

# Totally TaekwonDO 태권도

The Free Martial Art of Taekwon-Do

December 2011 • Issue 34



• Dojang Etiquette  
In Everyday Life



• Tong Milgi  
The Opening of Koryo



• Young & Old



• Inner Forearm  
Block Applications

## Hyung, Tul, Poomsae What's The Difference?

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Champions of the Heart

Taekwon-Do: The Original Mixed Martial Art

Kids & Tae Kwon Do: A Guide To Effective Teaching

Kick-Start Your Life! Live with Passion, Purpose, Creativity and Expression!

Break Falling: Front, Back and Bridge

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

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**EDITORIAL**  
ISSUE 34 · DECEMBER 2011



It's the December issue and its packed to the brim with fantastic articles, so there will be something for you to read when you get bored of Turkey, mince pies and old movies this year!

I am extremely pleased to welcome onboard our very first sponsor - PUMA UK, who certainly live up to their tagline of *'the most forward thinking martial arts organisation in the UK'* as they have shown here! Whilst other TKD groups may live in their own little worlds, Master Gayle has taken this step and showed all the other organisations (not just in the UK, but around the world) how to really support the Tae Kwon Do community... as by sponsoring the magazine, it benefits not only those in PUMA, but all Tae Kwon Do students the world over, whether ITF, WTF or any other style, as its through sponsorship that the magazine will remain free for everyone to read, every month for a long time to come. If you are interested in showing your support as well, check out the sponsorship deals at the back of this issue or on the web site!

Unlike last year, there are no Christmas competitions in this years Xmas issue, as I felt it was unfair to ask those that gave up prizes last year, to do so again.. But, we do have a cracking issue for you, with so many good articles its like a Christmas Fair lucky dip.. With a prize for everyone.. Just delve in.

There may be no Christmas draws this year, but for those wishing to make trendy new adverts for their schools next year, I do have a Christmas bonus offer for you. If you drop me an email, I can put you in touch with our own graphic designer, who can design all your 2012 advertising to industry standard quality, but without the industry standard costs - no obligations if you want to make an enquiry!

Many thanks to all those that have written for the magazine this year, please keep it up for 2012.

All that's left now is to wish all our readers a **Very Merry Christmas & a Happy New Year!** All the best for 2012 and hopefully I'll see you at the PUMA Black Belt World Championships in March.

Happy holidays,

*Stuart Anslow*  
Editor



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# TOTALLY TKD NEWS

## Tae Kwon-Do Students Charity Abseil for Stroke Association

Students of Sutton Coldfield based Absolute Tae Kwon-Do Association shared an amazing fund raising day last weekend at the Stroke Association Abseil held at Dudley Castle.

Absolute had six very nervous students participating in the charity Abseil event for the Stroke Association on Saturday 5th November with the youngest participant, Nathan Sam, being just 13 years old. Nathan conquered his fear and went on to abseil the walls of the castle like a natural. The other five Absolute TKD students, Gemma Williams, Sian Proud, Graham Pitt, John McNally and Michelle McNally also managed to complete the abseil and are very proud of the accomplishment and feel a great sense of achievement.

It was a fun day out for all which included seeing Elvis and Cat Woman abseiling along with many others in weird and

wonderful ghoulish costumes. Between the six ATKDA students, who took part in the event wearing their training Doboks, the club has so far raised £668 in sponsorship for the Stroke Association and hope to raise more. Absolute would like to thank their students for taking part and also say a special thank you to all the people who supported us and sponsored us including the customers and staff of the Trident public house who donated between them £155.

It is part of Tae Kwon Do philosophy to work for the community and defend the weak which is why Absolute enjoy participating in charity events, participation installs good morals and self confidence particularly for younger students. The club chose to support the Stroke Association as so many people's lives are affected by stroke which can be devastating and the road to recovery long. If anyone is interested in donating to the Stroke Association to further their research please visit: [www.stroke.org.uk](http://www.stroke.org.uk) or <http://>



## **International Martial Arts and Sports Award ceremony, 2011**

The Zubairi's Martial Arts Sports Trust-International organized International Martial Arts & Sports Award ceremony 2011 at Sindh Olympic House, Sindh Sports Complex, Nazimabad # 2 Karachi, Pakistan on October 29, 2011 in collaboration with World Organizer of Martial Arts.USA.

The chief guest of the occasion was Dr Muhammad Ali Shah (President Sindh Olympic Association) and Member Provincial Assembly Govt of Sindh, Pakistan.

The aim and objective of Zubairi's Martial Arts and Sports Trust is to develop learning, teaching and friendship of martial arts and sports among all of us and to recognize the efforts of promoting such

things on international level. Master Zubairi had informed the audience that he is closely working with Kukkiwon for Taekwondo promotion in Pakistan for highlighting Taekwondo as martial arts among youth, with respect to close combat arts he informed that we are also promoting Yong Moo Do as Korean martial arts especially in ground fighting and close combat situations. Rizwan Mustafa Zubairi, The international Master Instructor in Korean Martial Arts of Taekwondo-Hapkido -Yong Moo Do and a Certified Sports Administrator from Olympic Council of Asia in his speech informed the audience and awardees that he is promoting the Korean Martial arts with the support and guide lines of Kukkiwon, World Yong Moo Do Federation, Universal Taekwondo Union, World Taekwondo University, Korean Hapkido Federation and Korean Martial Arts Instructors Association. He recently returned from South Korea and has advance training in Kukkiwon Taekwondo and Yongmoodo.



Prof M.I.Tianero, the founder of World Organizer of Martial Arts had specially approved the international award certificates for Pakistan's eminent sports and martial arts personalities with the strong recommendation of Master Zubairi. In his message to awardees he said that martial arts and sports give strong health and positive mental attitude and we present this award to you in recognition of your outstanding, unselfish support and dedication that leads to the success of martial arts and sports internationally and your hard work to educate people and community around us is highly appreciated by all of us.

He distributed the International awards to the eminent martial artists and Sport personalities.

1. Grandmaster Absar Hussain Shah (Grandmaster Award in Kick Boxing)
2. Master Shabbir Hussain (4 th Dan Taekwondo)
3. Master Rehman Shah (4 th Dan Taekwondo)
4. Master Sadiq Ali Kazmi (4 th Dan Taekwondo)
5. Safdar Ali (3 rd Dan Taekwondo)
6. M.Altaf Khan (3 rd Dan Taekwondo)
7. M.Furqan (3 rd Dan Taekwondo)
8. Shahid Shaikh Siddique (2 nd Dan Taekwondo)
9. Sadaf Gull (2 nd Dan Taekwondo)
10. Abid Alam (2 nd Dan Taekwondo)
11. Irshad Khan (2 nd Dan Taekwondo)
12. Alamgir shah Afridi (2 nd Dan Taekwondo)
13. Amjad Ali (2 nd Dan Taekwondo)
14. Arbash Khan (Silver Medalist Int'L Amateur Muay Thai Championship 2011)
15. Farzana Khanum ( Women Kick Boxing Association)
16. Musheer Raza Rabbani (Incharge Sindh Sports Board, Sports Complex.)
17. Syed Nabeel Shah (Swimming Instructor)
18. M.Taqi (Secretary Karachi Scouts Association)

19. Javeed Kiani (Swimming Instructor)
20. Rukhsan Aziz (Sports Instructor)
21. Rashid Ali Siddiqui (President-Pakistan Sports Writers Federation)
22. Ubaid-Ur-Rehman (Secretary-Sports Journalist Association of Sindh)
23. Wajid Raza Isfahani (Treasure-Karachi Union of Journalist)
24. Yahya Hussani (Vice President-Sports Journalist Association of Sindh)
25. Muhammad Ali (Secretary Sindh Judo Association)
26. Naseem Qureshi (Secretary Sindh Karate Association)
27. Dilwaris Khan (President Sindh Amateur Muai Thai Association)
28. Khalil Jibrán (President Sindh Taekwondo Association)
29. M.Javeed Khan (Secretary Sindh Taekwondo Association)
30. Khalid Rehmani (Secretary Sindh Tennis Association)
31. Khursheed Shah (District Officer CDGK)
32. Rehana Saif (Sindh Olympic Association)
33. Ahmed Ali Rajput (Secretary Sindh Olympic Association)
34. Dr Muhammad Ali Shah (President Sindh Olympic Association)

Prof Zaib-Un-Nisa (Principal Khusbakht Leadership College for Girls) was the guest of honor and she specially praised the efforts of outstanding support to the sports and martial arts personalities of the trust and has invited Master Zubairi and his team to her college for seminar and speech.

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



### 3 New Black Belts at Rayners Lane Taekwon-do Academy

On the 25th October, 2011, following a 2.5 hour written exam, three students from Rayners Lane Taekwon-Do Academy started the physical part of their attempts for black belts.

It was an arduous test, none more so than for Kate Barry, who has been training at the Academy 10 years and has a chronic knee condition.

The grading, which was over seen by 5 examiners from 3rd to 7th degree, lasted around 3 hours and saw all the various sparring elements the Academy requires, all kup grade patterns, knife and standard self defence, destruction techniques plus much more.

After a little over a weeks wait, those that passed were announced and presented with their new belts and certificates.

Many congratulations to Rayners Lane Taekwon-do Academy's newest black belts - *Marek Handzel, Richard Baker & Kate Barry.*

A video reel of the actual grading can be found at [www.raynerslanetkd.com](http://www.raynerslanetkd.com)

### Tae Kwon-Do Students Bring 13 Medals Back to Sutton Coldfield

Students of Sutton Coldfield based Absolute Tae Kwon-Do Association enjoyed fantastic success at the Bytomic Tae Kwon-Do competition which was held in Windsor on Sunday 6th November. Six Absolute students took part in the event and brought home to Sutton Coldfield a total of thirteen medals including nine gold, two silver and two bronze. The Competition was very well run and the Bytomic team and their participating students alike made the ATKDA feel very welcome. There was a great atmosphere and camaraderie throughout the whole day with an awesome exhibition of board breaking and sparring from all competitors. TKD students show the art of tae kwon-do by performing patterns, a set routine of movements, it has to be said that the standard of performance was excellent.

For most of the Absolute students this was



their first competition and they did amazingly well winning medals for patterns, best overall pattern, sparring, team sparring and board breaking. One Sutton student in particular, Mohammed Arslan, won four medals, three gold and one silver, despite it being his first Tae Kwon-Do event – Well Done Mo. The ATKDA team worked very hard on the day both competing and supporting each other. Their instructor Mr McNally said with a beaming smile “I’m a proud man today and it just goes to show that the effort, hard work and dedication that the students put into their training does pay off in the end”

Absolute would like to thank our supporters on the day, Sian Proud, Tyrone Lewis and Richard Lewis, the Bytomic team for their warm

**한국일보**

2011년 11월 07일 월요일  
A33면 사람들

미국인 1호 북한 박사 비탈리씨

“남북한 태권도 차이점 연구  
태권도 교류 위해 일 하고파”

“박사학위 취득을 비롯해 모든 것이 태권도가 있어 가능한 일이 었다. 태권도는 남북한이 나를 비롯한 세계에 준 최고의 선물이다.” 전직 미국 뉴욕 경찰관이 태권도를 주제로 한 논문으로 북한에서 박사학위를 받았다. 미국인 1호 북한 박사다. 주인공은 조지 비탈리(52세). 그는 6일 연합뉴스와의 이메일 인터뷰에서 “북한 국제 태권도연맹(ITF)이 9월 평양에서 주최한 ‘태권도 세계선수권대회’ 참가했다가 북한 국가학위학직수여위원회로부터 태권도 박사학위를 받았다”고 밝혔다.

뉴욕 태생으로 1981년부터 25년간 뉴욕주 경찰관으로 근무한 그가 처음 태권도를 접한 것은 16세 때인 74년. 당시 살던 집에서 두 블록 떨어진 곳에 들어선 한국인 김광성씨의 태권도 도장을 접한 게 계기가 됐다. 비탈리씨는 “처음 도장이 생겼을 때는 오가는 길에 구경만 하다가 흥흥 액션배우 이소룡이 출연한 영화를 보고 동양 무술을 익히고 싶어 도장을 찾게 됐다”고 전했다. 경찰관이 된 후 96년 뒤늦게 대학에 들어가 역사학을 전공하기도 했지만, 그는 태권도인의 길을 주저없이 걸었다. 김씨가 태권도 사부이자 인생의 스승이었다.

89년 미국 태권도팀 일원으로 평양에서 열린 세계청년학생축전에 참석했고, 세계 50여개국에서 태권도를 가르치며 각국에 파견된 북한 태권도 관계자들을 만나기도 했다.

2007년엔 북한이 이끄는 ITF에서 태권도 박사과정을 개설한다는 소식을 접하고 박사과정 입학원서 접수부터 논문 제출까지 대부분 인터뷰를 통해 마쳤다. 그



미국인 조지 비탈리 씨가 9월 8일 북한 민주대(사당)에서 태권도 박사학위 ‘박사증’을 수여받은 직후 기념촬영을 했다. 25년간 뉴욕에서 경찰관으로 일한 그는 북한에서 박사학위를 받은 첫 미국인이 됐다. 연합뉴스

리고 9월 평양 인민문화체육당에서 북한 교수 15명으로부터 논문 심사를 받고 마침내 학위를 땀다. 논문은 남북한 태권도의 차이점과 이에 따른 논란 등을 주로 다뤘다. 비탈리씨는 “남북 간 논란 여지가 많은 주장이 담겨 논문 심사과정에서 교수들을 설득하는데 힘들었지만 논문은 인정받기로 통과됐다”고 전했다.

그는 논문에서 남한 태권도는 ‘올림픽 태권도’로 스포츠 성격이 강한 반면 북한 태권도는 무도(武道)라고 평가했다. 그러면서 남한 태권도인들이 ITF에 대해 공산주의 태권도 정도로 인식한다는 지적도 했다. 비탈리씨는 “앞으로 기회가 된다면 북미 간, 남북 간 태권도 교류를 도울 수 있는 일을 하고 싶다”고 말했다.

송옥진기자 cck@hk.co.kr  
연합뉴스

welcome to ATKDA students and also the students themselves; Graham Pitt, Adrian Sweeney, Mohammed Arslan, Luke Sullivan, Michelle McNally and Nathan Sam for having the courage at 13 years of age to participate, well done to all of you, keep up the hard work.

**News Makes The News**

As reported back in issue 32, regular Totally taekwon Do writer Master George Vitale became the first American to earn a PhD from North Korea with his dissertation was on The History of Tae Kwon Do and the benefits of training in it. So impressive was this news, that it was reported in the South Korean newspapers Kyunghyang daily and the Yonhap news.



*Master O'Brien (left) at a recent Drimnagh TaeKwon-Do test*

## **New Master at TaeKwon-Do International**

TaeKwon-Do International welcomes Master Paul O'Brien from Drimnagh TaeKwon-Do Academy. He joins the union from Dublin, Ireland.

Master O'Brien is a fourth dan and has been training since 1986. He teaches traditional TaeKwon-Do and has trained with many excellent instructors, and is now proud to call President Suk Jun Kim his teacher and TKDI his home.

Drimnagh TaeKwon-Do is very successful on the competition circuit in Ireland, and has an exceptional children's program. In

addition they spend a great deal of time supporting their community, with demonstrations, fun days for families and many more events...giving back is a big part of their philosophy.

Master O'Brien stated "It is an honor for me and my students to be part of Grandmaster Kim's TaeKwon-Do family, and to have access to his knowledge and experience, as well as the other TKDI members.

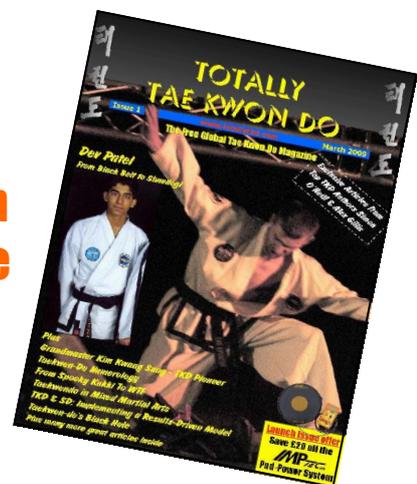
*For more information, please contact Morgan Prue, TaeKwon-Do International's Secretary General, at 917-514-7189, or [morganprue@yahoo.com](mailto:morganprue@yahoo.com).*

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# Hyung, Tul, Poomse, Poomsae: *What's the Difference?*

By Oerjan Nilsen

Most styles of Korean Martial Arts do some kind of forms in their training. ITF has its "Tul", Kukkiwon had "Poomse" but changed the spelling in the 1980s to "Poomsae" and GTF (Global Taekwondo Federation) and other styles of KMA has "Hyung" in their systems.

