

Totally Taekwondo

The Free Global Tae Kwon Do Magazine

November 2011 • Issue 33



• The History of
Tae Kwon Do in Michigan



• Punching Injuries



• Training Troops
in a War Zone



• Adrenalin:
The Ultimate
Game Changer

• One Divorce Too Many:
Losing a
Black Belt Student!



Training With A True Legend
Bill "Superfoot" Wallace

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

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Editorial

Issue 33 - November 2011

Welcome to the November issue of
Totally Tae kwon Do magazine.



Having spent hours compiling the results of the most recent book survey, we release the first set of results in this issue. It makes interesting viewing, especially for me as an author as I was pleasantly surprised at where my own books placed which for me, shows people find my efforts of value. I was however even more surprised at the order they ranked.. But there ya go, that's how the poll worked out.

Its been a busy month for me, take the last weekend for example: Saturday I had my TKD class, Sunday I co-hosted a TKD tournament, Monday I had my TKD class, Tuesday I had a black belt grading, Wednesday I had my TKD class and as well as all that, I had to compile the results of the Dan grading and get things organised, compile and list the results of the tournament (article in this months edition), finish up the magazine and on top of all this, it was the school holidays! Can you have too much TKD?

This months edition is interesting to say the least, book survey aside, we have a great article on 'Punching Injuries' which I found interesting having only just watch a couple of my students smashing their way through boards with their fists, at the Dan grading.

Though falling and throwing are very much part of Tae Kwon Do, not every school teaches them and for those that do, the side break fall is possibly one of the least practiced, so its good to have an article on this aspect, this issue - please feel free to send in your articles on these 'lesser' practiced areas!

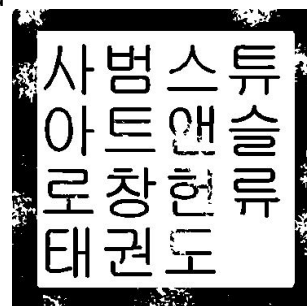
I didn't think we'd see Bill Wallace gracing the UK again, but I was wrong as he's been back, allowing many students to once again train with this martial arts legend.

Speaking of legends, I hear Joe Lewis is making a recovery, which is great news and I wish him well.

Happy reading,

Regards,

Stuart Anslow
Editor



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Cover Design: Mickey Lozano

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Totally TKD News

Korean Martial Art Yong Moo Do Launch In Pakistan

The Korean Martial Art Yongmoodo has been launch in Pakistan by Rizwan Mustafa Zubairi, the certified trainer and international Master Instructor from World Yongmoodo Federation, Korea.

The first two days instructor training seminar has been conducted by the President and founder of Pakistan Yong Moo Do Federation Master Zubairi which comprises of basic Yong Moo Do techniques including Dan

Jun Breathing, locks, swiping and kicking techniques. The seminar is officially approve and sanctioned from World Yong Moo Do Federation secretary general Grandmaster Sae Yong Oh.



Yongmoodo locks

Master Zubairi informed that Yong Moo Do is the martial arts of 21 st century and technically this system met all the requirements of Pakistan Martial Arts Society.

Master Zubairi has inducted Master Shabbir Hussain and Master Rehman Shah as Vice President in

Pakistan Yong Moo Do Federation.



Over 50 martial artists include the following black belts has participated during the two-days training seminar at Karachi Taekwondo Academy from 15 th and 16 th October 2011.

- . Master Shabbir Hussain
- . Master Rehman Shah
- . Sarfaraz Ali
- . Muhammad Shoaib
- . Muhammad Talha
- . Irshad Khan
- . Safdar Ali
- . Abid Alam Siddiqui
- . Abdul Hadi Siddiqui
- . Alamgir Shah
- . Muhammad Shakir
- . Sohail Khan.
- . Muhammad Faizan Khan
- . Muhammad Zubair

Master Zubairi has been in martial arts for over 30 years and is promoting Korean Martial Arts from Zubairi's Martial Arts Centre since 1983 in Pakistan.

Master Promotion



Master Rod Bohorquez was promoted to Grand Master 8th Degree Black Belt by

Great Grand Master Jae Kyu Chon President Of the Korea Tae Kwon Do Moo Duk Kwan.

Grand Master Rod has more then 38yrs experience in the Martial Arts. He started under the guidance of the late Grand Master Pong Ki kim in New York. He became the highest non Korean student that Grand Master Kim promoted.

Master Rod supervises schools in the U.s. as well as in Costa Rica, Mexico and Colombia.

He was also appointed President Of Costa Rica Moo Duk Kwan by the same Association

Annual Orient World of Self Defense

Great Grandmaster Aaron Banks held his 45th Annual Orient World of Self Defense at the Pennsylvania Hotel in New York City on October 2nd.



Pictured are left to right: Grandmaster Aaron Banks, Grandmaster John McNeil, Grandmaster Suk Jun Kim, Shihan Gary Alexander, Master Morgan Prue.

Appearances included schools from as far away as California with Grandmaster Irving Soto, Grandmaster Derrick Williams who performed traditional Karate kata, and Suk Jun Kim's TaeKwon-Do in Manhattan who

did a traditional TaeKwon-Do demonstration with patterns, self-defense and board-breaking.

Grandmaster Banks had several special guests in attendance including Shihan Gary Alexander, Grandmaster Suk Jun Kim and Grandmaster John McNeil. The event was produced by Grandmaster Jaime Cianfrocco, who is also a Marine Corp. veteran, retired now for 20 years. Grandmaster Banks has been featured on the covers of many magazines as is credited as one of the great pioneers of the martial arts.

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

US-ITF Host Black Belt Grading In Afghanistan

By Michael Munyon, VI Dan. US-ITF Armed Forces Director

On 1 October 2011, the Munyon's Korean Martial Arts Academy conducted a II Dan grading for a Canadian Soldier named Master Corporal Brian Webster. The examination board consisted of Mr. Michael Munyon, VI Dan, Mr. Lauren Rhea, IV Dan and Mr. Raymond Rijkse. Assisting with set up and sparring was one of Mr. Munyon's students, Mr. Marty Phillips. This examination was special for everyone present for many reasons. The reasons include the following:

1. *First ITF Black Belt Examination on Kandahar Airfield, Afghanistan during OPERATION ENDURING FREEDOM.*
2. Mr. Michael Munyon was reunited with ITF friend and US Army Warrant Officer Raymond Rijkse who assisted during the examination and trains at the Munyon's Korean Martial Arts Academy located at the Army



Morale Welfare and Recreation center.

3. *Master Corporal Brian Webster will be returning to his home country in December and hopes to open up his own dojang where he will continue to teach ITF Taekwon-Do.*
4. Mr. Munyon was able to utilize the ITF International Instructor Certification.

The Munyon's Korean Martial Arts Academy is a licensed school through the ITF/US-ITF under the leadership of Grand Master Choi Jung Hwa and US-ITF President Master Robert N. Wheatley. One of the unique aspects of grading under someone like me is that I've been deployed to numerous countries and know the challenges of military soldiers. During Mr. Webster's examination he was required to put on his war gear (battle rattle) and spar. He sparred multiple individuals with his war gear to demonstrate the real world application of Taekwon-Do in a military environment. The heavy metal plates and Kevlar helmet added extra weight and stress during the sparring segment of the grading, but Mr. Webster persevered and was able to fight until the end. During the Hosin Sool segment of the grading, Mr. Webster had to react, escape, counter and control his opponent initially with his eyes closed. Once his attacker made contact with a grab or choke, Mr. Webster instantly opened his eyes and immediately reacted with the appropriate counter of the attack. This simulated a spontaneous attack which requires quicker reaction time from the defender.

The entire composition of Taekwon-Do was tested during the simsa which included General Knowledge, History, Fundamental Techniques, Tuls from directional punch to Gae-Baek, 3-2 an 1 Step Sparring, Hosin Sool, Free Sparring and breaking with both left and right side. The examination ran approximately two



and a half hours with only three, two minute breaks. Upon conclusion of the examination all the members of the examination board spoke on strengths and weaknesses in the grading, but, it was unanimous that Mr. Brian Webster was allowed to promote to the next grade of II Dan.



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Totally
TaeKwonDo

The free global Tae Kwon Do Magazine



Training With A True Legend

Bill “Superfoot” Wallace

By John Dowding

My interest in the martial arts began when I was about thirteen years old and the Bruce Lee craze was sweeping the world in the mid Seventies. Back then if you wanted to see a new film there was only one option, the Cinema. Being too young to get in to see the films I had to content myself with magazines and the odd book I could find, in fact I still have the first Karate instructional book I bought back then with the date 24/01/1976 inscribed inside in my best child's handwriting. There were no clubs or schools to join and my parents wouldn't have allowed me to join one if there were, so I just tried to copy the moves in my bedroom as best I could with appropriate Bruce Lee noises.

I left home at sixteen and became distracted by other things, but in the mid eighties another martial arts boom swept the country and I joined a local Karate club that I saw advertised in the paper. This club was part of the English Contact Karate Association (ECKA). The association was

full contact and followed the same rules as the American Professional Karate Association (PKA). My instructor at the time (Mr Red Walcott) fuelled my passion by lending me cutting edge technology VHS video tapes of American PKA fights and that was my first introduction to the legend that is Mr Bill “Superfoot” Wallace. My first ever set of sparring gear was branded with the “Superfoot” logo along with everyone else's in the country!

Because of the popularity of the martial arts at that time there were many different martial arts magazines published monthly and “Superfoot” graced the cover of them all regularly, and was already established as a martial arts legend along with Bruce Lee and Chuck Norris.

What made “Superfoot” different was his story and his triumph over injuries that would have made most other people hang up their training suit for good. He began his martial arts training in the art of Judo in



1966 but suffered a serious injury to his right knee which ended his Judo training. Undeterred by this considerable setback he began to learn the art of Shorin Ryu Karate whilst serving in the US military. He began to compete in the American point fighting tournament circuit with all the blood and snot that went hand in hand with competing in those early tournaments which were not for the faint hearted.

“Superfoot” eventually progressed to full contact kickboxing and went on to win 23 consecutive professional fights between 1974 and 1980. He retired as the undefeated PKA middleweight full contact champion.

Now the special thing about all this is as the name “Superfoot” suggests he did all this using just his left leg to kick with and utilising just three kicks which became his trademarks. Side Kick. Roundhouse (Turning) Kick and Hook Kick. His remarkable kicking ability meant his kicks have been recorded as reaching speeds of sixty miles per hour, and his style meant his opponents knew which kicks would be coming, however stopping them was a whole different matter.

Fast forward to 2011 and a sleepy suburb of Bristol, England and a seminar hosted by the Professional Unification of Martial Arts (PUMA) featuring the great man himself. As I found a spot for my kit bag I stood up and turned around and there walking towards me in the company of

Master Mark Ogborne was a living martial arts legend, Bill “Superfoot” Wallace himself. To my surprise and delight “Superfoot” warmly shook my hand after an introduction and I was immediately struck with how friendly and approachable he was. Gradually the hall filled up with students all eager to get started but with a certain amount of apprehension to be at a seminar with one of the worlds greatest kickers, could we stand the pace? Would our hips (older ones amongst us) take the pressure? Well we were about to find out.



“Superfoot” took the floor and it’s fair to say that from the moment he first started to speak he had everybody in the palm of his hand. It became immediately apparent that he loves what he does and his enthusiasm and passion for teaching and passing on his knowledge gives him a real buzz. Couple this passion and knowledge with a totally down to earth attitude and a healthy dose of “Superfoot” humour and I knew we were

in for a special seminar.

The seminar started with some warming up stretching exercises, this began fairly easily and progressed to some taxing stretches that certainly had me feeling it. The great thing about this was not only was Bill performing the stretches as if he was a very young man, he had the expert knowledge to explain exactly why the stretches were beneficial and the do’s and don’ts of the stretching methods being demonstrated. “Superfoot” holds a

Masters Degree in Kinesiology from Memphis State University so has a superb knowledge of the body and how it works, and demonstrated this knowledge as we stretched with a commentary on exactly what muscle groups were working and the effect the stretches had on other areas of the body. Flexibility has never been my strongpoint but I learnt a significant amount and some new methods that I will definitely be using from now on.

The seminar progressed onto performing the three kicks "Superfoot" is famous for and we began with the sidekick. Training with a partner we were introduced to some footwork for disguising the kick enabling the kick to be performed effectively without "telegraphing" the movement. "Superfoot" was keen for every one to actually land the techniques onto our training partners so we could work on accuracy and placement of the kick rather than unrealistically kicking air away from our opponent.

We moved on to some advanced footwork and also started to use the roundhouse and hook kick to complete the famous trio. "Superfoot" then moved onto the concepts of creating openings by duping your opponent into thinking that he or she knew what you were going to be throwing at them by setting them up for one type of kick and delivering another kick instead. He then introduced another of his famous techniques the left hand backfist, and

again led us through the concepts of using the hands and later the legs to set up the scoring kicking techniques by creating openings in the opponents defence.

As he was demonstrating it was fascinating to see him kicking experienced fighters at will, even though they knew what was coming, or at least thought they did.



I always like to get involved at seminars as I believe it's better to feel it and experience a technique rather than to watch from the sidelines. And so it was a great honour and privilege when "Superfoot" asked me to assist so he could demonstrate at various times through the seminar. Being on the receiving end of his techniques I really couldn't believe the speed he was delivering them at but even more impressive was as

he switched techniques I really found it impossible to see what was coming at me before they landed much to the amusement of everyone else. Equally as impressive as his techniques was his teaching style which was relaxed, easy going and very, very entertaining. I have never met a more approachable seminar instructor and due to this it was very easy to ask for clarification on any point without that sinking feeling you can get at some seminars where a person can be made to feel stupid for asking a question.

In no time at all the seminar was over



much to every ones disappointment, and it had that special quality of seemingly making the time just slip away and left everyone hungry for more.

In line with his friendly, approachable character “Supefoot” was more than happy to hang around after and pose for photos and sign books, photos, doboks and just chat to everyone, he genuinely enjoys what he does and that shines through in spades.

I asked him for a comment on the seminar and he said “this is the third time I have

been to England, the first time with the new guys on the block more or less and they looked fantastic, the guys looked absolutely superb. I was having a ball the whole time, thier kicking is great, balance is good, flexibility is superb, I look forward to seeing them next time”

So there we have it I finally got to meet the man who inspired me to use a hook kick as my favourite technique, a personal hero of mine and I can now have the claim to fame “Bill Superfoot Wallace kicked me in the head” Awesome.



Totally Tae Kwon Do Most Rated Books Survey

In 2009, Totally Tae kwon Do magazine ran its first '*Most Rated Books*' survey and we thought it was time for an update, what with new books having been released over the last few years.

Once again the survey invited the magazines subscribers and members of various Tae Kwon Do forums to vote on their book collections.

