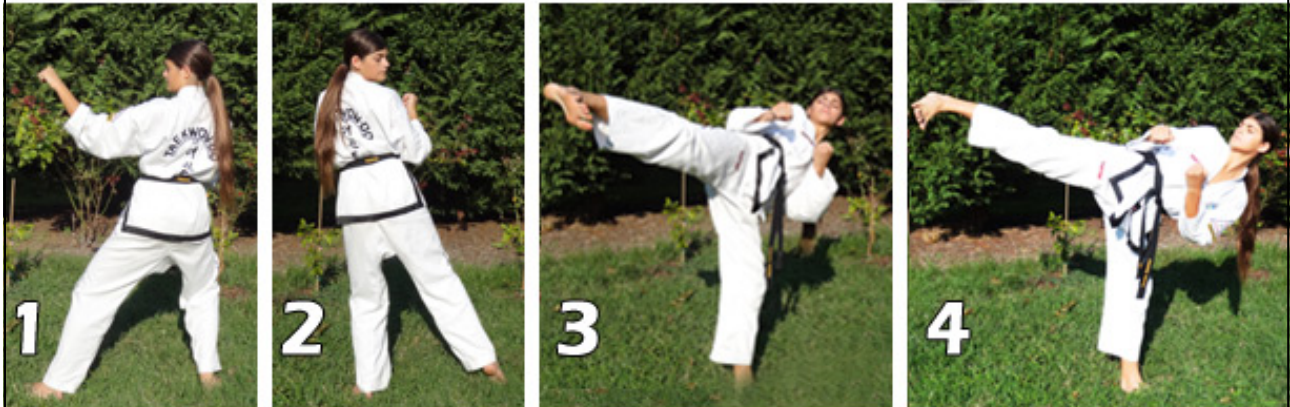


## Other View





# Reverse Turning Kick



tool twists at the last second for maximum power.

*The common principles of this kick:*

1. *The attacking tool must reach the target in a straight line with a revolving motion.*
2. *Regardless of the stance, the footsword must be brought to the inner knee joint of the stationary leg prior to delivering the kick.*
3. *Keep the toes of the stationary foot pointed about 75 degrees outwards at the moment of impact.*
4. *For the maximum height, lean the body away from the kick as far as possible while still maintaining the balance.*
5. *Do not attempt to kick diagonally since this is a waste of power.*
6. *Unless otherwise advised by an instructor, execute a high punch using a right fist with a right foot and vise versa.*
7. *The stationary foot pivots allowing the hip to rotate with the kick.*
8. *The Encyclopedia of Taekwon-Do by General Choi Hong-Hi, volume 4, page 17*

## Reverse Turning Kick

More advanced than the other techniques shown here, a reverse turning kick also paves the way for more difficult kicks such

as flying fade-away reverse turning kicks. This kick is mainly performed with the back heel, but can also be performed with the ball of the foot. When kicking with the heel, this kick can be deadly, so the performer must exercise control. This kick is performed by first turning one's head to look where they are kicking, then whipping their leg around and kicking with the heel. In patterns, this kick is usually stopped mid-air at a 45 degree angle.

## 10 Technical Tips

1. Generally, if it feels wrong, it is wrong. If you think your technique is incorrect, go with your gut instinct and ask your instructor about it, or look it up in the Encyclopedia of Taekwon-Do.
2. *Sometimes you'll have good hand or foot technique, but your stances are incorrect.* Be sure to pay attention to both your hand and foot techniques and your stances.
3. When kicking, keep your hands in the correct position at all times. If you kick with your arms flailing around, you are wide open to attack.
4. *Never sacrifice good technique for speed or power. You must have all three at the same time, or else you are not using good technique.*
5. When instructing lower ranking students, be sure to show them the correct ways to perform the techniques you are teaching them. If they have a bad foundation, it

will be very hard for them to break bad habits on basic techniques that they learned as lower ranking students.

6. *When kicking, always be sure that you are kicking with the correct part of your foot.*
7. *When performing a hand technique, always be sure that you are striking or blocking with the correct part of your hand.*
8. *If your style uses sine wave, don't forget to use sine wave and knee spring motion when performing your techniques.*
9. *Always remember the saying, "Correct your mistake as soon as you have found it." If you have learned that you're making mistakes in some movements, be sure to practice performing these techniques correctly before you forget what you were doing wrong.*
10. *Never ignore your instructor or the Encyclopedia of Taekwon-Do- if they say that your technique is incorrect, it is.*

One must never forget about the basics of

Taekwon-Do- although they are the most simple, they are also the most important- you cannot perform more difficult techniques correctly until the simple movements have good technique. Work on all of the techniques you have learned, specifically the ones you have trouble with, until each one can be as good as it can be. Just keep training, and remember: It's all about the technique.

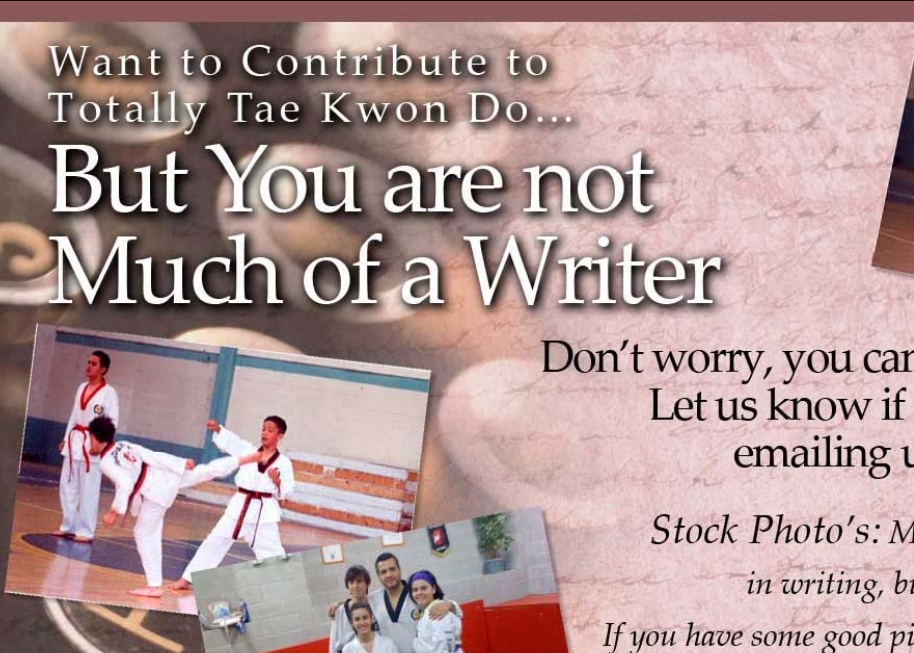
## ***Next month we look at punches & blocks***

### **About the Author**

Patricia DeArmas is a 2<sup>nd</sup> 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.

Want to Contribute to  
Totally Tae Kwon Do...

# But You are not Much of a Writer



Don't worry, you can still contribute.  
Let us know if you can help by  
emailing us the following:

*Stock Photo's: Many have great articles  
in writing, but are a bit camera shy.  
If you have some good pictures of Tae Kwon Do  
regular photos or funky Photoshop ones,  
send them to us and we'll keep them for  
when an article needs prettying up. If we  
use them, you will of course be credited.*

*Totally*  
**TaekwonDo** 태권도  
The free global Tae Kwon Do Magazine



# Teaching Children The Basics

By Ira Hoffman, WTF/KKW 4th Dan

Children are among the most valuable assets to a dojang. Children are enthusiastic, happy to learn, and excited. They tell their friends about their Tae Kwon Do school, about their new skills, and they can encourage their parents to join<sup>1</sup>. They can stay with you for years, learning new skills, promoting your school, and helping you thrive. And children will learn valuable life-long skills during their tae kwon do training.

Children can also be among the most challenging assets to a dojang. Enthusiasm and excitement can easily transform into a lack of discipline and focus. Relatively short attention spans can make it difficult to concentrate on critical, but boring, basic techniques. And children have so many demands on their time – schoolwork, friends, the draw of other sports and activities– that it's just as easy to lose students as it is to gain them.

I'd like to focus here on one aspect of these challenges: teaching children the basics. How can we effectively transfer our knowledge of the basics so they can enjoy success in tae kwon do? After seven years of teaching, I find there are three components to successfully teaching children: structure, repetition, and fun.