**What is the difference between all these forms and names?**

**Why do some styles use Hyung while others use Tul or Poomsae?**



I have asked myself these questions too. In Japanese martial arts there is one unison term for martial forms or patterns and that is Kata. The Korean tendency to use several different terms can be confusing. Here I want to show the readers the most typical usage for the different terms and their translations. Note that translating from the Korean language into English is not always that easy because many expressions in Korean does not have a direct English counterpart. Therefore when translating these terms I have tried to be as literal as possible and when appropriate shown different translation for the same term as they are all valid and show different aspects of it.

In the early days of Taekwondo (when it was known as Tang Soo, Tang Soo Do, or Kong Soo Do (the Korean reading of the Chinese characters for Tode and Karate) they used imported forms from mainly Japanese Karate. The first Kwan

founded was the Chung Do Kwan that was founded in 1944. The founder had practised for many years in Shotokan Karate directly under Funakoshi and so the style taught was essentially a hard style of Karate with Karate Kata. The Chinese character (Hanja) used to write Kata in Karate (形) is pronounced "Hyung" in Korean. The word means shape or form and is not only used in the Martial Arts. In Japan you have Tea Kata, Flower Arrangement Kata, etc. It is in Japanese culture an ideal way to do things. As far as I know in the 1940s and 50s all Kwan used "Hyung" as a word for their forms no matter if it was the original forms of Karate or Quan Fa (Kwon Bup) or even their own inventions. General Choi Hong Hi (founder of Oh Do Kwan and later ITF) named his own creation "Hyung". For example "Chon Ji Hyung" etc. Only later (between 75-78) would he come up with ITF current name of their forms "Tul".

As you can see Hyung means form or shape and can be applied to all martial forms out there. It is just a name and there is no real difference like this is a "hyung" and that is a "Tul". Different organisations favour other words of course (if they did not then this post would not be needed). Hyung is then just the Korean pronunciation of the letter for Kata.

Tul (틀) is as far as I know a purely Korean word, and the only "style" of Taekwondo or even a KMA for that matter that uses this word to describe their forms is the ITF. Choi Hong Hi most likely changed the name of his forms from Hyung to Tul because of the purity of the Korean language as he was very frank in his views of making Taekwondo into a "purely" Korean art. The word "Tul" can be translated into several different words in English but in the book called "What is Taekwondo Poomsae" by Lee Kyu Hyung he writes that Tul means "Frame". In the dictionary you get:

- frame
- housing
- mold
- Case
- Formality

All these translations of the word could be used. Mold, and Case could both have the same meaning as the Hanja for Hyung. Another possibility for a translation of "Tul" is "Pattern". I learned that General Choi did not like the word "form" as people could have great kicks, punches (good "form") but their patterns could be very bad. Therefore he did not equate "form" with "pattern". While most "older" KMA styles use the word "Hyung" ITF today uses the word Tul.

The WTF and Kukkiwon stylists uses a different word for their forms. Originally they too used Hyung. The first Koryo form from 1965ish was named Koryo Hyung. While the subsequent forms developed for the Kukkiwon style (Taegeuk and new

Koryo) was named Poomse (품세). Until 1987 the Hanja for *poomse* was 品勢, and meant something like "Quality Shapes of Strength" or possibly "Flow of movements" (The last one being the closest to a literal translation on the term). In 1987 the Hangul (native Korean writing system) was changed to a pure Korean word, with no Hanja by changing the last Hangul letter from Se (세) to Sae (새). Now the meaning of Poomsae (품새) according to Marc Tadeshi is Appearance of movements, look of movements, *poom* meaning or implying movement, *se* meaning flow, and *sae* being a shortened form for looks, appearance. So these days Patterns or Forms in the Kukkiwon and WTF should be written *poomSAE* and not *poomSE*. Still there is nothing wrong with using Hyung, Tul, Poomse, and Poomsae interchangeably as they all describe essentially the same thing in the martial arts. Namely Martial Forms/Patterns. It is the different organisations that favour the different names, but they do point to the same activity. Therefore there is no real difference between a "Hyong" pattern and a "Tul" pattern as they both refer to martial forms, but I guess you could make a case on the following:"

- *Hyung* refers to the original Karate forms that was imported to the Kwan as well as older forms before the word Poomse/Poomsae and Tul was used. As such they would most likely do their power generation by hip twist.

- *Tul* refers to the martial forms of the ITF as it is only they that seem to use this word. These forms use Sine Wave to do their power generation.

- *Poomse* was Kukkiwons own name for form until 1987 when it was changed to Poomsae. They both refer to the forms taught and practised by the Kukkiwon and WTF stylists.

And thats it. It is not that easy as the model above since all the words refer to martial



patterns. It is not uncommon to see a pattern named using all the above in different Dojangs. A WTF affiliated school using both the forms created by Choi Hong Hi and the Taegeuk set for instance would most likely chose just one term for all its forms. As such the form Chon Ji could be called Chon Ji Hyung/ Chon Ji Tul or Chon Ji Poomsae in different Dojang around the world. But for the most part my "definition" above could be used (although with care) as this is the most widely usage of the terms.

I hope you became a little wiser in regards of the terms and usage of Tul, Hyung, Poomse and Poomsae, but the most important thing regardless what term you use for it, is to get the most out of your training and train diligently. Your experience with martial forms or patterns will not change regardless of what you call them. Always do your best.

*About the author: Oerjan Nilsen has trained and studied Taekwondo since early 2000. His Taekwondo studies has brought*

*him many places but the most memorable Taekwondo experience was studying Taekwondo in Korea for one year at Chosun University. He teaches and trains at Bergen Vest Taekwondo Dojang. Visit his blog at <http://jungdokwan-taekwondo.blogspot.com/> to read more of his articles and thought on Taekwondo.*

The photos in the article have kindly been supplied by our readers:

1. Allan Boxerman - featured performing poomsae with his father.
2. Master Robert Frost (Toogee Taekwondo) - features Tai-Loi Gibson (front), John Gibson (no relation, middle) & Sabrina Gibson (Tai-Loi's mother, back) performing Hwa-Rang tul at a team patterns event (which they won). [www.toogee.com](http://www.toogee.com)

*None of the above are related to the author and are simply for presentation. Many thanks to you all.*

# The Encyclopedia of Taekwon-Do Patterns

The Complete Patterns Resource for Chiang Hon, ITF & GTF Students of Taekwon-Do

60 years in the making...

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

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

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

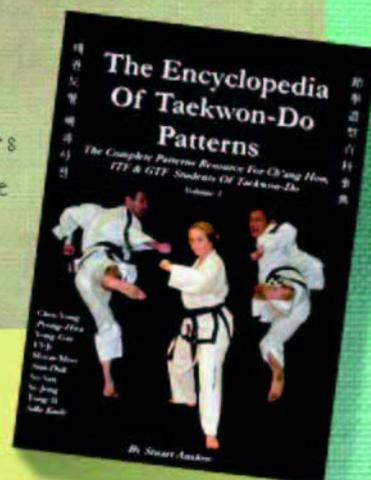
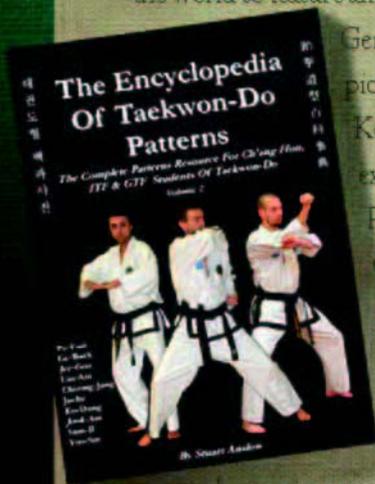
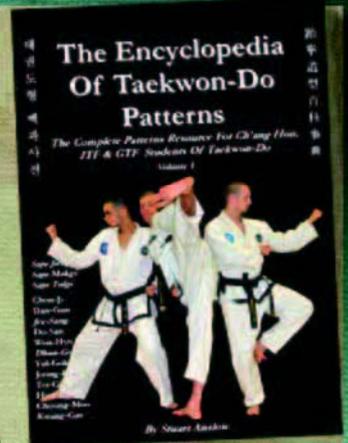
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# Tae Kwon Do in the Great Lakes State

**Part 2**

***Master Gary Hausbeck,  
Seung-Ni Martial Arts***

**By Ira Hoffman, WTF/KKW 4th Dan**

Michigan, nestled among the Great Lakes in the northern United States, is home to the first university established by any State<sup>1</sup>, was home to Gerald R. Ford, the 38 President of the United States, and has the longest freshwater shoreline in the world. And Michigan has a long tradition of Tae Kwon Do. Modern Tae Kwon Do was formed in the mid-1950's, and was firmly planted in Michigan in the early 1970's.



*The Seung-Ni facility in Saginaw, Michigan*



*Master Gary Hausbeck, founder  
of Seung-Ni Martial Arts*

This is the second in a series of article on the history and status of Tae Kwon do in Michigan. In this article, we'll meet with Master Gary Hausbeck of Saginaw, Michigan.

## **Master Hausbeck's Journey**

Master Hausbeck, 43, is a WTF/KKW 6<sup>th</sup> Dan (Chang Moo Kwan) and is the founder of Seung-Ni<sup>2</sup> Martial Arts, with its home location in Saginaw, Michigan (about 200 km north of Detroit), with a branch in Traverse City, Michigan.

Master Hausbeck also holds a purple belt in Brazilian Jiu-Jitsu and an orange belt in Chinese Kempo. He has been training in the martial arts since he was a child. Says Hausbeck, "I started learning Taekwondo informally at the age of 6 from my brother-in-law Carleto Real, who earned his black belt in ITF in the



*Master Hausbeck with assistant instructors Shauna Treib, 2<sup>nd</sup> dan, and Tanner Caputo, 3<sup>rd</sup> dan*

Philippines”.

Hausbeck became interested in martial arts as he watched his brother-in-law practice, and became more interested in the early 1970’s watching Bruce Lee and Chuck Norris movies.

At that time, in Saginaw, the only formal Tae Kwon Do program was offered by Grandmaster Chang Soo Lim of Lim’s Taekwondo in Saginaw, and at age 13 Hausbeck began his formal training there.

When he was 16, Hausbeck began teaching as an assistant instructor at Lim’s Taekwondo. He earned his 1<sup>st</sup> dan at age 17. “Shortly after I achieved my black belt I started teaching every day, in most cases by myself. In 1986 my master, Chang Soo Lim moved his family to Boca Raton, FL and I ran his school for him at the age of 18. This is where I learned to teach

classes, organize events, competition teams, pay bills, sell memberships and everything else that goes into running a school”, says Hausbeck.

Hausbeck started attending a local college. For a time he continued teaching at Lim’s, but eventually he left and opened his own small Taekwondo club in Saginaw. His last two years of college were spent at Ferris State University, about two hour’s drive from Saginaw. During the week two of his black belts, Seung Lee and Steve Becker, taught classes, and every weekend Hausbeck returned to Saginaw to teach.

In 1991 Hausbeck finished college and returned to Saginaw. He moved his school from its 1500 ft<sup>2</sup> (135 m<sup>2</sup>) location to a much larger 4000 ft<sup>2</sup> (360 m<sup>2</sup>) facility in 1992, and opened his current 6600 ft<sup>2</sup> (610 m<sup>2</sup>) Saginaw school in 2002, teaching both Tae Kwon Do and Brazilian Jiu-Jitsu.

## Master Hausbeck Today

A successful small businessman, Master Hausbeck runs both martial arts and fitness programs at his facilities. His Saginaw facility has two training areas, one for Tae Kwon Do and the other for Brazilian Jiu-Jitsu and fitness classes. He currently has 250 active martial art students and 550 active fitness members. Says Hausbeck: "I also have another licensed facility in Traverse City, MI that is owned by Master Kevin Shoults (my highest ranking student who holds a 5<sup>th</sup> Dan in WTF) and he currently has 450 active martial art students and 100 fitness members." He has 21 employees at the Saginaw location, including martial arts instructors, fitness instructors, and administrative staff.

His interests outside martial arts include tennis, golf, snow skiing, being an entrepreneur, "and most of all spending time with my three beautiful kids."

Master Hausbeck values the variety of martial arts he's learned and teaches. He believes the variety of experiences is important: "Too many martial artists are stuck on traditions and aren't willing to grow". He encourages his students to "use what works", and to continue their educations spiritually and mentally.



*Master Hausbeck and son Beau, age 6*

While the Tae Kwon Do program includes both children and adults, Hausbeck says, "The main focus of my school is definitely focused on kids. Parents always want to give their kids what they did not have and they want their kids to learn respect, discipline, focus and to be able to protect themselves."



*Flying Front Kick drill in children's class*

His focus is on the traditional aspects of Tae Kwon Do. "I come from a very competitive-focused background in Olympic Taekwondo but I have realized over the years that most students don't ever want to compete, so I put my focus on teaching kids traditional martial



*2<sup>nd</sup> dan Kendra Sampson in a roundhouse kick speed drill*

arts and the importance of self-improvement.” student is awarded their 1<sup>st</sup> dan.

### **Business vs. Martial Art**

Master Hausbeck teaches a balanced martial art, with forms, techniques, sparring, and general fitness all equally emphasized. He sees value in this balanced approach: “I think that is the beauty of Taekwondo. We need to always strive to improve our technique, physical fitness and the application of our moves”.

As a KKW/WTF school, Master Hausbeck teaches both the taeguk and palgwe poomse (forms), with taeguks taught to colored belts and the palgwes taught after a



*Tokens are given as a performance incentive*

There has been a vigorous, ongoing debate concerning the balance between running a dojang to teach the martial art (which implies a smaller student body so the instructor can focus more attention on the students and high quality), and running a dojang as a business (which requires more income, leading to a larger student body, but which may mean the instructor has less time to develop high-quality students).

The Seung-Ni Tae Kwon Do and Fitness programs are

Master Hausbeck's major sources of income, and I asked Master Hausbeck how he balances these two competing needs. "I think both can work hand in hand". The key, he says, is having both organizational and business skills. "If you're organized, quality doesn't have to suffer".

It's important to keep students motivated, and Master Hausbeck has a "Student of the Month" program along with a program of giving student small tokens for good performance. These tokens can be exchanged for small gifts from the dojang.

Finally, "Students should only test when they are ready". To maintain quality Master Hausbeck pre-tests all students

before their formal tests. No student tests until they pass the pre-test. Failing part of the pre-test helps directs additional education to the areas of weakness, which helps ensure uniform high quality.



Master Hausbeck has launched a line of energy drinks

Along with Tae Kwon Do and the Seung-Ni fitness program, Master Hausbeck has recently begun marketing a line of energy drinks<sup>3</sup>.

### The Impact of Tae Kwon Do

Master Hausbeck says of Tae Kwon Do: "It means everything to me. I wouldn't be where I am today if not for Tae Kwon Do"

He loves helping people, and values the relationships he's developed with his



Poomse practice in children's class

students over the years, and greatly appreciates the positive impact he's had on so many lives – eventually there will be, “thousands of people who have a little piece of me and this art in them because of me”.

His most important accomplishment is making a difference in the lives of his students. The biggest compliment one of his students could give him would be to say, “I'm grateful for what Gary has shared with me. Because of Gary I'm a better person – physically, mentally, and spiritually”.

### The Future of Tae Kwon Do

What would Master Hausbeck like to see Tae Kwon Do evolve into over the coming decade? His answer to that question has changed over time. 10 years ago he would have said Tae Kwon Do should move more toward becoming a sport. Today, he “would like to see TKD move to a more traditional focus”.

In this magazine and in other forums there have been discussions of the problems of unethical activities and behavior in dojangs. Master Hausbeck believes the implementation of the “Check Poom/Dan” web page on the Kukkiwan web site it designed to help address this issue. That site can be used to verify and confirm KKW black belt certifications, to help combat those who create fraudulent KKW certificates.

Given the segmentation of the ITF, he's unsure of how a similar mechanism might

work for the ITF. Master Hausbeck does not believe government regulations would be an effective tool.