The survey asked readers to rate books according to their value (in terms of information) and differs from Amazon's top 100 lists, which lists the 'Best Sellers' as opposed to the 'Best Books', as cheaper books often sell more than more expensive ones, but in actuality are a false economy.

As in 2009, the survey was split up into sections as we did not want an 'ITF Vs WTF' type of thing, but rather those books that represent a particular system/style to go head to head instead.

The survey had 3 main sections:

1. WTF/Kukkiwon Based Books
2. ITF/Ch'ang Hon Based Books
3. "Other" Tae Kwon Do Books

'Official' books pushed by organisations, such as the *Kukkiwon Text Book* or General Choi's *Encyclopaedia of Taekwon-Do* had their own categories, as these books are often seen as 'must haves' and thus pushed a lot more by big organisations than books by independent authors, though some of the more general ones made it into the regular categories.

Overall, readers voted on 135 different Tae Kwon Do books (only rating the ones they actually own), giving them a rating of 'Excellent', 'Good', 'Average', 'Below Average' or 'Poor'. All positive votes received positive points and all negative

votes received negative points - and finally, to make it as fair as possible, the sum total of the points was divided by the number of people that voted on a particular book.

So for example if *Book A* received 160 points and was voted on by 110 people, the final score was 160 divided by 110. This made older or rarer books, that less own, compete on an equal footing with more readily available books.

This years survey included many of the books we missed in 2009, as well as all the latest new releases from the last couple of years. Rare books, older books and newer books got to go head to head in a fair system of voting.

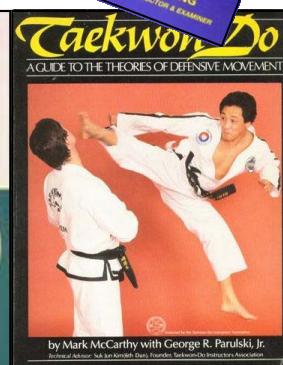
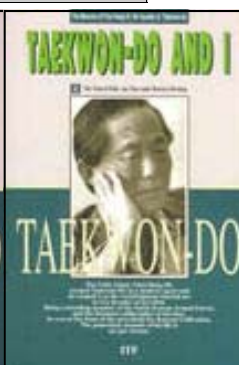
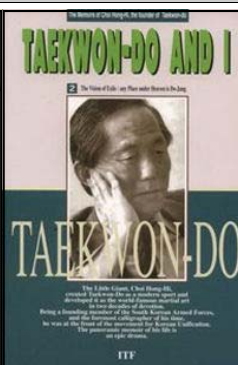
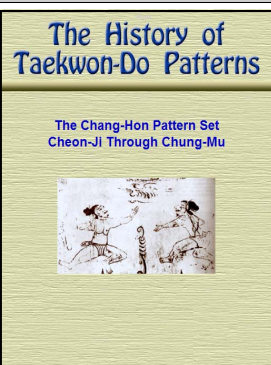
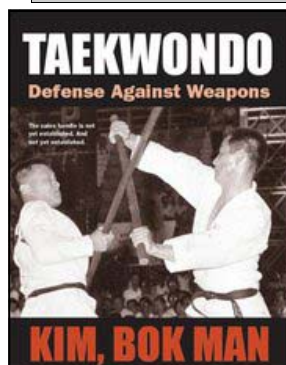
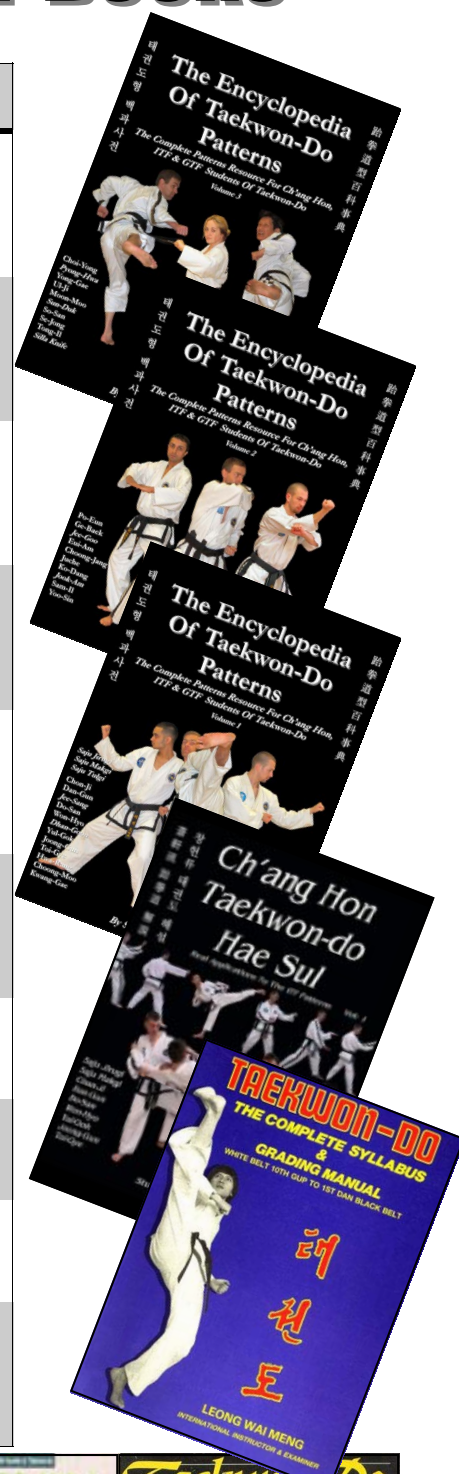
Furthermore, a new feature of the Totally Tae kwon Do magazine web site (www.totallytkd.com) is the **Book Store**, which features direct links to Amazon and other web sites to make it easier for anyone to grab any of cool Tae Kwon Do books that featured in this survey. The Book Store also features the full Top 30, plus the rest of the books from the survey and other categories.

On the next page you will see the Top 20 '**Most Rated ITF/Ch'ang Hon Based Books**' 2011.

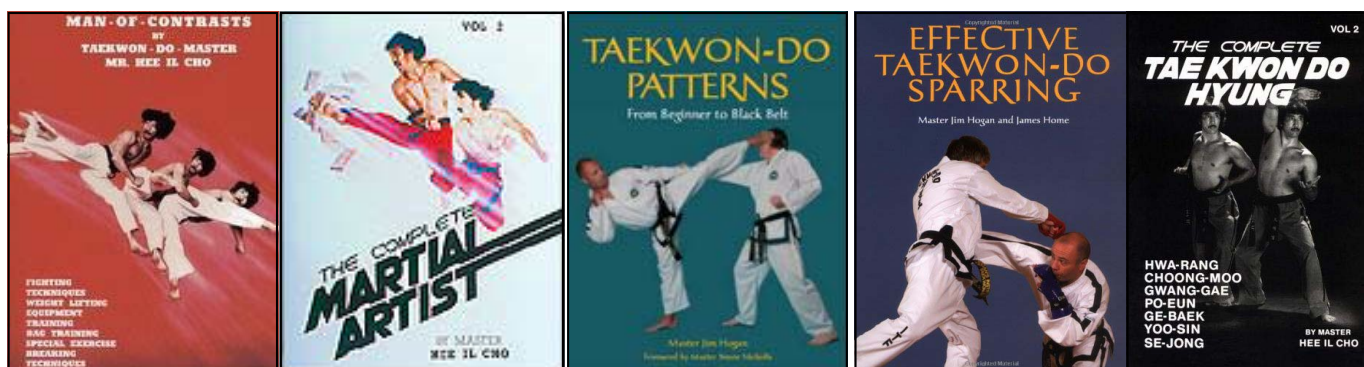
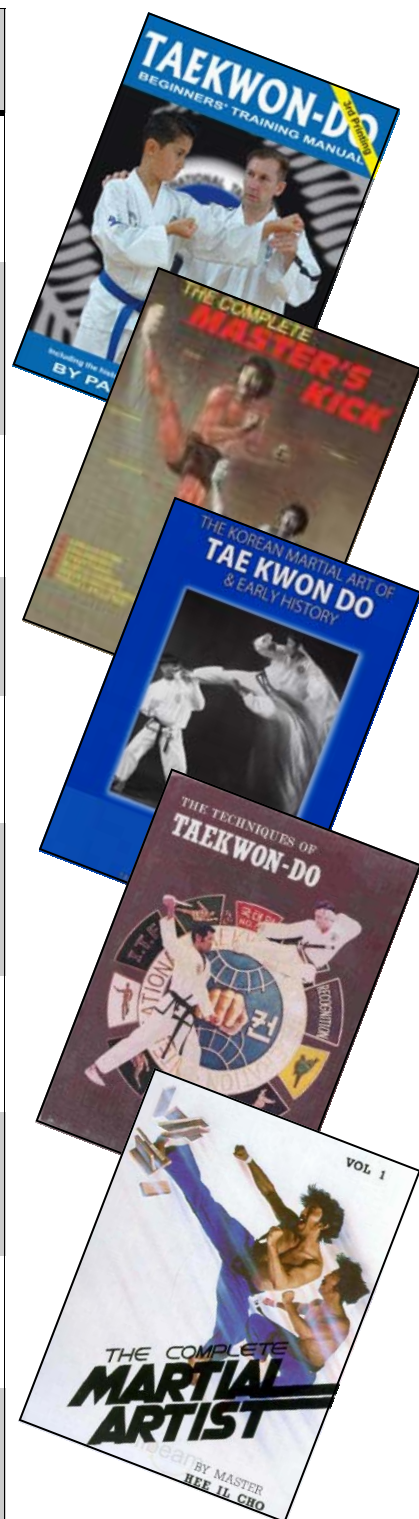
Pop over to the web site to see all the books in the survey.

Top 20 Most Rated ITF Books

Rank	Title & Author/s
1.	The Encyclopedia Of Taekwon-Do Patterns: Vol 3 <i>by Stuart Anslow</i>
2.	The Encyclopedia Of Taekwon-Do Patterns: Vol 2 <i>by Stuart Anslow</i>
3.	The Encyclopedia Of Taekwon-Do Patterns: Vol 1 <i>by Stuart Anslow</i>
4.	Ch'ang Hon Taekwon-do Hae Sul Real Applications to the ITF Patterns: Vol 1 <i>by Stuart Anslow</i>
5.	Taekwon-do: The Complete Syllabus & Grading Manual <i>by Leong Wai Meng</i>
6.	Practical TaeKwon Do: Defense Against Weapons (+ Re-issue) <i>by Kim Bok Man</i>
7.	The History Of TaeKwon-Do Patterns <i>by Richard L Mitchell</i>
8.	Taekwon-Do And I: Vol 2 <i>by Choi Hong Hi</i>
9.	Taekwon-Do And I: Vol 1 <i>by Choi Hong Hi</i>
10.	TaeKwon-Do: Guide To Defensive Movements <i>by Mark McCarthy</i>



Rank	Title & Author/s
11.	Taekwon-Do Training Manual <i>by Paul McPhail</i>
12.	The Complete Master's Kick <i>by Hee Il Cho</i>
13.	Tae Kwon Do & Early History <i>by CK Choi</i>
14.	Techniques of TaeKwon-Do <i>by Jimmy M. S. Too</i>
15.	The Complete Martial Artist: Volume 1 <i>by Hee Il Cho</i>
16.	Man of Contrasts <i>by Hee Il Cho</i>
17.	The Complete Martial Artist: Volume 2 <i>by Hee Il Cho</i>
18.	Taekwon-Do Patterns: <i>From Beginner to Black Belt</i> <i>by Jim Hogan</i>
19.	Effective Taekwon-Do Sparring <i>by Jim Hogan</i>
20.	The Complete Tae Kwon Do Hyung, Vol. 2 <i>by Hee Il Cho</i>

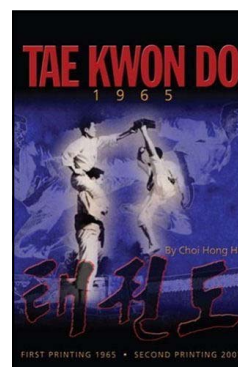
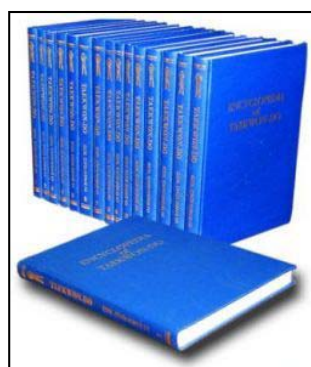


Top ITF & TAGB Endorsed Books

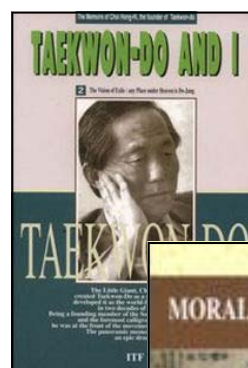
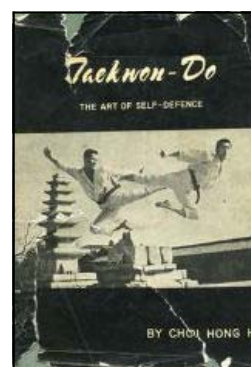
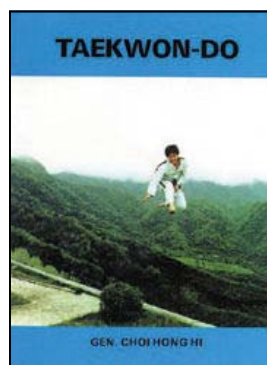
The following list represent books written and printed by General Choi or the TAGB (Tae Kwon Do Association of Great Britain). They had their own section of the survey, as the books are endorsed by the ITF or the TAGB, so seen as 'must haves' by many students within those organisations. In the case of General Choi's books, it is really the reference manuals (such as the 15 Volume Encyclopedia's or the Condensed version) that are pushed by the

ITF, but as the history of the ITF is so obviously connected with General Choi, we listed all his books.

Some of the books did also feature in the main categories as well, such as 'Taekwon-Do and I' and some of the TAGB books, as they are more 'general' and popular amongst all organisations. The following charts represent the full list of 7 General Choi (ITF) books and 6 TAGB books.