## Structure

Children love to try new thing, to learn new skills, to explore their world and their capabilities - but children are more nervous about new things than adults. To ease their concerns about newness, to help them feel comfortable, give them structure.

Start with expectations: make sure they understand how to bow in and bow out;



*Structure should include bowing in to start the class*

instruct them to address adults and black belts as “sir” and “ma’am”, and reinforce those behaviors by example. Make sure they know where to put their coats, their street clothes, their shoes – and make sure they put their coats, their shoes, their street clothes

away neatly, every day.

Put structure in your classes: start by bowing in, then go to stretching and warm ups. Move on to basic drills, then the topic of the day, and finally warm down and bow out. You don't need to follow exactly this

structure, of course – but having a structure and sticking to it will be helpful. Divide the class time into manageable “chunks”. The attention span of a six to eight-year-old child is on the order of 15 to 20 minutes, which means spending an entire 50-minute class learning the right way to do a double-knife hand block is counterproductive. Instead, vary the class – “chunk” it into smaller pieces. Consider scheduling of the class elements presented above (stretching, drills, topic of the day) for no more than five to ten minutes, with longer chunks for older students. Even when you focus on one topic – sparring, for example – you can “chunk” your time. You might spend 5 minutes on sparring drills without equipment, then 5 minutes on the same drills with equipment, and then 10 minutes free sparring.

Consider putting structure in your “*topic of the day*”: perhaps every Monday you focus on poomse, Tuesdays are kicking drills, Thursdays are for sparring, and Saturdays are hard-core exercise, and so on. Since they know a bit of what to expect each day, the children will feel more comfortable.

Take lots of breaks! Make these short, but

frequent. I might have four quick breaks in a 50-minute class.

**The lesson:** structure gives children a comfortable environment in which they can learn more easily.

## Repetition

Repetition is a key to learning, and this is especially true for younger students. I break down basic techniques into their component elements and drill them, element by element, over and over. As an example, I teach that every “basic” kick<sup>2</sup> has exactly four parts:

1. bend your knee, pointing it at the target
2. extend your leg for the kick
3. bend your knee, pointing it at the target
4. step down with control

I make a game of this: I randomly pick students to tell me the “*magic number*” (“four”), the “*magic question*” (“*How many parts are there to a basic kick?*”), and then I ask random students each of the four parts. To make it extra fun I’ll ask the four parts out of order. It becomes a challenge, a game, and each



*Bend the knee*



*Extend the kick*





*Bend the knee again*



*Step down with control*

student tries to remember the four elements better than the rest of the class.

And I do the same with beginner poomse. Repetition is especially important for the correct execution of forms. I deliberately make the students go slowly, and I break each move into three parts:

1. hand preparation
2. step (or kick)
3. technique execution

So the first movement in, for example, Taeguk Il Jang becomes 3 sub-movements:

1. with the feet in joonbi position, prepare for low block by lifting the left arm and pointing with the right arm
2. without moving the hands or arms, step to the left in walking stance
3. after finishing the step, execute a left low block

After proper execution is mastered, I introduce power and proper speed.

I focus a great deal on foundational activities: the position of the hips and

shoulders on front stance, the distribution of weight on each leg in back stance, how to hold your foot for a front kick, how to keep your wrist straight for most hand techniques, but to bend it just a bit for a backfist attack, and so on. I find these foundational steps to be critical.

Even here you can have fun. Ask if any of your students have ever owned a Barbie doll, a very popular child's toy in the States. Now ask them to think of the foot position on these dolls, which is set for the doll's high-heeled shoes: the foot is extended and the toes pulled back. But that foot position is a wonderful illustration of the foot position for front kick<sup>3</sup>.

**The lesson:** Focus on the basics. You can't build your TKD skill without a strong foundation.

## Fun

Tae Kwon Do is about growth, maturity, self control, and the five tenets. But for children, it's also about fun. We shouldn't forget this important facet of children's classes.

I mix standard TKD activities with other activities. Bag work might be followed by sprinting up and down the floor. Line drills might come after crab races. Poomse practice might be followed by jumping drills, front and back, side to side, and switching the foot positions, faster and faster.

Have the children work as a team. Do activities together; if you do line drills, have the students cheer to encourage each other. If you divide into teams for a running drill, have the children cheer their teammates on. Enthusiasm is infectious – let your students catch it from each other!

Of course, you need to keep the classes balanced: fun needs to be balanced with discipline. Classes need to be fun, interesting, and exciting to keep the children interested and enthusiastic. But classes can't descend into chaos – you must find the right balance<sup>4</sup>.

**The lesson:** fun makes the work go more easily. Or, as Mary Poppins put it, “A Spoonful of Sugar Makes the Medicine Go Down”.

## The Final Lesson

Children learn a martial art to do something fun, learn a new skill, do something different from their friends. Parents have their children in martial arts for self-confidence, self-discipline, self-control, and for a fun activity.

But Tae Kwon Do isn't just about fun, or self-control, or confidence. It's about growing as a person, learning how to do new things, accept new challenges. Tae Kwon Do can help teach children so many skills that will be invaluable as they grow and mature – and it's our responsibility as instructors to help them.

But teaching children takes more patience, more creativity, even more energy than teaching older students. Be patient. Invest the time, the effort, the energy to help your

students try, the help them learn, to help them succeed. The benefits – for you and for them – are immeasurable.

**The lesson:** patience with your young students is a virtue.

<sup>1</sup> My wife and I started tae kwon do after our daughters began training. We thought it would be something great to do together, as a family – and we were right.

<sup>2</sup> Front, side and roundhouse kicks with the back leg. With a slight variation back kick fits into this category also. I'm referring here to the poomse-style execution of these techniques, not the way you might execute them while sparring.

<sup>3</sup> I call this “Barbie stance” in my children's classes, and the students can't stop laughing – but the image they hold in their minds is a very useful instructional tool.

<sup>4</sup> And this balance won't be right for everyone. The balance that works for most will seem incredibly lax to some and far too strict to others. Finding the right balance is more an art than a science



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



# Reality Check

## *Extreme Close Quarters*

By Jon Mackey

**A critical factor within combat that determines what techniques we can use is of course the range we find ourselves in. Range dictates what weapons that can be deployed effectively to deal with the opponent.**

A critical factor within combat that determines what techniques we can use is of course the range we find ourselves in. Range dictates what weapons that can be deployed effectively to deal with the opponent. Many combat sports today will exclusively deal with only one range, boxing for example as a striking art will train within the range of striking with the hands. Kickboxing like wise with the added range of the legs. Judo works within the range of clinch and ground fighting with MMA dealing with all ranges within a sporting context. Range can be defined as that workable distance between you and your opponent in which you can deploy your trained techniques, both offensive and defensive. All combat sports will compete within these ranges and within the guidelines of their respective rules settings.

If we take combat out of the sporting ring and explore it from a realistic point of view where the participants are not safe guarded by any particular rule set or sporting environment, range dictates not victory but survival.

### **Combative principles:**

Training within Combative principles tells us that to significantly increase your chances of prevailing over an aggressor, we must where possible hit first, hit the head and keep hitting until the threat is removed. That being to seek a knock out with a pre-emptive strike or to seek knock out through a number of cycled shots to the highline while maintaining a tactile grip on the target. This of course is not always possible and the range you find yourself in will determine whether I can significantly strike my intended target for knock out or not.



### **Ranges within Combative training:**

Ranges within Combative training and sport training are similar as they are a constant within combat. Striking range is a range where I can employ any significant shot with the hands to the highline, that being any target above the clavicle with the hand or any low line kick to any target below the umbilicus. Close quarters is a range where you can employ clinch tactics which enables the use of the big guns – the elbows, head and knees.

One step closer again is a range that

stifles movement and restricts striking, extreme close quarters. ECQ's is a range most commonly found where someone has been pinned to a wall or pinned to the ground. You can find yourself in an ECQ situation after an initial flurry of wind milling (punches thrown aimlessly, aggressively and erratically at the face) where two combatants clash and fall to the ground or crash against a static object such as a wall/hording, for that couple of seconds within a real fight dynamic that is extreme close quarters.