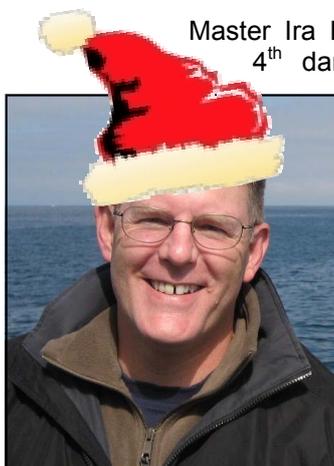
### In Conclusion

Master Hausbeck has dedicated himself to Tae Kwon Do – but more than that, he's dedicated himself to improving the lives of children and young women and men. Tae Kwon Do has been the method he's used to have this positive impact. And his approach has been one of balance: balance between physical, mental and spiritual growth. Using Tae Kwon Do to improve and achieve balance – a lesson all of us can take to heart.

<sup>1</sup> The University of Michigan, originally established in Detroit but since 1841 located in Ann Arbor.

<sup>2</sup> A name adapted from a Korean word meaning victory, triumph or win.

<sup>3</sup> This reference is not meant to be a commercial endorsement be either the author or by Totally Tae Kwon Do Magazine.



Master Ira Hoffman is a WTF/KKW 4<sup>th</sup> dan with seven years of teaching experience as an assistant instructor, instructor, and master instructor. He teaches and trains at Yats' Tae Kwon Do in Midland, Michigan, and can be reached at [irahoffman@aol.com](mailto:irahoffman@aol.com). The author would like to express his appreciation to Master Gary Hausbeck for sharing his time.



# Kids and Tae Kwon Do: *A Guide to Effective Teaching*

By Michael Kim & Adam Matthew Ormond, Ed.D.

Tae Kwon Do is a great activity for adults and kids alike. It builds character, leadership skills, concentration, discipline, self-confidence, respect for others, flexibility, balance, and strength. These attributes carry over into all other areas of their lives. But these skills do not just happen, someone must teach them. As an instructor, it is important to remember that children are not little adults. They do not learn exactly the way adults do.



curriculum. It is important for the instructor and students alike to have a road map to learning. Instructors will know what to teach on a day by day basis, and students will know what it is they are expected to learn.

Get and keep students' attention. If you do not have a students attention, you can not convey the information you wish to, and have him or her understand and replicate the activity.

## Similarities in Learning

Modeling is an important part of the learning process. Modeling is showing the students what you want them to do and how to do it.

Clearly define your expectations for behavior and learning in the dojang. Expectations are a self-fulfilling prophesy. When an instructor has strong beliefs in the success of his or her students, students will tend to live up to those beliefs and internalize them, making them their own.

Have a well structured, clearly defined

Belt test time should not be the only time students are assessed. Instructors should periodically check students' understanding and knowledge. Ask questions. For example: What is this movement called? What is the next step? Have a student explain and model an activity. These techniques will not only allow the instructor to make sure he or she has the students' attention but also assess students' understanding and knowledge.

Repetition and practice are necessary components in the learning process. Students must practice to know and understand skills without having to think about them (automaticity), and gain muscle memory (the ability to reproduce motor skills without thought)..



Different people learn in different ways. For example, some are auditory learners. They learn best by listening to the instructor and following his or her directions. So, the instructor must carefully explain the skill that he or she wants to teach. Some students are visual learners, so it is best to model the skill. Some are kinesthetic learners, and must perform the skill to learn it. So be sure to vary the speed, depth, and style of your instruction based upon the individual students and the group's learning needs.

### **Differences in Learning**

Most adults learn through detailed description (larger chunks of information). As an instructor, you must learn how to chunk information to be able to pass on exactly the right amount for students to understand.

Children learn best through simple instructions (Smaller chunks of

information.). For example, if you wish to teach a form, it is best to review the curriculum involved, model the movements step by step, and explain the movement in the simplest terms—turn left into a walking stance and lower block with the left arm, step forward into a walking stance and right hand punch to the middle section. Adults are usually self-motivated. They want to be in class and learn. This is not to say that adults need no external or instructor motivation (a hearty pat on the back, or “great job”), but rather, external motivation is not the driving force behind an adult's learning.

Kids are not always self-motivated. Very often they learn best when there is plenty of external (instructor) motivation.

When adults need to be disciplined, a direct but gentle warning is usually all that is required. Sometimes though, a simple warning is not enough for kids. When this happens, some small physical activity,

such as 5 or 10 push-ups will do the trick.

### **Some Thoughts for the Instructor**

As an instructor, you must be excited and passionate about Tae Kwon Do and express that passion. Passion is infectious. Your enthusiasm and love of the art will become your students' love.

There are three parts to successful teaching; a solid understanding of your Tae Kwon Do, knowledge of how to teach, and a knowledge of how to teach Tae Kwon Do. Confidence comes from a solid knowledge and understanding of what you teach, and how you teach it.

Speak in a clear voice, loud enough for the whole class to hear it. Be confident when you speak. Do not be afraid to say, "I don't know, I will find out." Unless you are an expert in Tae Kwon Do, you will not know everything. Most students will know when the instructor does not know or is unsure of something. Trying to fool them will result of loss of confidence and respect.

Tae Kwon Do is usually an extracurricular activity. Instruction does not always need to be fun, but it must keep students engaged and interested. This might be done by keeping the class environment light, explaining some of the history of how and why movements were developed, explaining how and an activity might be used in real life situations, using and defining Korean terms, and allowing some play time for the kids.

In conclusion, there are many similarities in the way adults and kids learn, but the differences are important. Children need for instruction to be direct, simple, and clear, and to be motivated by the instructor to learn and practice. Adults are able to process more complex information, so they can learn more in a given time frame. Grownups are usually self-motivated, and are more self-sufficient in their learning and practice. Also, adults usually only need a gentle warning to refocus their attention to the class, kids might need a little more; like a small number of push-ups. If the instructor keeps these simple principles in mind, successful teaching will follow.



# Idea's For Next Year

By YOU

There have been a number of suggestions over the past few months for articles, which I am going to list here, in the hope of giving some of you inspirations to get tapping on those keyboards (pen to paper is so 1990's)!

## Instructors Life Stories

This is basically a biography of your life in Tae Kwon Do - from the day you walked into your first dojang to the present day, with some of the things you remember over the years! The feeling is that though many students (and readers) know of you as an instructor, they don't actually know much of your past both as a student and a new instructor when you first started - so some thoughts and memories from those that have been around a while would make interesting reading for many!

## Lineage Trees for other countries

You have probably seen the UK Lineage Tree Project, in the last few issues and it is hoped that others will do similar for their own countries. These trees will then be joined by a 'Pioneers' Tree, that will go back to the inception of Tae Kwon Do and link everyone together via the original pioneers.

## Full Time Schools

I received an email sometime back asking for a writer to detail the process of setting up a full time school. It was UK based (though any such article would prove

interesting I feel) and they asked how they find venues, gain planning permission, convert for example an industrial unit to a sports based facility... to charges for training etc.

## Starting Martial Arts Over 50

An article by someone who has 'been there and done that' and what they got out of it, struggled with etc.

## Reports From Major Tae Kwon Do Championships

Whether ITF, WTF, TAGB, ATA or any other large Tae Kwon Do organisations your own students are asking for reports of your tournaments to feature in the magazine shortly after they have run!

## 'How To' Articles

More articles on basic (and advanced) techniques, from both sides of the TKD coin!

## How To Motivate Lazy Students

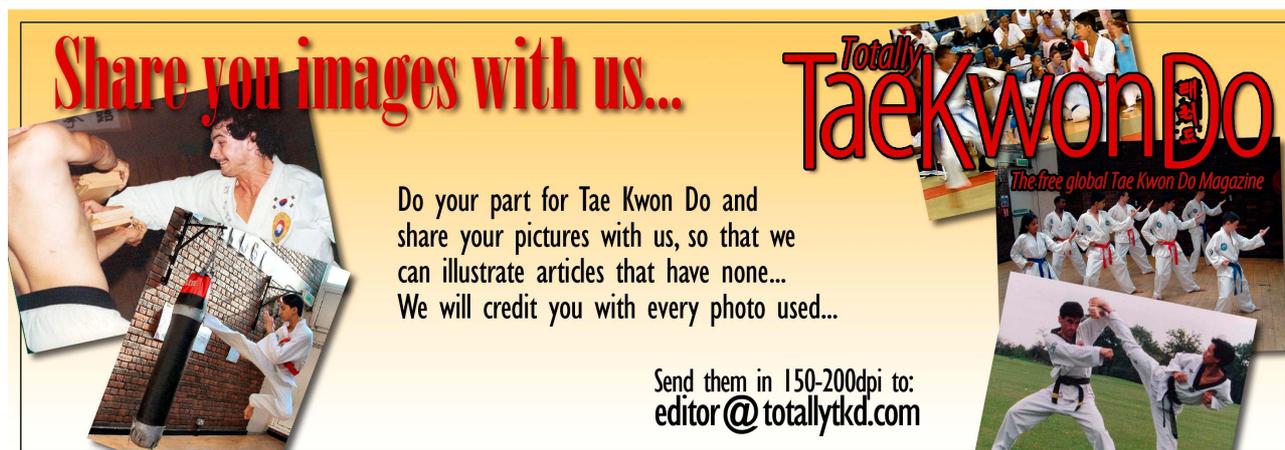
An email suggestion for an article - if you have found the secret, please share it with the rest of the TKD world!

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# 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.

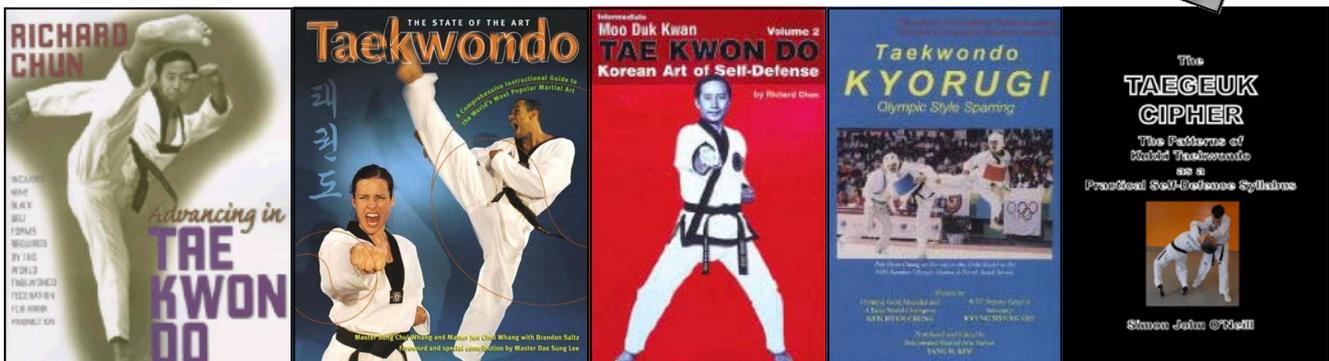
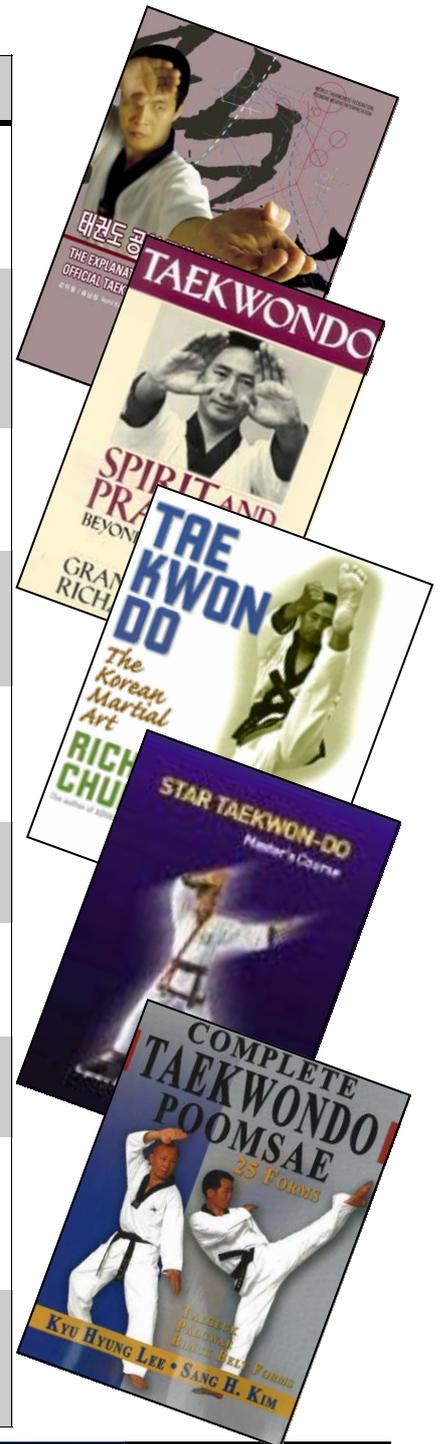
Furthermore, a new feature of the Totally Tae kwon Do magazine web site ([www.totallytkd.com](http://www.totallytkd.com)) is the **Book Store**, which features direct links to Amazon and other web sites to make it easier for anyone to grab any of cool Tae Kwon Do books that featured in this survey. The 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 WTF/Kukkiwon Based Books' 2011.**

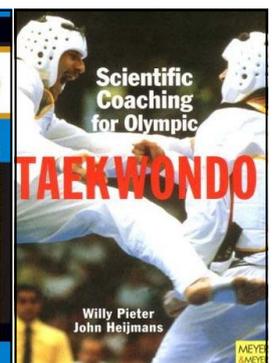
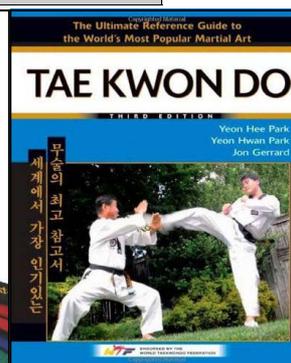
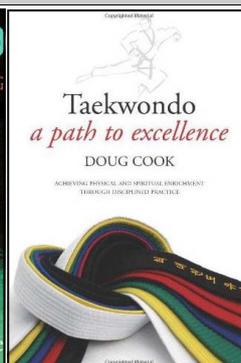
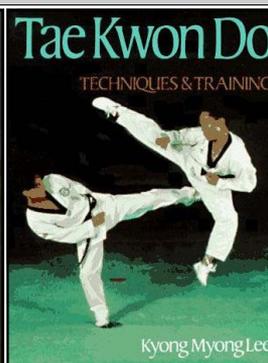
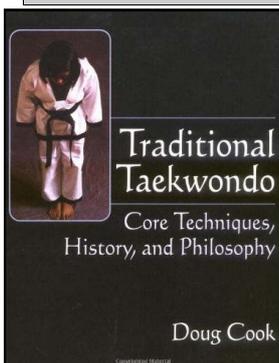
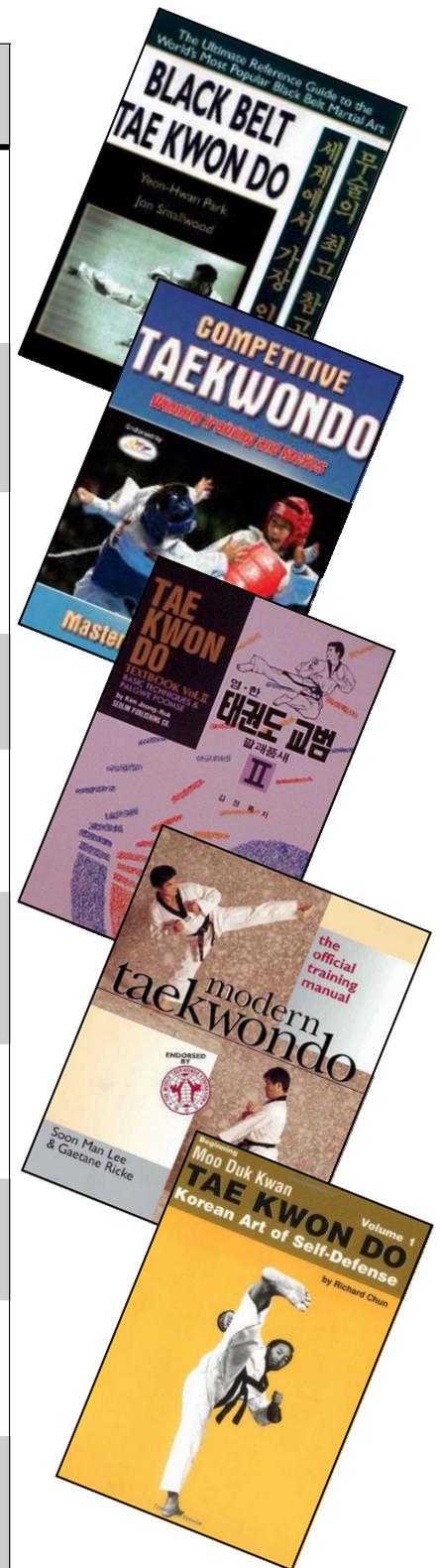
*Pop over to the web site to see all the books in the survey.*