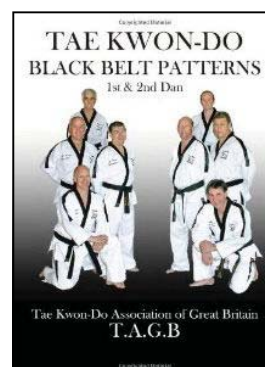
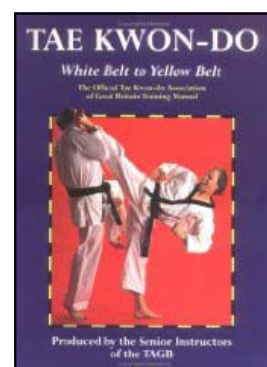
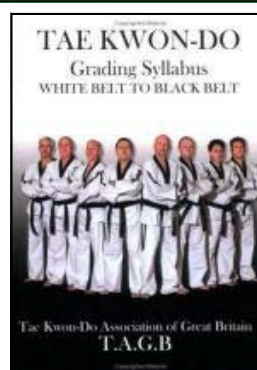
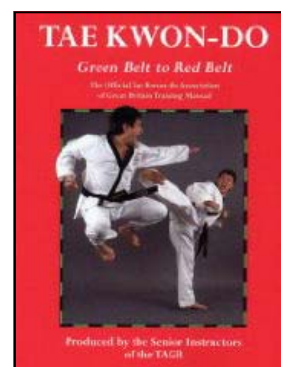
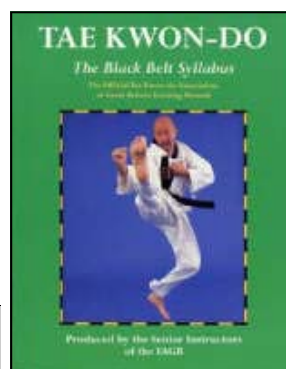


Rank	Title & Author/s
1.	Encyclopedia Of TaeKwon-Do - 15 Volume Set - <i>by General Choi Hong Hi</i>
2.	"Tae Kwon Do" 1965 Edition or reprint <i>by Choi Hong Hi</i>
3.	Taekwon-Do: The Condensed Encyclopedia <i>by Choi Hong Hi</i>
4.	"Tae Kwon Do" 1972 Edition <i>by Choi Hong Hi</i>
5.	Taekwon-Do And I: Vol 2 <i>by Choi Hong Hi</i>
6.	Taekwon-Do And I: Vol 1 <i>by Choi Hong Hi</i>
7.	Moral Guide Book <i>by Choi Hong Hi</i>





Rank	Title & Author/s
1.	Tae Kwon-Do: <i>The Black Belt Syllabus</i> by TAGB
2.	Tae Kwon Do: <i>Green to Red Belt</i> by TAGB
3.	Taekwon-do: Grading Syllabus: <i>White Belt to Black Belt</i> by TAGB
4.	Tae Kwon-Do: <i>White Belt to Yellow Belt</i> by TAGB
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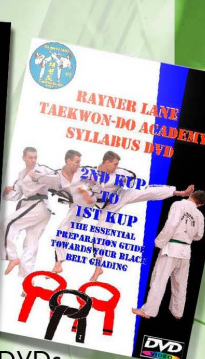
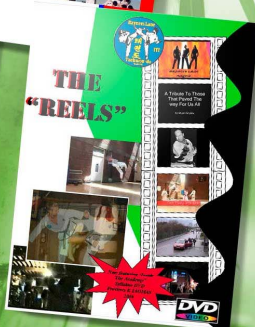
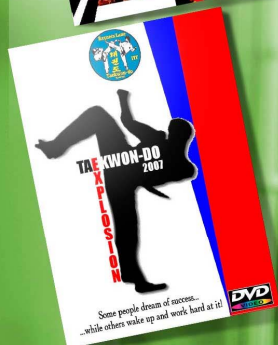
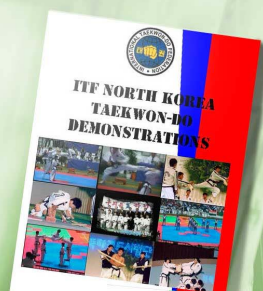
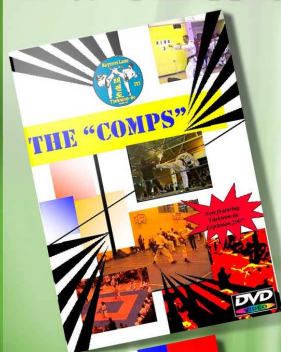
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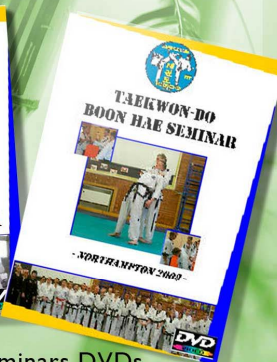
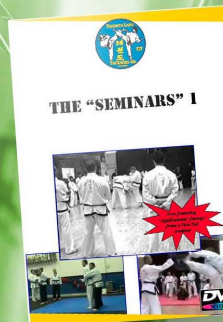
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One Divorce Too Many

The Loss Of A Black Belt Student Can Be A Disheartening Experience

By Master Doug Cook

One spring day in 1997, just before beginning a vigorous training session at the Richard Chun Taekwondo Center in New York City, I sat with Grandmaster Chun in his office discussing several issues relating to school ownership. Being the benevolent and forthcoming man that he is, Grandmaster Chun was never one to hold back valuable information from his disciples.

The conversation on that warm afternoon centered on my question as to why he chose not to display photographs of his many black belt students on the walls of his Upper Eastside dojang. The root of my query evolved from observations I had made while visiting various schools here and in Korea, the homeland of tae kwon do. At one dojang locally, I had noticed a cluster of color photos depicting what appeared to be the location's entire population of black belts; there wasn't

many, but they all seemed to be represented, including the master instructor. Likewise, while training at the Korean National University for Physical Education or KNUPE, in Seoul, as well as other noteworthy training facilities in the "land of the morning calm", I was impressed with row upon row of proud, young black belts frozen in black and white images that stared down at me from frames firmly secured above the mirrors that ran the entire length of the dojang.



Black Belts are a precious commodity to any school

Tributes of this sort seemed to add an air of heritage and permanence to not only the institution itself, but also the sacred training floor upon which we were about to stand. And so, almost two decades ago, shrouded in my naiveté, I was confounded as to why my kwanjangnim did not share in this practice.

Without ever meeting Grandmaster Chun, one could not be familiar with his humble, gracious demeanor. He is unyieldingly courteous and disarmingly kind in his approach; except, of course, when he is standing in class before a large group of students. It is then that his ferocity and passion for tae kwon do quickly becomes apparent. Nevertheless, sitting at his desk across from me that day, he paused seemingly in deep reflection before answering. I trust that I am not breaking a confidence when I share

his reply. Kwanjangnim looked up and said "If I were to mount photos of every black belt that I have graduated across the years at this school alone, not only would they fill every available wall, but a real danger exists that I would weep for those who have left." With that statement, I truly began to understand the deep and singular relationship that exists between a worthy master and his loyal students.

Since then, I too have created many black belts; clearly not as many as Grandmaster

Chun, but the quantity reaches well into the hundreds. Some, based on limited tenure are difficult to remember. The vast majority, however, will never leave my mind. Many are still with me and have gone on to become highly competent master instructors. Others, having enrolled as youngsters, eventually entered college, had families of their own and relocated. A very few, sadly, have been forced to discontinue their training due to unrelated injuries or physical disabilities. But as with most martial arts schools many black belts tend to depart largely based on time constraints, family responsibilities or simple

boredom stemming from a limited curriculum. This last malady frequently results in a trickling away of enthusiasm for the art in general. Fortunately, our school offers a traditional curriculum extending through 6th dan that constantly challenges the black belt,

invariably igniting continuing interest. Still, to surrender for any reason is a tragedy of considerable proportions.

Regardless, the rapport that exists between the master instructor and the black belt student is exceptional in nature. If taken seriously and allowed to mature, the relationship is infused with a quantifiable consistency that mirrors other vivid liaisons in life. For example, at the culmination of the black belt examination, the master instructor symbolically bestows



Years are required for the Black Belt to become proficient in technique

the student with wisdom by first wrapping the black belt around his waist before tying it around the student's. Consequently, even though the practitioner may in the future train with other instructors, this is a statement that clearly says: "I am your first master and we are tied together for now and forever." This ritual is vaguely reminiscent of another, equally heavy with meaning: that found in the bond of marriage signified by the gold wedding band. Once a serious commitment is made to the study of traditional taekwon do, one cannot simply ignore its profound implications.

It is said that genuinely competent martial arts instructors give a little piece of themselves away to each student they seek to inspire until, eventually, there is nothing left. The only way the teacher can replenish their skill is through constant, personal training and then facing new students yet again. And so, the cycle continues. I absolutely believe this to be true. Yet I ultimately hold that it is with each defection or departure of a black belt that an intangible, spiritual fragment of the master is torn away, never again to be replaced. The silent torment, unique to those at the top, cannot rightfully be shared and is overwhelmingly exacerbated by an informal exit. Tae kwon do training is built on a platform of courage, courtesy and dignity. Accordingly, if the day should arrive when the black belt chooses to depart, it is with the above

virtues in mind that their intentions should be announced in the presence of their master and not through an email, phone call or written correspondence. Without dignified closure, the matter will continue to float between the two like a dark cloud that refuses to dissipate. One can only compare the divisive nature of this separation to a painful divorce from a



Grandmaster Richard Chun's senior Black Belt instructors have remained loyal for decades

b e l o v e d partner and if the parties involved, or at least one, are resistant to the measure, the wound seldom heals. To the uninitiated it may appear that I am overstating my case. Yet I'd wager that having experienced the loss of several valued, once-eager black belts, most

masters would tell you that each exodus feels like one divorce too many.

Tae Kwon do does not speak to everyone equally and even for those dedicated few, priorities change and difficult life decisions must be made. So, if you find yourself in the untenable position of having to sever ties with your school and master, for whatever reason, do it face-to-face with a courteous, courageous and dignified state of mind.

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

Techniques, History and Philosophy, and *Taekwondo—A Path to Excellence*, focusing on the rewards and virtues of tae kwon do, all published by YMAA of Boston. Master Cook and Grandmaster Chun have just completed a new book on Original Koryo and Kukki Koryo poomsae targeted for publication in 2013. He can be reached for lectures, workshops or questions at www.chosuntkd.com or info@chosuntkd.com.

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Adrenalin:

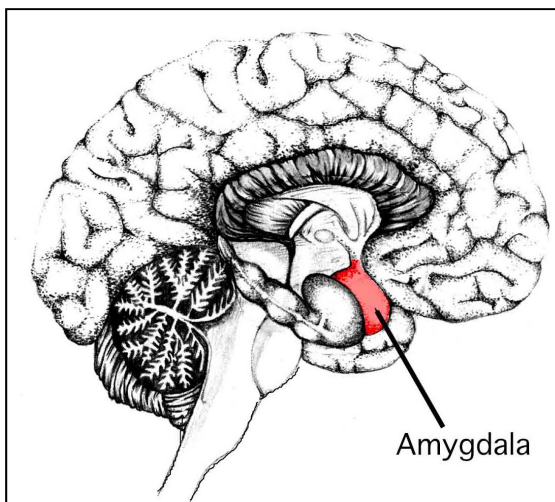
The Ultimate Game Changer

By Jon Mackey

This time, regarding the subject of reality based personal protection training, I want to cover the very important topic of the adrenal dump. When the body responds to sudden shock or fright it releases a chemical cocktail that is designed to aid our self preservation. The physiological effects this cocktail has on our systems plays a significant part in how we react to such circumstances, it also heavily underlines why your standard self defence applications need to be put aside for a more progressive and realistic system of training.

Sensing Fright

The amygdala sits in the brain's medial temporal lobe, a few inches from either ear. Coursing through the amygdala are nerves connecting it to a number of important brain centers, including the neocortex and visual cortex. It is part of the limbic system. One of its vast roles is to take information from our senses and have our system act accordingly. Therefore when a person receives a fright or shock, the amygdala triggers the medulla gland which releases a cocktail of hormones, those being adrenalin also known as epinephrine and noradrenalin.



elements; Flight, fright or freeze.

From a self preservation point of view the effects of adrenalin need to be understood and thus harnessed.

Many systems of 'self defence' train without the slightest bit of understanding of the adrenal dump and how this physiological reaction to fright or the shock of a violent encounter can actually make years of training fancy release

techniques a complete waste of time and energy.

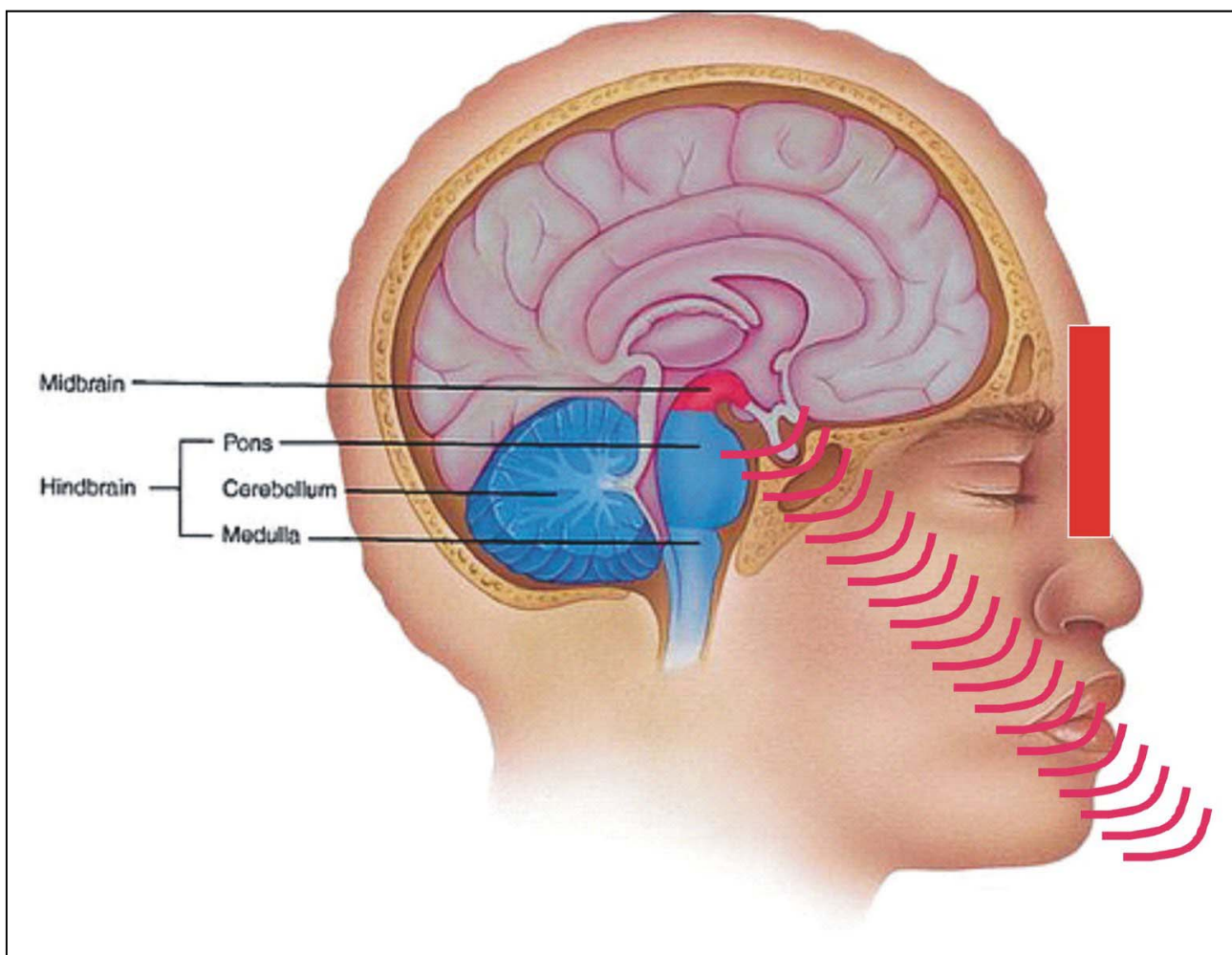
Flight, Fight and Freeze

Adrenalin is a hormone and a neurotransmitter. Once this is released into our blood stream a number of physiological effects can be noticed. Its main function is to aid the body during a period of extreme stress. The result of an adrenal dump in the body can be categorised into three

The Positive and Negative

Responses to the Adrenal Dump

The immediate effects of an adrenal dump can be felt as a warm sensation which engulfs the mid section. The medulla gland from which the adrenal cocktail is released is located just above the kidneys. The medulla gland is stimulated from an sharp increase in heart rate triggered by the amygdala. Adrenalin is then released and



acts as a vasodilator which encourages blood flow into the major muscle groups and constricts (vasoconstriction) blood flow to the extremities. This enables much swifter running and more powerful core movements as the blood is channeled into the major muscle groups that coordinate gross motor movement, therefore gross motor movement is enhanced while fine motor movement is diminished.

