

Totally TaekwonDo

The Free Global Tae Kwon Do Magazine

January 2012 • Issue 35



Interview With Master
John Black



• Paying Tribute to a Legend
Honoring Grandmaster
Richard Chun



• The Evolution Of Poomsae:
The double side
kicks of Koryo



• Using Focus Pads



• Attacking The Lead Hand:
Application to
Taegeuk 7

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

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Editorial

Issue 35 - January 2012



Happy New Year to all our readers and welcome to the first issue of 2012.

In this issue we have a great interview with Master John Black which makes great reading as he's a very interesting personality. I have seen things about him in the MA press for years and he always seemed a very '*get up and go*' type of instructor - which, after reading the interview I am not surprised at, due to his army roots. I met him for the first time last year and found him very approachable, but more so, very funny and very humble.. Some things that are sometimes rare commodities in such high grades, hence why I felt an interview with him would be great and here it is!

We have an interesting article on the sine wave, which should have you ITF guys and girls thinking, plus we have the final part of the 'break falling' series - something your all now doing right?

Lots for our WTF readers this month including an interesting look at how Koryo has changed its kicks over the years and applications to the Kukkiwon poomsae to get you thinking!

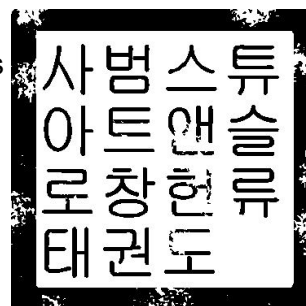
We also have the final part of the 2011 book survey, listing the books that you good folks felt were the best of the bunch. This section, named "*Other*" TKD books, was for books that either didn't fit the previous categories or transcended both. Though the No.1 book may come as no surprise to many, the rest of the top 20 is pretty different from the 2009 poll and should prove interesting for all!

So, its back to training for everyone and with that in mind I have an article about Motivation and Setting Goals which I hope some will find useful, as all too often, some go to training without thinking where they wish to go and simply trundle through each class - but having your mind set on a place you wish to be, will ensure you get there much faster and make your training so much more productive!

Right, I'll leave you to enjoy this months offerings.

All the best,

Stuart Anslow
Editor



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Totally TKD News

Master Doug Cook Accepts Taekwondo Award From South Korean Ambassador



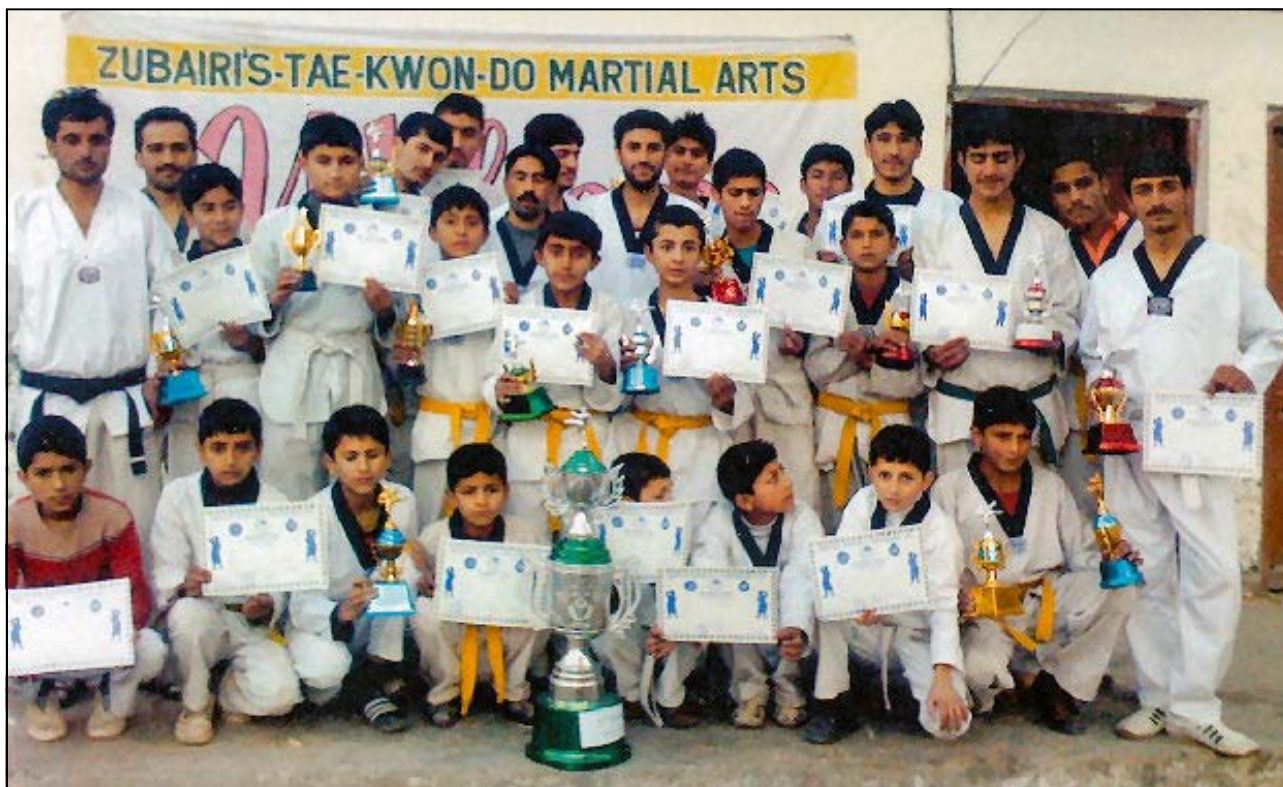
Master Doug Cook, head instructor of the Chosun Taekwondo Academy located in Warwick, New York, recently accepted an award for his editorial contributions to taekwondo from his Excellency, Duk Soo Han, Ambassador of the South Korea. The ceremony was held on Wednesday, December 21, 2011 at the Embassy of the Republic of Korea in Washington, D.C. At the urging of his instructor Grandmaster Richard Chun, Cook entered a national essay competition where he earned a first-place standing. A statement issued by the Korean Embassy said, "The Korean Cultural Center at the Embassy of the Republic of Korea is pleased to announce the results of the 2011 Taekwondo Essay & Art Contest. The Embassy wishes to sincerely thank the more than 200 taekwondo practitioners who submitted entries this year, and to congratulate them on their accomplishments both in and out of the dojang." In addition to his many

articles and monthly columns written for major martial arts magazines, Cook, a 6th degree black belt, has authored 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*, all published by YMAA of Boston. A fourth book focusing on taekwondo poomsae, written in conjunction with Grandmaster Richard Chun, is scheduled for release in 2014.

10th Master Zubairi's Taekwondo Cup 2011



The Zubairi's Martial Arts Centre Gilgit branch in collaboration with Pakistan Taekwondo Council organizes 10 th Master Zubairi's Taekwondo Cup 2011 under the rules and regulations of World Taekwondo Federation & Kukkiwon on 22 nd November 2011 at Laiq Jan Stadium, Gilgit City. Honorable Akhter Rizvi Secretary (Gilgit Baltistan Sports Board) has attended the event as chief guest while the Mr. Hussain Ali Assistant Director (Gilgit Baltistan Sports Board) and Mr. Abdul Abid Secretary General (Gilgit Baltistan Taekwondo Association) were grace the occasion as guest of honor. Senior Taekwondo Master Instructor Nazakat Ali works as event organizing



Gold medallists with instructors

secretary.

Mr. Akhter Rizvi is the chief guest at the opening ceremony and has opened the event by ribbon cutting ceremony he has paid big tribute to Taekwondo instructor Nazakat who is devoting his time and energy to give healthy activity and martial Olympic sports in the youth of Gilgit Baltistan Area. He said that his full co-operation with Zubairi's Taekwondo Academy and to the Gilgit Baltistan Taekwondo Association.

Mr. Hussain Ali has distributed Gold medals, certificates and trophies among all participants.

There are over 150 color belts (Geups) has participated in an event from top ten dojangs in Gilgit Baltistan territory of Pakistan which includes Baba Taekwondo, Ejaz Taekwondo, National Taekwondo Academy, Habib Taekwondo, Zubairi's Taekwondo, Manzoor Taekwondo, Naseer Taekwondo, Champion Taekwondo, Nasir Taekwondo and Shoaib Taekwondo in 14 weights categories.

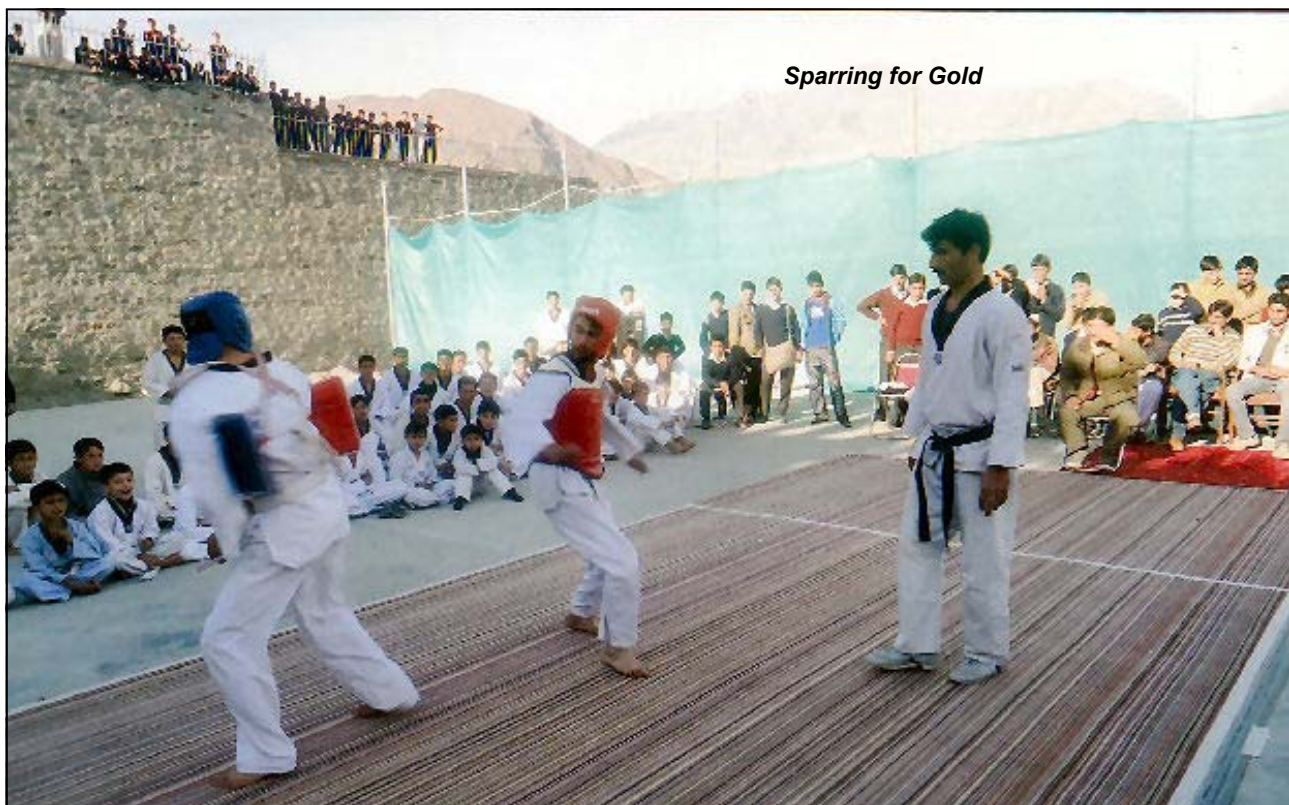


Shoaib Taekwondo Academy Score 1 st Position trophy and Declared Winner.

Zubairi's Taekwondo Academy Score 2nd Position and Declare Runner Ups. Champion Taekwondo Academy Score 3rd Position.

The chief Instructor of Zubairi's Martial Arts Centre (Gilgit Baltistan) Branch Nazakat Ali thanks to all participants, officials and guests to witness this memorable Taekwondo event.

In his closing remarks he said in near



future you will find national Taekwondo champions from our province.

Instructor Nazakat Ali has dedicated this event to Kukkiwon Grandmaster Won, Sang Wook, 9 th Dan Kukkiwon who is the Grandmaster of Master Rizwan Mustafa Zubairi.

The Zubairi's Martial Arts Centre has established 1983 at Karachi and has branches many cities of Pakistan. Master Rizwan Mustafa Zubairi has been in martial arts for over 30 years and is promoting Korean Martial Arts from this dojangs.

Xmas Quiz Answers

Here are the answers for the quiz in the December issue of Totally Tae kwon Do magazine:

1. Master Nam, Tae Hee
2. 20
3. Ul-Ji, Choong-Moo & Hwa-Rang
4. March, 1946
5. A lake
6. 3rd October each year
7. 1878
8. Do-San
9. Joong-Gun
10. Juche

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kwon Do students, worldwide.**



Paying Tribute to a Legend: ***Honoring Grandmaster Richard Chun***

By Master Doug Cook



A festive evening for Grandmaster and Mrs. Chun

Tae Kwon Do, the traditional martial art and Olympic sport of Korea, is an inheritance; an art handed down from venerable master to worthy disciple over the decades. Since its official inception in 1955, evolving from a disparate collection of fighting styles to the most popular martial art in the world today, the discipline has grown, overflowing the borders of its native land. Through an ingenious process of standardization introduced during its formative years by the Korea Taekwondo Association, Tae Kwon Do has today become unified and transferable wherever it is taught, flooding the globe with the physical and philosophical principles it resolutely promotes.