### **Maintaining dominance:**

M a i n t a i n i n g dominance is a key factor for prevailing in a 'balls to the wall' mill up. Losing dominance at any stage means you are losing and are already on the back foot. All principles within Combative training is geared towards maintaining dominance over your subject in a bid to securing a clean and fast result enabling you to go home safely.

Finding yourself in a situation with an aggressor that has you both in ECQ's means you have lost initiative somewhere along the way and now you find yourself in this tight fight where both of you will have an equal opportunity to obtain dominance, if he or she wins dominance they improve their chances of injuring you.

### **Closest weapon nearest target:**

On finding yourself in ECQ's with an aggressor what ever the reason, you must be immediate in regaining control of the

situation. Regaining control meaning you create the opportunity for you to continue the tactic of ballistic impact to the head. In order to do that, you must have created significant distance between you and your subject since the extreme closeness has stifled the movement needed in order to strike.



This is where biting, tearing and gouging have their place within the field of Combative training.

Biting, tearing/ripping and gouging have come in for bad press, and in many cases rightly so. There are systems of "Self Defence" out there that use tactics such as this as their primary

method of dealing with an attacker, or they will use the idea of gouging and biting to market what they do as being some sort of deadly street art imported from 'X' country in the middle east.

Ignoring all the bull that some perpetuate, biting, tearing and gouging have their place within the field of real combat. Bear this in mind before we press on, there are NO rules on the street, clichéd I know but never the less true.



Within extreme close quarters where our hands are pinned we can rely on the

principle of *closest weapon nearest target*. This may mean that the closest part of the aggressor's body might be the cheek, the neck or the shoulder, and the closest weapon you have is your mouth. Like wise within a messed up tangle of extreme close



quarters the only part of the aggressor's body I can index would be the eyes or even the ears. It depends of course on the situation you find yourself in but whatever the situation is, biting, tearing and gouging need to be used within the context of the dilemma you are in.

### **Not fight finishers:**

Biting is rarely a fight finisher, as is sticking your fingers into someone's eyes or even tearing skin such as an ear. The likely response to this will be an immediate reaction by the aggressor to pull away from the point of pain. This is the response that we are looking for in order to regain dominance. In

effect what we are doing is creating a workable distance between the aggressor's head and your wheeling shots to his highline. Once we regain the initiative through inflicting localised pain thus creating some distance we can resort back to ballistic impact – herein lies the importance of hitting hard, and being able to hit within a restricted environment.

### **Biting and inherent problems:**

Biting has it's place within the realms of street fighting but it also comes with it's own problems of cross contamination. It would be remiss of me to write about the need to bite without mentioning the possible complications it brings with it. There is always the possibility of cross contamination anytime bodily fluids mix between one human being and another.

Blood borne diseases such as HIV and Hepatitis can be readily transferred from person to person through cross contamination of blood.

Research suggests that the risk of HIV infection in this way is extremely small. A very small number of people - usually in a healthcare setting - have become infected with HIV as a result of blood splashes in the eye or being pricked by a needle.



Blood in the mouth carries an even lower risk. The lining of the mouth is very protective, so the only way HIV could enter the bloodstream would be if the person had a cut, open sore or area of inflammation somewhere in their mouth or throat (if the

blood was swallowed). Even then, the person would have to get a fairly significant quantity of fresh blood (i.e. an amount that can be clearly seen or tasted) directly into the region of the cut or sore for there to be

a risk. HIV is diluted by saliva and easily killed by stomach acid once the blood is swallowed.



On a finishing point, before those on the moral high ground turn to the next page, it is worth noting that the recent abduction of a young girl in England was foiled after the girl who found herself in an

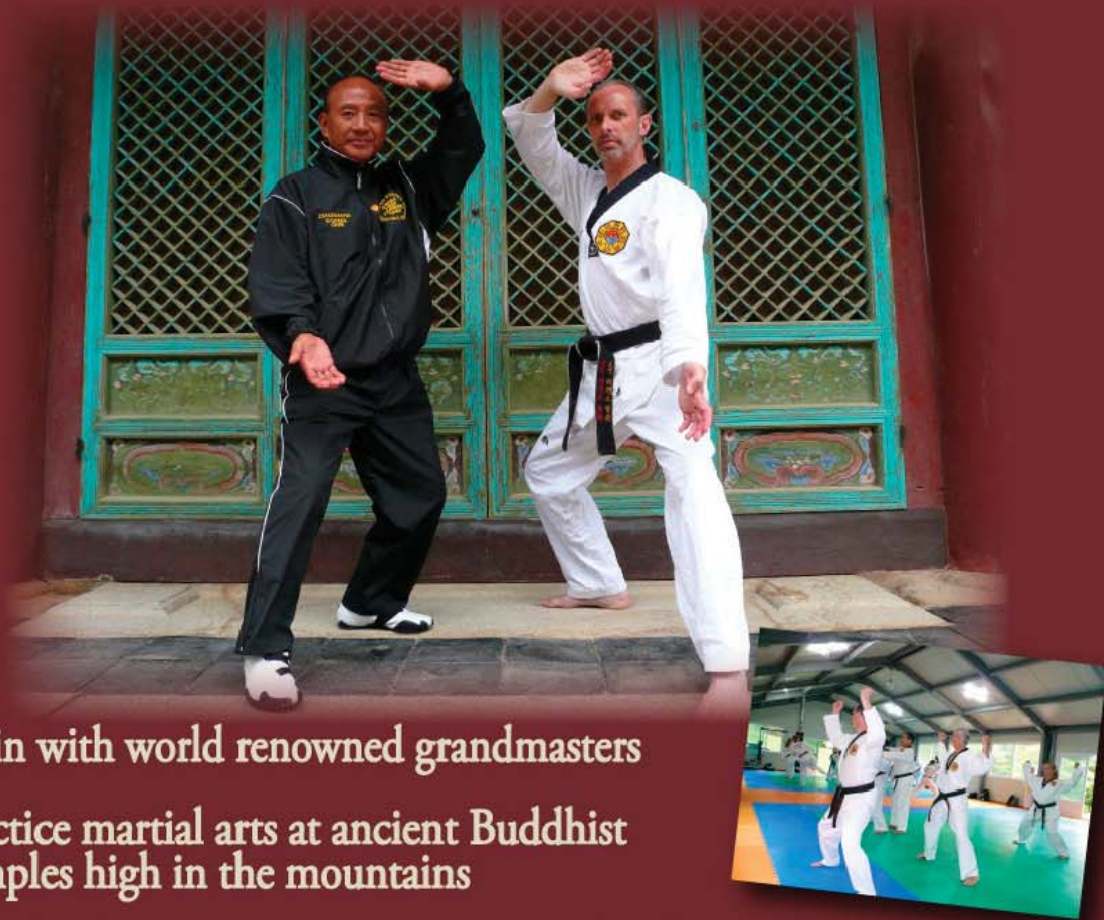
extremely tight grip bit her assailant. The result was him removing his arm from the point of pain which created the opportunity for her to run.

Every range creates opportunities to regain control of the fight, outside of a sporting context one must think outside the box.

# KOREA 2012

## THE CHOSUN TAEKWONDO ACADEMY 2012 KOREA TRAINING & CULTURAL TOUR

Join Grandmaster Richard Chun, Master Doug Cook and their students on an unforgettable journey that will change the way you view the martial arts forever.



- Train with world renowned grandmasters
- Practice martial arts at ancient Buddhist temples high in the mountains
- Sample the many unique delicacies and culture of Korea... the homeland of Taekwondo

All-inclusive price includes roundtrip airfare, lodging at 4-star hotels, all meals, training fees, English-speaking guide, attraction fees and transportation by luxury motor coach while in Korea.

**JULY 6 -14, 2012**

(845) 986-2288

info@chosuntkd.com

For more information, contact the  
Chosun Taekwondo Academy

**www.chosuntkd.com**



# Martial Myths

By Dave Lomas

**In the UK, during the 70's there was a martial arts boom, and as the boom grew, so did many myths surrounding the martial arts. Here we take a look back at some of those myths many of us fondly remember. Although many of us will chuckle at them today, I'm sure there are still people that believe them or worse, help them persist!**

You do not need to be registered to fight and you certainly do not need a licence to knock someone's head off in the street, just ask any drunken yob on a Saturday night, but you do need to have a good sense of humour when entering the world of martial arts.

arts, but wanted to brag that they had, some would boast that they were kung fu experts and that their hands were registered as deadly weapons. Many people began to believe this story and the myth became a reality for a long time to come.