Gross motor movements are those found in functional striking arts. The use of the knees, elbows and hands are governed by the larger gross motor muscle groups. Fine motor skill is diminished resulting in less coordinated movement of the fine motor muscle groups that control the lower extremities such as the hands and fingers. This reaction alone makes wrist grabs and other fine motor movements like joint manipulation utterly pointless under certain stressful conditions, on a positive note however because of less blood flow to the

extremities, any cut or stab wound to that region will result in a lot less bleeding than under normal circumstances.

While other positive effects of the adrenal dump include a dilation of the air passages which allows more oxygen to be pumped to the operating gross motor muscle groups, one of the most negative effects is when the adrenal cocktail inhibits our ability to make decisions.

Combative training principles guide us to understand the need to have a singular diagnostic response to threat. This is because one of the most dramatic effects of the adrenal dump is when the decision making parts of the brain are by-passed resulting in the mid brain operating as an aid to self preservation. The midbrain is the smallest region of the brain that acts as a sort of relay station for auditory and visual information.

The midbrain controls many important functions such as the visual and auditory systems as well as body movements. Before evolution brought us to where we are now, neanderthal man operated solely on midbrain functions.

Because adrenalin effects our natural self preservation triggers the midbrain is activated in order to aid the flight or fight response. The decision making elements of the temporal lobes are by-passed. This is where memory, decision making and speech are controlled.

So with memory diminished and fine motor skill diminished, questions need to be asked about the usefulness of many fine motor techniques (some martial arts boast hundreds of techniques for one attack!) trained two or three times a week. On a related note, school goers will associate with diminished memory under stress as result of cramming for exams, i've been there myself!

With decision making diminished well so then is target acquisition, the ability to strike small regions of the body under stress are rendered useless. You only have to look at your common street brawl to know it's nothing short of an unsightly mess of missed haymakers and hair pulling. This is why when training with Combative principles in mind we target the

entire high line as a generic target with a view to shutting down the functions of the brain with temporary unconsciousness.

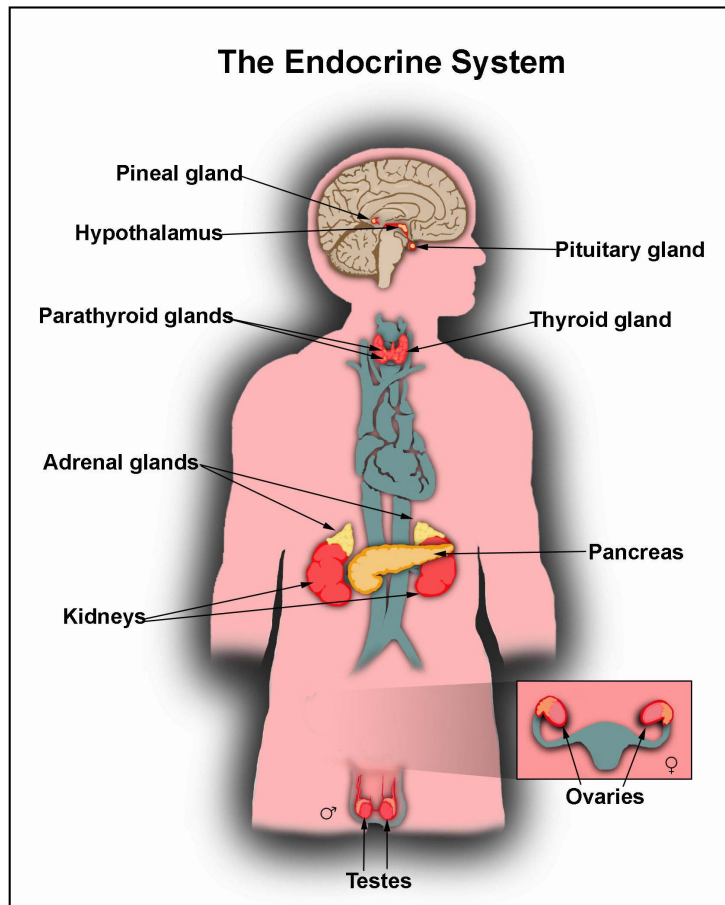
Other positive effects of the adrenal response include a reduction in pain due to the anesthetic effects of adrenalin, hence why people who have been injured in fight don't realise it until after the event.

Other negative effects include the body wanting to get rid of any excess waist that it is carrying, this results in the need to go to the toilet and or vomit.

Understanding these effects of the adrenal response means we can train within it's parameters and improve on the functions that it gives us to prevail. In order to do this you must create scenarios that will come as close to

the real deal as possible and throw compliancy out the window. Only then will you understand for yourself if your training is productive and functional or whether all your fancy lapel releases and thumb locks quickly become as useless as an ash tray on a motor bike.

Non compliant scenario training by its very nature carries an inherent risk, however with the right guidance and training it can become a very enlightening part of your self protection training. Whatever you are training in, ensure you pressure test it under the influence of adrenal stress.



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This 3 volume set is the only series of books in the world to feature all of the 25 patterns created by

General Choi and his Taekwon-Do pioneers (including both Juche and Ko-Dang), as well as all 3 Saju exercises, the 6 Global Taekwon-Do Federation patterns developed by Grandmaster Park, Jung Tae and the Silla Knife Pattern instituted by Grandmaster Kim, Bok Man.

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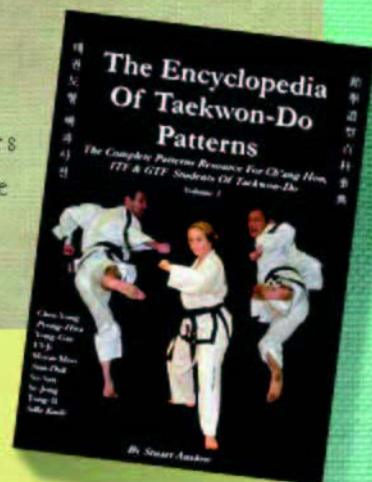
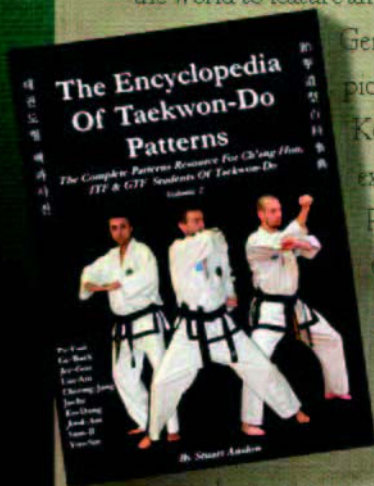
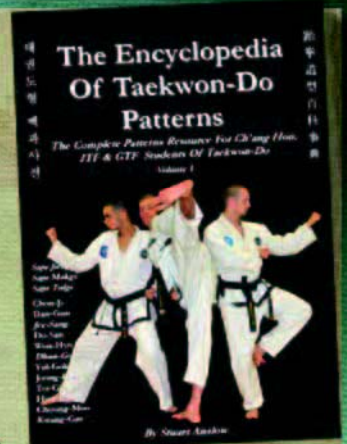
book ideal to learn or revise your patterns, no matter which organisation you belong to.

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The Side Break Fall

By Sanko Lewis

Although often neglected, break falling (“nakbeop”) is an indispensable and crucial aspect of Taekwon-Do. Mastering these fundamental techniques are just as important as mastering other defensive techniques such as guarding, dodging and blocking.

It is good for students to start to learn proper break falling as soon as possible, because it is especially the beginner students who are most prone to falling, since they still haven't acquired good balance. Notice how often practitioners fall during sparring matches at tournaments. Now imagine them fighting in real life and falling on concrete floors, tarred roads and paved pathways. Furthermore, when faced with a sudden take-down technique, the Taekwon-Do practitioner must know how to minimise the impact and recover quickly.

When starting to train break falls begin on a cushioned surface and slowly work your way up to harder surfaces.

Concerning falling techniques the *ITF Encyclopaedia* (Volume 5, p. 341.) gives the following advice:

The emphasis in falling is naturally, placed on learning to fall without getting hurt and recovering as quickly as possible.

Falling is practised from a standing, sitting and lying down position. In [all] cases there are certain basic rules that must be followed:

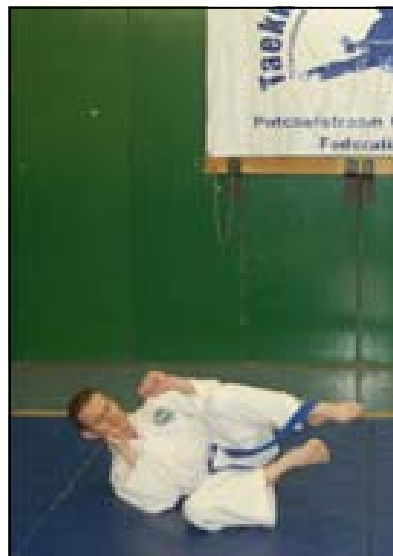
1. Relax the body.
2. *Fall to the side rather than the flat of the back. The falling should be done with a rolling motion distributing the weight on the buttocks, side and shoulder.*
3. Absorb the shock by striking the ground or floor with the palm of the hand.
4. *Tuck the chin into the chest to avoid the head striking the ground or floor.*
5. Raise the legs.



In the photo (centred) Philip performs a foot reap throw on Charl. This is one of various situations where the side break fall is crucial.

Charl demonstrates the side break fall ("cheuk bang nakbeop") in the series of photos [over the page]]. Charl starts by swinging one leg (his right leg in this case)

forward as if someone is sweeping or reaping his leg from under him. He quickly lowers his centre of gravity by bending his weight bearing leg (left leg) as if to sit down. Once his buttocks touch the floor he smoothly rolls onto his side-back and shoulder, making sure to keep the contact only on one side of his back (the right side



in this case), avoiding rolling over the spine. Charl allows the rolling motion to carry his legs upwards.

Using the palm and forearm Charl slaps the ground to disperse the momentum. The arm should be angled at about 45° from the side of his body. His opposite shoulder and side is raised off the floor. Finally he chambers his legs and arms into a guarded position. Through out the break fall Charl stays relaxed and keep his chin tucked in to avoid whiplash.

Depending on the situation Charl can deploy various ground kicking techniques or quickly get back to his feet.

Philip and Charl are members of the *Soo Shim Kwan* dojang in Potchefstroom, South Africa, affiliated to the International

Taekwon-Do Federation in South Africa.

...ooOoo...

Sanko Lewis, 4th Dan in ITF Taekwon-Do and 2nd Dan black belt holder in Hapkido, is director of Research-and-Education for South Africa-ITF (SA-ITF) [www.taekwondo.co.za]. He is *Kwanjangnim* of the *Soo Shim Kwan* (a federation affiliated to the SA-ITF) and is an instructor at the main ITF Taekwon-Do gym in Seoul, Korea [www.thewaymartialarts.com]. He works at a university in Seoul where he teaches subjects in English literature, academic literacy, and applied language and has a master's degree in Creative Writing. Mr. Lewis can be contacted at saitf.research.education@gmail.com. Visit his blog at <http://sooshimkwan.blogspot.com>

Tae Kwon Do in the Great Lakes State

***Master Kevin Hurlahe,
Frankenmuth Martial Arts Centre***

By Ira Hoffman, WTF/KKW 4th Dan

Michigan, located along the Canadian border in the northern United States, is a long, long way from Korea. Michigan is the only State composed of two peninsulas, borders more of the Great Lakes than any other State¹, and is home to the busiest border crossing between the States and Canada. And Michigan has a long tradition of Tae Kwon Do. Modern Tae Kwon Do was formed in the mid-1950's, but was firmly planted in Michigan during the early 1970's.

This is the first of a series of articles on the history and current status of Tae Kwon Do in Michigan. In this article, we'll speak with Master Kevin Hurlahe of Frankenmuth, Michigan.

Master Hurlahe's Journey

Master Hurlahe, 50, is a 5th dan, and is the President and Master Instructor of Martial Arts Centers, Inc, with dojangs in Allen Park, Michigan (in the metropolitan Detroit

area) and in Frankenmuth, Michigan, about 90 miles (150 km) north of Detroit.



**5th dan Master Kevin Hurlahe and his wife,
3rd dan Michelle Hurlahe**

He is a lifelong martial arts enthusiast. As a child Master Hurlahe was inspired by martial arts television and movies, including Bruce Lee in the movie "Enter The Dragon" and as Kato in the television series "The Green Hornet", and the television series "Kung Fu" starring David Carradine. When he was about 12 years old, he saw a commercial for *Karate and Judo Schools of America*, a Detroit area chain of martial arts schools, which sparked his interest in training.

As a teenager, the future TKD master studied a variety of martial arts: American, Okinawan and Ishinryu Karate, Judo, Tae Kwon Do, Tang Soo Do, boxing and others. Master Hurlahe recalls martial arts schools didn't have much business

discipline at that time. Schools would open and then rapidly close, so he switched schools, programs, and styles often until the early 1990's when he met Grandmaster B.C. Yu in Ann Arbor, Michigan.

Grandmaster Yu was a friend and student of General Choi. He was loosely affiliated with the Kukkiwon but taught the ITF forms. Master Hurlahe and his family trained with Grandmaster Yu throughout the 1990's, and he rose to 3rd dan with Grandmaster Yu.