Yet, as students of Tae Kwon Do in America, we are largely indebted to five great masters who, in the 1960s, emigrated from Korea to the shores of this great nation with the distinct purpose of transmitting the heritage of the art on to others deserving of its virtues. Among these vanguards were Ki Whang Kim, Son Duk Sung, Sijak Henry Cho, Jhoon Rhee and Rhin Moon Richard Chun. Two are no longer with us while three of the original five continue to vigorously represent Tae Kwon Do today.

Sadly, not every Tae Kwon Doist was given the prospect of training under one of these remarkable men. Yet, as providence would have it, we of the United States



Many masters and grandmasters travelled far to participate in this historic event

Taekwondo Association and, subsequently, the Chosun Taekwondo Academy, have been afforded that singular opportunity through our close association with one of the original five – Grandmaster Richard Chun.

Ralph Waldo Emerson once wrote that “an institution is the lengthened shadow of one man.” This axiom is uniquely true of Grandmaster Chun, a man who has dedicated his entire life to promoting the art of Tae Kwon Do. He exemplifies the true spirit of the martial arts by virtue of the many trials and tribulations he was forced to overcome at an early age. Today, he oversees a vast ocean of loyal students who have

been inspired by his teachings.

At age eleven, Richard Chun began his formal martial arts education at the famed Moo Duk Kwan under the direction of Master Chong Soo Hong. By fourteen, having excelled in his training, he received his 1st dan black belt. Yet even now memories of his youth must, at times, be difficult. On June 25, 1950, North Korea invaded South Korea resulting in the outbreak of civil war. His father closed his medical practice and moved to the port city of Incheon in an effort to protect his family from the onslaught of Communist forces. During the cold winter of 1951, three families, including Grandmaster Chun’s, fled south to Cheju



*Master Doug Cook
leading the ceremonies*

Island in a small wooden boat, taking three weeks to complete the journey. Upon reaching his destination, fears of continuing his Tae Kwon Do training without the supervision of his master engulfed his mind. Attending high school at a rustic facility specifically designated for refugees, Richard Chun continued practicing Tae Kwon Do alone on the high mountain peaks of Mount Hallasan overlooking the island. More than once his sense of justice and indomitable spirit were put to the test as the inhabitants of Cheju Island abused those flocking to take refuge from the war.

In 1954, at age nineteen, he returned to Seoul. Once there, he enrolled in Yonsei University and graduated in 1957. While at university, he continued his training, served as captain of the Tae Kwon Do club, and participated in several competitions. After graduating, Richard Chun worked for Air France in the position of sales manager for five years. Entering the United States in 1962 as a foreign student, he lived in Washington, D.C. and began studying for his Master's Degree in Business and Marketing at

George Washington University. Five months later, he decided on a move that would change the complexion of Tae Kwon Do in the United States forever.

Twenty-eight years old and in New York City, Grandmaster Chun began teaching Tae Kwon Do at a large health club in midtown Manhattan. Then, in 1964, with the assistance of past-World Taekwondo Federation President Dr. Un Yong Kim, he officially established the Richard Chun Taekwondo Center, a school that has cultivated champions such as Joe Hayes and catered to movie stars and sports figures alike.

While establishing a martial arts school and recruiting new students is often a difficult

endeavor, an interesting turn of events landed the burgeoning school owner fifteen new students in one fell swoop. One evening, while enjoying a cocktail in a Greenwich Village tavern, six thugs approached the young martial artist and his companion demanding money from them. The group left after receiving three dollars, but quickly returned for more. Told that



Chosun black belts Laura LoForese (left) and Mary Sudul (right) introduce a video on the life and times of Grandmaster Chun



The audience is treated to a video chronicizing the life of Grandmaster Chun to the present



USTA Masters (left to right) Fred Kouefati, Pablo Alejandro, Samuel Mizrahi, Maurice Elmalem, Ellen Rachlin, Grandmaster Chun,

none would be forthcoming, the situation turned violent. Acting in self-defense, Grandmaster Chun rendered two of the group unconscious using Tae Kwon Do skills while the remaining four dispersed. A *New York Post* reporter, who happened to be passing by at the time, took notice which resulted in his writing an article for the paper the following day. After reading the article, likely candidates for Tae kwon Do training began calling and the budding martial center grew overnight. For decades, the Richard Chun Tae Kwon Do Center remained a Mecca for practitioners locally and worldwide who sought out the teachings of the legendary grandmaster.

Between working and teaching, Grandmaster Chun earned his Master's degree at Long Island University. He eventually went on to obtain a Ph.D., becoming a professor of health and physical education at Hunter College in New York City. In 1973, he was appointed head coach of the U.S. Tae Kwon Do

Team, leading them to a second-place victory in the 1st World Tae Kwon Do Championships held in Seoul, South Korea.

In 1980, Grandmaster Chun established the United States Tae Kwon Do Association (USTA), an organization whose mission it is to "promote the ancient and evolving art of Tae Kwon Do". A non-profit, professional entity, the USTA is an active member of the WTF, the prime force in the recognition of Tae Kwon Do as an Olympic sport by the International Olympic Committee.

During this same period, Richard Chun received his 9th dan Kukkiwon black belt certification, establishing him as one of the highest-ranking International Master Instructors in the United States today.

Grandmaster Richard Chun played a major role in organizing Tae Kwon Do as an event in the 1988 Olympic Games and has

served as Senior International Referee at a variety of championships and Olympic competitions. For his many achievements in promoting Tae Kwon Do within the borders of the United States, he received the Presidential Award from the president of Korea. In 1990, he was named Special Assistant to the president of the WTF. Then, in 2008, Grandmaster Chun was appointed Overseas Special Advisor to the Kukkiwon.

Aside from his love for Tae kwon Do, Grandmaster Chun has dedicated a great deal of his adult life to serving as an active member of the Lions Club International. He has been happily married for many years and has two children.

As if these accomplishments were not sufficient enough to secure his place in the annals of Tae Kwon Do history, Grandmaster Chun shares his knowledge through the written word with five books to his credit, all of which have been translated into several foreign languages. These books remain a standard in the martial arts community and are used as reference guides by thousands

of practitioners and schools globally.

Taking into account his countless achievements and contributions to the art of Tae Kwon Do worldwide, members of the United States Tae Kwon Do Association and the Chosun Taekwondo Academy, paid a long-overdue tribute to Grandmaster Richard Chun on a recent December evening in the midst of the holiday season. In attendance were over 200 students and masters who happily traveled many miles to participate in the historic event.

The ceremonies commenced with a surprise greeting since the guest of honor was previously unaware of the night's theme. Caught off guard, Grandmaster Chun entered the venue with a sea of participants assuming the attention stance and then executing a dignified bow of respect at the command of Master Pablo Alejandro and Master Amanda Haddock.

Following cocktails and a delectable dinner, a rousing rendition of the American and Korean national anthems was performed by



Pamela Pyke, Broadway-star Jake Ehrenreich and Lisa Ehrenreich sing the national anthems of America and South Korea



Grandmaster Chun presents Master Cook with a Letter of Appreciation from the Korea Moo Duk Kwan Association

Broadway-star Jake Ehrenreich, accompanied by black belts Pam Pyke and Lisa Ehrenreich. Shortly after, a video focusing on Korea, the homeland of Tae Kwon Do, was shown since the group is preparing for their sixth training and cultural tour to the "land of the morning calm", scheduled for July 2012.

In an effort to familiarize the guests with the accomplishments of Grandmaster Chun, Chosun black belts Mary Sudul and Laura LoForese produced an exceptional video depicting his life and times thus far. The assemblage was clearly amazed at the numerous personal triumphs achieved by one man through perseverance and hard work.

The festivities continued with the formal introduction of ten high-ranking USTA master instructors who, over the years, were personally cultivated by Grandmaster Chun. These included Masters Fred Kouefati, Pablo Alejandro, Maurice Elmalem, Samuel Mizrahi, Ellen Rachlin, Richard Conceicao, Gary Stevens, Amanda Haddock, Michael Barnard and Doug Cook. Each was given a commemorative tee-shirt specially designed for the event by Chosun black belt Harold Pyke (*commemorative tee-shirts available for \$18 plus shipping by contacting us at info@chosuntkd.com*).

Moments later, the evening reached its crescendo when Grandmaster Chun stepped to the podium following a heart-felt preamble by master-of-ceremonies, Master Doug Cook. Amidst thunderous

applause, the grandmaster delivered an inspiring oratory, generously peppered with enthusiastic praise and warm wishes for the days ahead.

Grandmaster Chun was presented with several tokens of appreciation during the affair including an engraved Mont Blanc pen and a plaque by representatives from the Lions Club International in consideration of his many years of service to the organization. Master Doug Cook, too, was recognized for his contributions to

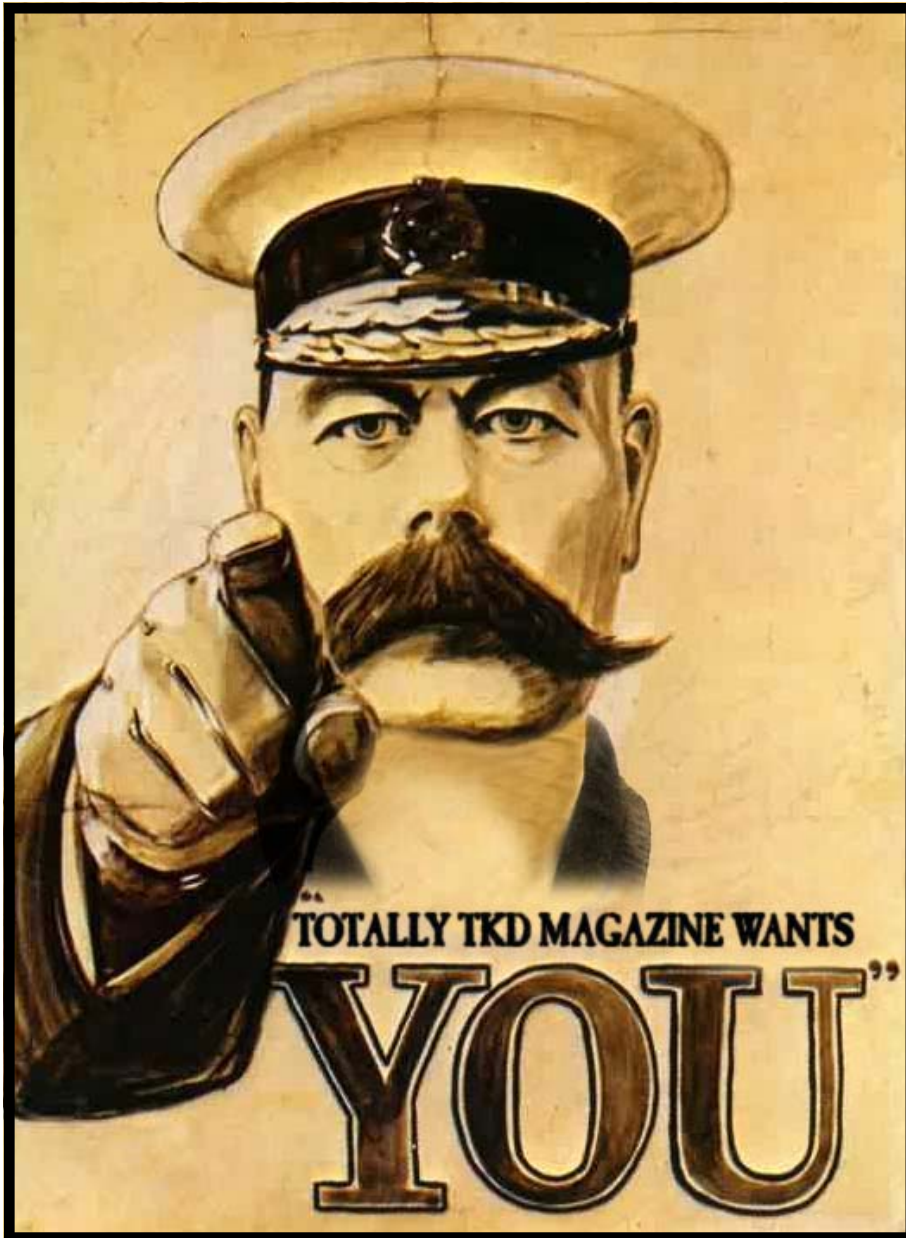
Tae Kwon Do, both physically and editorially, with a Letter of Appreciation from the Korea Moo Duk Kwan Association, signed by President Tae Kyu Chon and presented by Grandmaster Chun.

As the dignified ceremony wound to a close, it was time to celebrate in earnest. A local DJ recruited for the event, ignited the evening with popular music. At one point, the grandmaster and his wife took to the floor, delighting the crowd as they danced to the swing sounds of Tommy Dorsey and Harry James.



*The Grandmaster and his beautiful wife
swing dancing*

With goodbyes being said and wishes for a happy holiday exchanged, all in attendance were profoundly honored to have been gifted with the opportunity to express their gratitude and respect to Grandmaster Richard Chun - a man who without a doubt personifies the ideals of Tae Kwon Do on a daily basis; a man who has influenced tens of thousands of students worldwide, and who continues to contribute greatly to the promotion of Tae Kwon Do both as a world sport and a traditional martial art.