# Top 20 Most Rated WTF Books

Rank	Title & Author/s
1.	The Explanation of Official Taekwondo Poomsae <i>by Kang, Ikpil and Song, Namjung</i>
2.	Taekwondo Spirit and Practice: Beyond Self-Defense <i>by Richard Chun</i>
3.	Tae Kwon Do: The Korean Martial Art <i>by Richard Chun</i>
4.	Star TaeKwon-Do: Masters Course <i>by SGM Byung Kon Cho</i>
5.	Complete Taekwondo Poomsae <i>by Sang H. Kim</i>
6.	Advancing in Tae Kwon Do <i>by Richard Chun</i>
7.	Taekwondo: The State of the Art <i>by Sung Chul Whang</i>
8.	Moo Duk Kwan Tae Kwon Do, Vol. 2 <i>by Richard Chun</i>
9.	Taekwondo Kyorugi: Olympic Style Sparring <i>by Kuk Hyun Chung</i>
10.	The Taeguek Cipher <i>By Simon O'Neill</i>



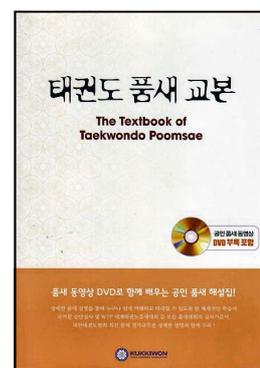
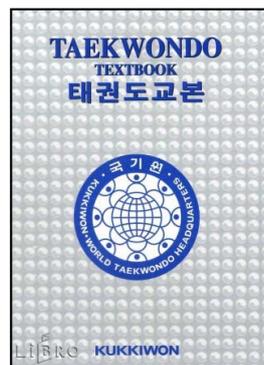
Rank	Title & Author/s
11.	<b>Black Belt Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Black Belt Martial Art by Yeon Hwan Park</b>
12.	<b>Competitive Taekwondo by Yong Sup Kil</b>
13.	<b>Taekwondo Vol. 2 by Jeong Rok Kim</b>
14.	<b>Official Taekwondo Training Manual by Soon Man Lee &amp; Gaetane Ricke</b>
15.	<b>Beginning Moo Duk Kwan Tae Kwon Do Volume 1 by Richard Chun</b>
16.	<b>Traditional Taekwondo: Core Techniques, History and Philosophy by Doug Cook</b>
17.	<b>Tae Kwon Do: Techniques &amp; Training by Kyong Myong Lee</b>
18.	<b>Taekwondo: A Path to Excellence by Doug Cook</b>
19.	<b>Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Martial Art by Yeon Hwan Park</b>
20.	<b>Scientific Coaching for Olympic Taekwondo by Willy Pieter</b>



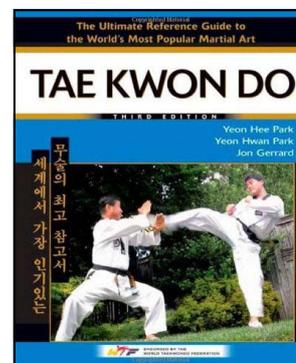
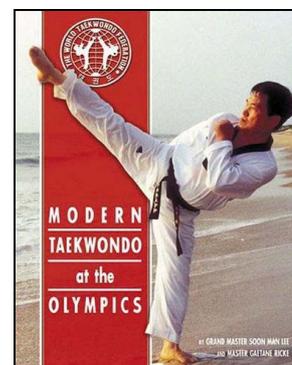
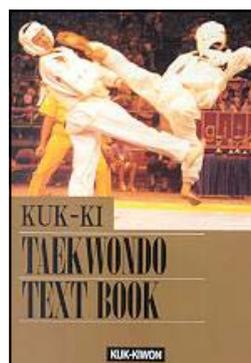
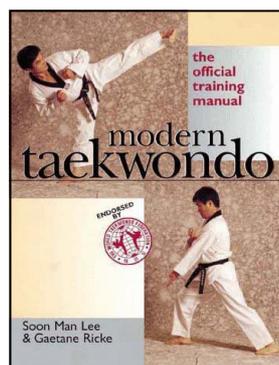
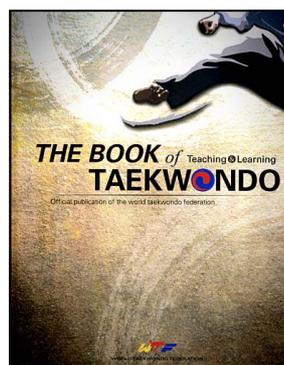
# Top WTF & Kukkiwon Endorsed

The following list represent books written and/or endorsed by either the Kukkiwon or the WTF. They had their own section of the survey, as the books are endorsed by the organisations, so are seen as 'must haves' by many students within those organisations.

Some of the books did also feature in the main categories as well, The following charts represent the full list of 7 books written or endorsed by either the Kukkiwon or the WTF.



Rank	Title & Author/s
1.	<b>Kukkiwon Textbook</b> <i>by the Kukkiwon</i>
2.	<b>The Textbook of Taekwondo Poomsae</b> <i>by the Kukkiwon</i>
3.	<b>The Book of Teaching &amp; Learning Taekwondo</b> <i>by the WTF</i>
4.	<b>TKD &amp; The Olympics</b> <i>By the WTF</i>
5.	<b>Modern Taekwondo: The Official Training Manual</b> <i>By Soon Man Lee</i>
6.	<b>Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Martial Art</b> <i>by Yeon Hwan Park</i>
7.	<b>Kuk-Ki Taekwondo Text Book</b> <i>by the Kukkiwon</i> <i>(Note: this book wasn't included in the survey)</i>



# Tong-Milgi

## *The Opening of Koryo*

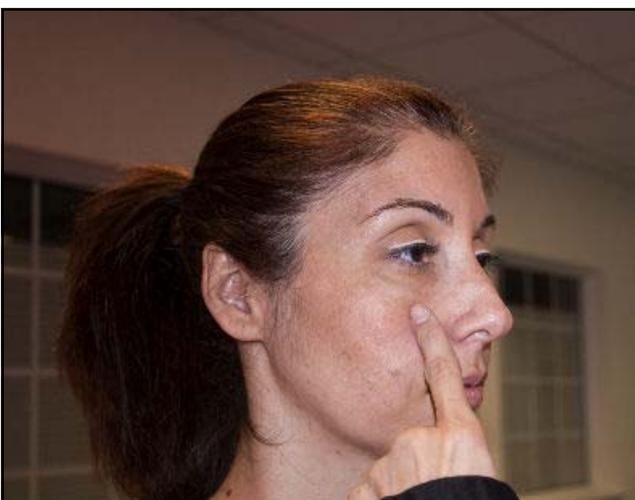
By Richard Conceicao, 6th Dan

The hand position that is the beginning of Koryo poomse is described in many ways, ranging from a Chi Kung energy concentration to the more fanciful “gazing at the sun”.

In this discussion I would like to propose an alternate interpretation of this movement, and the subsequent knife hand block.

For those unfamiliar with the form: both hands rise from stomach area, close to the body, to face level. They are then pushed forward with the side of the hands straight out. A knife hand blocking movement to the left follows this.

Our targets for this initial strike lie on the Stomach meridian. Specifically, St. 1,2,3. These points lie on the face in a straight line dropped from the pupils of the eye to the level of the bottom of the nose.



These points are symmetrical and will be found on both sides of the face.

We will be striking with the outside edges of the hands—Knife hand edge.

Of course this can be struck with only one hand, but since hitting on both sides of the

body always has a more amplified effect, we will demonstrate it as the form does.



The key to success in this is to not allow the opponent to see the attack coming. If you just stick your hands in their face, they will simply block them. You have to raise your hands below their line of sight. This can be done by holding them close to your body, as the form does, or close to theirs.

The goal of the strike is to knock their head back and disorient them. Once this is done we move the next part.



Instead of viewing this as the so called “knife hand block”. Let us instead view it as a continuation of the prior defensive movements.

In this scenario (above), we have just preempted an attack, and in the brief interval created, we reach out to their opposite arm (in this case our right to their right), and with our other hand hit the opposite side of the neck.

By shifting to a back stance and continuing the knife hand block movement exactly as it is done in the form, the opponent will be thrown to the ground. Of course, as the form is symmetrical, the technique works to either side.

**CAUTIONARY NOTE:** *while these techniques are paired together, as they are in the form, either of them, taken alone, is*

*perfectly capable of effecting a knockout, or causing serious injury. Please use only very light pressure when practicing.*

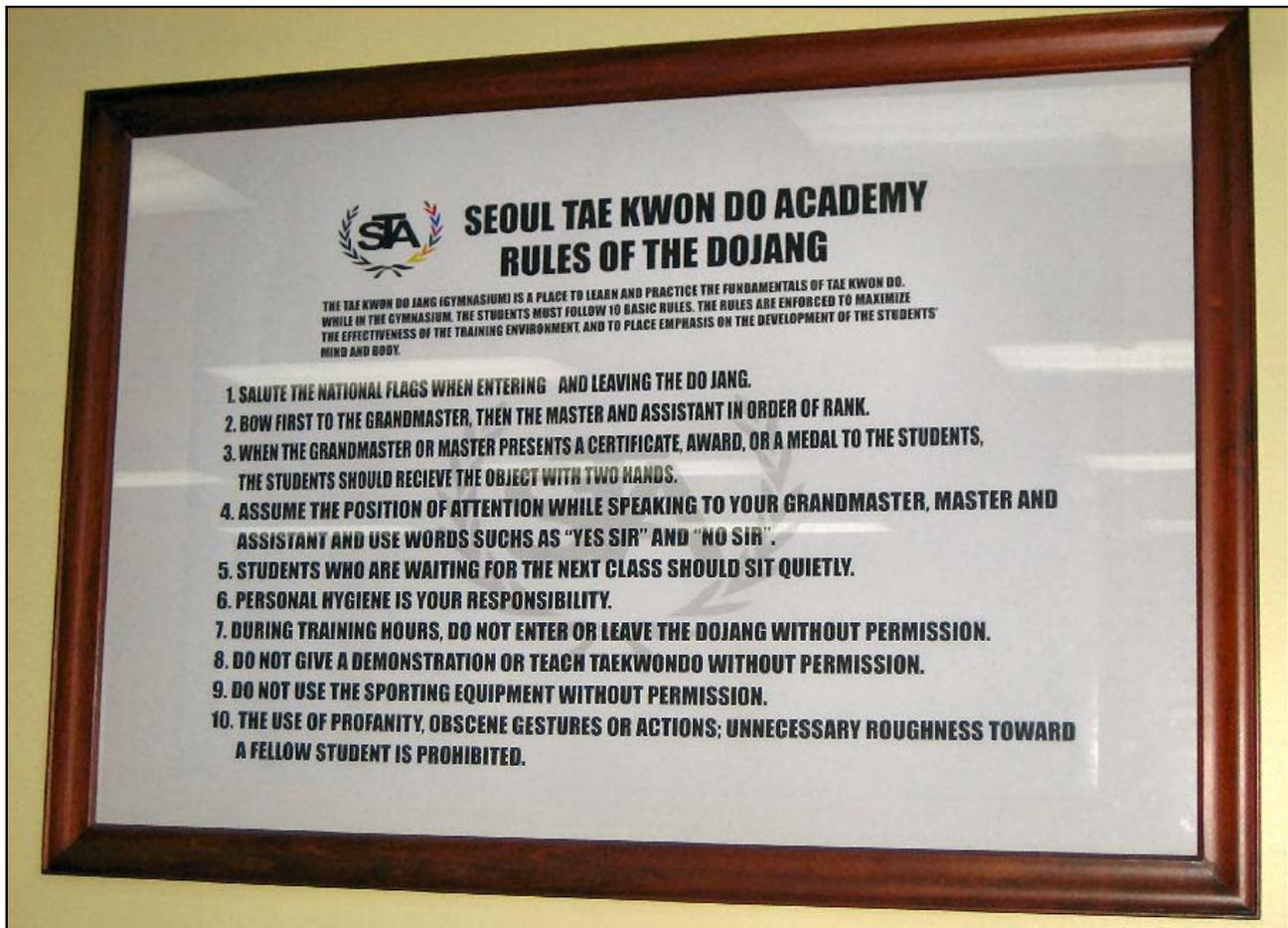
Richard would like to thank Master Mike Barnard and his instructors D. Macri, D. Post, and H. Stehlik of Han Ho Martial Arts for their kind participation. Also Bob Adams of RADesigns for the photography

*\*top image R. Chun “TKD Spirit and Practice” YMAA publications copyright 2002*

Richard Conceicao has been involved in martial arts for over 40 years. He is currently a 6 Dan in TKD having studied under GM Richard Chun. He is a certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious in order to find the subtleties that define the essence of the arts. He is currently researching the commonalities of these arts to broaden their understanding, and to preserve what he believes is being lost. Most importantly, the combat essence of what everyone refers to as “the basics”.

# How Dojang Etiquette Translates To Our Daily Lives

By Sean Lunn



Anyone who has studied the traditional martial arts has, or should have, seen the displayed “Rules of the Dojang” in every school they have trained in, and usually outlined the expected degree of effort and conduct to be followed while in the school. This list could have ranged from a simple set of five rules to a much more thorough and detailed set numbering perhaps up to fifty. Regardless of the number they both concentrated on a common set of themes such as courtesy, respect and discipline and while the list was labeled for use within the dojang, it was really meant for all aspects of our lives. Whether the student knows it or not, by modifying their behavior

within the school, their instructor has begun to change their behavior outside it as well. Let us now look at a few “rules of the dojang” and see how they translate into our everyday lives.

## **Bow when entering and leaving the Dojang**

This is generally done as a sign of respect to the place and people who impart us with their years of knowledge and training in the martial arts. In our personal lives, the dojang can be substituted for our place of work, our homes or our friends home. This rule is a reminder to show respect in the

places we visit. If you would not disrespect your dojang by littering or leaving a mess why would you do the same thing in any other building or facility? Simply because it is not your dojang does not mean your location, wherever or whatever that may be does not deserve our respect.

**Take pride in your school,  
your fellow students and yourself**

This rule involves much more than proudly displaying a school sticker or wearing a t-shirt with your schools logo on it. It also means that you should be proud of yourself for passing your most recent promotion test, proud of a fellow student's performance at the last tournament, even if they did not win and pride in your school as a family. This rule reminds us to take care of ourselves, dress neatly and have a healthy attitude about who we are and what we are capable of. It also shows us other ways to respect our friends and co-workers. The next time something good happens to someone you know; be happy for them, congratulate them and take pride

in knowing that one of your friends or family members has done something good. Do not be jealous because you did not win or receive that promotion at work, take pride in the efforts you have taken and the work you do. Taking pride in your school also means you should help to keep it clean and promote its values; these same things can be done inside your home or your place of work. Keeping your work space clean and being involved with your co-workers in positive ways all demonstrate pride, and professionalism in them, your employer and yourself.

**Never be late for training,  
always arrive early and be ready  
for the start of the lesson**

This one should almost go without saying, but it seems that some people still need a little reminder when it comes to arriving on time. Arriving late for any scheduled meeting is usually seen as a sign of disrespect to whoever is hosting the event. In the dojang, arriving late can be a simple distraction for the remainder of the class or





*President Barack Obama bowing to Japan's Emperor*

a major delay in instruction if the topic of the class requires all persons to be present and ready on time. In our personal lives the same rule applies, no one wants to be the person who walks into a business meeting fifteen minutes late; it will draw unnecessary attention to you and disrupt the flow of the meeting, not to mention it is offensive to the person charged with leading the meeting. My own personal mantra for time management is that "early is on time, on time is late". Second only to being on time for something, is to be ready when you get there. You have made it to class, or your meeting on time, but you are completely unprepared to execute your responsibilities. What would your feelings be if your instructor or your boss arrived late for an appointment and then took additional time to begin because they were unprepared? Chances are you would be angry or frustrated to say the least. Remember this feeling, and do what you can to prevent it in others. This rule is more than just simply arriving fifteen

minutes early; it is also about honoring your commitments. By doing this, you have shown your respect for the organizer, your readiness to participate and your professionalism.