The 1970's was without question the decade for the martial arts with clubs teaching all sorts of combat styles and films of the time showing some weird and wonderful stuff like flying through the air and punching holes in walls with their bare fingertips. The 1970's was also the decade that gave rise to some marvellously funny and at times bizarre myths and stories.

The most popular of these myths and stories was the one regarding the need to have your hands registered with the police as deadly weapons if you were learning karate or kung fu. Although it was true in part that you had to be registered in one form or another in other areas of the world this was not the case in the U.K. Born out of sheer ignorance by those who had never learned the martial



Imagine someone taking their three year old son along to the local police station, and standing there with the lad holding his hand, and saying to the police officer standing behind the desk, "I have brought my three year old son along because he's been learning karate these last two weeks and he needs his hands registered as deadly weapons".

There were many myths and fairy-tail stories doing the rounds back in those days including the so-called need to show your martial art licence to someone who was about to attack you and the requirement to warn them three times that you did kung fu, or one of the other martial arts, so that they was fully aware of the danger to themselves if they did attack. Not only was this totally untrue but also a waste of time if

someone was truly intent on knocking your head off.

From a purely self-defence point of view, warning of your abilities in advance of a fight would in some cases give your attacker the edge as he would be more aware of how to fight you and how to avoid your defensive techniques.

The martial art licence that gives you permission to practice the martial arts is something of a grey area and a mystery to me. Unlike a driving licence that is a government backed legal document and can result in legal action being taken

against you if you were to drive a car without one, the martial art licence does not have this legal status, although some hold this impression. Many who practice the martial arts do not own or have ever been issued a licence to practice the fighting arts and no one to my knowledge has ever been legally arrested for not doing so. In truth

the so-called martial arts licence is no more than a document that registers new members to the club and includes insurance cover. For those who hold the rank of instructor the licence is a form of written permit to conduct lessons under the terms and conditions of the head instructor. In certain situations, with regard to competition fighting, the licence is also to do with approved medical fitness and a form of permission to take part in events held under the group or governing body. Some are licensed by the local sports council which does help to open doors and give the club a better chance of using the



local facilities in the area. It is also helpful if you are an instructor looking for a venue to hold classes and would like the prestige of having sports council approval but if there was a legal requirement to be licensed by the government then many so-called cowboy clubs would soon be closed down, but unfortunately, there are still fly-by-night clubs around that open up here and there with the sole aim of making some easy fast money. The main reason why the so-called 'martial arts licence' is not a legally back document is all to do with money and enforcement. The cost to the government through taxpayer's money would be expensive for various reasons and to

monitor these not so legitimate clubs and instructors would be very difficult to say the least.

Many clubs are self regulated and although they do a fine job and try very hard to set standards and teaching practices there are those who lack effort or willingness to set good standards of practice and in some cases cannot

be bothered at all. Some of the larger clubs are regulated by external associations and organisations that offer backup in various ways including help in the case of a dispute but if you belong to a group that is self supporting and independent, then if something goes wrong your only course of action is through your statutory rights or through a solicitor. Governing bodies that are operated from outside the U.K. may not be liable under British law.

One of the other myths flying around back in those days that tended to make the top ten for popularity was the story of how





striking a person just in the right spot under the nose would drive the bone in the nose into the skull and pierce the brain. If this was in anyway true then no boxer in the ring, or anyone else for that matter, would take part in any form of sport combat. Not only is the main bone in the nose made from hardened cartilage, therefore it is not a bone, but this cartilage cannot penetrate the skull. There have been no reports of someone being injured or dying from this form of injury other than the nose being broken of course.

These and many more urban myths have been around for a long time but thankfully most of these silly stories have now vanished into the mists of time since the early 1990's however sometimes, but very rare these days, you will still come across some old chap in the pub bragging that not only are his hands registered with the police as deadly weapons but also, when he was younger, he could kill a man by pressing one finger into the persons neck. One person who also said this same story had to admit that it now took two fingers to do the job now he was older.

Unless especially trained in nerve point attack methods the average man would require their opponent to stand still while they applied a nerve pinch to disable them and if they did claim to be that type of expert then the question should be raised as to how they learned such a combat method. The only sure-fire way of knowing

that your nerve pinch attack method worked is by practising it on various people, but who would volunteer to be knocked out by such a method and in a real fight the opponent most certainly would not standstill to let you try.

These urban myths have not just been limited to the uneducated or untrained fighter through ignorance, or the arrogant boaster, but also through the so-called martial art masters. One instructor claimed he was the inventor of kung fu while another claimed he was a professor of the martial arts; one even claimed he could knockout a man by striking him, not with his fist, but with his nose. It is no surprise that these legends in their own mind are not heard of anymore. Unfortunately there are those, who having gained their black belt, become so self-important over the years that when people stop giving them the respect or attention that they seek they will invent things of this nature to enforce the misguided belief that they are in someway more special than they really are. Fortunately there are many highly qualified instructors who will treat what they do as being no more than an acquired skill and will leave it at that.

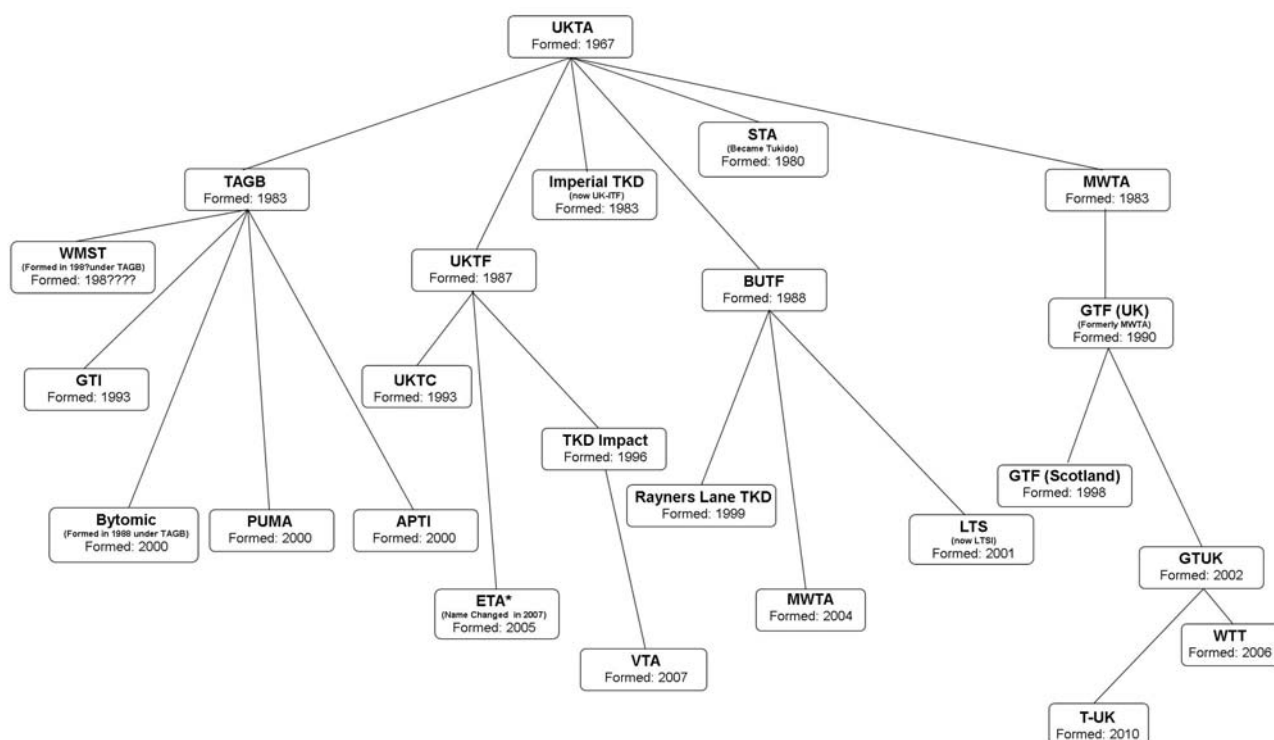
When people boast that they can win any kung fu or kickboxing expert in a fight because they fight dirty does that mean that they pick their nose with their fingers or something of that nature while performing a kick?