In 1997 Master Hurlahe founded his dojang in Frankenmuth, and over the years he became acquainted with Dr. Matthew Gonzalez and the Allen Park Martial Arts Center. The two dojangs participated in tournaments, and Dr. Gonzalez introduced Master Hurlahe to Team USA Martial Arts and the World Congress of Martial Arts. In July 2011 Master Hurlahe became the master instructor for Allen Park Martial Arts Center, and he now operates both dojangs.

Master Hurlahe is a Michigan native and holds a Bachelor's Degree in Criminal Justice and a Master's Degree in Public Administration. In graduate school he met

his wife, Michelle. Ms. Hurlahe is a 3rd dan and the administrator of the Frankenmuth dojang. She is the head instructor for all of the children's classes. The Hurlahe's have one child, son John, a 22-year old 4th dan and recent graduate of the University of Michigan².

Master Hurlahe Today

The Frankenmuth Martial Arts Center is an independent Tae Kwon Do dojang practicing the ITF forms. Master Hurlahe was initially in Grandmaster Yu's program and was affiliated with Chang Moo Kwan and the Kukkiwon. Over the last 10 years his program has become more independent, but with an emphasis on traditional Tae Kwon Do forms and skills as developed by General Choi.

"Years ago", says Hurlahe, "there were very few options for professional growth and development in the martial arts, and thus it was a necessity to be affiliated with an association and master." However, with the growth of more flexible means of professional development and enhanced connections with sources of martial arts information, the need for such affiliations is less than in the past.



ITF forms are taught at both of Master Hurlahe's dojangs



The Allen Park dojang

Master Hurlahe's curriculum retains, "the flexibility to incorporate more eclectic skills, drills, and a variety of instruction to keep learning fresh and relevant". A fitness kickboxing program is part of the program at the Allen Park school.

The Frankenmuth dojang is mid-sized, with over 100 active students. The Allen Park location is larger, with over 200 active students. There are 15 part-time staff members between the two locations. His students include children, teens, adults,

and families, starting at age three. In his traditional martial arts program, Master Hurlahe runs a Tae Kwon Do core curriculum and adds self-defense and drill from various other martial arts.

There is an equal emphasis on forms, techniques, and light sparring, along with self-defense, fitness, and fun.

Master Hurlahe also emphasizes the mental aspects of traditional Tae Kwon Do: respect, confidence, and other life-skills.



Training includes Chambara, a form of Japanese weapons training, and self-defense strikes

His programs are, “designed for individual achievement and bringing out the best in each member”.

When his son was growing up and training, Master Hurlahe was an active participant in tournaments. That participation has decreased over time, and in the last several years his schools have not competed in tournaments.

Business vs. Martial Art

An active topic of discussion in Totally Tae Kwon Do and in other forums is the proper balance between teaching Tae Kwon Do as a martial art and running a dojang as a business. The former might lead to smaller schools, with more focused, personal attention to students, while the latter might lead to larger student bodies to generate more income, with the loss of some personal attention and quality³.

Master Hurlahe does not depend on his dojangs as his primary source of income – he is a Medical Sales Professional working for Eisai, Inc. But he has faced this issue, and has found “balance” to be the key to the solution.

His Frankenmuth school used to have a much larger studio than it does today. To address the higher costs of a larger studio, Master Hurlahe needed more income, which meant more students, which meant significant effort and time spent on advertising and marketing – time that was therefore not available for teaching. About six years ago he had “a change in business philosophy”. He stopped most of the formal advertising and marketing and let the student population float to a “natural level” – about 100 students – and then moved to a smaller studio suitable for this smaller student body.

By contrast, the Allen Park school has a larger student body, is a larger facility (about 5000 ft², or about 450 meters²), and currently has more of a focus on getting and retaining new students.

Recently, Master Hurlahe and his business partner, Dr. David Dilworth, co-invented the *StrikeMeter*, a training tool that helps measure the power of kicks, punches and other strikes. He plans to manufacture and distribute the *StrikeMeter* throughout the States⁴.

The Impact of Tae Kwon Do

Master Hurlahe is proud to say, “Tae Kwon Do changed my life in every way possible”. At different stages in his life, Tae Kwon Do has meant different things to him. When his son was growing up, he saw a great benefit from raising him within the tenets of Tae Kwon Do. His son has “developed into a fine young man because of Tae Kwon Do”. Today, he sees his greatest benefit from teaching and passing on his knowledge.

Master Hurlahe gets a great deal of satisfaction from, “being an important part of his student’s lives”. He has great satisfaction from knowing how important Tae Kwon Do has been to his students. He appreciates hearing his former students recall their training with pride and tell stories about the importance of Tae Kwon Do in their lives.

And his students’ parents echo this theme. A typical statement from a parent might be, “If not for Tae Kwon Do our child would never have gone on to be...”, followed by the child’s success story. Master Hurlahe is very proud of this positive impact, of having helped someone’s life for the better.

During my visit to his Frankenmuth dojang, I had a chance to ask his black belts students how they benefited from Tae Kwon Do. Every one of them said, “self-confidence”. Some also spoke of improved physical fitness or increased strength, but all of them spoke of their improved self-confidence.

Among Master Hurlahe’s past students was Norman Heuer, a football⁵ player for the University of Michigan and

professionally in the NFL and NFL Europe. Mr. Heuer was so grateful for his Tae Kwon Do training that he provided Master Hurlahe with a game ball from the 2005 NFL Europe championship game, the World Bowl.

The Future of Tae Kwon Do

What should Tae Kwon Do be in 10 years? Is it fine the way it is today? Should the various branches of Tae Kwon Do merge? What would Master Hurlahe like to see Tae Kwon Do become?

Master Hurlahe, “has had different answers at different stages of my life”. Today he appreciates, “the different branches, all the options of Tae Kwon Do. Some people prefer the Olympic-style sparring of the WTF. Others prefer the more traditional ITF forms and training”. Master Hurlahe prefers options. He would like to see the development of a Tae Kwon Do career program which didn’t require a specific affiliation, which didn’t require following a specific organization. He would like to see an “association of associations” for Tae Kwon Do.

Master Hurlahe appreciates and respects diversity in Tae Kwon Do, and doesn’t dwell much on the issues of WTF/KKW/ITF differences, the differences between various schools or master instructors, or arguments about the superiority of one style compared to another. This attitude is captured in a joke shared with the author by Master Hurlahe⁶:

Question: How many Tae Kwon Do masters does it take to change a light bulb?

Answer: 100. One to hold the ladder, one to stand on the ladder and put in the new light bulb, and 98 to stand around, arms crossed, saying, “That’s not the way we do it in *my* dojang”.

Combining the rigors and discipline of

training with laughter and humor – this is a lesson in balance we can all learn from.



Master Ira Hoffman is a WTF/KKW 4th dan with seven years of teaching experience. He teaches and trains at Yats’ Tae Kwon Do in Midland, Michigan, and can be reached at irahoffman@aol.com. The author would like to express his appreciation to Master Kevin Hurlahe and Ms. Michelle Hurlahe for sharing their time.

1 Michigan borders four of the five Great Lakes: Superior, Michigan, Huron and Erie.

2 My contact with Master Hurlahe was made through his son, John, on the networking site LinkedIn.

3 and, in the extreme, “black belt factories” and “McDojangs”

4 More information can be found at www.StrikeMeter.com. This reference should not be interpreted as a commercial endorsement of the *StrikeMeter* by either the author or by *Totally Tae Kwon Do Magazine*.

5 For readers outside the States: I’m referring to American football.

6 For those outside the States who may be unfamiliar with this style of joke: like “knock knock” jokes or “elephant” jokes, “light bulb” jokes generally involve a subtle – or not-so-subtle – play on words to achieve their humor. See <http://lightbulbjokes.com/> or any number of other, similar sites.

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Training Troops In A War Zone!

US-ITF Armed Forces Director Creates Martial Arts Training Team To Train Troops In War Zone

By Michael Munyon, VI Dan, US-ITF Armed Forces Director

On 24 April 2011, I found myself in a military aircraft with 200 American warriors wearing our battle rattle, heading to another war zone. This time it is in Afghanistan. During the first week of being in this country there were Intel briefings about numerous suicide bombers and potential rocket attacks to the base. For soldiers who defend our freedom and our country this was just another day at the office. The current assignment I'm attached to is a NATO (North Atlantic Treaty Organization) mission. I work with a variety of armed forces members. Some

are American Army, Navy, Marines and Air Force to include the Army Reserves, Air Force Reserves, National and Air National Guard. Additionally, I work with foreign forces to include, Canada, Belgium, Dutch, Slovaks, French, Bulgarians and many more. Besides the military, we have TCNs (Third Country Nationals) and contractors aiding in our mission.

During my time in the Air Force I've made it a goal to operate a martial arts club at every base I go to. During every deployment I've been on (Iraq, Saudi



Dojang Training Munyon and Rijkse

Arabia, Kuwait...Just to name a few) I've offered a FREE martial arts programs for the personnel assigned to the base. Currently, I'm operating a club at the Army MWR (Morale Welfare and Recreation) center at Kandahar Airfield. The classes are on Tuesdays and Thursdays and the class has received a lot of positive attention. A surprise guest came and participated in the class. TSgt Emily Alley from the base newspaper trained and interviewed students about the Taekwon-Do program. This story was published in the online base newspaper.

<http://www.kdab.afcent.af.mil/news/story.asp?id=123261383>.

One of the things that help my program stand out from others who run martial art programs overseas is that it is not designed to gain rank or belts but rather assist armed forces personnel to learn new tools for their tool box while out in the field. There is still a traditional format to the class. The Tenets of Taekwon-Do

are always recited at the beginning of class, Korean terminology and all traditional Taekwon-Do customs and courtesies apply in class such as bowing, hand shaking, sirs and ma'ams and etc. Along with learning skills necessary for survival in the field they are also learning enough material so that if they were to enroll into a martial arts school upon their

return the instructor will be able to see their previous training.

The success of the training is not due to my instruction alone, but I've also got a great group of black belts from different organizations and styles that attend and assist in class. They include Mr. Lauren Rhea, 4th Dan, Mr. Andy Kemp, 2nd Dan, Mr. Zarate, 2nd Dan, Belgium Captain Rudy Umek, Savate (French Kickboxing Instructor) Brian Webster, ITF 1st Dan and Ms. Heather Mondée who's a well known stick and knife instructor. Many of these instructors state that they continue to learn new things in the class and add to the high morale shared by all.

Most of the troops who attend the class have some training to them from the Army Combatives or M C M A P program. From time to time we receive folks with some previous training in traditional martial arts and they feel comfortable jumping into class because we all share one common goal. That is to go

home in one piece. One of my Army students stated that his confidence has increased greatly and he is mentally always looking at things from an offensive and defensive point of view.

With an average of 15 MEDEVACS per day, bring wounded or deceased soldiers back to base it is vital that soldiers receive





Twin Mid Air Front Kick

the training, confidence and discipline to aid them in combat. My tour here in Afghanistan will be done roughly at the end of October and I believe I will have played a part in assisting soldiers to become warriors through martial arts training. We have a motto in class and though there is humor to it, there is also a sense of danger in it as well. The motto goes, "The Only Excuse to Miss Class is a Rocket Attack" which occurs quite frequently thanks to local terrorist groups. During of the classes the Rocket Alarm went off and the entire class dropped to the floor and covered their heads. Approximately eight seconds later we heard the rockets land approximately 150 meters from our location. Luckily, nobody was injured.

Prior to my departure, all the students received certificates of training for their dedication and hard work. One of my old students named Technical Sergeant Glenn Gordon once said to his troops, "You can either make history or you can make

pancakes!" I believe we've played a part in making martial arts history at Kandahar Airfield. On a side note, I can't wait to get me some blueberry pancakes when I get back to the good ole US of A. I'd like to end this article with a sincere thank you to all of the black belts who played a part in making this club a success.

About the Author:

MSgt Michael Munyon is stationed at Offutt AFB, NE. He is a Security Forces Flight Chief and has taught martial arts in seven different countries to armed forces and civilian personnel. Additionally, Munyon is an ITF 6th degree black belt, HapKiDo (USKMAF) 2nd Dan, Krav Maga instructor and 2009 inductee into the Masters Hall of Fame. If you wish to contact Michael Munyon e-mail him at munyonselfdefense@yahoo.com.

Instructor Profile:

Mr. Lauren Rhea is a Lt Col in the Army Reserves and 4th Degree black belt in

Taekwon-Do, Black belt in HapKiDo and Judo. He will be returning to his home state of Alabama and open a dojang under Chuck Norris' United Fighting Arts Federation. You can contact Mr. Rhea at rhea.lauren@yahoo.com or check out his web site at www.rheama.com.

Mr. Andy Kemp is a 2nd Dan in Taekwon-Do and is affiliated with the United Karate Studios out of Georgia. He will be testing for his 3rd Dan shortly upon his return from Afghanistan.

Mr. Joe Zarate is a 2nd Dan in Taekwon-Do. He's an excellent assistant instructor at the Kandahar Taekwon-Do club. He enjoys teaching kids and hopes to return to teaching kids upon his return from Afghanistan.



Balance Breaking and Take Downs

Mr. Brian Webster is a Master Corporal in the Canadian military. He has trained with some well known ITF Masters and senior black belts in Canada to include Mike and Derek Morningstar, Masters Stanley and Norman. He hopes to team up with an old instructor of his and operate an ITF dojang in Canada and shortly thereafter test for his 2nd Dan.

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Punching Injuries

By Brendan Doogan

The forefist is the first attacking tool we learn in Taekwon-Do. We learn which knuckles to hit with and to keep our wrists straight and – hopefully – not to miss. The reasons are common sense and well known but it may be useful to have some scientific input as well.



Study One

“Punch injuries: insights into intentional closed fist injuries”

- . Rebecca K Jeanmonod, Donald Jeanmonod, Sara Damewood, Cheryl Perry, Marwan Powers, Vicky Lazansky
- . St. Luke's Hospital and Health Network, Bethlehem, PA.
- . The western journal of emergency medicine. 02/2011; 12(1):6-10.

Finding #1

Jeanmonod et al found that 61% of injuries caused by punching were to the fifth metacarpal, the long hand bone that supports the little finger, the red area in the

picture. The other metacarpals carried 21% (orange area), and the other 18% of injuries were to the finger and wrist bones (yellow).

What it means for Taekwon-Do

Our Instructors are right, punching with the knuckles of the little and ring fingers is more likely to cause us injury than punching with the first two. Focus practise is important. Don't throw hook-type punches unless you've trained with them thoroughly. I recommend throwing angle, turning, crescent, horizontal and shovel punches with the sidefist facing downwards. That way if you miss, you miss. If you miss with your palm facing down, you risk

breaking your finger / knuckle / hand / wrist.