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An Interview With

Master John Black

8th Dan

By John Dowding, 4th Dan

I first met Master John Black when I was a 9th Kup and he was a Fifth degree and I was immediately struck by how friendly, enthusiastic and approachable he was. His knowledge was apparent and he had time for everyone and would give it freely. I am now a Fourth Degree and Master Black is an Eighth Degree and he is still as friendly, enthusiastic and approachable to all as the very first time I met him. I interviewed Master Black during the PUMA British Championship back in October 2011 and it was a genuine pleasure to listen to his experiences and gain his perspective on the Martial Arts. I'm proud that PUMA has Masters like John Black, and I'm proud to call him an inspiration and a friend.



Can you just give us a bit about your background?

I was born in Glasgow and was the oldest of seven brothers and sisters. My mother was Catholic and my father was Protestant. I was the only protestant in a Catholic school and the area was pretty rough. You had to be in a gang to survive. We eventually moved to Southampton with my mum and again it was a rough time and being the eldest I was the one who looked after everyone else. I finally was able to join the Army when my Mum agreed to sign the papers.

When did you join the Army and how old were you at the time, what regiment?

I joined the Army when I was 16 at Wyvern Barracks in Exeter that was in the 1970's,

partly junior soldiers and partly a training company where I did my 18 weeks training before joining the Royal Hampshire Regiment when they were reformed, I eventually joined the regiment at Colchester Barracks.

I believe you first became involved in the world of self defence and boxing during your military career, can you tell us a bit about this.

In my training as a recruit there was a Sargent a PTI (physical training instructor) Dickey Dawes who was a Shotokan black belt and I used to see him doing training and think "that looks good", so I got chatting to him and he did a few lessons with us, we did a bit of self-defence in the army anyway as a recruit, basic self-defence to look after yourself, and I

thought I want to do something like this when I get to the Regiment I want to carry this on, and that's how it started off.

You must have travelled a bit and had some interesting postings?

*Well my first posting was Northern Ireland as a young boy of seventeen, it was my first tour in Newry in Ireland and it was a big eye opener, you don't think you're going to get into anything like this and then all of a sudden its reality, you know you do the training and yes it is getting to you that is a reality but it's not reality until we are on that boat coming from Liverpool to Belfast, and they get you up at five o'clock in the morning and everybody is upstairs and as we are coming into Belfast we are getting bricks thrown at us, we are not even off the ship and we were getting stoned by the builders, spitting and shouting at us, you know "go home you *****" "you know that sort of thing. And I thought "were not even off and on the soil!" It was little bit scary. And then we had the journey to Newry, I was in the four tonner as we called them,*

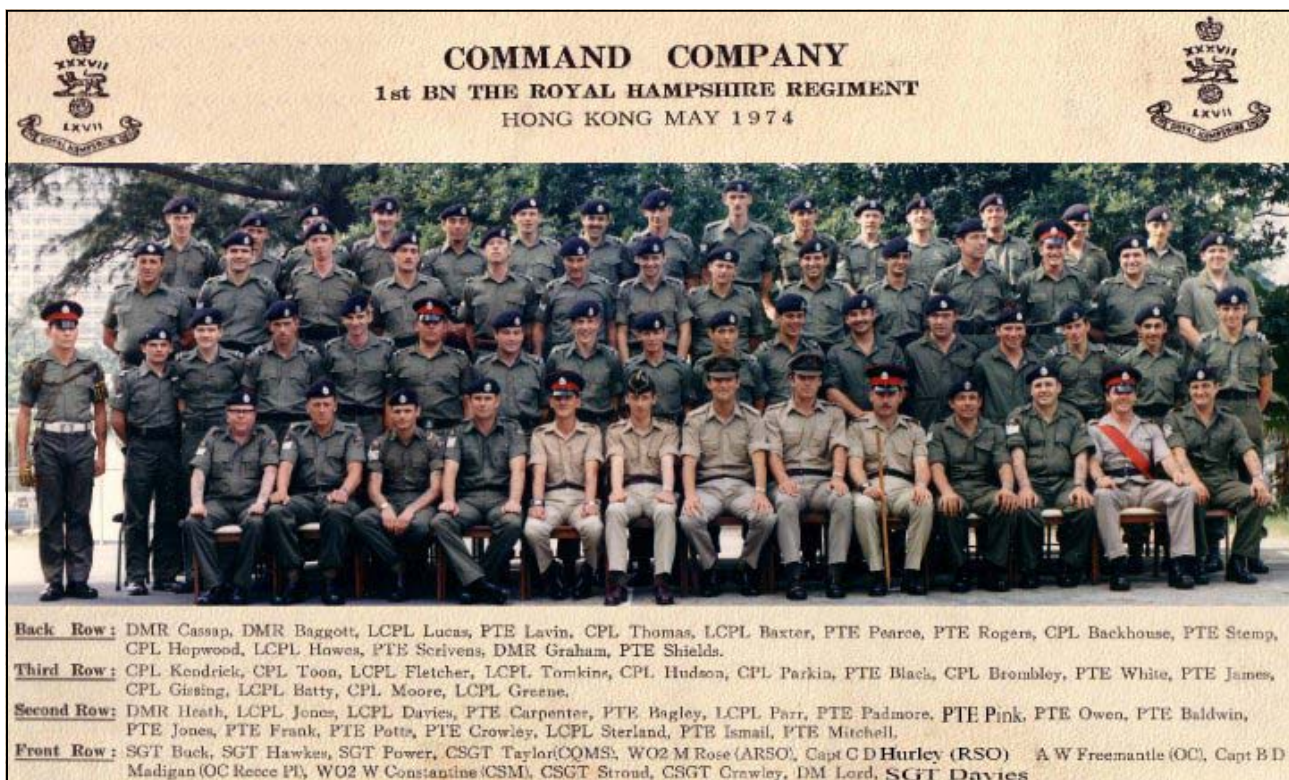
the army vehicle that carried all the weapons, and we hadn't slept much on the boat and we were dropping off and getting bumped about by the road, and then we get to Newry and there is a welcoming committee with another load of bricks!

Were you involved in training in any other Asian Martial Arts while you were in the UK at that time?

I was interested in martial arts long before the Bruce Lee film was launched, but when the film (Enter the Dragon) was released we all went down, me and the lads to the premiere in Colchester, and thought Wow! The guy is awesome! I went to London to Leus Jacob who was doing a style of Kung Fu, he was a Mongolian and his Kung Fu style was like Mixed Martial Arts even then in the seventies. I went to London a couple of times and had a few lessons. There was also lad in the Army who was a red belt in Taekwon-Do under Master Rhee Ki Ha and I did a bit with him and thought this is alright.



Army Demonstration



You were shortly being posted to Hong Kong. There must have been a huge amount of excitement at the thought of being posted to the home of Bruce Lee and the Chinese Martial Arts.

After the film we were all thinking yes! Wing Chun that's his style and that's what we want to do when we are in Hong Kong.

What was the reason for your posting to Hong Kong at that time and what role did the British Army have there?

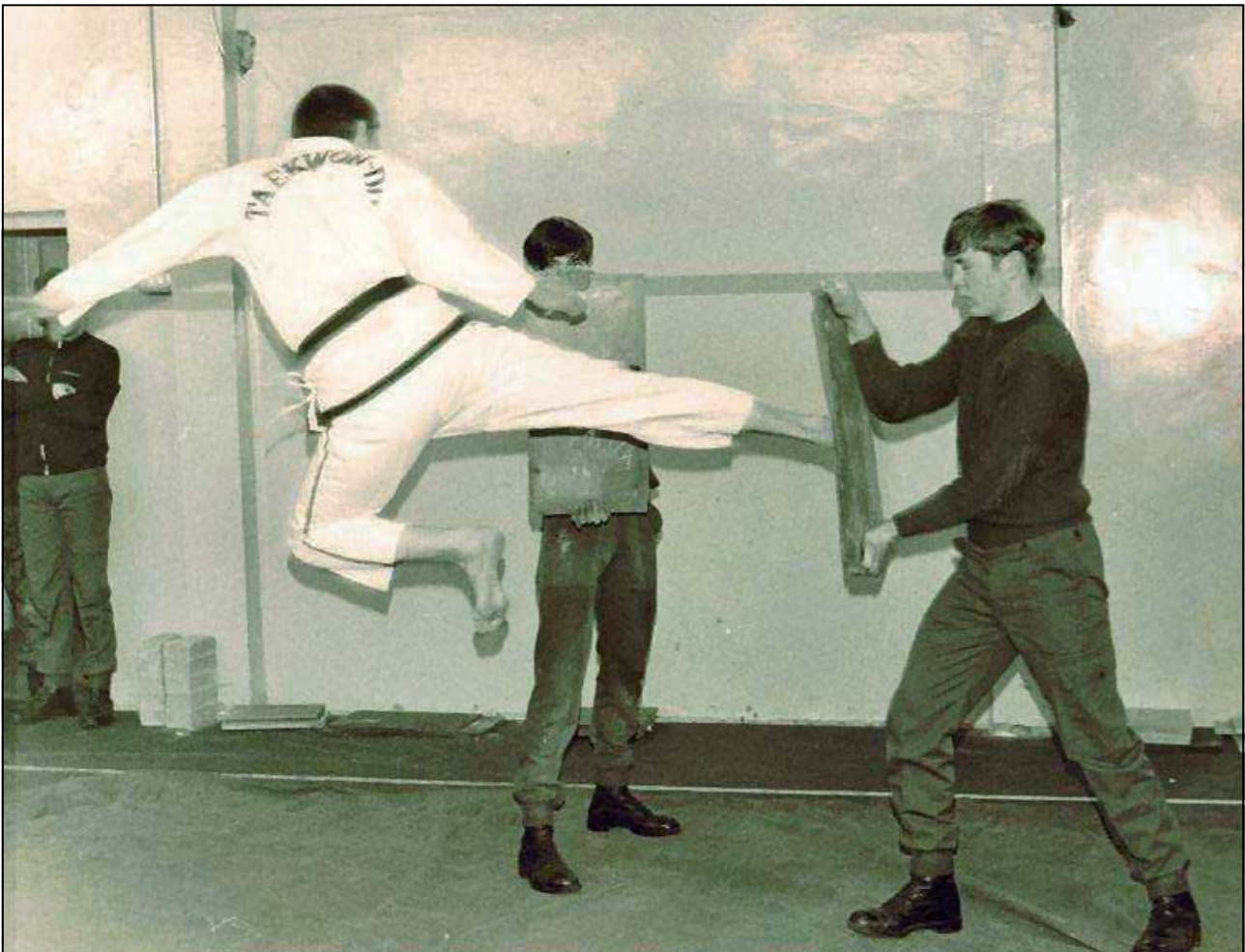
We were over there to stop the immigrants coming to Hong Kong from China, but our other strategy was to show force because at that time the balance between China and the western world it was felt that they could attack at any time.

What was the atmosphere like in Hong Kong at that time, as the Vietnam War was in full flow, so it must have been a pretty strange and dangerous place with American Servicemen on R & R and the influx of Vietnamese boat people.

It was a very dangerous place because we were also there because the boat people were coming from Vietnam and they were in a terrible state coming off the boats.

Untreated wounds, some of them were dead, and we had to put the survivors into refugee camps and these people were on our side, well you know side of the Americans. What we didn't know was that some of the bad guys were on the boats as well and had got in amongst the refugees and were there to assassinate some of the top political figures who had become refugees or people who had sided or helped the Americans.

Part of my duties was to patrol the camps and I was a green or blue belt at the time, and I was walking round the camp at about twelve o'clock at night and there was a basketball area with a load of guys all in sitting stance and I thought they were doing Karate, then as I was watching they started doing Saju Jirugi and Chon Ji and I thought "blimey that's the same style as I'm doing". So I got chatting with the chap who was teaching and he had been a Captain in the Vietnamese ARVN Special Forces who were trained by the Americans and he was a third degree Taekwon-Do black belt, and he was trained in hand to hand combat which was his Taekwon-Do. I developed a great rapport with him and others and used to take them clothes and stuff to help them



Army Demonstration

out. He told me he was part of a five man fire team with the American Rangers and they would go into areas behind the lines taking out Viet Cong sympathisers or other important targets that had to be done silently with no messing so hand to hand was very important. He told me that Taekwon-Do was an awesome weapon but that during Special Forces training in Vietnam they lost one person a week who either got killed or badly injured. He said they had loads of other injuries, broken arms, legs, sternums but they actually lost one a week, because they had to train for reality, using real knives and just one mistake with a knife or a fatal blow and that was it. I was laughing thinking he was joking, then I spoke to my instructor Lee Chong Oh who was also ex Special Forces and he just looked at me and said "that would be about right" that's all he said!

I know from talking to you that you had

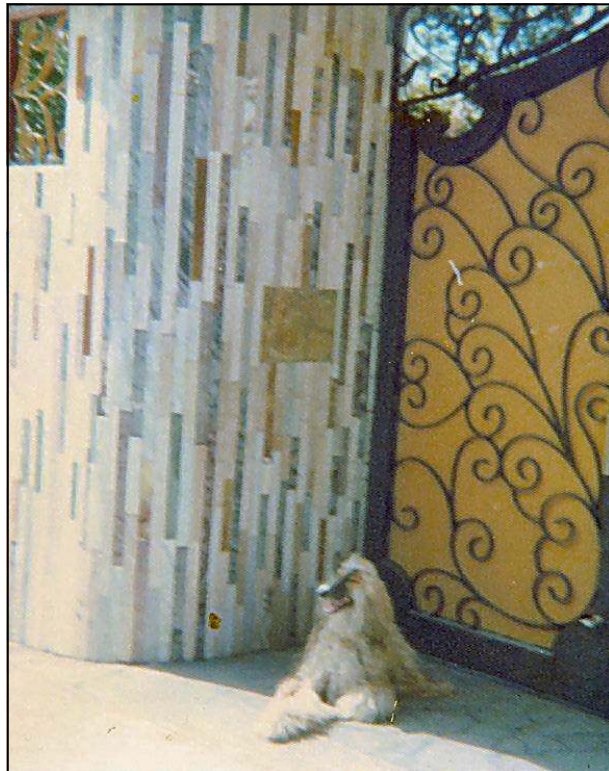
a great night out at the Cinema in Hong Kong can you tell us a bit about that?