# 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.



## Acronyms

**APTI** - Association of Professional Tae Kwon-Do Instructors

**BUTF** - British United Taekwon-Do Federation

**ETA** - Ellis Taekwon-Do Association/English Taekwon-Do Association

**GTF** - Global Taekwon-Do Federation

**GTI** - Global Taekwondo International

**GT-UK** - Global Taekwon-Do - United Kingdom

**LTSi** - Lions Taekwon-Do Schools Independent

**MWTA<sup>1</sup>** - Mid-West Taekwon-Do Association

**MWTA<sup>2</sup>** - Master Wolf's Taekwon-Do Academies

**PUMA** - Professional Unification of Martial Arts Instructors

**STA** - Scottish Tae Kwon-Do Association

**T-UK** - Taekwon-Do UK

**TAE** - Taekwon-Do Association of England

**TAGB** - Tae Kwon Do Association of Great Britain

**UKTA** - United Kingdom Taekwon-Do Association

**UKTC** - United Kingdom Taekwon-Do Centre

**VTA** - Vision Taekwon-Do Association

**WMST** - West Midlands Schools of Tae Kwon-Do

**WTT** - White Tiger Taekwon-Do

**If you are not listed here or if you spot an error**

- please send your information to [instructor@raynerslanetkd.com](mailto:instructor@raynerslanetkd.com) to be included/updated on the **UK Ch'ang Hon Lineage Tree**.



# UK Ch'ang Hon Lineage Tree

**Update v4**

## Timeline

1955 - Taekwon-Do officially named  
1967 - UKTA formed by Grandmaster Ki Ha Rhee  
1980 - STA formed by Hock Aun The  
1983 - Imperial TKD formed by Master Trevor Nichols (January)  
1983 - TAGB formed by Master Dave Oliver, Master Mike Dew, Master Ron Atkins & Master Paul Donnelly  
1983 - MWTA<sup>1</sup> formed by Master Roy Oldham  
198?? - WMST formed by Master Amrit Kalkutt (Under TAGB)  
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  
2004 - MWTA<sup>2</sup> formed by Master Ted Wolf  
2005 - ETA formed 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  
2010 - T-UK formed by Mr John Archer

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](mailto: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.

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](mailto: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.*

**If your reading this ...  
...so are 65,000\* others!**  
**Don't miss the opportunity to advertise in  
what is the most popular magazine for Tae  
kwon Do students, worldwide.**  
**Get in touch now!**

**Email: [adverts@totallytkd.com](mailto:adverts@totallytkd.com)**



\*Based on March, 2011 issue downloads



# Afghanistan at the ITF

## *21st National Congress & 17th World Championships*

**By Noor Mohammad Shirzai**

### **21<sup>st</sup> ITF Congress Held**

The 21<sup>st</sup> International Taekwon-do Federation ITF congress took place at the people's palace of culture in Pyongyang DPR of Korea.

At the beginning of the congress one minute silent tribute was paid to late GEN. CHOI HONG HI Founder & Father of Taekwon-do.

The congress reviewed the work since the 20<sup>th</sup> ITF Congress and discussed the way to strengthen and develop the ITF Federation.

Present there were H.E Prof. Dr. Chang Ung ITF President, H.E Grand Master Phap Lu Secretary General of the ITF, Prof. Dr. Grand Master Leong Wai Meng and Yuri Kalashnikov, Vice President of the ITF.

Mrs. Choi Chun Hi, Widow of Late GEN. CHOI HONG HI and NGB Presidents and Members of the ITF TKD Federation.

Mr. Kang Nung Su, Vice Premier of the Cabinet, Kim Kyong Ho Chairman of the Korean Taekwon-do Committee and vice president of ITF and President Asian ITF TKD Federation and officials concerned also took part in the congress.

An opening address and a congratulating speech were made. Then H.E Prof. Dr. Chang Ung ITF President made a report and agenda items were discussed at the congress.

H.E Mr. Hed Mohammad Shirzai Founder and President of All Afghanistan National





Taekwon-do Association ITF was awarded the ITF order souvenir and GEN. CHOI HONG HI distinguish service Medal at the 21<sup>st</sup> ITF Congress, for his special contribution to the International Taekwon-do Federation.

It was decided to hold the 18<sup>th</sup> Taekwon-do world championships and the 22<sup>nd</sup> ITF congress in Bulgaria and adopted relevant documents.

## **17<sup>th</sup> ITF World Taekwon-do Championships** **Pyongyang, DPR of Korea**

The 17<sup>th</sup> ITF World Taekwon-do championships of the International Taekwon-do Federation ITF were held in Pyongyang the capital city of DPR of Korea from 6 to 12 September 2011.

800 competitors and officials from 80 countries participated at the most successful and memorable ITF World Taekwon-do Championships ever.

Afghanistan ITF Taekwon-do officials and competitors consist of five persons:

- 1.Mr. Hed Mohammad Shirzai, *Founder & President of All Afghanistan National Taekwon-do Association ITF as VIP and Umpire at the 17<sup>th</sup> ITF WTC*
2. Mr. Mohammad Maroof Sharifzada, *Chairman Umpire Committee (AANTA) as Umpire at the 17<sup>th</sup> ITF WTC*
- 3.Mr. Hussain Dad Azizi as *Coach at the 17<sup>th</sup> ITF WTC*
- 4.Mr. Noor Mohammad Shirzai as *competitor at the 17<sup>th</sup> ITF WTC*
- 5.Mr. Murtaza Azizi as *competitor at the 17<sup>th</sup> ITF WTC*

Were very lucky to be there

H.E each Mr. Choe Yong Rim, Premier of the DPR of Korea Cabinet, Mr. Choe





R y o n g H a e  
Secretary of the  
C.C, the workers  
party of Korea, Mr.  
Kang Nung Su Vice  
President of the  
cabinet.

Mr. Park Myong  
Chol Minister of  
physical culture and  
sports, Mr. Hein  
V e r b u r g g e n  
President of sport  
accord, Mr. Prof.  
Dr. Chang Ung IOC  
member and the  
president of ITF  
and vice president  
of the ITF attended  
at the opening  
ceremony.



on the participants  
to devote positive  
efforts to the  
prosperity of the  
Taekwon-do in an  
opening address.

A s p l e n d i d  
demonstration was  
given by the DPR of  
Korea Taekwon-do  
players at the  
opening ceremony  
as well.

The competitors  
competed in the  
patterns, sparring,  
special technique,  
self defense routine  
and power breaking  
under the slogan of  
justice, peace,

Mr. Ryang Man Gill Chairman of the  
Pyongyang city people committee as  
chairman of the organizing committee of  
the 17<sup>th</sup> ITF World Championships called

friendship and solidarity at the TAEKWON-  
DO PALACE the largest Taekwon-do  
Stadium in the World.







Mr. Noor Mohammad Shirzai by wining two times in the TUL (Pattern) section and one time in the MATSOGI (sparring) represent

36, followed by Russia and Tajikistan.

On September 12, participation in the championships visited the grave and

tombstone of late legendary father and founder of Taekwon-do GEN. CHOI HONG HI which is located in the Martyrs "patriots" cemetery and attended a farewell party hosted by the ITF and DPR of Korea Government at the People's Palace of Culture.