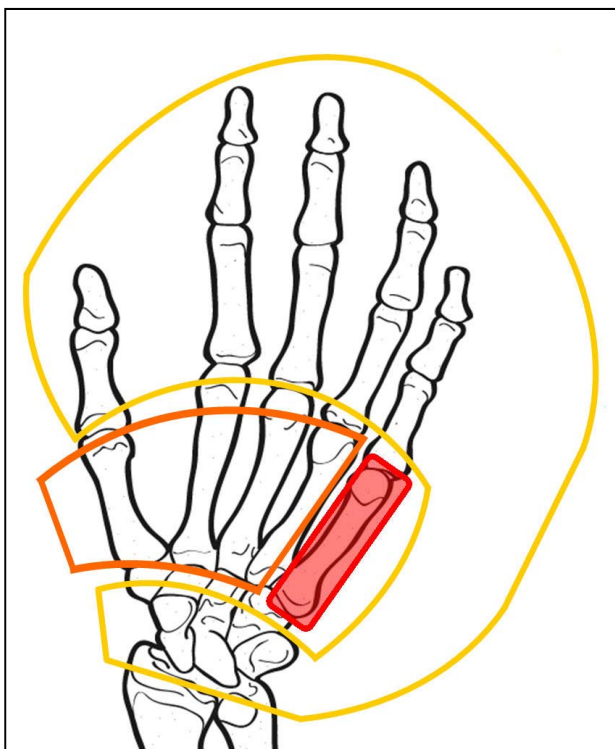
Finding #2

Men are more likely to get punch injuries [80% to women's 20%] and more likely to have fractures as a result [48% to women's 11%]. Men act out physically more than women do when upset, and being stronger, hurt themselves more by doing so.

What it means for Taekwon-Do

Don't punch things or people when you're upset. However self control doesn't mean you must stay in a stressful situation. Self control is knowing you are overloaded and walking away, going for a run, using counselling (I have).

Study Two



“Ring and Little Finger Metacarpal Fractures: Mechanisms, Locations, and Radiographic Parameters”

- Maximillian Soong, Christopher Got, Julia Katarincic
- Department of Orthopaedic Surgery, Lahey Clinic, Burlington, MA; and the Department of Orthopaedic Surgery, Brown University, Providence, RI.

- *The Journal of hand surgery.* 08/2010; 35(8):1256-1259. DOI: 10.1016/j.jhsa.2010.05.013

Findings

“Punching-type injuries accounted for most fractures in the little finger metacarpal (49 of 67) and ring finger metacarpal (26 of 34)”.

What it means for Taekwon-Do

The most common cause of breaking the long bones that support the little and ring fingers is punching. Don't miss. Punch with the knuckles of the index and middle fingers.

Study Three

“Bennett fracture dislocation - Review and management”

- Craig Brownlie, Daniel Anderson
- MBBS, MSc, was a junior house officer, Department of Orthopaedics, Princess Alexandra Hospital, Brisbane, Queensland.
- *Australian family physician.* 06/2011; 40(6):394-6.

Background

The long bone at the base of the thumb can be fractured and dislocated by “falling on an extended or abducted thumb or an impact onto a clenched fist”.

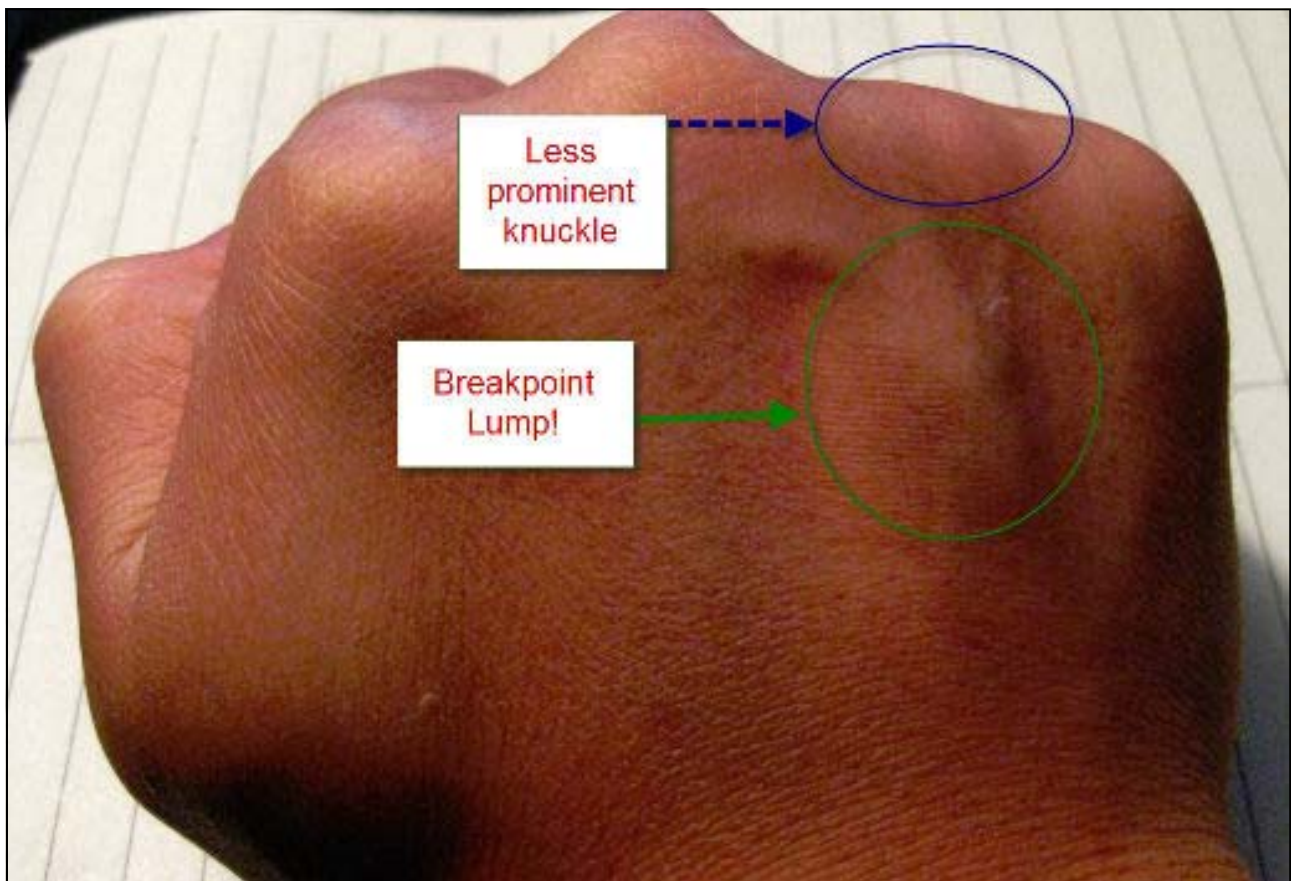
What it means for Taekwon-Do

Your thumb can be fractured or dislocated or both by hitting something while punching. Form your fist correctly, with the thumb tucked. Don't miss.

Study Four

“Fracture dislocation of carpometacarpal joints: a missed injury”

- Rajinder Singh Gaheer, Rupert D Ferdinand
- Department of Trauma and Orthopedics, Dumfries and Galloway Royal Infirmary, Dumfries, UK.



. Orthopedics. 05/2011; 34(5):399. DOI: 10.3928/01477447-20110317-29

Background

“Fracture dislocation of the carpometacarpal joints on the ulnar side of the hand is an uncommon injury. These are high-energy injuries seen in motorcyclists and boxers. The mechanism of injury involves violent, forceful dorsiflexion of the wrist combined with longitudinal impact on the closed hand”. In other words a hard impact can fracture and/or dislocate the little finger long bone where it joins the wrist.

What it means for Taekwon-Do

As for the first study, it is a bad idea to hit something hard with the knuckles of the ring finger and little finger. “Forceful dorsiflexion of the wrist” means violent downward bending of the fist toward the palm. As our Instructors have always told us, keep the wrist straight and tensed at the moment of impact.

Study Five

Metacarpal fracture angulation decreases flexor mechanical efficiency in human hands

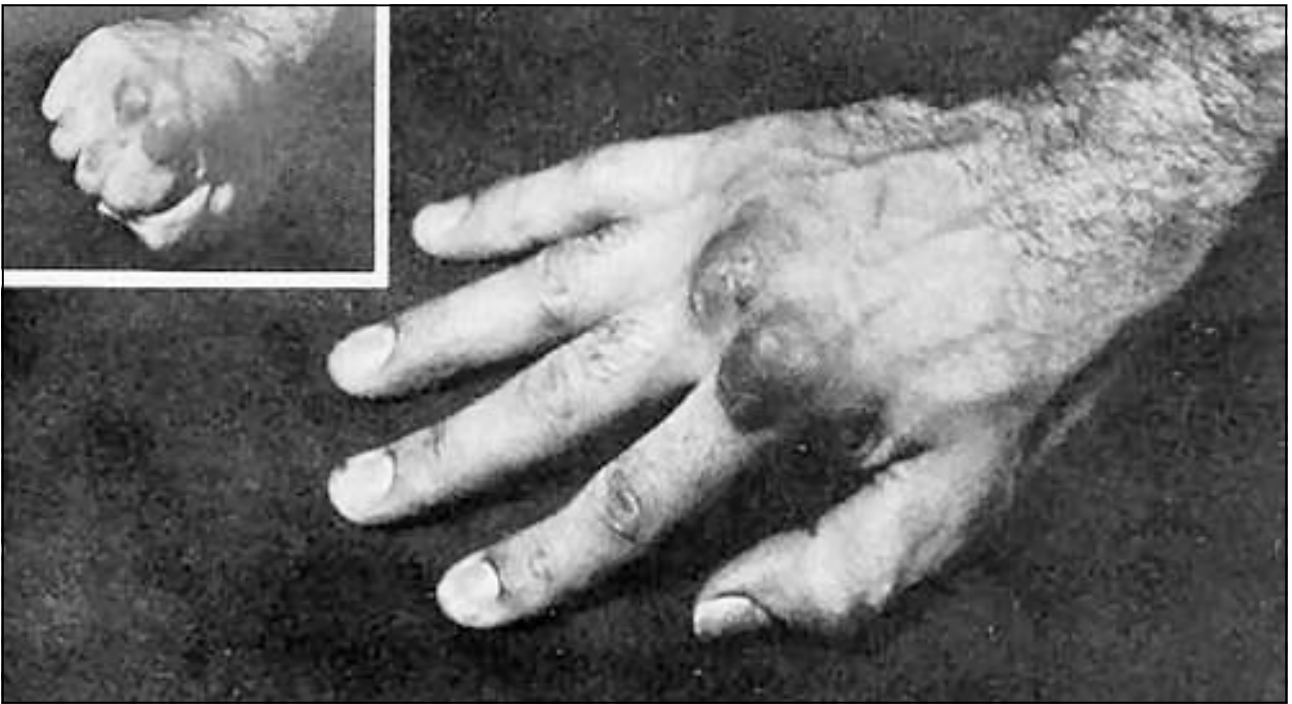
- . M S Birndorf, R Daley, D P Greenwald
- . Hand Surgery Center of Kenosha, Wis., USA.
- . Plastic and reconstructive surgery. 05/1997; 99 (4):1079-83; discussion 1084-5.

Findings

Fracture of the long hand bones can reduce the range of motion in the fingers so that the fingers won't rise up and back toward the wrist as much as they used to. It can also be physically harder to get them to perform that action.

What it means for Taekwon-Do

Breaking your hand means your hand won't work as well. Condition your knuckles for months and years before you need to break [not recommended for children and teens].



Wolff's Law

"Wolff's law is a theory developed by the German anatomist/surgeon Julius Wolff (1836–1902) in the 19th century that states that bone in a healthy person or animal will adapt to the loads it is placed under. If loading on a particular bone increases, the bone will remodel itself over time to become stronger to resist that sort of loading... The converse is true as well: if the loading on a bone decreases, the bone will become weaker."

What it means for Taekwon-Do

Use it or lose it. Your bones, tendons and muscles all grow when you use them and shrink when you don't. We know this instinctively every time we come back from holiday and can't touch our toes any more! As well as flexibility, strength fades if we don't maintain it, and so does the toughness of our tools. Forging

and knocking should be performed continuously to maintain hard, stable tools for self defence and breaking. Wolff's Law lets us build stronger fists over time by increasing the load on them, but if we stop conditioning the effects will be undone. This is because the body is efficient and won't waste energy and resources maintaining something that isn't being used. Studies have shown the positive effect of mental stimulation in aging for the same reason.



But – don't overdo it. Too much is as bad as not enough. Old school conditioning gave large, calloused fists that still hurt to hit with. Condition often but lightly. You wouldn't train for marathons by running marathons. Breaking four wooden boards with a punch is peak performance, not training.

Summary

- . *Hit with neither the little finger side of the fist nor the thumb.*
- . *Hit things and/or people when necessary, not in anger.*
- . *Keep the wrist straight.*
- . *Injury can reduce dexterity.*
- . *Condition.*



About the author:

Brendan Doogan has been training in Taekwon-Do for 14 years under Kane Raukura, in Auckland, New Zealand. A 4th Dan, he is qualified as an International Instructor and International Umpire. He is the current NZ Power Breaking Champion, and was a member of the World Champion NZ Men's Power Breaking Team in March this year. Mr Doogan works as a school teacher and occasionally tricks his Physical Education class into doing some Taekwon-Do.

- . Hand photographs found online.
- . Punching photograph "Taekwon-Do – The Korean Art of Self Defence" vol2 p21.
- . Hand injury areas image created by author.

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Back To The Basics Pt2

It's All About The Technique

By Patricia DeArmas, ITF 2nd Dan

In last months 'Back To the Basics' we looked at foot techniques and this month we look at hand techniques, including both striking and blocking.

Parts of the Hand

Parts of the hand are important too. Strike a board with an incorrect part of the hand and one could severely hurt oneself.

Making a Fist:

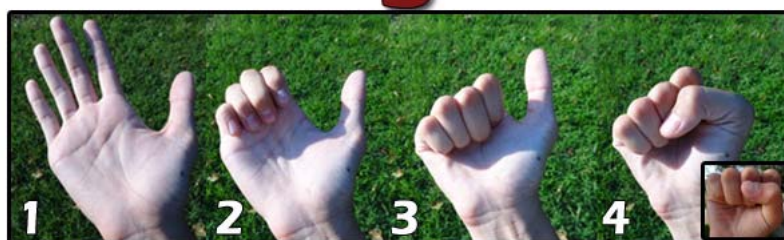
When one makes a fist, the thumb should always rest on top of the front of the fingers. Usually, the thumb should not go past the first two fingers, but I believe that if your fingers are exceptionally long one should make a slight exception, as limiting the thumb to the first two fingers in this case will result in an incorrect punch. One should always hit with the first two knuckles, as this concentrates power into a small point of impact. Forging these knuckles will increase endurance.

Hand Motion for a Forefist Punch:

Punching techniques can be performed in many stances, but the main motion is the same. In patterns and training, often times the punch is thrown from the hip as the opposite



Making a Fist



Punch with the first two knuckles

Punching



hand moves back toward the other hip. The point of doing this is to help one get the technique down so that when thrown in actual combat same correct twisting motion is applied. The fist should twist at the last second for maximum power.