**Treat your fellow students as a brother or sister with respect and courtesy**

Respect and courtesy should be afforded to everyone you meet both inside and outside the dojang. Many will argue that respect is earned and in many circumstances this adage is true. However, all people are entitled to a certain level of common courtesy. Inside the dojang this rule governs our conduct and helps to foster a sense of family and community and to prevent bullies from developing within the school itself. Outside the dojang, this rule should help us set the example as the desired model of conduct within society. This rule should follow you into all aspects of your personal life; work, school, the grocery store and even while

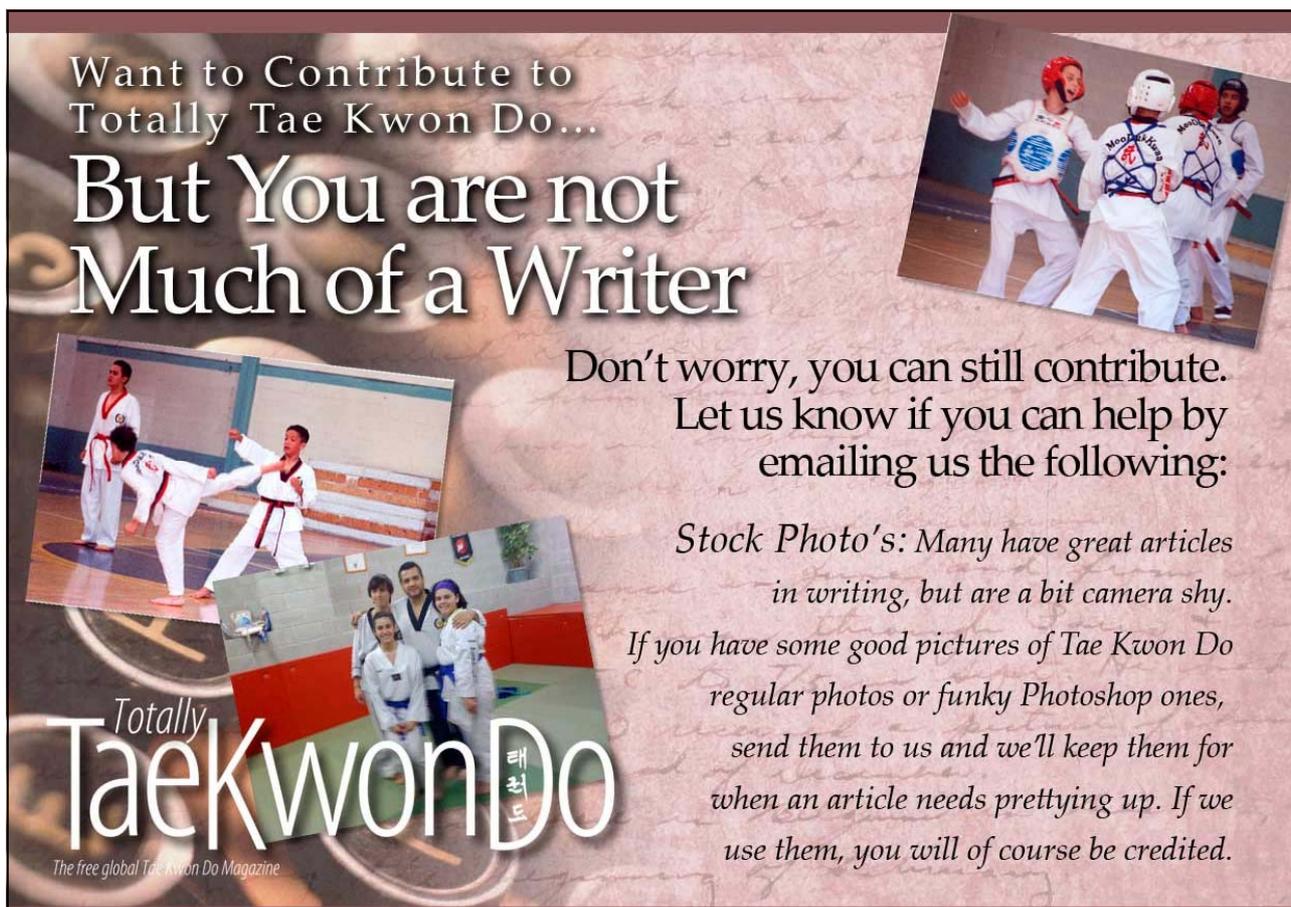
driving down the road. Martial artists and especially the black belt practitioner are sometimes viewed as something or someone different from the other members of society. It is my opinion that we as martial artists should promote this idea by serving as role models within our communities. We should treat everyone we meet, regardless of their position or status, with courtesy and respect.

In this article we have only looked at a few simple rules which are common to most dojang's. There are, of course, many other great examples that can be found in Taekwondo schools around the world. No matter the school, each rule has a purpose and many can be applied to our personal lives as well as our training inside the

dojang. I would challenge each of the readers to look at the rules of your own school and see which ones can be applied outside the dojang. For the instructors, pick some of the rules of your own school and ask your students what they mean inside the dojang and then see if they can describe ways that the same rules could be applied outside the dojang as well.

Whether the list is long or short, our rules for the dojang are also guidelines that help us to become better people and better citizens within our communities. Take the time to learn the rules, teach them and apply them to all areas of your life and show your friends, neighbours and co-workers what being a good practitioner of Taekwondo is all about.

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when an article needs prettying up. If we  
use them, you will of course be credited.*

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# What's The Point?

## *Inner Forearm Block*

By Paul O'Leary

This month we are looking at the simple inner forearm block and its alternative uses. As a block it can sometimes feel quite weak due to you having to put your arm in a position where it is pushing out at its lesser rotation. For this reason then it is mostly useful in traditional blocking against straight on attacks.

Looking at the whole block from ready position to end position we might see a different use for this movement. Just looking at the way we bring the hands up to the side and put our leading hand to the outside it looks a lot like the brush and grab technique found in Filipino martial arts.



When we look at the movements in this way we can now defend against both straight and hooked attacks. One of the best things about this defence is that it works for both the inside of an attacking arm and for the outside of the attacking arm. The resulting finishing movement is a fore knuckle strike to many possible points on the neck or jaw.

Here I have shown two possible uses for this block responding to two different directional attacks.



**Pic 1 & 2**

Show the ready and finishing position for the inner forearm block.

**Pic 3**

The attacker swings at us with a right punch to the head, using the ready position for the block we cover the attack with a strike on the arm above the inside of the wrist.



**Pic 4**

Our first strike should give us a second to grab the attacker's right arm with our left hand.



**Pic 5**

Pulling their hand down towards our left hip we can bring the attacker forward into a strike with our right fist to the rear of the jaw.



**Pic 6**

The attacker makes a right backhand swing at us with a weapon. We cover the attack and strike the arm with the ulna bone of our left hand.



**Pic 7**

We quickly hook onto their arm with our right hand and take their arm towards our hip, at the same time we move our left hand into position behind the tricep to effect an armbreak.



**Pic 8**

Moving our left elbow over the top of the attackers upper arm we then strike with the elbow back on the side of the arm.



**Pic 9**

As this strike drops the attacker down and forward we are given an opening to strike out to the neck as we finish the movement with our fore knuckles.

Finally I'd again like to thank Mr. Mark Gahan 1st Dan Tae Kwon Do at Rebel Martial Arts for being my attacker.

Paul o'Leary, 5th Dan Tae Kwon-Do and 3rd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor of Rebel Martial Arts and the National Co-ordinator for Prof. Rick Clark's AoDenkouKai in Ireland. To contact him about seminars on Pressure points, Patten applications or Self Defence with Prof Clark or himself please call 00-353-86-3545032 or email: adkeire@gmail.com or rebelmartialarts@gmail.com .

*“The Most important book published on TKD since the encyclopaedia”* **John Dowding**  
4<sup>th</sup> degree ITF



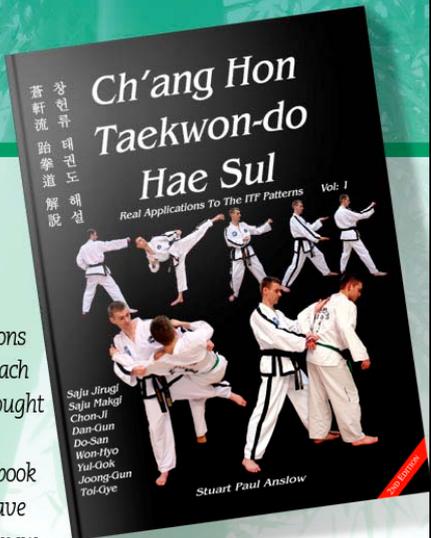
**Iain Abernethy**  
2006 6<sup>th</sup> Dan Karate  
British Combat Assoc. and Karate, England

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

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

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

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



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# **Kick-Start Your Life!**

## ***Live With Passion, Purpose, Creativity and Expression!***

**By Master Tony Morris**



**We human beings are meant to be creative creatures! In our natural state, we are full-of-life-vessels constantly experiencing stimulus, interpreting that stimulus – and then expressing our interpretations in terms and by means available to us. Left to our own devices – and without suppression or restriction, we are likely to dance wildly in the rain, clang cooking utensils to the rhythm of our favorite song or paint dramatic and whimsical murals on the walls of the rooms in our house!**

Instead however, most of us live a very restricted and contained life. We shuffle hypnotically through our routines and comfort zones, rarely venturing beyond the familiar or easy. We tell ourselves that this is our life and we become “autotrons” - predictable, boring, afraid of anything new or unknown. And each day that passes that we continue living this way becomes

more evidence for us that this is the way life is. For many of us, our development, on a variety of levels, becomes stagnant at a very early age. We live *separate* and *small* and lumber forward within a belief system that is thick and confined with little possibility of something bigger, something rich, something inspiring!

Big things are absolutely possible though! We are each part of everything – and when we connect or reconnect with this in a powerful, meaningful and experiential way, we become alive again!!! And when we are ALIVE we are CREATIVE and MAGICAL!

A great way to “kick-start” (excuse the pun!) your life is to engage in an *authentic* martial arts practice. An authentic martial arts practice will provide an abundance of opportunities. Practitioners will be challenged and “called up” in every aspect of his/her life. Physically the workout requires movement and exercise of every muscle and joint in the body. Emotionally, practitioners will be presented with unfamiliar circumstances inviting continued expansion of comfort zones. Psychically, practitioners will be pushed to sharpen focus and increase his/her awareness. And spiritually, practitioners will be invited to engage with themselves and others in such a way as to practice being complete and at oneness with all!!

Ok – so let’s really wrap our brains around this. You can have an authentic martial arts practice, - constantly pushing and expanding your comfort zones bigger and bigger, get in and stay in excellent physical condition, legally scream several times each class – naturally relieving stress, increase your capability emotionally, psychically and spiritually through increased awareness and continuous break-throughs one after another ----- and with this combination unleash the powerful, beautiful, purposeful, intelligent, CREATIVE AND EXPRESSIVE YOU!

To help you find a group to have an authentic practice with, here are a few tips:  
*Find a great teacher* – A great teacher will have a “pure” lineage (not a random and arbitrary mix), be able to relate to and communicate with a variety of people, be highly skilled at his/her art, be in excellent physical, emotional, psychological and spiritual condition and be humble with

himself/herself and have the students’ best interest at heart.

*Notice the quality and character of the students* – The current students are excellent reflections of what is being practiced. Are these people that you feel comfortable and inspired being around?

*Find a dignified facility* – The character of the facility is a reflection of the dignity with which the art is taught

So what are you waiting for? Come on with your excuse-manufacturing-self! There will always be available circumstances to justify you staying right where you are. Remember the definition of insanity – “doing the same thing over and over and expecting different results!” So let’s START AN AUTHENTIC MARTIAL ARTS PRACTICE get SANE and get ALIVE and get CONNECTED and get CREATIVELY EXPRESSIVE!!!



*Tony Morris is a master instructor of Traditional Tae Kwon Do with more than 25 years experience. He is the chief instructor and co-owner of Asheville Sun Yi's Tae Kwon Do in West Asheville. He can be reached by phone @ 828.515.0142 or through the website: [www.ashevilletkd.com](http://www.ashevilletkd.com)*

# Tricks of the Trade

By Dave Lomas

Although the training procedures used within the various martial arts are tried and tested methods, and they have a good track record, there are times when alternative methods of teaching a student is required if they are having difficulty in mastering the many and various techniques. It is at times like this that the instructor must devise clever little ways of teaching and helping the students who have developed bad technique habits or are struggling to master the correct application of a move.



Although the training procedures used within the various martial arts are tried and tested methods, and they have a good track record, there are times when alternative methods of teaching a student is required if they are having difficulty in mastering the many and various techniques. It is at times like this that the instructor must devise clever little ways of teaching and helping the students who

have developed bad technique habits or are struggling to master the correct application of a move.

One of the most common problems that the experienced instructor will come across over the years is the problem of students performing a Front Kick without lifting the knee high enough before completing the kick. Kicking in this manner will result in the

kicking leg swinging in an upward direction and landing the kick with the toes instead of the ball of the foot. The other problem with kicking in this way is that the direction and power of the kick will travel in an upward direction instead of going directly into the target area. When students are performing this kick against nothing more than fresh air they become idle minded and end up swinging the leg incorrectly. One of the tricks of the trade to help students break this bad habit of kicking in this way is to have them stand behind a chair and perform the Front Kick over the backrest of the chair. If they fail to lift the knee high enough before throwing the kick or if they lower the knee too soon when returning the kicking foot they will catch the back of the chair with their foot. Knowing that if they fail to lift and maintain the height of the knee when kicking, or if they are being idle minded over the performance of the kick, will result in kicking the chair over and hurting their toes they will soon break their bad kicking habit and it will also help them to master the kick in a much better way.



This very same training method can also be used when learning how to perform the Side Kick that requires the student to kick the target with the edge or heel of the foot. An alternative to the chair method is to have the student stand reasonably close facing a wall and have them lightly kick a mark on the wall that is positioned at face height to the student with the ball of the foot, or heel of the foot, if performing the Side Kick.

A training method that helps develop the

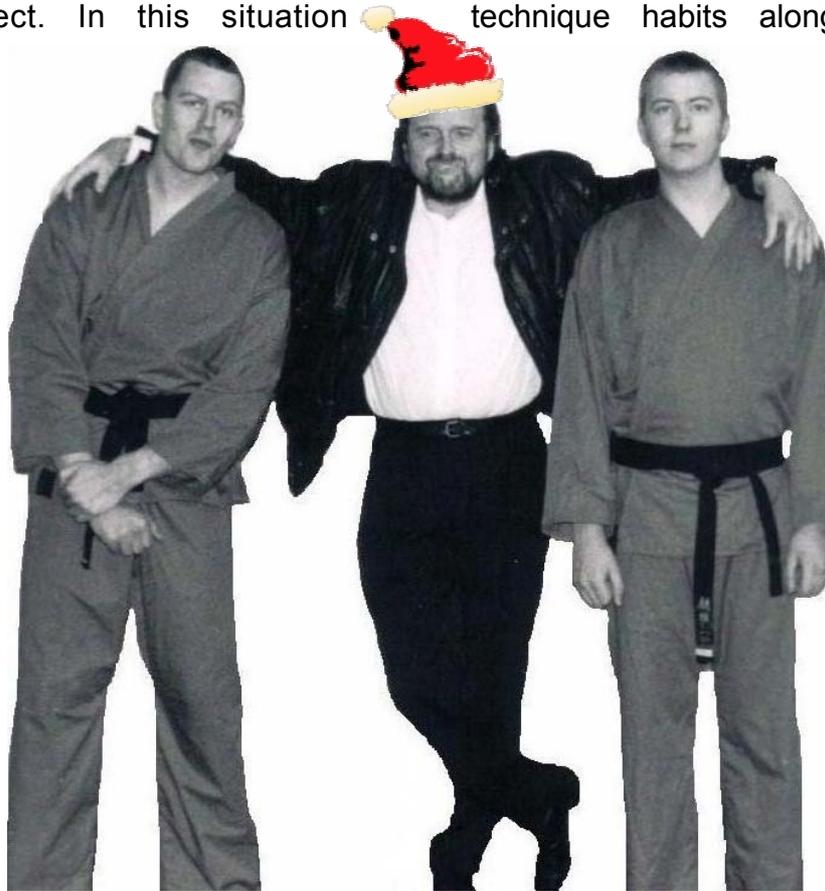
ability to deal with attacks from various directions and at the same time allows the student to experience not only different types of attacks against them but also from different people at the same time is something called 'piggy in the middle'. Piggy in the middle is a nickname that involves several students standing in a semi-circle around one person. With one student standing directly to the left and right of the 'piggy in the middle' and several others equally spaced in front of him or her to complete the semicircle they then randomly take it in turn to attack in one of several ways.