Yes, it was after Bruce had died and there was a new film out starring Bruce Li, who was supposed to be the new Chinese Martial Arts Superstar and it was a premiere and I managed to get a ticket. It was huge and there were loads of people outside who couldn't get in. So I was sat there with an Asian lad who spoke English and I was the only western guy in the cinema, and I was thinking this is going to be really good. The lights went off and the film started and within a couple of minutes I thought "this guy is rubbish, nothing like Bruce Lee" well that was it the Chinese were going mental, they were throwing their ice creams and all shouting in Chinese, and then all of a sudden someone ripped up a chair and threw it at the screen and they all started joining in throwing chairs, the lad I was sat next to grabbed me and said "we had better go,

they are not happy, they are shouting that its not the real Bruce Lee, its false and they are upset" so we left pushing our way through all these rioting Chinese.

Tell us a bit about your visit to the home of Bruce and your brush with the Hong Kong Police.

When we got there it was not long after he died, and there were loads of stories going round, one of them was that he had been threatened by Triads who wanted him to smuggle drugs for them, and so his death had been faked so his family would be safe, there were loads of "sightings" of him supposedly practising in the garden of his house, lights in the house being on, that sort of thing. Well the house was about six miles away from where we lived in married quarters. So I thought I will take the dog and a camera and have a look at his house. I had been looking for his house for about six months and had eventually found it. It had big golden letters on the front which was his name in



Master Blacks Dog outside Bruce Lee's House

Chinese. So I got there and tied the dog up, climbed up on the wall and it was a beautiful house with lovely Asian formal gardens, and there I was snapping away, sat on wall with no cares in the world. All of a sudden up come all these Police cars and they all jump out pointing guns at me and shouting in Chinese, I didn't have a clue what was going on. I jump down off the wall and I'm waving the camera at them and trying to explain. So they grabbed me and handcuffed me and put me in one of the cars. There was an Officer who could speak English and he

was asking me what I was doing so I said sorry and I explained to him that I was a Bruce Lee fan and was taking some pictures. That changed things and he said "ah we are all Bruce Lee fans too!" They took the cuffs off me, and gave me a bit of a talking too and let me go. It could have caused an international incident at the time with me being a soldier and getting arrested. But they let me go, looking back it was funny but it wasn't funny at the time when they came screeching up and started pointing guns at me!

How long after being posted did it take you to find martial arts school and were you looking for a Kung Fu school at that time?

When I went to Hong Kong my mind was made up. My second day there we took over from the Black Watch. One of the Black Watch guys was a Taekwon-Do Black Belt and we got talking and I said I'm thinking of taking up Wing Chun and he said "look I don't want to put you off but we have Taekwon-Do" he said "it's a Korean

form of Karate" and I went I don't really want to do Karate I want to do Wing Chun, Bruce Lee's style. He said "just come along and watch there is a big demonstration in the gym" So I thought I have nothing to lose I will go along. So five hundred squaddies packed into this gym and we watched this demo which absolutely blew me away. From Breaking to Forms, Self Defence, Weapons and the kicks! Im thinking "what?" I had never seen it before, double side kicks! And the power of the breaking, sparring with no gear, it was just amazing to watch. So two



Master Blacks Instructor Lee Chong Oh

hundred and fifty squaddies signed up to do Taekwon-Do right there and I was just one of them.

What was the name of your Taekwon-Do instructor and was he an ITF member?

My first Master was Young Son Sun but he left because the General was spreading Taekwon-Do, and so he was moving the ITF Masters around all over the world, so Master Lee Chong Oh took over the beginning classes for us.

Tell us about your training at that time and your experiences as a non Asian student, was there much resentment from the Asian students or were you just accepted as a fellow student.

My training days were Monday, Wednesday, Friday but I was training on all the other days because I was really passionate about it, it gets you like a bug. And for the first two months all we did was walking stance walking up and down. And I remember he had the Taekwon-Do "bible" and we had to read about Moral Culture

and what the General said about Moral Culture and about the Hwa Rang youth group, and I thought when are we learning to fight and kick? All we would do was walking stance and sitting stance punching up and down the Dojang. He had a cane and if you were not in the right stance he would hit your hands and legs. He would say "you are soldier you can take it" then boof! he would whack you, for anything fist not clenched, whack! If you were doing press ups, if you couldn't do them he would hit your hands or sit on your back!. "Now! Do it!"

He was great, he was ex Korean Special Forces and a sixth degree black belt. He was very skilled in Hapkido as well and we did a lot of self-defence from the first grade. I actually jumped my first grading I didn't do a yellow tag and went straight to yellow belt because of the time we had trained. I remember he brought in a bag of belts and everyone lined up and was saying to me "ask him if we passed" So I thought I'll do it and asked "Sir did we

pass?" he looked at me and said "No you did not Black, but everyone else did" and he gave everyone else's belt out except mine, I was there thinking I'm sure I was as good, cos you do don't you? And everyone was looking at me and I was now having to line up at the back of the line behind everyone with a new belt, I'm thinking what's going on? Anyway I thought I'm not asking again! Two weeks later he walked in and gave me a yellow belt and said "Black you can wear this now" I said thank you Sir! I learnt my lesson that you never ever ask about passing a grading. Every time after that I never asked, he would bring the bag in and leave it there sometimes for two months! Anyone who ever asked about grading results always got the same answer "you didn't pass!"

I'm aware you did eventually manage to train in the art of Wing Chun, can you tell us who you trained with and a bit about your Wing Chun training?

It was just after we had managed to get out of the Cinema and I was still with the lad who was with me when the Chinese kicked off and who said we should leave. He said to me "would you like to come and meet my Master, I'm here to learn Wing Tsun, not Wing Chun, Wing Tsun" so I said yes, ok I would love to meet him, He told me that his Masters name was Grandmaster Sifu Leung Ting.

Anyway we got to a block of flats and I said to him "is this his Dojang?" and he said "no this is where he lives, we will go and see him" Well I thought here we go, he just wants to get me into the elevator and he will pinch my money, so I get my back against the wall, and in my mind I'm thinking go on just try it! I'm imagining all these moves in my head and he is just talking away to me and I'm watching him thinking yea yea in a minute!

So we get to a door and I'm still thinking that its going to be full of Triads and drugs. An Oriental guy came to the door and said "come in, come In" and was very

welcoming. I was introduced to him and explained that I was interested in Wing Chun but was doing Taekwon-Do. He had a lot of magazines that were called Real Kung Fu and he was doing an article on Bruce Lee and he asked me what the westerners thought of him. I told him that he was my hero and got talking to him. Sifu said "ah yes he used to train with me and Professor Ip Man who was my instructor" well I was like Wow!

Anyway we got talking and before I knew it, it was four o'clock in the morning just talking away about the martial arts. He told me that Ip Man had fallen out with Bruce Lee because Bruce was taking his Wing Chun out onto the streets to see if it worked. He said if he hadn't made it as a film star he probably would have been a gangster. He wasn't into robbing people but he would challenge others to fight. He said he was a man beyond his time, but after they fell out that was when he started to develop his style.

So I started to train with Sifu Leung Ting after he asked me to. I said that I couldn't afford to because I was already training in Taekwon-Do, but he said "no, no free, come and train with me for free" and I went to his gym and it was a little place, really small but with a wooden dummy, and pads on the wall to punch, you had to go up stairs in this block to get to it, there was another room that had a bed and there was stuff all around, and that was where they used to train. So I trained with him there regularly and he was lovely.

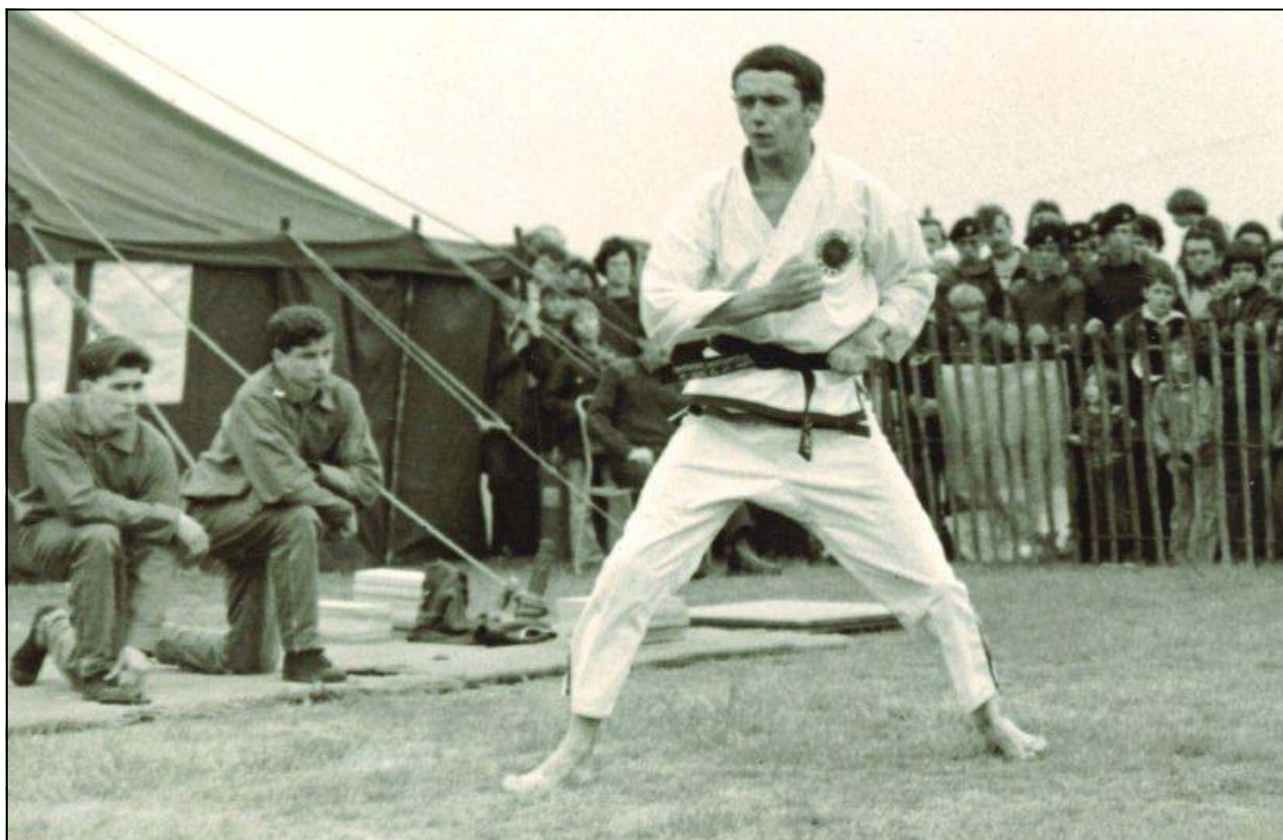
Why did you eventually decide to stop Wing Chun and devote yourself to the art of Taekwon-Do.