The common principles for this technique:

1. *Clench the fist firmly at the moment of impact so that it acts as a hammer instead of a cotton ball.*
2. *Punch from the hip to the target at full speed using the shortest distance.*
3. *Avoid unnecessary tension of the arms and shoulders.*
4. *Pull the opposite fist simultaneously to the hip as the punching fist moves out with few exceptions.*
5. *Relax the muscle immediately after the fist has reached the target.*
6. *Keep the back straight at the moment of impact.*
7. *Do not pull out the shoulder at the moment of impact.*
8. *The fist must turn a full 180 degrees at the moment of impact, i.e. a corkscrew effect, with the exception of vertical punches and side punches.*
9. *The back fist must face downward when the fist is pulled to the hip.*
10. *The rear foot in all cases must be placed firmly at the moment of impact to contain the rebound.*

. *The Encyclopedia of Taekwon-Do by General Choi Hong-Hi, volume 3, page 23*

Forearm Low Block



Other View



Forearm Low Block:

Often shortened to low block, this technique is a strike as well as a block and should be performed so that the blocking hand forms a triangle with the shoulders. The distance between the under forearm in this block and the thigh should be about 20 centimeters, the forearm should become parallel to the thigh, and the elbow should be bent about 25 degrees outward. Just as when punching, usually the other fist is pulled to the hip while blocking.

The common principles for blocking:

1. *Keep the arm bent 15-45 degrees so you are able to intercept the attacking tool obliquely.*
2. Never extend the blocking tool beyond the point of focus.
3. *At the moment of blocking, lower the shoulder of the blocking arm slightly.*
4. With few exceptions, the blocking tool must be withdrawn immediately after contact. The blocking tool should form a triangle, with few exceptions, from the contact point upward to the shoulders.

. *The Encyclopedia of Taekwon-Do by General Choi Hong-Hi, volume 3, page 177*

Guarding Block:

Often used as a ready position when sparring, this technique can be performed with the forearm, knife-hand or reverse knife-hand. According to *the Encyclopedia of Taekwon-Do*, although most people perform this in an L-stance or even a walking stance, this technique can be used in all stances. When performing, arms should be brought in a rearward motion- though not fully extended- then rotated



forward into position.

The common principles for this technique:

1. *Keep the blocking tool half facing the target at the moment of blocking.*
2. Bring the opposite knife-hand or side fist in front of the chest 3 centimeters from the body. The guarding hands should be flexible enough to protect the whole body against an attack.
3. *Keep the body half facing the target at all times.*

*The Encyclopedia of Taekwon-Do
by General Choi Hong-Hi, volume
3, page 284*

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.

About the Author

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



Who Can Do It?

By Dave Lomas

In theory anyone can become a new student of the martial arts but the first and vital thing that needs to be taken into consideration when thinking of joining a club regardless as to the nature or the style of combat involved is the subject of health and fitness. It stands to reason that if you have a medical condition, like a bad heart for example, then you must first undergo a general examination under a qualified doctor to assess your fitness and any future medical problems that may result in this type of activity before committing yourself to this form of training.



Back in the 1970's before medical checks became more routine several new beginners ended up collapsing with heart attacks and other unchecked medical problems. Some of these unfortunate new students did die as a result of their conditions which put legal pressure on the clubs instructors.

Today all responsible clubs will have some form of public liability insurance cover against accidents within lessons and some form of procedure in place in the event of a medical emergency; however it is the full responsibility of the new beginner to inform the instructors of any medical concerns that they may have. Although a good club will have an instructor in attendance at all

times who has a current first aid certificate the instructor cannot gain access to a persons private and restricted medical history to check if a new student is fit enough to take part in classes but they can insist that any new beginner, regardless of their age, complete a standard registration form and include any medical details that should be taken into account when taking part in training sessions. Based on the information available to them at that point in time they must then consider the option of letting that person take part in classes or, if there is still some concern, asking the new student to provide a written letter from their doctor confirming the person's fitness to take part in the class. This situation is not just limited to adults; medical checks of



this nature should also include the younger person and children if the instructor thinks it is warranted. If an instructor fails to cover their safety procedures in any way and a student suffers any injury or medical problem arising from their participation within the class then the instructor could still be held legally responsible if it is proven that they have acted in a negligent way.

Children have played a big part in the world of martial arts for many years and for more than just one reason. Both newly opened and well established clubs rely on children attending classes to keep membership numbers up and to keep money coming into the club. Even small, none profit making, clubs need money to pay for hire costs, equipment and a whole host of other on-going things if they are to remain open and the money from child members is just as important as money from the adult students. There have been countless times when the number of adults attending a class have fallen to such a degree that only the intake of children taking part has kept the class or club alive.

Although it is often said that teaching children the martial arts when they are young will benefit them better as they get older, there are some instructors who will only teach children through the sheer necessity of keeping classes up and running. Any experienced teacher of the martial arts, or any other group activity for that matter, will tell you that although some young children can and do learn well and try hard within training sessions, for the most part, many do not have the maturity to understand the instructions given or the ability to appreciate the true nature of what they are learning when it comes to some types of martial art. Combined with lack of attention, boredom after the initial novelty has worn off and lack of willpower to keep up the physically hard and demanding training along with the others, many children will leave classes after a short period of time. For these reasons in the main all instructors, if they are honest, will tell you that although children can keep classes alive when only a few adults attend they know that mainly children are only a short term investment overall.

Some children will do very well and

continue their training for many years to come, some even continue into adulthood, before human nature takes over and they start thinking about career and family matters however the short attention span, lack of understanding of the things that they are being taught or being bored and wanting to do more exciting things like going out with their mates instead of doing press-ups, squats and repetition punches and kicks will stop many children in the early stages of their training. This situation is not just limited to children, many adults are the same. The very young minded child will not be able to resist the urge of not paying attention and may start messing about and maybe even rolling around on the floor in a playful mood, inevitably this will result in the instructor spending more time telling the child to get up and stop messing about, which in turn will disrupt the progress of the class.

Many adults and children are the same when it comes to seeing the spectacular fighting skills and special effects shown in the movies and on television but they often find that their image of the fighting arts is broken when they find out that martial art

training is all about hard work, repetition and the sometimes difficult commitment needed to make progress. Taking up any type of hobby or sporting activity is also a financial commitment that can be very costly in the long run. Joining a club for the first time will initially only cost the price of a lesson but over a period of time there will be other costs to cover such as uniforms, membership, grading test fees, travel costs, equipment and training gear. Learning the martial arts will include your time and effort in addition to financial commitments therefore you will need to be sure that you have the staying power and the right state of mind to stay with it through good and sometimes very hard times.

The word 'discipline' is a common used phrase within the world of martial arts and it is understandable that a parent will think that this kind of training will do their child some good, however, the word discipline in the martial arts really means 'self discipline' and not the instructors doing the parents job of shouting at the child to make them more grown-up and better behaved. Although for the child with the correct



mental attitude and the maturity to learn in the correct manner, training in the martial arts will truly learn self discipline and a better lifestyle in the long run but for the naturally disruptive and ill mannered child this sort of training will only result in being expelled by the instructor who will not and cannot allow a child, or an adult for that matter, to disrupt the class for others and will not take on the time consuming role of disciplining a child because the parent cannot, or will not, do it themselves for whatever reason. Child discipline will always be the responsibility of the parent in most situations. Perish the thought that some parents would use the instructors to control their child's behaviour or that they just might be using the instructors as a cheap alternative to a baby sitter, but the truth is that this situation is far more common than you may think.

Referring to the subject in more general terms, self discipline as with any activity be it painting, sport, and hobbies or even within the workplace is the art of maintaining and enduring a level of effectiveness and seeing things through to the end. Self discipline is maintaining a routine or the attempt to fulfil a goal or objective, sometimes against all the odds or when the thought of giving up is a strong temptation. This form of self determination is vital if you wish to reach a high standard within the martial arts.

The subject of age restriction with regard to children is something of a grey area. Taking on board the limitations and restrictions already stated, to set an age restriction is not that easy. A child of only 9, for example, could be far more behaved and mature for their age and far more willing to learn and try hard than, lets say, a teenager of around 14 to 17 years old. The true problem therefore is not always the age factor itself but one of individual character. Some have argued, over the years, that no child under the age of 16 should legally be allowed to take part in the martial arts based on a number of factors,

not least of which is the problem of health and safety for a child doing any form of fighting or combat training as a whole. Another factor to take into account is the child's own ability to make up their own mind and consider for themselves what is truly involved and not to be tempted by the things that they see within advertisements, films and other influences.

Many parents that are not fully aware of the nature and training methods involved fail to realise that allowing their child to take part in what is, when all said and done, a form of fighting, regardless of the fancy name given to it, is all about hand-to-hand combat and if the child does not pay full attention then they risk injury not only to themselves but also to others.

From a very young child's point of view learning the combat arts is nothing more than 'play-acting' at fighting and they will not initially be able to understand all the other various aspects involved in the martial arts like an adult. Parents should always take into account the nature and training methods used within any club that they visit and ask themselves the question, "Is my child mature and physically able enough to take part in this form of event"? Some parents when they take their child along to a club for the first time think that learning a martial art is some form of safe game, sport or hobby for their small child to do, and although a good club will enforce good safety standards within the classes, the parent still fails to realise that although their child can copy the fighting moves that they see on the T. V. it is still all about fighting and, if it is a good club, very hard work and often very technical. Some parents unfortunately take their children along to training sessions thinking that it is no more important than the local young kids playgroup and treat it as such without realising that it is a serious training session in unarmed combat, if it is a properly run club of course. Even if the parent is aware of all these things some, but only a few thankfully, will still send them along to

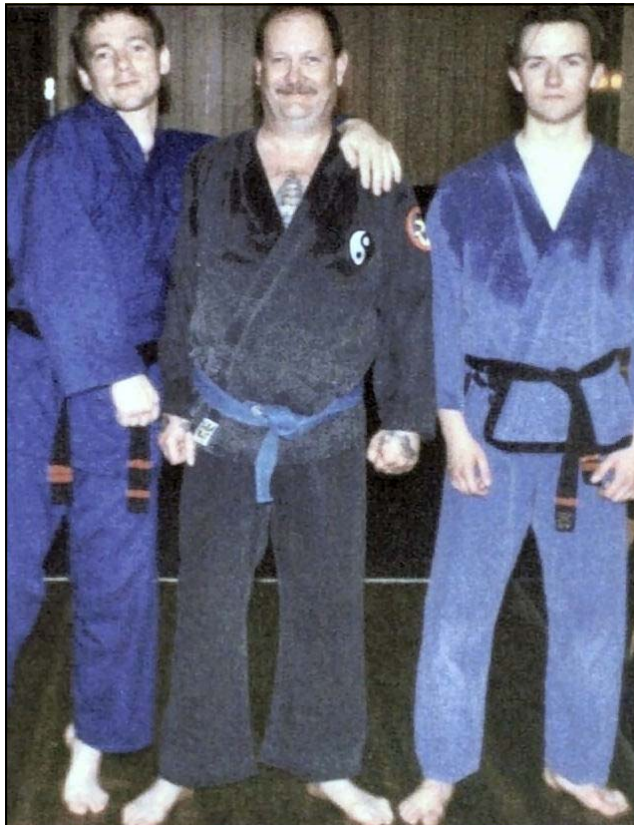
classes so that the club instructors can be a substitute child minder for a couple of hours or so that their child can learn to fight back against the school bully. Learning to fight back against the school bully will put the child at risk of becoming a bully themselves, thinking that it is alright to hit someone. Although it is the right of the child to hit back in defence of their own safety there are more effective means of solving the problem like going through the schools complaints procedures for example.

Many adult students will leave clubs that allow children to run around shouting and screaming but there are some instructors who are so desperate not to lose any money from the children that attend that they will not restrict or expel such disruptive children even though they run the all too real risk of losing adult members of the class and might also further gain the bad reputation of running not a good martial arts club but

an unprofessional wild kids playgroup. It is no wonder that there are some people who strongly believe that no children under a certain age be legally allowed to attend martial art classes until they are mature and old enough, but if such a law was passed then a lot of combat clubs would soon close down. When it comes to the young child learning the martial arts however it is true to say that a lot depends on the nature of the martial art being studied in question when it comes to long term benefits and suitability.

So far the main points have been about

children within the martial arts but the subject of the older person taking up the combat arts for the first time is also an important issue. Yet again the subject of having an upper age limit is not that clear to set. For those who are still enjoying good health in their latter year's taking up the martial arts is not going to be a problem on condition that they have no medical problems that could put them at risk.



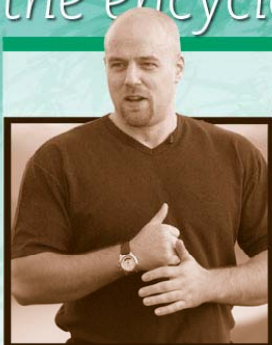
Learning the arts can still have benefits for the older person but the main question however is how old is too old? There are, and never will be, any hard fast set rules about taking on a more elderly student but there are two factors that should be considered and that is the subject of benefit and the other is putting oneself in undue risk. Teaching an elderly person to respond to an attacker with martial art techniques is not that wise a thing to do. If the attacker is

younger and more able than the older person then chances are their efforts, thinking that their combat training will help them win, will put them in even greater danger than just simply co-operating with their attacker and hoping for the best. Even if they are fit and healthy for their age the problem of brittle bones and the ability to recover is still a factor that must be kept in mind. For the elderly or more mature person the option of using martial art fighting technique in such a situation, just like many things in life, is a there and then judgment that no one can truly predict at that point in time.



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

John Dowding
4th degree ITF



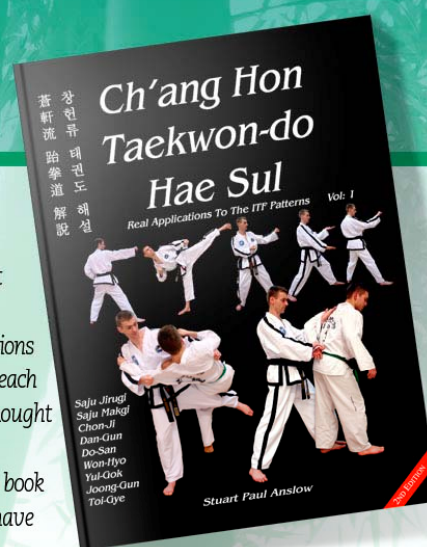
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

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

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



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

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Taekwon-Do Explosion 2011

By Stuart Anslow

'Taekwon-Do Explosion' is a small, friendly tournament, run on a yearly basis by Stuart Anslow, V and Hay Harris VI.

Since its inception in 2001 it has steadily been growing over the years, however, this year was the exception where numbers dwindled to less than half of 2010 - a problem many event organisers are experiencing at the moment.