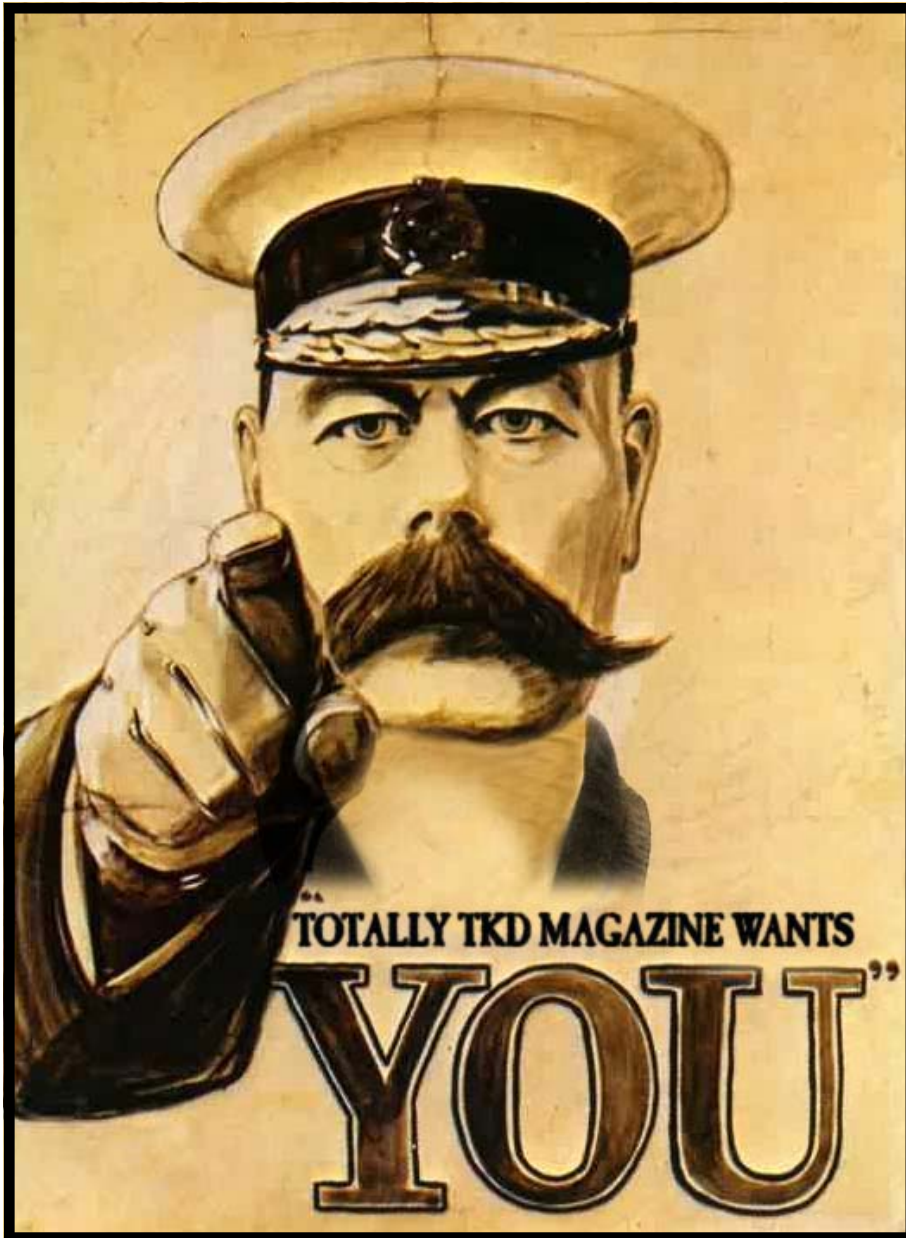
They also watched Arirang the Grand Mass Gymnastic Performance.

The results of the events are as follows:

ITF Afghanistan Very Well, Against his MADAKASCAR, UZBEKISTAN and NEPAL opponents.  
DPR of Korea won 19 Gold Medals out of

1<sup>st</sup> DPR of Korea  
2<sup>nd</sup> Russia  
3<sup>rd</sup> Tajikistan





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

# Taekwon-Do DVDs



Ch'ang Hon Syllabus DVDs  
from 10th kup thru to Black Belt

Taekwon-Do Seminars DVDs

Available from  
[www.raynerslanetkd.com](http://www.raynerslanetkd.com)



This advertisement has been generously donated to MSF

**MEDICAL CARE SHOULDN'T BE A LUXURY.**  
**BUT THOUSANDS OF PEOPLE DIE EVERY DAY OF DISEASES THAT CAN EASILY BE TREATED.**

MÉDECINS SANS FRONTIÈRES (MSF) GIVES FREE PROFESSIONAL MEDICAL CARE TO THE PEOPLE WHO NEED IT MOST. IN COUNTRIES DEVASTATED BY CONFLICT, NATURAL DISASTER OR POVERTY, OUR STAFF BATTLE EPIDEMICS, RUN EMERGENCY CLINICS AND PROVIDE BASIC HEALTH SERVICES.

FIND OUT WHERE WE WORK, WHAT WE DO AND HOW YOU CAN HELP AT [www.msf.org.uk](http://www.msf.org.uk)

  
**MEDECINS  
SANS FRONTIERES**  
English Charity Reg No. 1026588



# 17th ITF World Championship

## *Results*

Country	Gold	Silver	Bronze
AFGHANISTAN	0	0	0
ARGENTINA	0	0	1
AUSTRALIA	0	1	3
BELARUS	0	0	2
BOLIVIA	0	0	0
BRAZIL	0	0	0
BULGARIA	2	3	6
CAMBODIA	0	0	0
CANADA	0	0	1
CHINA	1	1	0
CHINA HONGKONG	0	0	0
CHINESE TAIPEI	0	0	0
COLOMBIA	0	0	0
CROATIA	2	0	1
CZECH REPUBLIC	2	2	8
DOMINICAN REPUBLIC	0	0	0
DPRK	19	3	3
ENGLAND	0	0	1
ESTONIA	0	1	3
ETHIOPIA	0	0	0
FINLAND	0	0	0
FRANCE	0	0	0
GABON	0	0	0
GREENLAND	0	0	0
HONDURAS	0	0	0
INDIA	0	0	0
INDONESIA	0	0	0
IRELAND	0	0	0
ITALY	0	0	0
KAZAKHSTAN	1	0	5
KYRGYZSTAN	0	1	0
LATVIA	0	0	0
LESOTHO	0	0	0
MADAGASCAR	0	0	0
MALAYSIA	0	0	1
MOLDOVA	1	0	0
MONGOLIA	0	3	2
MOZAMBIQUE	0	0	0
NEPAL	0	0	0
NETHERLANDS	0	0	0
NORWAY	0	0	0
PERU	0	0	0
PUERTO RICO	0	1	1
RUSSIA	5	11	4
SLOVAKIA	0	0	0
SLOVENIA	0	1	1
SOUTH AFRICA	0	0	0
SPAIN	1	1	0
SWEDEN	0	0	0
SWITZERLAND	0	0	0
TAJIKISTAN	2	5	6
TURKMENISTAN	0	0	0
UGANDA	0	0	0
UKRAINE	0	0	9
USA	0	0	0
UZBEKISTAN	0	0	1
WALES	0	0	1
ZIMBABWE	0	0	0

Individual event Pattern Male

1DAN	Match Count		33
Place 1	DPRK	Yun Chung Nam	
Place 2	RUSSIA	Iakovlev Dmitry	
Place 3	KAZAKHSTAN	Fu Maxim	
Place 3	TAJIKISTAN	Tyuryaev Daler	
2DAN	Match Count		29
Place 1	DPRK	Jin Hak Min	
Place 2	RUSSIA	Gabdullin Timur	
Place 3	ESTONIA	Eduard Svarval	
Place 3	PUERTO RICO	Rodriguez Baez Angel A.	
3DAN	Match Count		20
Place 1	CHINA	ShenZhenZhe	
Place 2	CZECH REPUBLIC	Vyzral Ales	
Place 3	RUSSIA	Piksaev Evgeny	
Place 3	MONGOLIA	Lkhagva Myangandash	
4DAN	Match Count		18
Place 1	DPRK	Ri Myong Jin	
Place 2	PUERTO RICO	Datiz Torres Luis Angel	
Place 3	MALAYSIA	Lyonel Tan Ooi Keong	
Place 3	AUSTRALIA	Justin Ming Low	

Individual event Pattern Female

1DAN	Match Count		17
Place 1	TAJIKISTAN	Tagaynazarova Madina	
Place 2	DPRK	Ri Chol Ok	
Place 3	CZECH REPUBLIC	Kolarova Katerina	
Place 3	UZBEKISTAN	Kvon Inna	
2DAN	Match Count		17
Place 1	DPRK	An Yun Mi	
Place 2	RUSSIA	Pushkareva Alina	
Place 3	SLOVENIA	Plecnik Nika	
Place 3	UKRAINE	Moiseienko Anna	
3DAN	Match Count		12
Place 1	DPRK	Kim Hyang Sim	
Place 2	RUSSIA	Klochkova Marina	
Place 3	ESTONIA	Victoria Mazina	
Place 3	TAJIKISTAN	Alieva Mekhrangez	
4DAN	Match Count		6
Place 1	DPRK	Jae gal un	
Place 2	CHINA	Zhang Yuan	
Place 3	MONGOLIA	Dashbalbar Manaljav	
Place 3	RUSSIA	Fedorova Maria	