Well I was training in Wing Tsun and I was taking the stuff I was learning back to Taekwon-Do because I wasn't very experienced so I was trying to use the stuff I was learning with the Taekwon-Do, you know the straight hands and techniques, my Instructor asked me if I was training elsewhere, so I told him and he said that

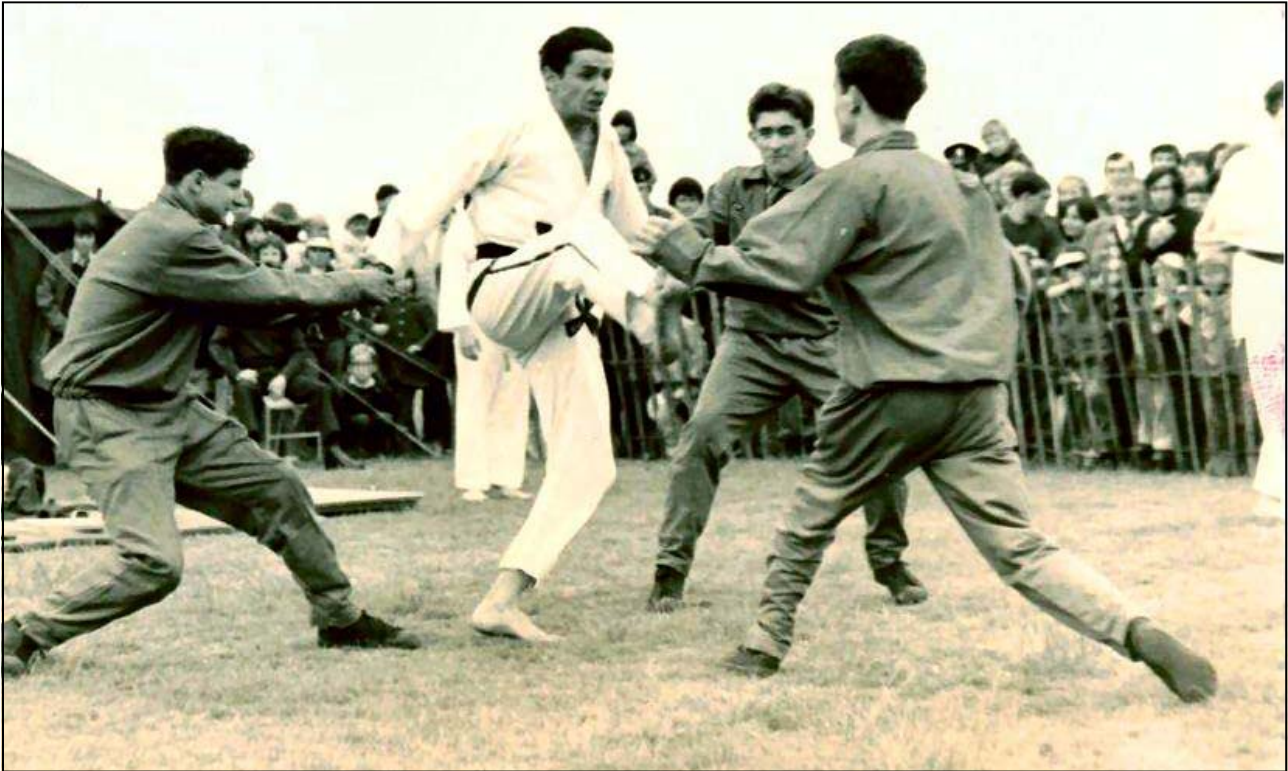
he knew Sifu Leung Ting and thought he was really good, he never spoke badly of people. He told me he thought he was a very good man, but said that I was confusing both arts and needed to concentrate on one in order to be good at one, I said "well cant I do both Sir?" He replied with a story and said to me "if you are hunting animals and the animals split into two directions you must make a choice and follow one path, and decide which animal you want to track" he explained that it's the same principle with martial arts. You have to become proficient at one art and understand it inside out, and then you can do other things, but it doesn't influence your style or the way you teach, but you have other stuff that makes it stronger or better for you. So I said "Ok Sir" and he said that I had to make up my mind whether or not I wanted to do Taekwon-Do, he said if he would be happy if I did, and would also be happy if I chose Wing Tsun. Sifu Leung Ting had wanted me to do an apprenticeship with him for five years, he was going to buy me out of the Army, I would have had to live in that little room where you couldn't swing a cat which

wouldn't have gone down to well with Patricia who I am married to! , I would have enough money to live on and food and clothing. I would have to train for five years solid and at the end he would pay for a flight back to London, England and I would open a Wing Tsun academy, get that off the ground and up and running and he would then send a Chinese Wing Tsun instructor over who would take over running that one and I would go to another part of the country and open another Academy and so on. I was going to be the English Ambassador for Wing Tsun who paved the way for the Chinese instructors. I thanked Sifu Leung Ting for the opportunity but explained that I had made my mind up to stay with Taekwon-Do as I was a blue belt and felt I should stay with it to get my Black Belt. He was very understanding though and told me I had made a wise choice. I became very good friends with him but eventually lost touch.

How would you describe your first black belt grading and how and when were you presented with your first black belt?



Army Patterns Demonstration



I was training every chance I got, every chance. So three of us from the Army were ready to do our black belt, it was me and the others were Barney Thomson and a guy called Harry Harris from Plymouth. Well Barney got sent back on the advance party to Northern Ireland so he couldn't take it. I didn't even know I was taking it until my instructor said "Black I want you to come to the school and take your black belt" I said "Sir I'm not ready I need to practise more" and he said "You have practised enough you are ready" So me and Harry were going" but Sir?" and he just said "No you are ready" That was on the Monday and the next training session was on the Thursday so he had given us the two days to prepare!

So we turned up and we went through the grading, we did the same as we do now. Introduced ourselves name and grade, then we did all the patterns, we did line work, then kicking drills, three step sparring, two step sparring. Then we did self defence which was the one step but it was freestyle and we did breaking which was knifehand two house bricks, punching downwards through eighteen slates, turning kick through four inches of wood,

no focus! Flying side kick over six people one board and that was it, but you had to break, you were allowed one focus apart from the turning kick. Luckily I went through as the adrenalin was going. We had been training doing loads of breaking anyway. Then we sparred, first against our own grades, and you sparred everyone.

Then he lined up all the black belts from first degree to fourth degree and we had to spar all of them, one on one, two on one and we had to show control, there were no pads and you had to spar with power and focus but you must not hit. You were not allowed to hit! I'm not exaggerating there must have been between ten and fifteen black belts and you just went from one to another one and it seemed like you just had nothing left by the time you got to the fourth degrees, just nothing left no power, slowing down, just nothing left couldn't breath just battered!

I went home to Patricia and I was just bruised all over, my arms my legs I couldn't walk for a week after. And you don't know if you have passed and I wasn't going to ask! My posting to Hong Kong was coming to an end and I was due to fly out in the

afternoon and I got a call from Master Lee Chong Oh asking me to come down to the Taekwon-Do Dojang, so I went down there with Patricia and my friend Jimmy Sayso and I was wearing jeans and a t shirt. We got there and I entered and took off my shoes and Master Oh said to me "Black I want you to spar" I said "Sir I haven't brought my Dobok" and he just looked at me and said "do you need your Dobok in the street?" so I said "no Sir", again he had a load of black belts lined up and I had to spar them and I'm thinking what is going on here? I had really tight jeans on and couldn't even throw a kick so I did my best and spent a lot of time trying to dodge them, sweat was pouring off me! My shirt was soaked. He stopped us and said "Black I have something for you" and took out my black belt with his and my name and ITF on it and gave me a Dobok.

I hadn't paid him for the grading and he said "Black when you get home you send the money over to me" Which I did! It was a fantastic moment!

General Choi eventually moved him to Ethiopia to teach and there was a war there at the time and I lost contact with him. I would love to find out where he is because I would like him to know that I never gave up. He said to me "Black you must promise to me that you will never give up Taekwon-Do you must keep doing Taekwon-Do and teaching General Choi's way do you understand, you must teach my way but my way is the General's way" I would love him to know that I never gave up but I don't know if he is still alive.

We have all heard stories of Martial Arts schools in Asia "challenging" each other, did you ever come across anything like this and were you involved in any "underground" challenges to defend the honour of your school?

There was a demo with all different martial arts, we were the last ones to go on, you had all the Chinese Kung Fu styles like Praying Mantis, Five Animals all on and then before us was the Karate and we

were last on, the display blew the public away with all the kicking, breaking and sparring, but the Japanese group that were there were very disrespectful, laughing during the demo and saying that Taekwon-Do was flimsy, not strong.

I didn't know what they were actually saying as it wasn't in English but it was clear enough. All the Chinese Taekwon-Do lads were getting very uptight and aggressive and I could feel there was a bad atmosphere. I asked Master Lee Chong Oh about it and he told me that they were being disrespectful to Taekwon-Do. I was only a blue belt so wasn't actually in the demo, as it was just black belts and I said "Sir shall I go over and say something" he said "Black, Why? We try to live the tenets of Taekwon-Do and the moral culture General Choi has taught us, so I go over there and I beat the instructor up badly, where does that get me? Disrespect from other Arts because I lower myself to the same level" I said "I understand Sir" He said to me "what do you think about the demo Black" and I replied that our demonstration had been brilliant. He said "all martial arts are good, all the demonstrations were good, I said "yes Sir but Taekwon-Do was better" He replied "that's your opinion Black but all were good, all were good!"

Anyway I went to the Dojang later that week and some of the Chinese students were bruised with fat lips out and a bit battered. There was a lad there named Willy Wong who was a black belt and he had adopted me as his brother, I asked him about it and thought it was because of sparring and he said "no no! they went and beat the Karate Instructor up and his students" I couldn't believe it; it was just like the film *Fist of Fury*! I said "what? You went round and beat up the instructor and his students?" He just looked at me and went "yes" I still couldn't believe it and asked him how many went and took part he looked at me and said "only four of us" I asked him how many of them and he just



Master Black Training

replied "a few" so I said you must have been hurt and he just said "not as bad as they were" I asked him if this went on all the time and he explained that if someone disrespected their Master they couldn't lose face so they would arrange to meet secretly and fight, and challenges were common between Chinese Kung Fu styles against the Korean Art. I asked him if we had ever lost and he just smiled and said "all the time I have been doing it, No!"

During your time in Asia did you come across any tournaments and if so what were they like, were they in the style of films such as Bloodsport or more like the tournaments we are used to today.

A lad I knew called Jimmy Saysoo married a Chinese girl and because of that a Kung Fu Master took him on which was unusual for a Chinese Master to take on a westerner, and he trained with him for a year before he died the then was taken on by another Master who trained him in Hung Gar style. He was also an Army boxer and

we all used to train together and swap techniques. His Kung Fu Master said he would put him into a tournament because he thought he would do well. So me and my wife Patricia and Jimmy and his wife were invited to this I Kung Fu Open Championship. A big venue, a big arena for the fights and all different Kung Fu schools, it started at about three o'clock in the afternoon and goes way into the early hours of the morning, there's food and everything for the spectators and a bit like a western boxing match with tables and people are drinking and eating.

t started with weapons and Jimmy did a spear form and then Nunchucks and did very well and picked up some points. Then it was onto the sparring, and it was same as we do now, so he had about ten fights before he made it to the quarter finals and he was just destroying people! They were doing all the traditional style with big long stances and all the five animals hand movements trying to grab and so on and

Jimmy was just moving round up on his toes and using bits of Kung Fu, bits of boxing double jabs and following up with kicking as well. They just couldn't handle him as he wasn't fighting in the traditional way.

He went all the way through and got to the finals where he was against the champion who had not been beaten for five years, he was a K u n g F u Instructor and he was really good, we had been watching him and he would adapt his fighting style depending on how his opponent fought. I thought Jimmy was going to meet his match but the fight started, this guy started with the traditional long stance and fancy hand movements,

but then changed his style and tried to copy Jimmy's style, but he just wasn't as fast as Jimmy who was a very good boxer.

Jimmy just moved around and then would slip inside and use his punches then use different range and switch to kicks like turning kicks and side kicks. The lad was bruised and kept getting knocked down and the fight was five rounds. Every round Jimmy was winning, anyway the fight stopped and the Judges came up and announced "Gwailo win!" they called him that as it was a name for a foreigner.

Well the place just erupted because a white person had won. The lad who he

had fought was battered and bruised and was with his helpers and as Jimmy was walking off towards us the lad got up and was shouting and screaming and started to run at Jimmy who had his back to him, I shouted a warning to Jimmy who looked round and saw him coming and just

stepped in and side kicked him Boof! He went flying into the tables and the crowd and it was chaos, and Jimmy is still standing there looking at him, now Jimmy was a real fighter and he goes "whos next?" and I'm thinking "oh my god!" He just looked at me and said "John you got my back" and my wife Patricia is looking worried and I just didn't know what was going to happen next. Jimmy's wife was crying now begging us to leave, as the



Master Black and Kung Fu Champ Jimmy Saysoo

Chinese crowd were very upset. Jimmy casually grabbed his stuff and his Master came over to him and said "Jimmy I need you to leave, people are not happy that he has been beaten" Jimmy offered to go over and apologise for humiliating him, but his Master just said "no you must leave now" So as we were going out another Chinese Kung Fu stylist came over and said to Jimmy "you think you are tough" he then challenged Jimmy to a power blocking contest, just blocking each others arms as hard as they could, so Jimmy accepted that and beat him as well which didn't go down well, and I'm still thinking "what is going on??"



Master Black Training

So we got out got into the nearest taxi and got away, it was in the Hong Kong papers next day that a Gwailo had won this championship. It did get a bit nasty but could have got a lot worse and we were a bit lucky there!

Read the concluding part of this interview in next months Totally Tae Kwon Do

magazine, including Master Blacks selection process for Army Bodyguard, his tour of N.I., a demo for Princess Anne, a Commendation for Bravery, tea and biscuits at Grandmaster Rhee, Ki Ha's house and a free dinner with General Choi, Hong Hi, plus of course his thoughts on the art of Taekwon-do!

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The Evolution of Poomsae:

The Double Side Kicks of Koryo

By Oerjan Nilsen

Not long ago I was teaching Poomsae as part of my class and one of the students told me I did Koryo Poomsae wrong. The double side kicks in the beginning was according to him meant to be targeted to the opponents knee and face, while I have always targeted the knee and midsection. I remember discussing this frequently on martial arts internet forums, as well as with my fellow students at the time I learned the Poomsae. Over the years

I have collected many books on how to perform Poomsae and after the training session was finished I went home and looked up Koryo Poomsae in all the books I could find. The conclusion was simple; after just a few minutes of reading it was clear that an evolution had occurred since the form was released in the 70s until now.

The first and oldest book I have is *"Taekwondo Text Book (1-3)"* by Kim Jeong Rok published in 1986. The current Poomsae named Koryo was released in 1972¹ so it was about 14 years old at the time of publication. In the book it is stated that the first kick is to the knee and the second is to the midsection. The pictures on the

other hand shows a kick at knee height and the other at face level. The application shown in the book gives a third version kicking at the opponents knee and then the throat... A killing blow in other words.. Assuming the text is correct the "official" and "correct" was knee to midsection. This book was official Kukkiwon sanctioned.