At basic level someone would call out a number that each of the students had been given in advance and that person would attack the 'piggy in the middle' with a basic punch or kick. After the selected student, who is standing in the middle, has blocked and counter struck their attacker

then another student would be selected at random, by number, to attack. After each student had been given their turn at standing in the middle and defending themselves in this way the class could then move on to the more advanced level. The more advanced level would allow the attacking student to strike with any type of kick or punch in any form that they wished without any undue restrictions being placed upon them like at basic level. To prevent overcrowding and getting in each others way the semicircle of students should be limited to no more than eight people at any one time.

Another common problem that new

students tend to have a habit of doing is punch using a flick action of the arm which makes the direction and power of the punch incorrect. In this situation making the student throw a punch through a ring or hoop without touching the ring will enhance the accuracy and direction of the punch or alternatively getting them to lightly punch a wall will make them strike the target with the correct part of the fist and help make them realise that



the wrist must be fully straight on impact if they wish to avoid the wrist and hand collapsing against a solid target.

There are many little tricks of the trade that

are not part of mainstream training that can be used to help students develop their fighting skills and to help correct any bad technique habits along the way. If

someone lack speed or good reflexes then have them kick or punch a moving target like a small ball swinging freely on a piece of string or get them to strike a focus pad while the other student who is holding the pad moves it around like an opponent would do. Having the students face each other

and trying to get them to throw a kick or a punch faster than each other is not only a good training method to help increase speed and reflexes but it also adds an element of competitiveness and fun.

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# Champions of the Heart...

## *Courage in the face of Adversity*

By Master Doug Cook

The philosophical component of the *I Ching* that corresponds to Kukkiwon poomsae Taegeuk Sa Jang, represents thunder. Thunder, along with the lightening and noise that accompanies it, evokes fear and trembling but reminds us that adversity, like a thunderstorm, can pass as suddenly as it arrives, leaving blue sky, sunshine, and rain-freshened air in its wake. Subsequently, if performed with mindful intent, this form along with its underlying philosophy, teaches the martial artist to face adversity with courage if he or she is to prevail. How does this ornate but promising description apply to daily life?

Adversity comes in many flavors. Clearly, it can materialize bundled in with health or money matters that have spun out of control. However, on a more benign level, yet equally as immediate, adversity can manifest itself in challenges to our taekwondo training. Several years ago, a group of colleagues and I were faced with a situation that required a collective, yet highly individual approach to resolve. The ultimate solution to this challenge was so inspirational that I felt compelled to document it here and in one of my three books for the benefit of our readers. The players affected by this situation are, and will remain, true "Champions of the Heart", humble yet tenacious in their pursuit of traditional taekwondo.

Some time ago, a school that had existed under the leadership of a renowned grandmaster for over forty years changed hands. I, along with a group of black belts ranging in rank from 1<sup>st</sup> to 7<sup>th</sup> dan, trained there on a weekly

basis. Sadly, the new owner, either by choice or through ignorance, began teaching an aerobic-oriented, mixed martial arts curriculum rather than continue with the syllabus rich in traditional taekwondo technique that the previous institution had become world famous for.

Remaining on during the transition, the head instructor, Master Pablo Alejandro, a 6<sup>th</sup> dan, became embroiled in a disagreement with management and, with great disappointment, left suddenly after teaching for nearly two decades at the same location. While the new owner kindly allowed the majority of us to congregate and train, we increasingly found ourselves segregated from the main body of students while practicing forms, kicking, and self-defense drills on our own. Clearly, due to space limitations, this could not continue for long and finally, one by one, we left in frustration, concerned about the future of our training and the traditions we hoped to



Master Pablo Alejandro

protect.

Then one day I received a telephone call from Master Samuel Mizrahi, a highly capable 6<sup>th</sup> dan instructor at our old school was not only my senior, but a mentor and, thankfully, my long-time training partner. In a shocking disclosure, he confided to me that he had suffered a minor heart ailment and would be out of commission for at least six months. Assured that his condition was past the critical stage, we both expressed regret that our mutual practice would be temporarily curtailed.

As the months went by, I continued training with my students at the Chosun Taekwondo Academy on a daily basis. Still, I missed the honor and opportunity to work with my seniors. Occasionally I would call Master Mizrahi to check on his condition. Meanwhile, Master Alejandro, I discovered, was recovering from a long-overdue hip replacement. With this news came what I thought was the final dissolution of our original group and the end of a long and rewarding training experience.

More time passed and I began to hear a rumor that Master Alejandro had begun teaching at a new location following a complete recovery from his surgery. I was delighted when he made contact and invited me to visit to train. However, as fate would have it, the deadline imposed by my publisher for the submission of my second book was rapidly approaching and it was difficult for me to break away and make the two-hour trip to New York City. Then Master Mizrahi called and said that his physician had given him permission to resume training. This, I felt, was a

favorable omen and, undeterred, I told him I would meet him the very next week at the dojang where Master Alejandro was teaching.



*Master Samuel Mizrahi*



*Master Amanda Haddock*

A few days later, after parking my car, I strolled down First Avenue in the direction of the training hall. The holiday spirit had descended on New York and the streets were a riot of colorful lights accented by the scent of pine that lingered in the air from the Christmas trees being sold on almost every corner. I opened the main door of a private school that housed the dojang owned by Master Amanda Haddock, one of Master Alejandro's long-time students, who charitably welcomed us in our time of need, and with anticipation, bolted down a short flight of stairs, two at a time.

There, amongst a group of practitioners stood Master Alejandro looking fit as ever.

It had been some time since last we met, and following a friendly embrace, he invited me onto the mat. Before long, Master Mizrahi appeared along with yet another black belt who had trained with us previously. Looking around as Master Alejandro shouted "Cha Riot!" I could not believe my eyes; here we were...the bulk of us together again after a year of independent practice. Following a dynamic two-hour class, with perspiration burning my eyes, I thought how easy it would have been a few short months ago for any one of us to surrender to defeat. Yet here we were: Master Alejandro, recovering from orthopedic surgery; Master Mizrahi, living in the shadow of a potentially-tragic cardiac event; all of us licking our wounds from the loss of a school. This time, adversity and doubt had taken a backseat to courage and tenacity. Indomitable Spirit ruled.

These fine martial artists could easily have fallen back on the excuse of being physically incapable of continuing intense training. Instead, here was Master Mizrahi executing a jump spinning crescent kick, his signature technique, with more grace and power than ever before. Did his illness represent a catharsis rather than a setback? And Master Alejandro, again throwing head-level round kicks that a short while ago were sadly impeded by injury. Rather than being frustrated by an extended recovery, both these gentlemen were vigorously pushing the limits of excellence. In that dojang, on that evening, before my eyes rose a Phoenix of the soul. A banner could have been raised in celebration with words emblazoned:

***Here Train Champions of the Heart, Conquerors of Thunder  
The Men and Women of Taekwondo***



**Master Doug Cook**, a 6<sup>th</sup> dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and *Taekwondo—A Path to Excellence*, focusing on the rewards and virtues of taekwondo, all published by YMAA of Boston. He is also a regular contributor to *Totally TaeKwonDo*. Master Cook and Grandmaster Richard Chun recently completed a new book focusing on Original Koryo and Kukki Koryo poomsae targeted for publication in 2013. Master Cook can be reached for lectures, workshops or questions at [www.chosuntkd.com](http://www.chosuntkd.com) or [info@chosuntkd.com](mailto:info@chosuntkd.com).

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# Break Falling: *Front, Back and Bridge*

By Sanko Lewis

In last month's issue of *Totally Tae Kwon Do* we looked at the side break fall. In this issue we will look at three other break falls: the front break fall, the back break fall, and the bridge fall.

General principles for break falls are to keep your spine and other joints protected from severe impact. In other words, do not break your fall with your joints, such as your knees or elbows. Also be sure to practise on a cushioned surface. You can progress to harder surfaces as your skill improves. It is best to practise break falls under the supervision of an instructor with relevant experience. Alternatively, practise with a spotter; that is a training partner whom can "spot" your errors and guide you to better your technique.



## Front Break Fall

*Khatija causes Franco to fall forward using a leg trap technique from the ground. To fall safely Franco has to employ a front break fall.*

When falling forward people often fall on their knees, elbows or wrists which can cause serious injuries to these joints. The front break fall aims to lessen the impact on the joints and instead spread the force over the palms and forearms.

*Franco demonstrates the front break fall in the series of photos.*



He starts by jumping and shooting out his legs backwards so to get his body horizontally in the air. As Franco approaches the floor he slaps down with both palms, landing on his palms and forearms (palms making contact slightly before the forearms) and the balls of his feet. The feet should be shoulder width apart and the elbows pointing outward at an

approximate 45° angle.

**Cautions:** Since the hips are the centre of gravity, people often slam their hips into the floor which can cause injury. It is therefore crucial to keep your hips raised when you land. Also turn your face to the side, so that you do not accidentally fall with the front of your face into the floor and break your nose. Do not fall directly onto your knees or elbows. Some people are also inclined to stop their fall by pushing at the ground with their palms only, instead of falling on palms and forearms, which is wrong.

If you feel too intimidated to start practising the technique from the standing position you can start out from a squatted position or from standing on your knees.



## Back Break Fall

*Having grabbed Gerhard's kick, Khatija unbalances him with a counter-kick throw. To land safely Gerhard needs to perform a proper back fall.*

*Gerhard demonstrates how to perform the back break fall in the series of photos.*



He starts the exercise by crossing his arms in front of his chest. He lowers his centre of gravity by bending his knees and falls backwards landing on his shoulders and upper back (not the middle or lower back), slapping the ground with both hands and forearms. The angle of the arms from the body shouldn't be more than 45° as it puts strain on the shoulders. Also remember to keep your chin pulled towards your chest to prevent whiplash and hitting your head on the ground. The back should be kept curved when falling.

Beginners should start practising the Back Fall from a sitting or squatting position and use a cushioned surface. Beginners are also tempted to break the impact with their palms, which is wrong, instead of the upper back and shoulders. Blocking the fall with your palms shocks your elbow and shoulder joints, so avoid doing this. Rather use the forearms and palms to strike the floor after you have landed on your upper back and shoulders.

## Bridge Fall

The bridge fall is used when you are flipped straight over your back. To avoid serious injury to your spine you need to land on your shoulders and the balls of your feet.



In this series of photos, Retha demonstrates the bridge fall. To practise the bridge fall you can begin by rolling forward (advised for beginners) or flipping over from a handstand (more advanced). Make sure to land on the balls of your feet and with your buttocks lifted off the floor. It is important not to land flat footed or on your heels as this cause too much shock on the body. The chin should be tucked in and the arms shouldn't be spread further than 45° from your body.



*Notice how Retha is bridging, keeping her hips raised of the floor and sustaining the weight of her lower body on the balls of her feet.*

The side break fall that we looked at last week and the front break fall, back break fall and bridge break fall are the most common break falls you need to know. It is important to train them regularly until you can do them with comfort and without fear. Break falls are just as an important part of your self-defence arsenal as are

blocking techniques. Apart from these basic break falls, one also needs to learn break rolling techniques, which we will look at in future articles.

My appreciation goes to Khatija, Franco, Gerhard and Retha who are members of the *Soo Shim Kwan* dojang in Potchefstroom, South Africa, affiliated to the South Africa International Taekwon-Do Federation.

...ooOoo...

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

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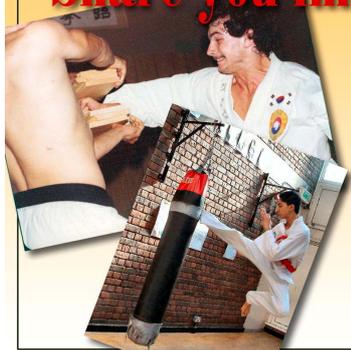
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# Martial Arts Are More Than Just Physical

By Keith D. Yates, 10th Dan

***“The real enemy or obstacle isn't something out there. The real enemy is this person right here, inside yourself. If you can learn to control that person, no one or nothing else matters.”***

- Haeng Ung Lee

It has been said that there are three types of people in the world: those who make things happen; those who watch things happen; and those who wonder what just happened.

The key to becoming a leader who makes things happen is self-confidence combined with the right abilities. The martial arts are certainly known for teaching self-confidence. In addition, the self-discipline and focused learning-attitude developed in tae kwon do or karate leads to the development of abilities not only on the mat but also in everyday life. This carryover into everyday life is what makes the martial arts so attractive as a vehicle for developing character.

There is an old Chinese proverb that goes, *“They say martial artists need strength and speed. But if one man defeats many men, how can it be a question of strength? And if an old man defeats a young man, how can it be a question of speed?”* I do believe that success in the martial arts involves strength and speed but as this proverb indicates there is something more—emotional intensity—a desire to win—self-confidence. Whatever you wish to call it—it can supercede even the advantages of youth and size.

## **Patience**

A young man went to an old master and asked, *“Sensei, how long would it take to be a master like you if I trained eight hours a day, every day?”*

The white haired one replied, *“Oh, perhaps 25 years.”* *“But I cannot wait that long,”* said the boy. *“What if I trained every waking hour and only slept five hours a night?”*

*“If you are willing to practice that hard, then 50 years,”* replied the sensei. *“You don't understand,”* said the lad. *“I said I would train even longer and harder.”* *“No, it is you who has no understanding,”* said the master. *“You see, impatience is a stumbling block to learning. If you want to truly master something like the martial arts you can only do so with a patient attitude.”*

## **Honor**

American military veteran Forrest Morgan points out in his book, *Living the Martial Way*, that honor is a central tenet of what he calls “warriorship.” He says it is common to all warrior groups regardless of culture. Honor involves virtues like loyalty, self-control, justice and courage.

To expand on just a couple of these, Morgan points out that because martial

artists have the physical skills to hurt other people, restraint or self-control is a crucial component of a warrior's honor code. That is the difference between a martial artist and a common thug.

Certainly, your karate and tae kwon do training develop a sense of courage. You have to be able to face larger and perhaps more skilled opponents on the mat and in a tournament ring. But Morgan defines the courage of a warrior as more than just facing a potentially dangerous situation. He says it is having the courage, the will-power, to do what is right in a given situation.

### Self-Worth

A few years ago some thieves broke into a department store in a major city. Actually they weren't thieves because they didn't steal anything—they just switched the price tags on hundreds of items throughout the store. Confusion reigned the next day. The real irony however was that the deed wasn't detected for almost two hours. Some people got incredible bargains.

Imagine a \$500 suit for \$89 or a diamond ring for \$50. On the other hand, some people got ripped off big time. \$200 for a \$59 dress, \$300 for a \$99 camera.

What does that say about people's ability to recognize value? Many of us must rely on price tags to tell us the worth of an item. How does that relate to the price tags we put on other people?

Here's another story from the news pages.

Back during the major league baseball strike of 1994, Seattle Mariners reliever Dave Graybill, a replacement player and a Glendale, Arizona, firefighter, helped rescue 18-month-old twin babies from a burning house. Later that same day he worked two scoreless innings in a 6–5 Mariner's win over the Chicago Cubs. The question I'd like to ask is, "*For which of those two acts did he get paid a six figure income?*" Why are baseball players worth big bucks while firefighters who save little babies worth only a fraction of that kind of money?



Do you sometimes judge a person's worth by externals? If a man is dressed shabbily do you categorize him a certain way. If a woman is thin, beautiful, and dressed expensively do you consider her more valuable than a woman appearing just the opposite?

Of course we all SAY, "*I wouldn't do such a thing,*" but let's face it, we do it more often than we would like to admit. That's one thing I love about the martial arts. In a

uniform everyone looks the same. The doctor and the ditch-digger are indistinguishable. We base our opinions on fellow students on their actions and attitudes in class rather than on their wardrobe or their social status.

But I'm speaking here about more than just our opinion of people. How do we value others? Do you put an imaginary "*price tag*" on someone because they are shy? How about the mentally handicapped?