Team event Pattern Male

	Match Count	15
Place 1 DPRK		
Place 2 TAJIKISTAN		
Place 3 CZECH REPUBLIC		
Place 3 KAZAKHSTAN		

Team event Pattern Female

	Match Count	8
Place 1 DPRK		
Place 2 RUSSIA		
Place 3 TAJIKISTAN		
Place 3 CZECH REPUBLIC		

Individual event Sparring Male

50KG	Match Count	14
------	-------------	----

Place 1 RUSSIA	Baglaev Boris
Place 2 KYRGYZSTAN	Zhumagaliyev Abzar
Place 3 BELARUS	Yarmola Andrei
Place 3 KAZAKHSTAN	Tin Stanislav

57KG	Match Count	19
------	-------------	----

Place 1 RUSSIA	Otsimik Evgeny
Place 2 DPRK	Ri Chung Ill
Place 3 KAZAKHSTAN	Fu Maxim
Place 3 WALES	Thomas James Harris

64KG	Match Count	31
------	-------------	----

Place 1 DPRK	Pak Song Hak
Place 2 AUSTRALIA	Bao Dai Le
Place 3 TAJIKISTAN	Sharifi Farkhod
Place 3 BELARUS	Berzhets Uladzislau

71KG	Match Count	32
------	-------------	----

Place 1 DPRK	Ri Myong Jin
Place 2 RUSSIA	Nezvanov Andrey
Place 3 TAJIKISTAN	Murodzoda Parvizi
Place 3 UKRAINE	Nazin Volodymyr

78KG	Match Count	29
------	-------------	----

Place 1 RUSSIA	Iakovlev Dmitry
Place 2 TAJIKISTAN	Nabiev Behruz
Place 3 BULGARIA	Dyuk Obiike Nuamerue
Place 3 CZECH REPUBLIC	Mracek Jan

85KG	Match Count	22
------	-------------	----

Place 1 TAJIKISTAN	Tyuryaev Daler
Place 2 RUSSIA	Kress Andrey
Place 3 DPRK	Pak Yong Bom
Place 3 CROATIA	Denis Vojnikovic

85+KG		Match Count	19
Place 1	CROATIA	Marin Šušnjar	
Place 2	SPAIN	Artur Ababii	
Place 3	BULGARIA	Nikolay Petrov Kehayov	
Place 3	UKRAINE	Duganets' Fedir	
<u>Individual event Sparring Female</u>			
45kg		Match Count	7
Place 1	DPRK	Jong Chan Suk	
Place 2	MONGOLIA	Gantulga Uranbileg	
Place 3	RUSSIA	Klochkova Marina	
Place 3	BULGARIA	Teodora Georgieva Zlatkova	
51kg		Match Count	14
Place 1	RUSSIA	Metegina Svetlana	
Place 2	DPRK	Pak Mi Hyang	
Place 3	BULGARIA	Nedialka Ivanova Batcheva	
Place 3	ARGENTINA	Giselle Moreno	
57kg		Match Count	18
Place 1	DPRK	Ri Hayng	
Place 2	BULGARIA	Amaliya Koleva	
Place 3	AUSTRALIA	Amy Pamela Phillips	
Place 3	UKRAINE	Arkaniya Rusudan	
63kg		Match Count	14
Place 1	RUSSIA	Gayfutdinova Alina	
Place 2	SLOVENIA	Lipnik Stasa	
Place 3	CANADA	Octavia Zdeb	
Place 3	BULGARIA	Albena Ivanova Malcheva	
69kg		Match Count	11
Place 1	BULGARIA	Irena Nikolaeva Vlasova-Tsvetk	
Place 2	CZECH REPUBLIC	Hambergerova Ilona	
Place 3	UKRAINE	Gryshchenko Ganna	
Place 3	DPRK	Ri Hyon A	
75kg		Match Count	7
Place 1	DPRK	Kim Su Ryon	
Place 2	RUSSIA	Kruglova Anna	
Place 3	BULGARIA	Stanimira Nikolaeva Petrova	
Place 3	UKRAINE	Tetereviatnykova Tetiana	
75+kg		Match Count	9
Place 1	DPRK	Kim Bom Mi	
Place 2	BULGARIA	Lidiya Stoyanova Dukova	
Place 3	CZECH REPUBLIC	Gorgolova Zuzana	
Place 3	UKRAINE	Tugai Alisa	



Team event Sparring Male

Match Count

---

Place 1	CROATIA
Place 2	RUSSIA
Place 3	KAZAKHSTAN
Place 3	UKRAINE

Team event Sparring Female

Match Count

---

Place 1	DPRK
Place 2	RUSSIA
Place 3	CZECH REPUBLIC
Place 3	UKRAINE

Self-Defence Routine Male

Match Count

---

Place 1	DPRK
Place 2	RUSSIA
Place 3	TAJIKISTAN

Self-Defence Routine Female

Match Count

---

Place 1	DPRK
Place 2	RUSSIA
Place 3	AUSTRALIA

Special Technique Individual Male

Match Count

---

Place 1	KAZAKHSTAN	Polyakov Alexandr
Place 2	TAJIKISTAN	Abduloev Bakhtiyor
Place 3	RUSSIA	Yashin Alexander

Special Technique Individual Female

Match Count

---

Place 1	DPRK	Ri Hyang
Place 2	BULGARIA	Albena Ivanova Malcheva
Place 3		

Special Technique Team Male

Match Count

---

Place 1	CZECH REPUBLIC
Place 2	TAJIKISTAN
Place 3	ESTONIA

Special Technique Team Female

Match Count

---

Place 1	BULGARIA
Place 2	
Place 3	

Power Breaking Individual Male

		Match	Count
Place 1	MOLDOVA	Tentiuc Alexei	
Place 2	TAJIKISTAN	Nabiev Behruz	
Place 3	DPRK	O Pyong Rim	

Power Breaking Individual Female

		Match	Count
Place 1	CZECH REPUBLIC	Possingerova Anna	
Place 2	MONGOLIA	Munkhtsog Munkhjargal	
Place 3	ENGLAND	Valentina Iotchkova	

Power Breaking Team Male

		Match	Count
Place 1	SPAIN		
Place 2	ESTONIA		
Place 3	CZECH REPUBLIC		

Power Breaking Team Female

Place 1	DPRK		
Place 2	MONGOLIA		
Place 3	CZECH REPUBLIC		

Overall

		Match	Count
Place 1	DPRK		
Place 2	RUSSIA		
Place 3	TAJIKISTAN		

Overall - Male

		Match	Count
Place 1	CZECH REPUBLIC		

Overall - Female

		Match	Count
Place 1	DPRK		

Technical Prize - Male

		Match	Count
	DPRK	Ri Myong Jin	

Technical Prize - Female

		Match	Count
	DPRK	Ri Hyang	



# International Taekwon-Do Federation I.T.F.



국제태권도연맹

Draugasse 3, 1210 Vienna, AUSTRIA

Tel. (+43-1) 292 84 67 Fax (+43-1) 292 55 09

E-Mail: [riyongson@itfhq.org](mailto:riyongson@itfhq.org) [treasurer@itfhq.org](mailto:treasurer@itfhq.org)

Website: [www.itfkd.org](http://www.itfkd.org)



## **WARM CONGRATULATIONS TO THE ENTIRE ITF MEMBERS WHO HAVE BROUGHT THE BRILLIANT ACHIEVEMENTS AT THE 17<sup>TH</sup> ITF TAEKWON-DO CHAMPIONSHIP**

Dear Members,

We were all very busy in this month with the outstanding efforts & contributions to make ourselves more dynamic & stronger and thus, brought ITF up to a higher stage.

As having been well known to the world, this month was most significant to all ITF members because we have fully demonstrated our might & strength as well as fully showed our skills & abilities to this globe through the 17<sup>th</sup> ITF Taekwon-Do World Championship held in Pyongyang, DPR Korea on 6-12 Sep. this year.