The performance line of Koryo Poomsae is based on this Hanja. It means "scholar"

The second book I checked is not an official sanctioned book, but it is well researched.

"Taekwondo; Traditions, Philosophy, Technique" by Marc Tedeschi published in 2003. Here the text and the pictures say the same thing: 1st kick is to the knee, the 2nd is to the opponents midsection. The application presented for the moves confirms this in both text and pictures.



The next thing I did was to look up Koryo Poomsae in the *"Kukkiwon Textbook 2006 edition"*. This is as the title implies an official sanctioned book. It was revised and published so that the Poomsae standard could be distributed since the first Poomsae world championship was held in 2006. Here the text and illustration clearly shows that the knee is

the target for the first kick and the midsection is the target for the second kick. The application provided shows the same as the application from 1986 with the knee being targeted first, then the throat. The text explaining the application says the first is to the knee and the second kick is to be delivered "A little higher on the opponent" (page 456).

Another publication from the same year (2006) titled "*Complete Taekwondo Poomsae*" by Lee Kyu Hyung & Sang H. Kim shows it quite clearly to be knee and midsection in both text and illustration (No application provided). So from 1986 to 2006 it is clear that the official targets for the kicks were knee and midsection (although applications provided show that any vital target is Ok), but that was to change in 2007.

In the book entitled: "*The book of Taekwondo*" published in 2007 by the WTF (and therefore officially sanctioned by

them) it says that both the midsection and the face are regarded as correct. It is therefore up to the student if he/she wanted to kick to the middle or if he/she wanted to kick high. This was also my conclusion after checking "*The explanation of official Taekwondo Poomsae*" by Ikpil Kang & Namjung Song also published in 2007 and sanctioned by Kukkiwon. Here on page 124 they say in the text that the targets are knee and mid section, but they change their minds on page 125 by saying that the target for the second kick is the face. Although in the Korean text (it is both in English and Korean) it says Momtong/Eolgol (Midsection/High section) so here you can also choose what to aim that second kick at. There is no application provided.

In 2009 the Kukkiwon published "*Poomsae Textbook*" and here there is no doubt that the kicks are to be targeted to the opponents knee and face. This marks the first official publication to my knowledge that changes the height for the second kick from the midsection (which was the "correct" target since the patterns inception) to the face. Both text and photographs show the same thing. There is also no application given in this book.

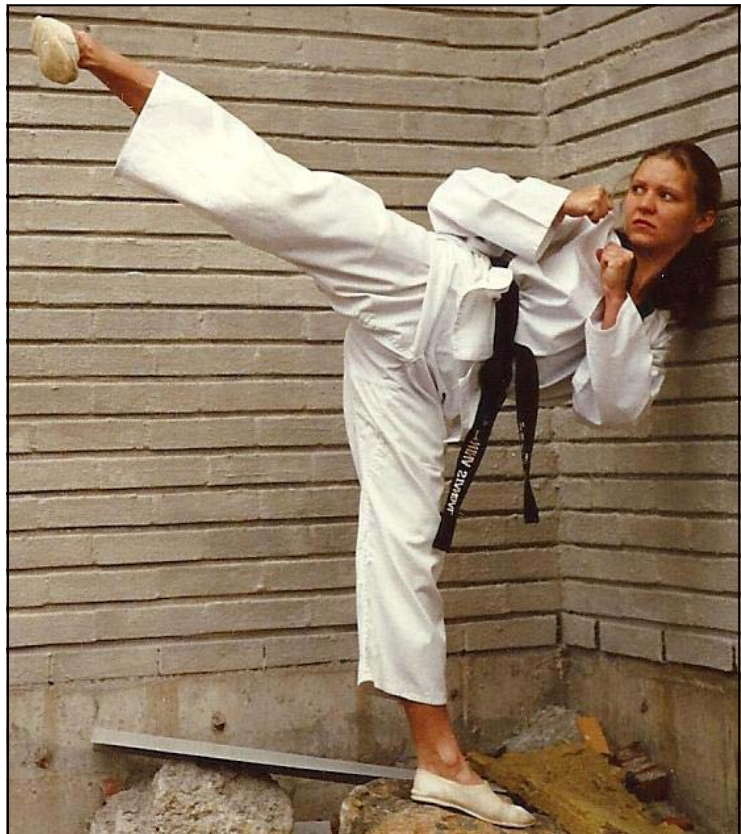
The last book I checked was published in 2010 (one year old at the time of writing 2011) and it is entitled: "*What is Taekwondo Poomsae?*" By Lee Kyu Hyung (co author of "*Complete Taekwondo Poomsae*" 2006). This is not an official sanctioned book as it is written by one master, but master Lee² is one of the highest ranking masters in the world, and he is seen in most official publications published as a result. He writes and shows in illustration that the second kick is delivered to the face of the opponent. The face height that is, since there is no applications provided in this book



also. Below is a short list as a summary to show the evolution of the kicking height:

- 1986: Knee and Midsection
- 2003: Knee and Midsection
- 2006: Knee and Midsection
- 2007: Both targets are Ok.
- 2009: Knee and Face level.
- 2010: Knee and Face level.
- 2011,12,13,14 etc: ? Who knows.

That the Poomsae changes over time comes as no surprise to me after spending so many years studying the art. It is also no surprise that the kicks are being delivered to greater heights after 2006 as WTF and Kukkiwon started stressing Poomsae competition and holding Poomsae world championships.



Personally I keep to my targets as I see them as more combat worthy than the new targets as they are most likely a result of competition. It is obviously up to each student what he/she wants to do, but if you want to compete you have to kick to the height of the face these days (2011/2012). For all other students who does not want to compete in the Poomsae world championship it is okay to choose. I like to keep it real but I can also appreciate that kicking high is better practise for the performer than kicking to the midsection. I guess that it all depends on the performers personal training goals:-)

It is interesting to compare Taekwondo's evolution from hard core combat art³ to flashy competition art by comparing the publications like this. The thing is even though the evolution points to a flashier and more unrealistic martial art, the applications provided by the Taekwondo Textbook 1986 and Kukkiwon Textbook 2006 both gives possible lethal interpretations(!). Kicking someone in the throat is really dangerous no matter how you look at it.

Special thanks to the Norwegian Taekwondo Pioneer Nina Standal for letting me use her pictures.

¹ Sources vary greatly from 1972-1976. In "Taegeuk CIPHER" it says 1972 in its history section. This book is one of the best researched books I know of when it comes to "Kukki" Taekwondo style history and applications. Therefore I use 1972 in this article.

² I use the term master here, but he is a 9th Dan and so many would use the modern term "grandmaster".

³ In the early days of what was to become Taekwondo the martial arts were studied primarily as a combat art, and not for sport. Later this would change and continue to change until we arrive today with it being one of the most popular martial arts in the world, even being included in the Olympics.

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 practises at Bergen Vest Taekwondo Dojang. Visit his blog at <http://jungdokwan-taekwondo.blogspot.com/> to read more of his articles and thoughts on Taekwondo.

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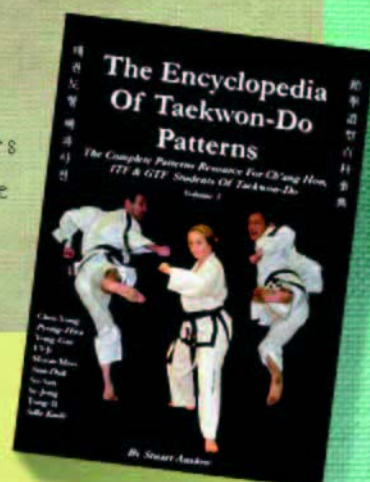
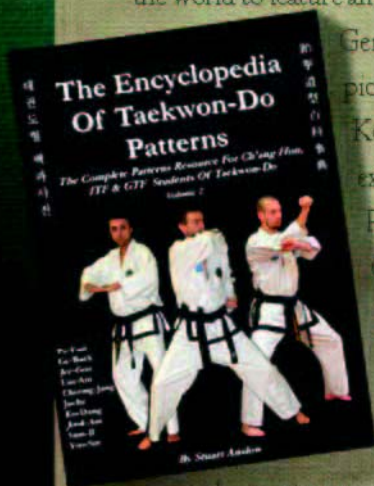
book ideal to learn or revise your patterns, no matter which organisation you belong to.

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

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

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

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Martial Arts Motivation And Setting Goals

By Stuart Anslow

Setting yourself goals is an important aspect of your martial arts training. For some it is to achieve black belt, for others simply to get fit, some want to gain more confidence. Other goals may include getting a full splits, winning a gold in a competition or becoming an instructor one day.

It is important to set goals, both long term goals and short term goals. Even more important is setting realistic goals. An example of a long term goal may be reaching black belt level, but all great walks start with the first step, so in this case your short term goal will be getting a yellow tag, then the next short term goal will be getting your yellow belt. Each short term goal will take you one step closer to your long term goal of achieving a black belt. By having the short term goals that are relatively quick to achieve (provided you train hard for them) it should stop you becoming despondent & coming out with things like *"I'm never going be able to do this"* etc.

Even if you set yourself the short term goal

of passing your next grading and you don't pass, this is not a failure, a set back maybe, but not failure. True failure is not the falling down, its the not getting up again.

Motivation is another issue that should be looked at. Motivation is hard to maintain when the going gets tough. Beginners are usually highly motivated because they are starting to learn something new and exciting, but after performing *Kaunde An Palmok Makgi* for the five thousandth time this motivation starts to wean a little.

It has to be remembered that being a martial artist is not just about learning a technique, then learning another as soon as possible, but about making each individual technique as good and effective as it can be.

In the old days it was not unusual to spend the entire lesson practising a single stance (i.e. Annun Sogi) and a single technique (Ap Jirugi). I remember a Karate friend of mine telling me a story of how an instructor was disappointed that his students foot sweeps were so poor. So he decided that



Competing As A Red Belt. Circa 1993

for the next two months he would teach his class of thirty or so students the finer points of foot sweeping. He didn't tell his class he was going to teach this way, he just did it.

After a few lessons of foot sweeping students slowly started dropping out. At the end of the two months he was left with just two students, but these two students were able to foot sweep any person, no matter what size or skill level they were. That had in fact perfected the technique to a very high level indeed & they knew that if all else failed they could rely on their sweeps to win through.

As for the students who dropped out, well in my opinion it was their loss, but I could easily see why they would become disenchanted and lose motivation, one primary factor would have been boredom. All martial artists reach a peak or plateau, sometimes known as the *Taekwon-do blues*. A good example of this is stretching. When a beginner starts stretching they may feel inflexible, but usually within six months they have doubled their expectations of what they thought possible. Then it gets tough. From gaining 2 to 3 inches a lesson, suddenly your hard pushed to gain 2 to 3 millimetres a week. But with perseverance and motivation your stretch will increase at a slow, but steady rate. Again, goals come into play here, the long term goals may be to achieve the splits, but the short term goal is just to gain a centimetre a month. Remember, if you train regularly you can never go

backwards, it just seems that way sometimes.

Parents can motivate their children. Winning at a competition is a good motivator, losing can have an equal or opposite effect on a student (remember you actually learn more when you lose than when you win). Other students and of course instructors can help a little with motivation. But when it all comes down to it you need to motivate yourself. Remember why you started, what you set out to achieve, what you've achieved so far etc.

Even if you have been training a year, had a couple of grading setbacks and are still a yellow belt, you've still achieved more than when you started, more than Joe Bloggs bumming around the streets or the guy who couldn't be bothered to come training because he'd miss Eastenders.

A final point to consider is this. If you compete against other people (i.e. your friend or brother/sister) one of you will always end up disappointed, as individuals learn different things at different speeds. If you compete against yourself you cannot ever lose.

*This article was first released in 2003,
when I was a 3rd Dan*



Achieving 5th Dan under the auspices of Master Lim, 8th Dan - some 17 years later!

Totally Tae Kwon Do Most Rated Books Survey

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

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

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

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

The survey had 3 main sections:

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

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

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

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

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

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

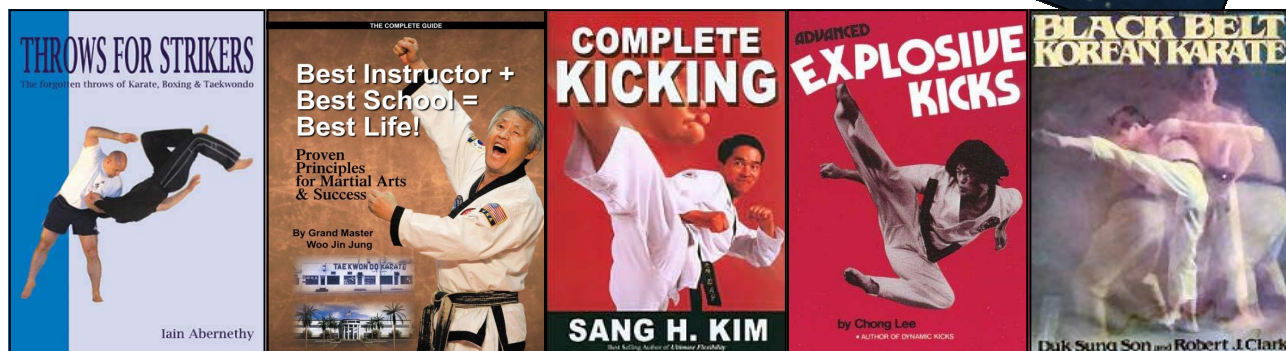
Furthermore, a new feature of the Totally Tae kwon Do magazine web site (www.totallytkd.com) is the **Book Store**, which features direct links to Amazon and other web sites to make it easier for anyone to grab any of cool Tae Kwon Do books that featured in this survey. The Book Store also features the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

On the next page you will see the Top 20 '**Most Rated "Other TKD" Based Books**' 2011.