Homely people? Instructors, do you spend more time with the athletically gifted students?

One of the main principles of the martial arts is, of course, respect for others. This is developed by the respect students must show their teachers and fellow students. Hopefully, over a period of time this attitude of respect through the bowing, the “yes sirs,” the displays of humility, will work its way into the student’s psyche. Soon the martial artist really does find himself or herself beginning to show respect to others out of force of habit.

## Influence

Controversial basketball star Dennis Rodman once told an interviewer that he didn’t want to be a role model. He said he wanted to be free to “be himself” without having to worry about influencing someone else.

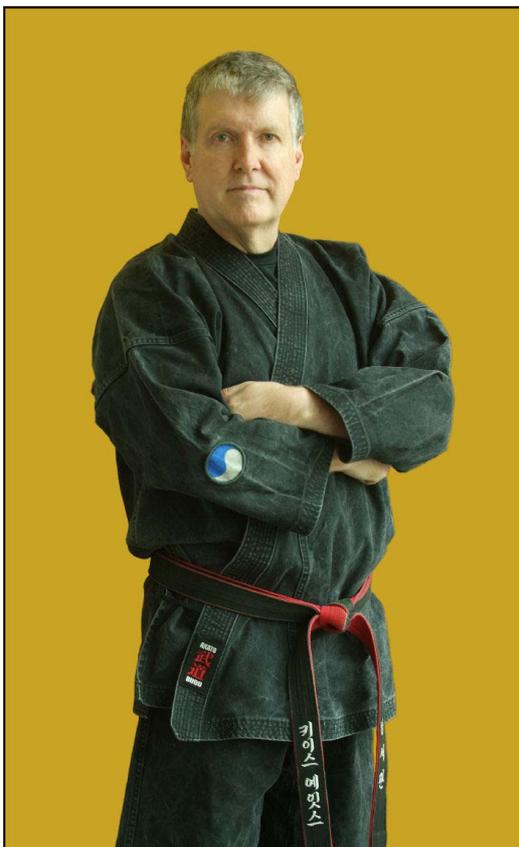
Well, regardless of what Rodman wants—he is, by nature of his position, a role model. In truth we all have a certain amount of influence on others. Some people only affect a few, friends, siblings, co-workers, whatever . . . other people, martial arts instructor, for example, have influence on dozens, hundreds, or even millions.

Alfred Noble was a successful entrepreneur who had invented, among other things, dynamite. One day his brother died but the newspaper mistakenly thought it was Alfred instead. He awoke the next day to read his own obituary in the morning paper. It said he was the inventor of dynamite and other weapons of destruction. It even called him a “merchant

of death.”

Noble was shocked and saddened to find out that in spite of all the positive things he had done in his lifetime that he would be remembered for such negatives. He determined to dedicate his life to peace and thus was born the Noble Peace Prize.

Most of us wouldn’t have a second chance to change the perception that others have of us and to re-write our own obituary. At your funeral people won’t stand around and talk about the kind of car you drove but they will remember your character, your love for others...how you made them feel.



Because of our contact with others martial artists are visible influencers. This is especially true if you are an upper belt or are a teacher. You simply can’t escape that fact anymore than Dennis Rodman can say he doesn’t want to be a role model.

OK, if you can admit you are indeed an influencer of others, how can you do the best job of it? I like to think of a role model’s influence as being divided into three essentials.

There is the ethical aspect, which I call “courage.” There is an emotional element or “heart.” Finally there is the intellectual aspect or “brain.” Do these three remind you of something? Of course, the lion, the tinman, and the scarecrow.

The author of *The Wizard of Oz*, Frank Bond, says in the preface to his famous book that he was trying to create a more positive influence on children than the

Grimm's Fairy Tales popular in the day. If you have ever actually read any Grimm's Tales they are surprisingly scary stories meant to frighten kids into right behavior (children who don't obey their parents are torn limb from limb for example).

But back to our premise of the three pronged appeal of a proper role model. First there is the ethical appeal. Why do I call that "courage?" Well, it often takes courage to stand up for what you know is right. It takes bravery to keep your word, to your parents for example, when there are temptations to do otherwise. Your ability to keep your promises and to maintain your convictions establishes your credibility. Role models must be credible.

Secondly—we have the emotional appeal of the influencer. That is seen in your "heart"—your ability to care for others. Your credibility answers the question others may ask, "Can I trust you?" However they will also want to know, "Do you care about me?" The answer to that will determine what kind of role model you will become.

Lastly—there is the intellectual appeal. Simply put, the more you know the more you can teach others. The question that those you would influence will ask is, "Do you know what you are talking about?" You cannot lead someone to a place where you have never been.

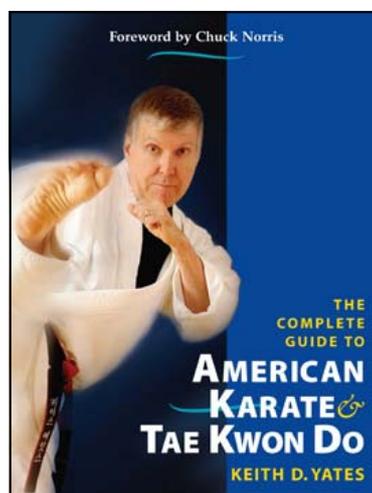
The tough times we experience in our training as martial artists is but a microcosm of real life. You get knocked down but you keep coming back. You flunk a test but you try it again. We have a responsibility to the lower ranks to show them tenacity not only in our training but in how we approach life. We should have the courage of our convictions—a heart for other people—and a brain full of knowledge to face unforeseen challenges. With these three elements in the proper balance we can influence those around us and be positive role models.

## Know Yourself

I like to say that "self-knowledge" results in self-confidence. What do I mean by that? You have to have an understanding of your own strengths and weaknesses. As the great martial arts philosopher Dirty Harry said, "A man's got to know his limitations." Karate and tae kwon do practice should lead to a greater understanding of not only your strengths (i.e., I am disciplined, I am young and flexible) but also your weaknesses (i.e., I have short legs, I have a hard time remembering details). So I tell my students to work on maximizing their strengths certainly, but also to work on minimizing their weaknesses.

Martial arts is a total pursuit, meaning that you must learn to control not only your physical body but also your intellect and emotions. If so applied your training can calm you in the face of a charging opponent in a gi or in a dark alley but also in the face of stress at school or work. Self-confidence enables you to find everyday life a little daunting. Life is, after all, a struggle and only in having the confidence to face the struggles can we grow and mature.

Over and over I have seen karate and tae kwon do training serve to mature my young students (and a few older ones as well). Setting goals for ourselves and then helping others achieve their own goals teaches people the "long" view of life.



*Taken from Grandmaster Keith D. Yates's book, "The Complete Guide to American Karate and Tae Kwon Do," available from Amazon and from the author's website at [www.akato.org](http://www.akato.org).*

# Young & Old

By Richard Conceicao



A few years ago, as a guest, I attended the Talium TKD banquet and awards ceremony. Master Cho, like so many, started out small, and thankfully grew.

The event had over 700 attendees. That was amazing, and a testament to his teaching and vision. There were demonstrations from the various schools demonstration teams that were quite entertaining. It appears that breaking balloons is superior to having pieces of wood flying around into the spectators' faces and their food. They also have the added pop for effect.

The only downsides appear to be the teams get dizzy trying to blow them up, and half of them don't make it to the demo, as you can hear them popping all over the place.

The teams demonstrated the athleticism and showmanship that has come to

characterize modern TKD. I think that remains the reason it has become so popular. Honestly, in my prime (if I ever had one) if I ever tried to pull off some of the stuff they did, I wouldn't be here to talk about it. Yet it also brought home to me how many things have changed in this art since I started it 40 some odd years ago.

In Okinawa:

*Aka Chan Karate* = Baby karate.

*Ko-jin Karate* = Old man karate.

These terms are not meant to be as insultingly arrogant as they might sound.

By "*baby karate*" they mean an art that is based on strength, momentum, speed, and flexibility. All are characteristic of the capacities of young men and women.

This is seen in 99% of the TKD practiced around the world. There are professionals in this category. All the movies you have

seen fit this category. Yesterdays demo teams demonstrated this. I guess that was where I started but soon realized that it was not enough for me.

### **Ko-jin Karate**

So, what's left if we take out all the qualities of youth mentioned above?

Well for me, this is where the interesting stuff starts to show up.

Now we start looking at structure, balance, weight control, accuracy, and more. The list goes on and on. Those of you who were interested in acupuncture in martial arts, or in the physiology of the human body, and how it is hard wired will look here.

Did you know that there are actual attack strategies that keep one of your arms constantly busy because they know your body will forget about your other arm? Of course, the forgotten arm is going to be the one that gets nailed.

Did you know that when your arm crosses the centerline of your body it gets weaker? Better be sure where your high block ends.

How about letting your rear foot drag to far outward in a front balance stance, that will



*"baby karate" - based on strength, momentum, speed, and flexibility.  
Photo courtesy of Ben England*



*"Ko-jin Karate" - Master Cho*

cause your high block to collapse.

### **Some other points to consider:**

The position of the thumb is critical for both fist formation and the structural integrity of the body as a whole.

The position of the elbow is also a key component, misplace it and you will lose strength in your forward strikes, and your blocking ability.

To a master, there is no such thing as a truly horizontal punch. They all travel slightly upward, or slightly downward so as to unbalance and uproot the target.

As I said, the list goes on and on. Knowing this stuff gives you your edge. It is why we always hear stories of the old Chinese man who knocks younger guys around without appearing to breathe hard.

The problem with all of this? It takes years of practice and study, and more importantly, none of it is obvious. You can't see it even when you are looking right at it.

So, the real issue here, as I see it, is this: *are you really studying your art in as much depth as you can, or are you just skimming along the surface. Are you becoming the chess master or just knocking off pieces as*



*"Baby karate" or "Old Man Karate"?*

*the opportunity arises.*

What becomes of your art when you are no longer the flexible young adult, will you have become the old samurai with a wealth of knowledge that the youngsters come to learn from you?

When I was a kid I played a lot of handball. I remember playing this old Italian guy. I was running around the court like a madman, huffing and wheezing like an ancient steam locomotive. I doubt that he moved more than two feet in any direction. I lost the game of course-- I really didn't have a prayer. I was up against "Old Man Karate".

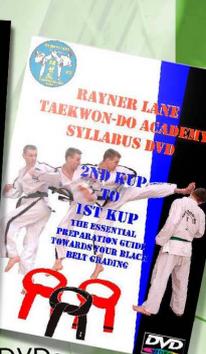
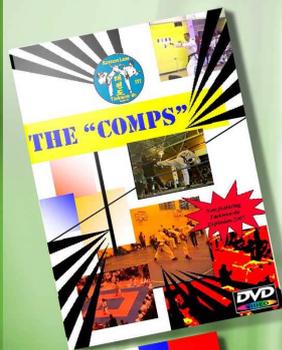
*Richard Conceicao has been involved in martial arts for over 40 years. He is currently a 6 Dan in TKD having studied under GM Richard Chun. He is*

*a certified instructor in ISC police control points. He has studied with many masters in a wide range of disciplines. He desires to look past the obvious in order to find the subtleties that define the essence of the arts. He is currently researching the commonalities of these arts to broaden their understanding, and to preserve what he believes is being lost. Most importantly, the combat essence of what everyone refers to as "the basics".*

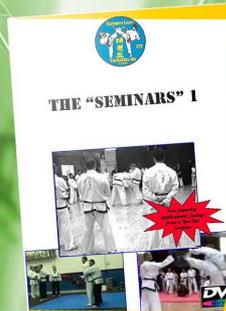
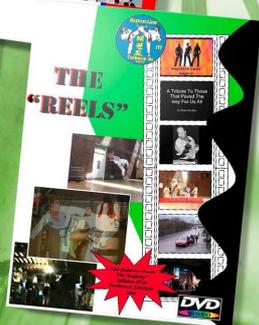
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No. 1061474

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

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

### Our mission is:

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

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

# Taekwon-Do: *The Original Mixed Martial Art!*

By Brendan Doogan

'Mixed' martial arts are not new. It is fairly common knowledge that many styles of Kung Fu, Karate and Indian martial arts include striking, locking, grappling and weaponry. This article is intended to very briefly show that Taekwon-Do too is a 'mixed' martial art, having diverse techniques and ways of using the body, and having origins in quite varied methods of combat.

## Origins

Two arts were the main contributors to early Taekwon-Do. General Choi said that he was taught Taek Kyon, a Korean kicking art when he was a boy. As a youth he learned Shotokan Karate. These arts gave most techniques in Taekwon-Do. There is also reference to hand techniques introduced from China and Japan. Many of the soldiers under the General's command were already experienced martial artists and gymnasts, and some of this knowledge was incorporated. At one stage talks were held between the General and Mas Oyama, the Korean founder of a famous Karate school, Kyokushinkai, about



Mr. Oyama's visit to I.T.F. 1967.

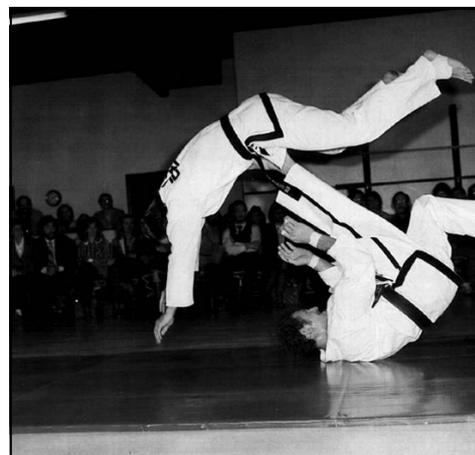


Twist the opponent's right hand clockwise with both hands while moving the left foot forward, pressing the elbow joint with the left palm.

amalgamating the two arts. The martial art origins of Taekwon-Do are obviously mixed.

## Techniques

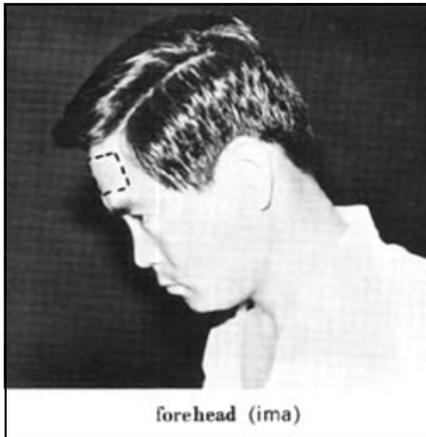
Blocking, dodging, jumping, flying, stepping, punching, striking, thrusting, crosscutting, ground fighting, joint locking and breaking, throwing, falling, anti-weapon defence, reflex kicking... All of these are present in the art, and with exceptions like weaponry, pressure points and grappling, cover nearly all kinds of martial art technique.



Throwing Technique

## Tools

Taekwon-Do tools include closed hands, open hands, wrists, forearms, elbows, shoulders, forehead, occiput, top/bottom/inside/outside/back of the foot, ankle, front/back/sides of the shin, knees and more important than any of the others, the mind.



*An acceptable emergency tool*

## Breadth

A great difficulty lies in the amount of time needed to cover all the different aspects of Taekwon-Do, especially as not all areas are tested. What it looks like is that Taekwon-Do is only about the patterns, blocking, kicking, punching; but that's only because we're always focussing on the next grading or tournament. It is important to practise all areas of Taekwon-Do, otherwise the outsider who sees us and thinks we only kick and punch will be correct in their assumptions.

## Where to find other bits in TK-D

The 1999 Condensed Encyclopaedia has all the above aspects of Taekwon-Do described within its covers. Ask your Instructor about areas that interest you.

- . Blocking – pp 191-245
- . Dodging – p 245 (hands), p 308 (feet), 316-320 (shifting), 367 (ground)
- . Stepping – p321-361
- . Punching – pp 124-146
- . Thrusting – pp 150-158
- . Striking – pp 161-178
- . Crosscutting – p 159
- . Jumping – p362
- . Flying – pp 179-190 (hands), pp 287-308 (feet)
- . Ground techniques – pp 246-249 (hands), pp365-367 (feet), pp 696-697, 707-708 (kneeling & sitting), p 702, 709 (prone/lying)
- . Throwing and Falling – pp 704-711
- . Defence against weapons – pp 711-724
- . Releasing, Locking joints, Breaking joints – pp 681-695
- . Reflex kicking – p 308
- . Tools pp 87-104

## Reference

“Taekwon-Do (The Korean Art of Self Defence)”, Gen. Choi Hong Hi, 1988-99.