From the beginning, this Championship was enough to draw a lot of expectations & attentions from not only the Taekwon-Do brothers & sisters but also the Martial-Artists the world over as it had been scheduled in the Motherland of Taekwon-Do who has been paying the huge attentions to the development of ITF and doing its everything for the growth & expansion of original Taekwon-Do worldwide.

As everybody anticipated, this Championship went well & smoothly with over 1000 athletes from more than 80 countries across the world in attendance and the participants could particularly enjoy the hospitality & kindness of the Korean peoples during their stay in Pyongyang, and, needless to say, it was best opportunity to deepen the friendship & fellowship among ourselves through the competitions.

In a nutshell, the whole planet enjoyed this FESTIVAL together with us and was amazed at the FIRM UNITY among us and high technical aspects shown by us along with the well-organized & disciplined Championship.

During the Championship, we held the 21<sup>st</sup> ITF Congress on 7<sup>th</sup> Sep. this year and made a stronger voice than ever to move forward following our Organization, ITF, without any shake & waver.

Besides, we were in the colourful events like the Opening & Closing Ceremonies and Friendly Gathering in the periods of the Championship, which had surprised all the participants at its organizational & professional skills.

The highlight of this Championship was that the Sport Accord President Mr. Hein Verbruggen himself joined us and congratulated & encouraged all ITF members to go ahead along the path & track we had chosen in his speeches addressed at the Opening Ceremony.

Mrs. Choi Chun Hi, the Widow of late Gen. Choi Hong Hi, made us extremely happy as well by her presence at this Championship with the Blessings of her husband Gen. Choi Hong Hi, the Founder of Taekwon-Do and 1<sup>st</sup> President of ITF, and it shows to the world Gen. Choi Hong Hi is always with us.

We were also enjoying the Sponsorship from the KORYOLINK and ORASCOM and would never forget the big contributions made by them and sincerely look forward to continuously working with them in the future.

All the events done during the Championship would remain forever in our memories as the best of best in the history of ITF.

We must be proud of ourselves and ITF has nothing to scare as long as we are obtaining the great supports from you all.

On this occasion, we would like to offer out heartfelt thanks to the participants including the athletes, umpires, officials, volunteers, journalists and sponsors who played the KEY ROLES in producing the due success of this Championship.

Our sincere thanks go to Mr. Hein Verbruggen, the President of Sport Accord, and Mrs. Choi Chun Hi, the Widow of late Gen. Choi Hong Hi, who stayed with us during the Championship.

Our thanks also go to the KORYOLINK and ORASCOM who made unexpected & mammoth contributions to making this Championship unforgettable & memorable by sponsoring this Championship.

Our SPECIFIC THANKS go to the DPR Korean Government and Pyongyang Citizens who have rendered every possible assistance and unsparing physical collaboration for the success of this Championship from the stage of preparations to the end of the events.

Thank you!

**Prof. & Dr. Chang Ung**  
President  
IOC Member





## "The TKD Clinic"

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



Please send your questions to Glenn via [TKDClinic@totallytkd.com](mailto:TKDClinic@totallytkd.com) ensuring "TKD Clinic" is in the subject line

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

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

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

## HONEST JOHNS PRODUCT REVIEWS

**GOT A PRODUCT YOU FEEL YOU SHOULD TELL  
THE WORLD ABOUT?**

*A new uniform, training aid, book, DVD or something else? Well, drop an email to the editor and he'll send you Honest John's address to send them to for a honest review!*

*Honest John will ensure your product is thoroughly tested by students of Tae Kwon Do, then tell the world his opinions on them through the pages of the magazine*

*Only quality products need apply!*



[www.bullying.org](http://www.bullying.org)

"Where you are NOT alone!"





ORGANIZACIÓN RECONOCIDA POR EL ESTADO ESPAÑOL - MINISTERIO DEL INTERIOR - Nº 131.011

## Únete a Moo Duk Kwan Taekwondo

*¡Ven y sé parte de la formación de mejores ciudadanos!*

Moo Duk Kwan, enseña el ARTE de vivir y practicar el Taekwondo, fundamentalmente desde la perspectiva de una disciplina marcial tradicional, respetando todos los conceptos, éticos, filosóficos y técnicos, de la escuela Moo Duk Kwan (Escuela de la Virtud Marcial), predominando por encima de todo, el criterio de la formación en un sentido global e íntegro de sus practicantes, donde todos puedan estar física, mental y moralmente preparados, para afrontar con valor y honor, las diferentes situaciones que pudieran presentarse a lo largo de la vida.

Ofrecemos:

- Reconocimiento de Escuelas y Maestros
- Reconocimiento de Grados
- Eventos de Competencia y Convivencia
- Exámenes de Cinturón Negro
- Revisiones y actualizaciones de sistema MDK
- Servicio de seguro médico deportivo

[aetmoodukkwon@hotmail.com](mailto:aetmoodukkwon@hotmail.com)



<http://aetmoodukkwon.galeon.com>

# The TAEGEUK CIPHER

the patterns of Kukki Taekwondo as a practical self-defence syllabus

by Simon John O'Neill

- step-by-step analysis of the eight Taegeuk patterns
- striking, clinching and throwing solutions to real attacks
- designing a realistic pattern-based syllabus for self-defence
- history and development of the patterns of Taekwondo

book available at  
[www.combat-tkd.com](http://www.combat-tkd.com)  
[www.amazon.com](http://www.amazon.com)





# Get Yourself In print

If you'd like to submit something to Totally Tae kwon Do magazine, please send your submission to: [editor@totallytkd.com](mailto:editor@totallytkd.com)

Anyone can submit items as long as they are about Tae kwon Do or are Tae kwon Do related.

*Articles on aspects of training*  
*Articles on patterns, sparring or destruction*  
*Articles on Stretching, Fitness or conditioning*  
*Articles on health, nutrition or well being*  
*Interviews with instructors, masters or students*  
*History related articles*  
*Articles on exercises*  
*Self Defence articles*

*Technical articles (ie. How to....)*  
*Black belt essays*  
*Competition reports, results and photos*  
*Seminar reports and photos*  
*Book, DVD and film reviews*  
*Your own views on things TKD!*  
*Letters and emails*  
*Profiles of your school or teacher*

**Issue Deadlines are the 20th of each month**

## Submission Guidelines

1. All articles must be submitted in word, RTF or plain text format only with minimal formatting
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
5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
6. Please ensure you spell check your work before sending
7. All picture/photo's submitted give permission to the magazine for future use of them
8. All articles must be the author's own work or have permission from the author to the submitter to publish them with this magazine - please state this in the email sent
9. Upon submission, the submitter of the article and neither the magazine or editor is responsible for any errors, libel or copyright breaches contained within the article (both text, photos and/or pictures) when published. The magazine, nor its editor or staff can be held responsible for anything pertaining to an article or photographs/pictures published
10. The magazine reserves the right to choose what articles to publish and in which issue of the magazine they are published in.
11. The author of the articles retains full copyright of their work, but by submitting it to the magazine agrees that it can be published within the magazine, both now and in the future, including images that may accompany different featured work
12. The magazine will be encrypted to prevent the copying of articles and pictures, but cannot be held responsible for errors or circumventing of these procedures
13. Once published, any article, both text and photos are subject to the public domain and therefore cannot be retracted. By submitting articles you agree that you understand this.
14. The magazine reserves the right not to publish all pictures submitted with an article, but will try its best to do so depending on space available.
15. The magazine reserves the right to split long articles over several issues if necessary
16. Articles will only be accepted by email, either grouped or in a zip file.
17. The magazine reserves the right not to publish every article submitted, without reason.

*A rare picture of Grandmaster Nam, Tae Hi with General Choi, Hong Hi*



***"What you need to know about the past is that no matter what has happened, it has all worked together to bring you to this very moment. And this is the moment you can choose to make everything new. Right now."***

***- Charles R. Swindoll. "***



*Pictures courtesy of  
Minh T. Luong.*

*With his sons Andrew  
& Brian, with legendary  
pioneer Granmaster  
Nam, Tae Hi*

**Issue 33: 1st November 2011**  
***[www.totallytkd.com](http://www.totallytkd.com)***