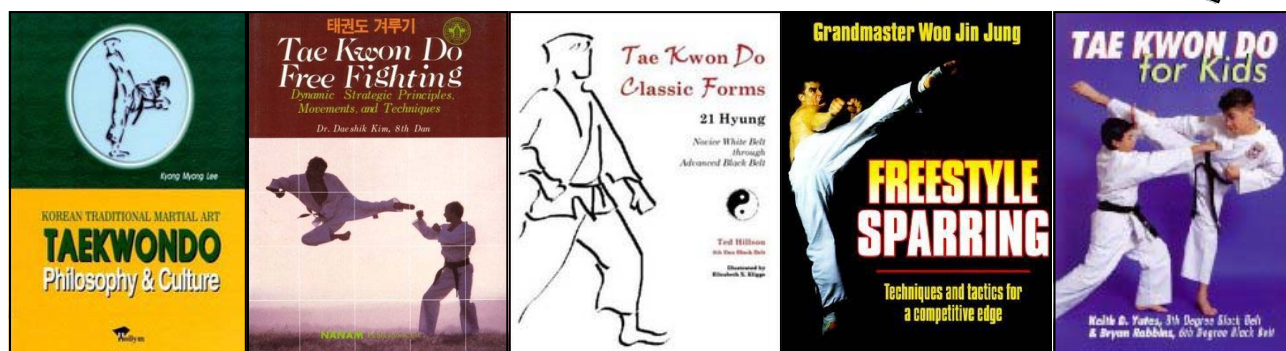
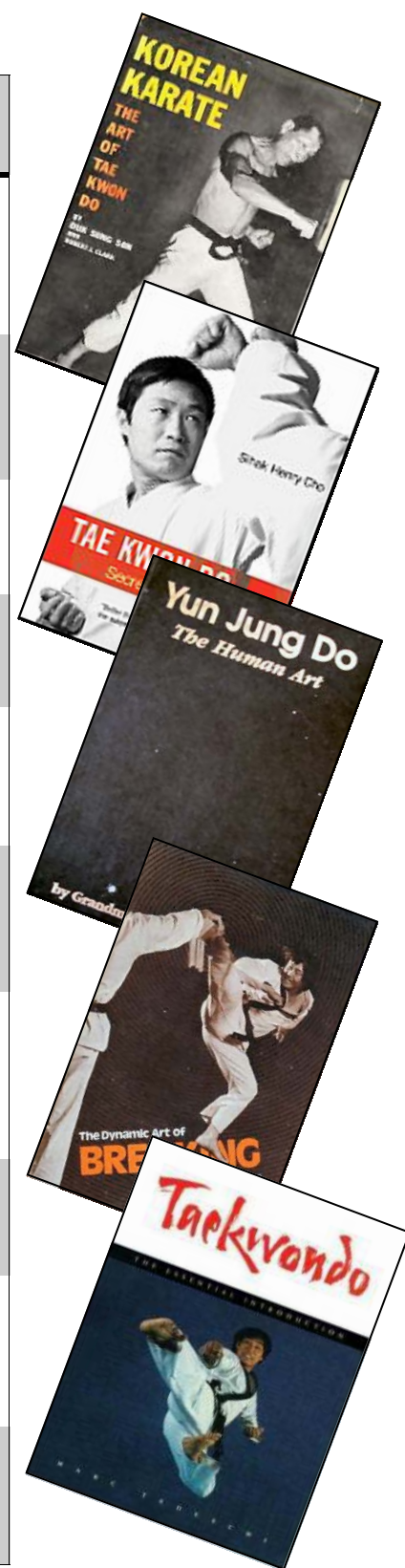
Pop over to the web site to see all the books in the survey.

Top 20 Most Rated *"Other TKD"* Books

Rank	Title & Author/s
1.	A Killing Art: The Untold History of Tae Kwon Do <i>by Alex Gillis</i>
2.	Stretch To The Max <i>by Roy Bertrand</i>
3.	Iron Hand Of The Dragons Touch Secrets of Power Breaking <i>by Master Hei Long</i>
4.	Eastern Spirit, Western Dreams <i>by Grand Master Woo Jin Jung</i>
5.	Taekwondo: Traditions + Philosophy + Technique <i>by Marc Tedeschi</i>
6.	Throws For Strikers <i>by Iain Abernethy</i>
7.	Best Instructor + Best School = Best Life <i>by Grand Master Woo Jin Jung</i>
8.	Complete Kicking <i>by Sang H. Kim</i>
9.	Advanced Explosive Kicks <i>by Choong Lee</i>
10.	Black Belt Korean Karate <i>by Duk Sun Song</i>



Rank	Title & Author/s
11.	Korean Karate The Art of Tae Kwon Do <i>by Duk Sun Song</i>
12.	Tae Kwon Do: Secrets of Korean Karate <i>by Sihak Henry Cho</i>
13.	Yun Jung Do - The Human Art <i>by Grandmaster Young Ku Yun</i>
14.	The Dynamic Art of Breaking <i>by Pu Gill Kwon</i>
15.	Taekwondo: The Essential Introduction <i>by Marc Tedeschi</i>
16.	Taekwondo: Pilosophy & Culture <i>by Kyong Myong Lee</i>
17.	Tae Kwon Do Free Fighting Dynamic Strategic Principles, Movements and Techniques <i>by Daeshik Kim</i>
18.	Tae Kwon Do Classic Forms: 21 Hyung <i>by Ted Hillson</i>
19.	Freestyle Sparring Techniques and Tactics for a Competitive Edge <i>by Grandmaster Woo Jin Jung</i>
20.	Tae Kwon Do For Kids <i>by Keith Yates</i>



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

John Dowding
4th degree ITF



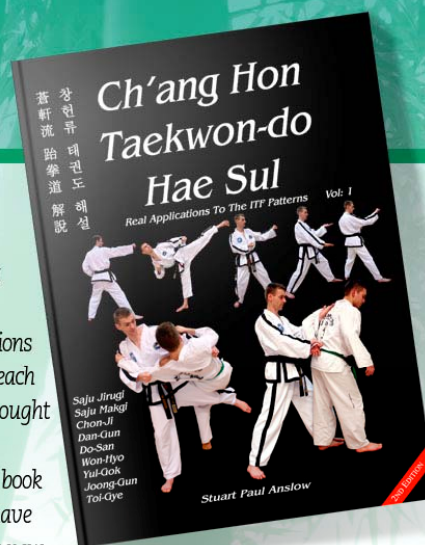
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

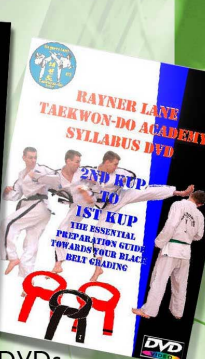
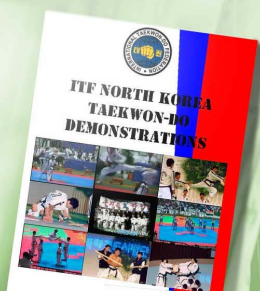
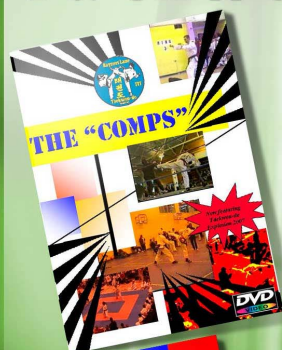
Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

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

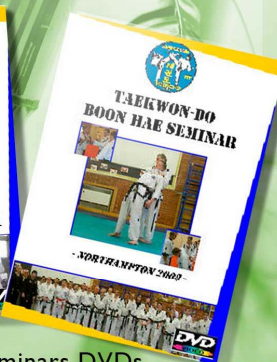
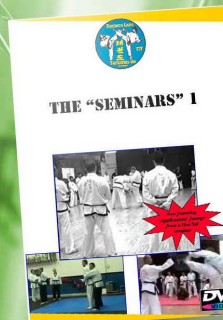
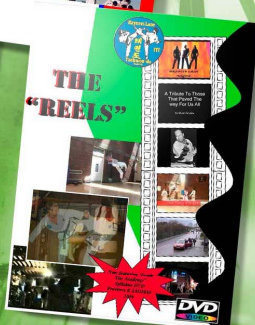


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Is the Sine Wave a New Trick for this Old Dog?

By Colin Wee

I practise a version of Taekwondo stuck in the mid 1950s.

Exported out of Korea before the split between ITF and WTF, our patterns are done in deep long stances, we stress an equal emphasis on feet and hand strikes, and our timing and focus seem straight out of Karate 101.

While attending seminars, another difference that has been pointed out by my ITF brothers is that I have yet to adopt Taekwondo's new Sine Wave concept. Thus it seems I'm not able to enjoy the advantages that have arisen since the massive evolution of Taekwondo from the 1960s and onwards.

The Sine Wave concept is one of the core components of a scientific approach modern Taekwondo instructors say defines Taekwondo. It is a power generation tactic which originally relied on a raise of one's centre of gravity between techniques, 'cocking' the striking weapon fully and then dropping it when the strike is delivered. Apparently, a newer version of the Sine Wave exists which requires first a drop, then raise, before the final drop and delivery. A quick search on YouTube will show numerous examples of proponents pumping their legs through their pattern demonstrations; rising and falling whilst in synchrony with sine wave graphs you might find in a tertiary-level physics or maths textbook.



Matching the number of Sine Wave proponents is the criticism of the Sine Wave from both non-Sine Wave Taekwondo practitioners and the wider martial arts community. Looking at a thread from one online forum shows the following general complaints:

- *Dislike for the bounciness and robotic rhythm*
- Affects the stability of the stance
- *Doesn't really help with the generation of additional power*
- Other 'hard hitting' martial arts don't use such exaggerated motion
- It slows you down

They are of course right, and wrong.

As a power generation tactic, the Sine Wave **can be** a legitimate technique that will generate power. How often have we heard the self-defence advice to 'drop your body' whilst striking? The body drop

stabilises you to the ground and improves the skeletal structure supporting your striking tool.

You can try this - strike a focus mitt with a heel palm whilst dropping your body with the strike. Irrespective of the body dropping perpendicularly to the strike, you strike harder when your body compresses and when a 'lock down' your muscles occurs at the point of impact. The effective mass behind your strike consists of your arm connected to your upper body in turn connected through your body core to your legs.

If you had done the same standing upright and relaxed, your strike would have only been driven by arm strength. An arm only strike would have been disconnected from the rest of the body without muscle 'lock down,' and upon impact would have rebounded, sending your upper body backward. Without the drop of your body,



your centre of gravity would have been further away from the ground and thus the effective mass behind the strike would have been far less than if you had dropped your body to support your strike.

Beyond this justification for power generation, I think the Sine Wave concept is a brilliant fit for the modern Taekwondo practitioner's preference for high section and long range kicks. Stretching out for a high kick naturally lifts one side of your hip upwards, elevating your centre of gravity. After delivering such a kick, to drop your centre back down to reengage with upper body strikes requires the very same body drop the Sine Wave concept encourages.

Unfortunately, while the Sine Wave can be a legitimate power generation technique, there are many other power generation techniques that are equally legitimate. I myself drop bodyweight all the time, though not necessarily for all strikes. The reason is this - my centre of gravity is kept low to the ground anyway, so when lunging forward to gap close, I don't want the additional rise and drop which slows me down. So while my ITF brothers are feeling badly for my backward ways, I still pride myself on the speed of linear movement.

From a Traditional Taekwondo perspective, one thing that surprises me is this constant focus on the Sine Wave as a 'new and improved' power generation technique. In my curriculum, you don't need to go very far beyond the basics to feel good hard-style power. To list our main power generation tactics, you have: a linear lunging motion, hip twist or vibration, shoulder rotation, dropping of centre of

gravity, raising of centre of gravity (they don't always go together,) body compression, body expansion, 'pendulum' swing, shearing of the arms, and a whipping action.

I think the real challenge for Sine Wave proponents is to stop thinking of the Sine Wave as a be-all-end-all catchphrase. What needs to happen is for proponents to figure out how dropping and raising your centre impacts combat effectiveness vis-à-vis the sophisticated kicks Taekwondo players are renown for. For example, why do boxers bob and weave? They don't do this to generate power. They bob and weave to make it harder for an opponent to land strikes! They move so they can locate openings! Thinking this way would prompt a person to ask how would a kicker use the Sine Wave to start using more hand strikes or how will it increase the versatility of their close quarter defences?

In the following table (below), I overview some advantages of body compression and expansion which are similar mechanics to Taekwondo's Sine Wave motion. This is a brief description of what our school does in both self-defence and close quarter fighting. For example, when you drop your centre or compress the body, this helps techniques that are improved with gravity, like limb destruction techniques and takedowns. When you rise or expand the body, this may complement techniques like the rising block, an upset punch, or even a head butt.