Not to be disheartened, we (Mr Harris and myself), regrouped, replanned and rescheduled in order to host a event with smaller numbers.

Divisions were revised to make them fair, but still competitive and the day was planned out again, almost from scratch, harking back to the early days of 2001.

The *'Taekwon-Do Explosion'* events are popular amongst instructors and schools as they are run on a club by club basis and the refereeing is totally unbiased, as good instructors and black belts are invited along to help officiate.



One thing we try to do each year is devise new events, so every year there is something different going on. Last year we had a 'Team Sparring' event and ran a (fun) adult *sumo sparring* event. This year we changed the special technique divisions and reintroduced 'King of the Ring' events.

As well as the new or changed divisions, we held the regular *patterns* and *continuous sparring* events. Under 10's got to compete in 'Sumo Sparring', 11/12's, 13/14's and 15+ had their own 'King of the Ring' Points fighting, knock-out

event and every one had a chance to compete in the 'Special Technique' events, which featured Flying Side Piercing Kick for 10th to 5th Kups, Flying Turning Kicks for 4th to 1st kups and Flying Reverse Turning Kicks for Black belts.



A final difference this year is that the adult kup grades were on first, followed by the black belts and finally by the younger kup grades. This is the complete opposite to how most events run and it went down really well with everyone, as it meant none of the usual waiting times for the adults, as they wait for divisions to finish, plus it allowed parents a stress free morning by not having to rush off at 7pm to get their kids to the competition in time for the start. The added bonus being that the youngsters also got to see the fantastic skills of the black belts - which were plentiful indeed.



'Light Contact' is emphasised in all sparring divisions meaning that the event is ideal for both beginners tentative steps into the arena, as well as seasoned black belts able to show their true skills, as opposed to simply trying to smash each other out of the ring as is often the case these days!

There were many great displays of technical finesse in the patterns divisions, as well as exciting displays of sparring from all levels.

The younger members fought hard in the '*Sumo*' divisions, whilst everyone gave their all in the *Special Technique* divisions, flying higher or further than many spectators have ever seen, which we gathered from the gasps of the audience.

As well as the Kup patterns, students were treated to displays of Ge-Baek, Kwang-Gae, Choong-Jang, Eui-Am and (the original) Ko-Dang, amongst others.

The Special Technique sections were exciting, but none more so than seeing 3rd degree Instructor David Sims soaring into the air to win the black belt Flying Reverse Turning Kick division.



The sparring was great and much fun to watch, but a highlight of the day was the Adult '*King of the Ring*' division - which was an open grade, open weight and open sex event, with names drawn randomly from a hat to add to the excitement.

Scoring was the same as the rest of the sparring, rewarding high kicks and flying techniques with more points than basic punches with a good flying technique capable of ending the bout immediately.



Time and time again unfortunately some of my own students were drawn to fight each other, with one having to go out each time. Other fast and furious bouts also took place as 32 went to 16, 16 to 8, 8 to 4 until there were only 2 left! The eventual winner was Vikram Gautam (Rayners Lane Taekwon-do Academy) who finished the bout against a fellow black belt with a great display of what makes a black belt, by finishing the fight and the division with a well timed and controlled flying reverse turning kick to his opponents head!

Although I was fairly busy throughout the day and probably missed a few other outstanding moments, some of the highlights I remember were little 1 metre tall, 5 year old Eleonor Mawdsley (Earls Barton White Tigers) walking onto the



ring for the first time 'padded up' with the pads virtually bigger than her! Her opponent (Riley Flower - Elite TKD) showed true Taekwon-do spirit by keeping the bout controlled and fun for the youngster, despite her obvious superior skill levels.

The ladies black belt sparring was good to watch and it was great seeing Lauren Snow (St. Albans LTSl) mixing it up with the adults, having previously only seen her in junior divisions - she did very well too!

As well as the adult black belts, the youngsters saw exactly what they could become by watching the Junior black belts. With the Junior Black belt patterns being won by Chloe Griffin (Tiger Tae Kwon Do) and the Junior Black belt sparring by Sulliman Majeed (Rayners Lane TKD).

Mr Harris and myself would like to thank the following clubs for supporting this years event: Dartford TKD, London Panthers IUTF, Sims TKD, Harris TKD, St. Albans LTSl, Rayners Lane TKD, Earls Barton White Tigers TKD, Elite Taekwon-Do, Grantham LTSl,



Tiger Tae Kwon-Do club and Longeaton TKD, as well as all the instructors and black belts that helped referee and judge throughout the day.

We would also like to thanks those that helped out on the door, at the canteen, with photo's and on (the underused) first aid for the day.

Taekwon-do Explosion 2011

- Results -

Patterns

10th to 5th Kup Patterns

Juniors (u8 Year old)

1st: Amol Dhekane (Rayners Lane TKD)
2nd: Sachin Matharu (Elite TKD)
3rd: Jai Matharu (Elite TKD)

Juniors (9 to 14 Year olds)

1st: Alfie Ryan (Rayners Lane TKD)
2nd: Mohammed Hekmat (Rayners Lane TKD)
3rd: Bradley Flowers (Elite TKD)

Adults (15+)

1st: Gareth Bryan (Longeaton TKD)
2nd: Dace Mikelsone (Sims TKD)
3rd: Chloe Bevan (Dartford TKD)

4th to 1st Kup Patterns

Juniors (u11's)

1st: Tia Rich (Harris TKD)
2nd: Eleanor Thompson (Harris TKD)
3rd: Owen Anslow (White Tigers TKD)

Juniors (12 to 14 Year Olds)

1st: Ajay Matharu (Elite TKD)
2nd: Jude Emmett (Harris TKD)
3rd: Joe Benson (Harris TKD)

Adults (15+)

1st: Liam Doyle (Sims TKD)
2nd: Hoa Phan (Longeaton TKD)
3rd: David Harris (Rayners Lane TKD)

Black Belt Patterns

Juniors (u14)

1st: Chloe Griffin (Tiger TKD)
2nd: Bethany Anslow (White Tigers TKD)
3rd: Suliman Majeed (Rayners Lane TKD)

Adults (15+)

1st: Imran Zaman (Rayners Lane TKD)
2nd: Elliott Walker (Dartford TKD)
3rd: Neil Palfreyman (Longeaton TKD)

Sparring

Sumo Sparring

All Grades (U10's) - Low Division

1st: Clayton Milward (Sims TKD)
2nd: William Adamson (Harris TKD)
3rd: Thomas Broadbent (Harris TKD)
3rd: Brandon Wright (Grantham LTSI)

Sumo Sparring

All Grades (U10's) - High Division

1st: Ivan Paul (Harris TKD)
2nd: Georgia Gibson (Harris TKD)
3rd: Tia Rich (Harris TKD)
3rd: Georgia Keen (Harris LTSI)

10th to 5th Kup Sparring

Juniors (Low Division)

1st: Jai Matharu (Elite TKD)
2nd: Sanchin Matharu (Elite TKD)
3rd: Clayton Milward (Sims TKD)
3rd: Riley Flowers (Elite TKD)

Juniors (Mid Division)

1st: Mohammed Hekmat (Rayners Lane TKD)
2nd: Owen Fairclough (Elite TKD)
3rd: Craig Payne (Harris TKD)
3rd: Yaamir Khurana (Rayners Lane TKD)

Kup Pattern Winners



Dan Pattern Winners



Sumo Sparring Winners



Sparring cont...

10th to 5th Kup Sparring Juniors (High Division)

1st: Calan Camp (Sims TKD)
2nd: Frank Ryan (Rayners Lane TKD)
3rd: Shannon Marshal (Sims TKD)
3rd: Joel Wylie (Sims TKD)

10th to 5th Kup Sparring Adult Males

1st: David Smith (Harris TKD)
2nd: Gareth Bryan (Longeaton TKD)
3rd: Paul McDonald (Harris TKD)
3rd: Oliver Stern (Dartford TKD)

Kup Grades - Female

Adults (all grades)

1st: Hoa Phan (Longeaton TKD)
2nd: Chloe Bevan (Dartford TKD)
3rd: Dace Mikelson (Sims TKD)
3rd: Akmal Down (Harris TKD)

4th to 1st Kup Sparring

Juniors (Low Division)

1st: Georgia Gibson (Harris TKD)
2nd: Tia Rich (Harris TKD)
3rd: Georgia Keen (Harris TKD)
3rd: Jack Dagley (Longeaton TKD)

Juniors (Mid Division)

1st: Eden McDevitt (Sims TKD)
2nd: Kirsten Smith (Harris TKD)
3rd: Jack Perchard (Harris TKD)
3rd: Jude Emmett (Harris TKD)

Juniors (High Division)

1st: Ajay Matharu (Elite TKD)
2nd: Isaac Taylor (Harris TKD)
3rd: Yll Kelani (Rayners Lane TKD)
3rd: Abhijay Sood (Rayners Lane TKD)

u80kg Adult Males

1st: David Harris (Rayners Lane TKD)
2nd: Reza Hekmat (Rayners Lane TKD)
3rd: Shane O'Sullivan (London Panthers)
3rd: Abdi Yassin (Rayners Lane TKD)

+81kg Adult Males

1st: Liam Doyle (Sims TKD)
2nd: Matt Wyeth (Dartford TKD)
3rd: Simon Owens (Harris TKD)
3rd: Byron Caulton (Harris TKD)

Black Belt Sparring - Juniors (Mixed)

1st: Suliman Majeed (Rayners Lane TKD)
2nd: Bethany Anslow (White Tigers TKD)
3rd: Lucy Tamsett (Harris TKD)

Black Belt Sparring - Adult Female

1st: Lyndsey Reynolds (Rayners Lane TKD)
2nd: Lauren Snow (St. Albans LTSI)
3rd: Jordan Sheppard (Harris TKD)

Black Belt Sparring - Adult Male

1st: Vikram Gautam (Rayners Lane TKD)
2nd: Andrew Thomas (London Panthers)
3rd: Adam Bassidi (St Albans LTSI)
3rd: David Sims (Sims TKD)

Adult Kup Sparring Winners



Adult Kup Sparring Winners



Dan Sparring Winners



Special Technique

10th to 5th Kup - Juniors (Low Division)

1st: Elizabeth French (Grantham LTSI)

10th to 5th Kup - Juniors (High Division)

1st: Alfie Ryan (Rayners Lane TKD)

10th to 5th Kup - Adults (15+)

1st: Oliver Stern (Dartford TKD)

4th to 1st Kup - Juniors (Low Division)

1st: Ben Benson (Harris TKD)

4th to 1st Kup - Juniors (High Division)

1st: Isaac Taylor (Harris TKD)

4th to 1st Kup - Adults (15+)

1st: David Harris (Rayners Lane TKD)

Junior Black Belts (u14)

1st: Suliman Majeed (Rayners Lane TKD)

Adult Black Belts (15+)

1st: David Sims (Sims TKD)

Special Technique Winners



King of the Ring

All Grades - 11/12 Year Olds

1st: Frank Ryan (Rayners Lane TKD)

All Grades - 13/14 Year Olds

1st: Yil Kelani (Rayners Lane TKD)

All Grades - Adults (15+)

1st: Vikram Gautam (Rayners Lane TKD)



Adult 'King of the Ring' Winner









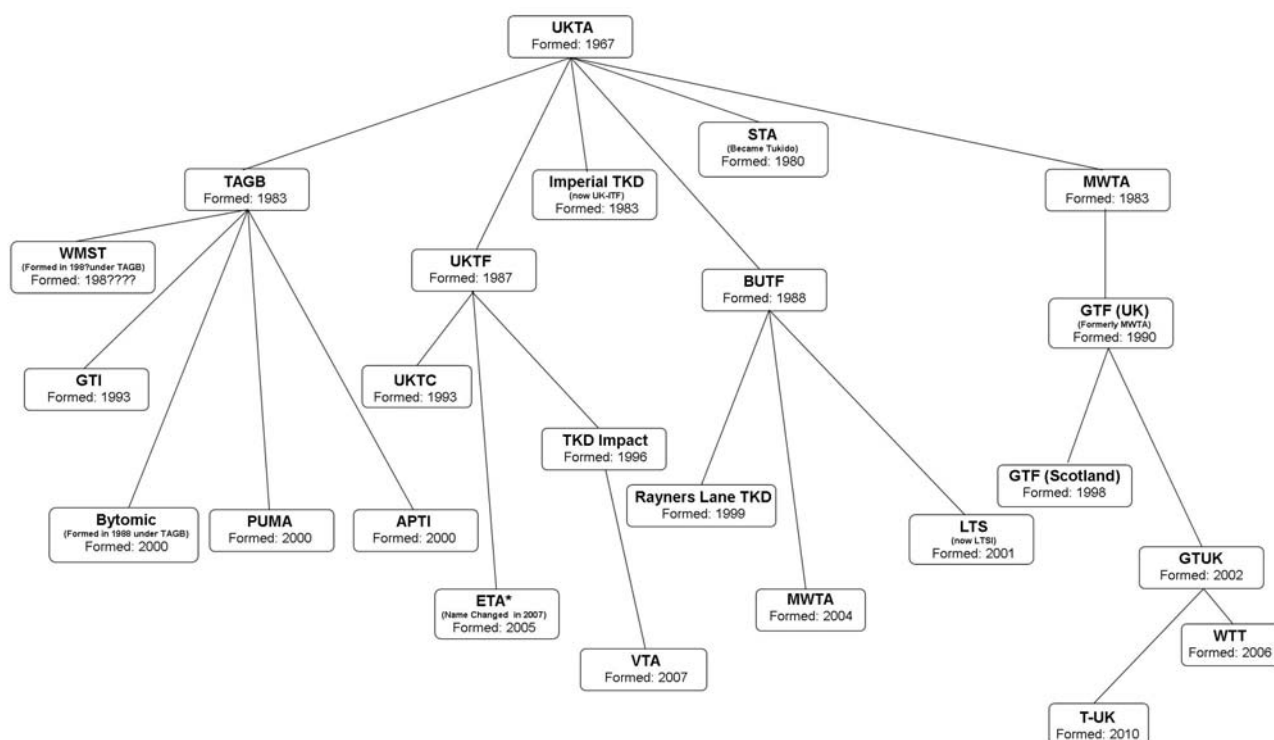
WHO'S REPRESENTING YOU? WE CAN!

UK Ch'ang Hon Lineage Tree

(Project)

By Stuart Anslow & John Dowding

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



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

MWTA¹ - Mid-West Taekwon-Do Association

MWTA² - 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 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 - MWTA¹ 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 - MWTA² 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

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.

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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.*

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*Based on March, 2011 issue downloads

"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 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.

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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

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
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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.

**"If you never try to fly, you'll never know what it's like to soar."
- Unknown**



**"He who would learn to fly one day must first learn to stand and walk
and run and climb and dance; one cannot fly into flying."
— Friedrich Nietzsche**

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