*Some Effective But Dangerous Techniques*

# Eui-Ri

**By Stuart Anslow**

Many years ago I left the Taekwon-do Association I was under. I've never much talked about the reasons with anyone & the only reason I mention it now is because it explains pretty well what Eui-Ri is all about.

To cut a long story short, I was under this association for over a decade. I supported everything it did; I paid to enter all its competitions (losing a day's pay each time, as I had to always pay someone to cover me at work). Attended all its courses, refereed at every competition (again actually paying someone so I could help referee at these events), sometimes for up to 12 hours with only a twenty minute break for lunch, paid grading fees etc. When I competed outside of it, I proudly represented the association at every opportunity and I did all this without question, asking, like many, for nothing in return. To me it was just the norm, like I suspect it is for many Taekwon-do practitioners.

Then the day came when I was going to open a school and proudly represent the association even further and of course my students would also invest in the association as I had done, both physically & financially.

For many years I harboured the dream of opening up my own school. Unfortunately for just as many years it was not viable, then one day a golden opportunity came along and I followed up and Rayners Lane Taekwon-do Academy was born.

Before I opened up the Academy I did my groundwork, checked it was a proper distance from other clubs etc. Based on what I was told, it was. I spoke to my instructor about it and he backed me &

couldn't foresee any problems and so it was put to the Chief Instructor.

All was okay except one instructor had some objections. In reality they were minimal and I couldn't really understand what the problems were (what I mean is that they weren't really major problems at all, but rather petty really). However, and this is where the Eui-Ri comes in, he had a reasonable size club, compared to me: a new instructor with no students, therefore no cash income for the association (or whoever gets the dividends at the end of the day). The instructor had already left associations before so there was a threat (not made by that particular instructor, just a general trail of thought) of losing that income if things weren't decided in his favour (or so it was perceived).

To me it shouldn't have been about money. It should have been recognised what I have put in over the years, but it wasn't. When push came to shove as they say, they went for the guaranteed income, rather than supporting someone who had shown them unprecedented support for over a decade. When I argued the case, the goal posts were moved to accommodate their decision (at every turn). That's life & politics I guess!

I had a choice (according to them), either do not run the school or leave. I choose to leave. For a honourable person it wasn't really a choice. It was a matter of Eui-Ri.

## **To Explain Eui-Ri**

Eui-Ri is a concept, that falls in line with ideals like the tenets of Taekwon-do, that of courtesy, integrity etc. There is no direct translation of Eui-Ri in the English language.

In Korean the closest meaning would be mutual honour or *mutual respect*, or *honour among brotherhood*. The Japanese term for Eui-Ri is Giri. The Chinese characters originally mean: *Principle of meaningful spirit among men*. i.e. honour.

The closest description I can think of to describe an English version is the Code of the Underworld, honour amongst thieves etc. Not a great example I grant you, but a similar concept never the less. A concept that everyone should apply to their lives.

Basically Eui-Ri means Obligation. It means that if someone has done something for you, then you are obligated to do something, when needed, in return.

This doesn't necessarily mean a tangible thing, like lending you a fiver, therefore you must lend one back when your friend is skint (although you should really), but often it is the things we can't see, like in the true story above. It should have been recognised what I had put in over the years, all I asked for in return was that they supported me (they should have felt obligated to, not in money, but in spirit); but by going for the money side of things, they didn't, therefore they showed no integrity or felt no sense of Eui-Ri.

It also doesn't necessarily dictate that you should be obligated to do absolutely anything, whether good or bad. For example, if a friend helped you out a few years ago and you feel obligated to return

that help one day, that friend may ask you to beat someone up because you are a martial artist, but that doesn't mean that even though you feel obligated that you should do something so clearly wrong. In fact, your obligation should really be to show that friend the correct path.

Eui-Ri is best explained by examples, because as I said there is no direct translation and to simply state it's an 'Obligation' isn't totally correct. Therefore, I shall try to explain it further in a few short stories.



A good example is that of an instructor. Many people feel that a student should be loyal to an instructor no matter what. And they should be, to a degree, as long as they are both recognising (either consciously or unconsciously) the code of Eui-Ri; or have a sense of it. An instructor who just takes doesn't follow this code, neither does the student who simply sees the instructor as just a commodity.

I had a friend who trained with a Master. For years he was loyal and felt obligated to the Master. His learning's became further and further apart, which I know is the case at black belt level as mastering is the main focus here, but it came to the point where he would learn nothing at all. In fact he was so obligated to this Master, his Eui-Ri was very strong, but the Master abused this fact. It left my friend taking the classes on a weekly basis, with no credit and no pay, with the Master turning up for 5 minutes before the class started, collecting training fee's, then disappearing. In the end my friend had enough, we talked about it,

discussing how far an obligation should go and he finally decided that enough was enough & left. Unfortunately, the Master had lost his best and most committed student.

On the other hand you have the student who simply feels that they have paid for a service and that's it. Even though you pay towards training, you can't buy the knowledge a good instructor will give you. That of his personal insights, experience, and a deeper understanding of the art and its many avenues. The average instructor will simply teach what is needed for the student to pass a grading, but most good instructors don't go just a little, but a lot further than simply teaching what is required to pass a grading. Unfortunately some students fail to recognise this and simply think this is what they pay for.

As an instructor myself, I teach a whole lot more than is on the standard syllabus (which is quite a lot, check the web site for details). Not only that, I also appraise each student personally, working on their strengths and weaknesses to make them better and more rounded. What I don't do is to try to mould them into a copy of me, or a clone of a typical Taekwon-do person (if there is one), but help them to make Taekwon-do effective for their own being. In return I expect them to train with effort and support any endeavours that the Academy undertakes, for example demonstrations, training days, competitions etc. That's not to say that I expect all students to participate in everything. Some just don't like competitions or demonstrations, but I recognised that fact. What I don't like is the student who simply feels he can't be bothered to support the Academy or put back into the school.

A quote that I heard sums up any students journey through my Academy quite well:

*A belt belt is MORE than something you wear,*

*it is MORE than something you earn,  
a black belt is something you BECOME!*

Students at my Academy must be ready to become a black belt, not just know the syllabus, but really ready. True martial artists will know exactly what I'm saying here.

It is often said that you get out what you put in and so it is normally the same with the student/instructor relationship. A student who puts in, will get far more attention from the instructor, above the norm, than the student who doesn't. Some may feel this is wrong, but it is generally the case whether it is processed consciously or not. It is simply a matter of Eui-Ri working in the back ground, unnoticed.

Eui-Ri effects many areas of life, typically marriage. A husband/wife who only takes, with no consideration of their spouse, will eventually lose that partner, but a husband and wife who support each others endeavours remain strong through that support, even though they don't always believe totally or agree with their partners objectives or reasons, they feel and are indeed obligated to support them, no matter what.

Another good example of Eui-Ri is the parent/child relationship. A parent almost always will support his/her child, in some way, no matter what they have done or are doing in life, no matter what the outcome may be. Children often fail to recognise this fact until much later on in life, but eventually they do. The bond is there, so is Eui-Ri.

There's to many takers in this world & not enough givers. If everybody followed the code of Eui-Ri, I guarantee this world would be a much nicer place to live.

*- this article was first released in 2002*



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

# So You Think You Know Tae Kwon Do?

## A CHRISTMAS QUIZ

By Stuart Anslow

**1. Who impressed President Syngman Rhee so much that it was the catalyst for Taekwon-do?**

- A. Master Hee, Il Cho
- B. General Choi, Hong Hi
- C. Master Nam, Tae Hee
- D. Master Gichen Funakoshi

**2. In 1965, how many patterns had General Choi introduced to the world?**

- A. 4
- B. 19
- C. 20
- D. 24

**3. What were the first 3 patterns created?**

- A. Chon-ji, Dan-Gun & Do-San
- B. Ul-Ji, Choong-Moo & Hwa-Rang
- C. Ge-Baek, Po-Eun & Kwang-Gae
- D. Sam-Il, Joong-Gun & Yong-Gae

**4. When did General Choi start formulating the Ch'ang Hon System?**

- A. March, 1966
- B. March, 1946
- C. April, 1952
- D. April, 1955

**5. What is Chon-Ji named after?**

- A. A lake
- B. Heaven & earth
- C. The creation of the world
- D. A famous Korean patriot

**6. When is "Dan-Gun" day celebrated?**

- A. 1st January each year
- B. 5th September each year
- C. 3rd October each year
- D. 11th of April each year

**7. In what year was Do-San born?**

- A. 1878
- B. 1536
- C. 1876
- D. 1910

**8. Master Kan (from the 70's series 'Kung-Fu') is a direct relation to who?**

- A. Do-San
- B. Toi-Gye
- C. Won-Hyo
- D. Yul-Guk

**9. Who wrote "The Best Rivers And Mountains" in his own blood?**

- A. Kwang-Gae
- B. Yoo-Sin
- C. Joong-Gun
- D. Po-Eun

**10. The last pattern created for the Ch'ang Hon tuls was...**

- A. Kodang
- B. Chon-ji
- C. Juche
- D. Tong-Il



**Answers can be found on the Totally TKD facebook page & the forum - Mid December!**

# Sponsor Totally TKD

**Totally Tae Kwon Do magazine** is a free, downloadable, publication for Tae Kwon Do enthusiasts across the globe.

It is without doubt, the most popular Tae Kwon Do magazine on the planet, with between 40,000 to 90,000 downloads per issue and is now on its 34th issue, having been running monthly since March 2009.

From 2012 onwards, in order to keep the magazine free for all readers (thus keeping the massive download totals we currently enjoy), we are looking for sponsors from various Tae Kwon Do related companies, businesses and Organisations. The Sponsorship packages give preferential advertising space in each issue, plus web site advertising and work out very cost effective for any company that has products to sell to the Tae Kwon Do community, worldwide and organisations that wish to advertise events and gain new members.

## **10 Reasons Why You Should Sponsor Totally Tae Kwon Do Magazine:**

1. Each issue gets between 40,000 and 90,000\* downloads in its release month, followed by thousands in the following months. \*See chart below
2. *The web site gets an average of 7,000 hits per day.*
3. Totally Tae Kwon Do magazine is downloaded worldwide, and has downloads in virtually every country on the planet, with a good percentage in the USA & UK.
4. *In two separate polls, one in 2009 and one in 2011 it was voted the No.1 preferred Tae kwon Do magazine available - anywhere! Poll results available on the web site. (no poll was run in 2010 by the way)*
5. A sponsorship package will save you hundreds of pounds, not to mention it can make you the same as well!
6. *The Tae Kwon Do community can see that your business or organisation truly supports their favourite Tae Kwon Do magazine*
7. The magazine readership is growing every year.
8. *Adverts can be changed at very short notice for each issue*
9. You get 2 way advertising - in the magazine and on the web site for double the impact!
10. Since its release, over one and a half million copies have been downloaded

## **Its Not Just Another PDF**

Totally Tae Kwon Do was specifically designed to be an electronic magazine. The reason behind this was to make it free and accessible to everyone - no matter where they live or what their budget is. It is designed to be easily read on any PC, laptop, iPad or smart phone, plus its also designed to be printed out and look great on any home printer.

## **Within Budget**

We realise that there are many different size companies and organisations, with different advertising budgets and with that in mind we have 4 levels four levels of sponsorship available, plus some further options for Tae Kwon Do organisations and those that limited budgets or need to advertise less frequently.

# Sponsorship Packages

## Platinum Sponsorship @ £2000 per year

This is a 'one off' package, for one sponsor only, hence it is the premium package.

*The package includes:*

- A Double Page advertising spread in every issue (or two single page adverts) for 1 year.
- Web Site advertising on the magazines top two pages - the Index/info page and the download page (where the current issues are downloaded from).
- Advertising on our 'sponsors' page on web site with top/premium placing.
- Plus "Sponsored By" link on all subscribers emails

## Gold Sponsorship Package @ £1200 per year

*The package includes:*

- A Full Page advertisement in every issue, for 1 year.
- Web site advertising on our very popular main 'back issues' page
- Advertising on our 'sponsors' page on web site with high placing (just under Platinum level sponsors).
- Plus "Sponsored By" link on all subscribers emails

## Silver Sponsorship Package @ £800 per year

*The package includes:*

- A half Page advertisement in every issue, for 1 year.
- Advertising on our 'sponsors' page on the web site
- 2x extra web site adverts. One on a Back Issue specific download page & one on a Read Online specific page

## Bronze Sponsorship package @ £300 per year

*The package includes:*

- A regular half Page advertisement in every 2nd issue (or 6 issues of your choice)
- Advertising on our 'sponsors' page on the web site
- Extra web site adverts. Choice of your advert on either a Back Issue specific download page & on a Read Online specific page

## A, B, C Web Site Sponsorship

We also offer packages based around the web site as follows:

- 1 main page web site advert + 1 half page magazine advert in any issue you choose @ £200 per year\*\*\* Plus advertising on our 'sponsors' page on the web site
- 1 linked page web site advert (for example on a back issue or read online specific page) + 1 half page magazine advert in any issue you choose @ £120 per year\*\*\* Plus advertising on our 'sponsors' page on the web site
- 1 linked page web site advert (for example on a back issue or read online page) only @ £50 per year. Plus advertising on our 'sponsors' page on the web

\*\*\* Further adverts at usual advertising rates

**However, that is not all** - we also have some very special sponsorship deals for Tae Kwon Do Associations, groups or schools of any size, which, should they bring in just a few members to your organisation and/or events (which we are sure they will), then the sponsorship will have paid for itself!

**Association sponsorship packages** include a regular advert for your organisation in both the magazine and on the web site, plus a number of adverts per year for events you run, such as competitions, seminars etc.

It is surprising how many groups wish to run medium or large competitions, yet never advertise them further than their own groups - an advert in such a widely distributed magazine could increase that dramatically! And what's best of all, with a sponsorship package you do not even pay for an advert - its included!

We realise that there are many different size organisations and groups and with that in mind we have 2 levels of sponsorship available for organisations or groups, plus some further options for those that may limited budgets or need to advertise less frequently.

### **TKD Organisation Sponsorship @ £500 per year**

*The package includes:*

- 1 year/12 issues with 1 x ½ page Organisation advert per issue
- advertising in our 'sponsors' page on web site
- ½ page advert up to 4 times per year for you events/competitions.

### **Club/Small Groups\* Sponsorship @ £200 per year**

*The package includes:*

- 1 year/12 issues with 1 x 1/4 page club advert per issue
- advertising in our 'sponsors' page on web site
- ½ page advert up to 2 times per year for you events/competitions

*\* meaning a collective of clubs/schools of between 2 and 5 clubs*

## **Worldwide Downloads**

On average 60% of downloads occur in the USA and UK. The remaining 40% is made up throughout the rest of the world, from Argentina and Australia, through the alphabet to Venezuela, Vietnam and Zimbabwe.

## **May 2011 Downloads**

Online is a chart that shows the downloads for the May 2011 issue. As you will see, Issue 27 (May 2011) had over 90,000 hits. However, what you can also see from this chart is that older issues, also received a lot of downloads as well, for example, the previous months issue (#26) still had over 10,000 downloads, with issue #17 (July 2010) still getting over 2,000 downloads, despite being released over a year ago!

## **Graphic Design**

For a minimal extra fee, we have our very own graphic designer that can be put to work to design your adverts for the sponsorship packages. His rates are around 80% to 90% cheaper than most other graphic design companies. *Details on request.*

# Get Yourself In print

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

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

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

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

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

## Submission Guidelines

1. All articles must be submitted in word, RTF or plain text format only with minimal formatting
2. All articles should try to include photos and pictures to accompany the. If not Totally Tae Kwon magazine will source photos to accompany the article.
3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
6. Please ensure you spell check your work before sending
7. All picture/photo's submitted give permission to the magazine for future use of them
8. All articles must be the author's own work or have permission from the author to the submitter to publish them with this magazine - please state this in the email sent
9. Upon submission, the submitter of the article and neither the magazine or editor is responsible for any errors, libel or copyright breaches contained within the article (both text, photos and/or pictures) when published. The magazine, nor its editor or staff can be held responsible for anything pertaining to an article or photographs/pictures published
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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.

**MERRY CHRISTMAS  
& A HAPPY NEW YEAR  
TO ALL OUR READERS**



**“Martial Arts Begins And Ends With Respect”  
— Gichen Funakoshi**

**Issue 35: 1st January 2012**

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