As an example, in a 'self defence' scenario, if someone made a grab for my shirt and pulled his arm back to strike, I

Compression (Apex to Trough)	Expansion (Trough to Apex)
<ul style="list-style-type: none"> • Limb destruction techniques • <i>Trapping of opponent's hands</i> • Takedowns or joint locks • <i>Reduction of target area</i> 	<ul style="list-style-type: none"> • Rising strikes into face/neck/solar plexus • <i>Use of non-orthodox weapons like headbutt, shoulder strikes</i> • Throws

Table 1 - Body compression and expansion from a Traditional Taekwondo Perspective

could respond by striking the opponent's arm with a downward forearm strike and body drop. As he falters forward I would then rise up and apply an upper block into his neck.

On the other hand, applying the Sine Wave in sparring may prompt proponents to alternate between high and low section attacks using hand and leg combinations.

This is as opposed to just relying on kick combinations and then throwing the occasional hand strike.

The body compression and expansion I have mentioned above are within my curriculum and in fact have been a part of my training ever since I was adopted into the traditional taekwondo lineage back in the early 90s. But ours isn't an overt tactic applied to all steps in our patterns. It's just a skill that complements some of the tactics we use in our training.

My conclusion is that the use of natural body movement and good martial principles has to be at the heart of any solid martial art



practice. In contrast, I believe there are many practitioners overly working the cosmetics of their style. Do you think this has happened with the Sine Wave? A lot of people do.

But if you're a fan, don't lose heart. I don't believe the Sine Wave is entirely misplaced, and see opportunities where it can bring value to your practice. Again my own practice includes very

similar body dynamics; I've just chosen not to make too much of a fuss about it.

--



Colin Wee is a 5th Dan Traditional Taekwondo instructor associated with American Karate and Taekwondo Organization and the Molum Combat Arts Association. Having practiced three arts in three continents, Colin has been involved in the martial arts for the last 28 years. He leads Joong Do Kwan Tae Kwon Do in Perth, Western Australia. Joong Do Kwan translates to 'The School of the Middle Way.' Middle being the point between Taekwondo's predecessors and newer Korean innovations. Colin has been friends with Totally Taekwondo's Stuart Anslow since 2003.

Using Focus Pads

By Master Frank Murphy

Nothing feels as good as a decent kick/punch combination to a properly held piece of training equipment. While a punch bag or a wavemaster (stationary punching equipment) can develop the basic techniques, the advantage of hand held focus pads is that the holder can simulate the movement of an opponent more realistically by moving in close proximity to enhance range and develop accuracy. The moving around also improves balance and stability, plus the secondary effect of building up an aerobic base.

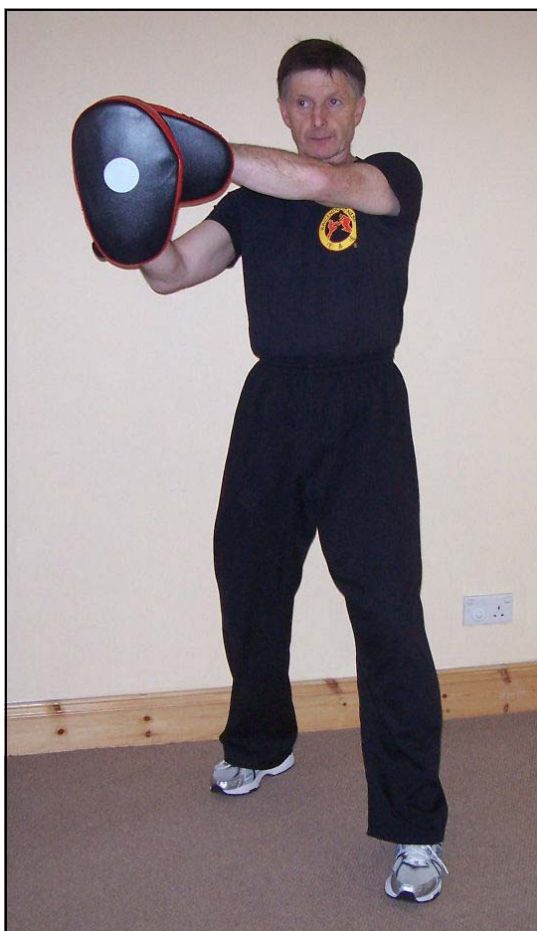
Holding the Focus Pads

Focus pads are an important piece of equipment in developing fundamental boxing punches. These hand held targets (one held in the left hand and one in the right) allow the boxer to judge the correct distance from a stationary position when just beginning to find the correct arms length and hitting

They allow you to become quickly self-corrective, avoiding any embarrassment you may feel in the early stages of development and especially in the presence of an eager and passionate coach. There are two very important sayings when it comes to focus pads:

1. A good pad holder can make a bad boxer look good
2. A bad pad holder can make a good boxer look bad.

The other gem of wisdom states that every time you fire a punch at the focus pads it must: *Look good, sound good and feel good.*



When you first begin to hold the pads adopt your favourite fighting stance so your feet are best positioned to absorb impact. Put on both focus pads and place one behind the other for better support. Then hold both pads out slightly to the side so that this position allows greater vision. As the pad holder you now call the various commands as this prevents any lapse of concentration. Holding the pads will mean that you can be right within close hand range and see close up the aspects of correct striking angles, distance and timing as your partner shoots various punches at the target

you hold. Try to only offer the target for each command, and once your partner has

punched retract the target, and hold the pads down by your side.

Once comfortable with the double handed position, that's one pad supported by the other, you can then use the pads in the normal way of one in each hand. Try and hold the focus pads in such a way that they represent a human head and body. For example if holding for a left jab and right cross, hold the pad for the jab closer and the right cross a little further away. Shoulder injuries are common with prolonged holding of focus pads, hence my advice on holding both pads together. I have torn my right shoulder from holding a single pad for the most common shot which is the lead left jab.

Another common fault with the focus pad is holding a single pad right in front of your face, causing the force of a punch to hit your face.

Points to remember:

- Hold both pads in such a way that the person punching the pads is clearly seen.

- *Call the commands clearly.*
- Practise in a stationary position before moving on to mobile targets.
- *Once the pads are punched, remove the pad (target), as holding the pad up at the same position all the time will only confuse the person who is punching.*
- Both partners should get an equal workout and the skill level should be evenly matched.

Most of us have seen worn out smelly pads that have frayed edges that can barely absorb heavy impact, so it's best to get rid of them.

In conclusion always try to workout with a trusted partner this way progress can be evaluated faster and injuries reduced.

With 40 years of martial arts experience, Master Frank Murphy, a 7th Degree black belt in Taekwondo, public speaker, author, renowned Black Belt Examiner, founder of the system Kaizendo Fitness and qualified Tai Chi Instructor, is considered one of Martial Arts most forward thinking educators.



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The advertisement features a collage of various graphic design projects on a brown textured background. The projects include: a brochure for 'Plan Municipal de Desarrollo 1998', a magazine spread for 'Entre Nosotros', a brochure for 'Plan Municipal de Desarrollo 1998-2001', a brochure for 'Lo Infantil', a brochure for 'Indice', a brochure for 'Riconut', a brochure for 'Ejercicios', a brochure for 'Zimbo', a brochure for 'Riconut', and a brochure for 'Ejercicios'. The collage also includes a small image of a person's face and a small image of a person's hand holding a pad.

Koryo Part II

An Alternative Look At A Side Kick

By Richard Conceicao, 6th Dan

In Koryo there is a pair of extended arm sidekicks followed immediately by a turn and a low strike.



These are commonly viewed as two separate techniques to be directed at adversaries approaching from two different directions.

I have never been fond of the “multiple opponent” description of the poomse, as I believe it creates more confusion than it clarifies, and feel that it has little historical accuracy. In addition it obscures the grappling and throwing applications that were part of the fighting art, as opposed to the sporting one.

So lets take a fresh look at the sequence. We realize from the first picture that the extended arm can’t be used as a simultaneous strike as it is too short. If the kick is hitting its intended target, the arm can’t be anywhere near it. Looking at the second picture, one is struck by the seemingly odd choice of an opening attack or defense. In an attempt to get so low, he risks blocking the next punch with his face!

I would like to suggest instead that this is

representation of an inner reaping thigh throw known as an “Uchi Mata”

In the first picture (overleaf) we see the initiation of the throw. What we would normally consider the sidekick is actually placed between the opponents’ legs, and past them. This allows the extended arm to hook on the upper body in any number of places.

In the second picture (at the apex of the throw) the leg is fully extended and the throwers body is beginning to turn to the rear. At the completion of the throw he will be facing the rear in exactly the low stance that we see in the form.

Not only does this interpretation make sense within the movements of the poomse, it also makes sense combatively.



No longer are we faced with a difficult explanation as to why someone would behave in that manner.

I believe the serious practitioner should take a hard look at the various spins and turns found in many forms, and begin to think of them in other ways.

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

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".

He can be reached for questions or comments at Richard@returningwavesystems.com

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Nobility in Motion

By Master Doug Cook

A particularly valid exercise when weighing the true value of martial arts training in modern times is an exploration of the balance between practicality and effort - or put another way, what is it that can ultimately be gained from the vast amount of time and sweat we invest in our daily practice?

Most tae kwon doists will undoubtedly have little difficulty answering this question with responses ranging from defensive proficiency and physical fitness to personal entertainment and social interaction. But, for the most part these legitimate replies only scratch at the surface of what truly lies beyond the obvious benefits of traditional tae kwon do training. Bearing this in mind, if an intangible ingredient, exclusive of weight-loss, muscle mass or devastating kicks could be quantified, what would it be? Following years of observation, practice and associations with highly respected colleagues, I have discovered that at the center of every great

martial artist exists the uncommon virtue of *nobility*, sorely earned and sincerely cultivated through a process of enlightenment involving courage, confidence and humility. By nobility, I do not refer to a group of individuals distinguished by class, privilege or heritage, but rather to the elite few, exalted in character by an indomitable will tempered by unquestionable modesty. Few

institutions today successfully imbue this attribute. Yet by following the path or *Way* of tae kwon do, tang soo do, karate-do, or any martial art that earnestly supports an underlying philosophy nurturing virtue over commercialism, nobility can be attained.



Building nobility in youth through poomsae practice

Sculptors talented in their art often view a solid block of marble as a substance already containing the object of their efforts; all they seemingly need to do is chip away at the excess material in order to reveal the finished product. This analogy can be applied to the practice of traditional tae kwon do as well. Most individuals possess the potential for expressing pronounced nobility yet

are rarely given the opportunity to articulate its distinctive nature. Thus, it is the job of the master instructor, as it is the sculptor, to draw this quality out of the student, to cobble away at the habits and preconceptions that shroud nobility's manifestation eventually revealing the true heart of the martial artist. This is no easy task and requires active participation by both master and disciple.



Grandmaster Richard Chun teaching poomsae to Chosun Taekwondo Academy students

If one were to chart a course with nobility as its final destination, several significant milestones on the journey would need to be realized. The first is *courage* - the ability to face adversity and its consequences with unflinching resolve. Oddly enough, *Taegeuk Sa Jang*, the fourth poomsae in the popular Kukkiwon series, is symbolized by the *I Ching* philosophical component of thunder, requiring the practitioner to face danger with valor. The brand of courage necessary to foster true nobility is not the type that rings hollow with false delight in oneself, but the kind that recognizes human frailty (our own) and adjusts a defensive response, whether physical or emotional, accordingly.

Once courage is painstakingly established, the next step is the development of *confidence* and since this attribute cannot exist in a vacuum without courage, the two must combine to create a powerful elixir

that can, if left unchecked, potentially deteriorate into arrogance. Clearly, a seemingly over-confident instructor stoked by unbridled self-importance can be, charitably put, a hindrance to a student's progress. Instead, given that the compounding of these two honorable characteristics should rightly result in a sense of reserved self-assuredness, those associating with an individual possessed of this quality will experience a sensation of comfort in their presence. I, personally, have become conscious of this aspect when speaking and training with my teacher, Grandmaster Richard Chun. This is a sure sign that the combination is authentic and devoid of any self-interest.

The final denominator in this equation needs to govern the two preceding factors. Once courage and confidence have been attained, they must be balanced by *humility*, the act of being justly unaffected

by ones status or achievement without self-debasement. Alone, humility is a sought after attribute claimed by many but very often sadly incomplete. It suggests a settling and acceptance of character with little room for misplaced pride since its Latin root *humilitas* can be defined as “from the earth.” Humility should never be confused with being obsequious, especially in martial arts training. Paying proper respect to seniors, instructors, masters and the art of tae kwon do should not be construed as blind submissiveness but rather as a proper sign of deference to decorum and tradition. Nevertheless, for our purposes humility serves as a mold shaping courage and confidence into a

single enduring, benevolent entity leading to nobility. How then can the cultivation of this virtuous amalgam be accomplished using the traditional tae kwon do curriculum as a primary tool?

One of the great gifts of traditional tae kwon do training is the practice of formal exercises known in Korean as *poomsae*, *hyung* or *tul*. These choreographed sequences of self-defense tactics aimed at defeating multiple attackers advancing from various directions, teaches us not only martial skill but unquestionably holds the potential to promote, if practiced with earnestness and purpose, nobility. It is no coincidence that *poomsae* mimicking, as



Poomsae practice at the Kukkiwon

karateka C. W. Nicol writes in his excellent book *Moving Zen*, a battle without bloodshed or vanquished, can nurture such profound virtue. Warriors of the past and present were and are constantly challenged by clear and present danger. They must routinely face life-threatening hazard with courage, confidence and humility if they are to survive. Likewise, executing poomsae with realism should conjure images of actual combat. If this is the case, then the tae kwon doist must clearly address the imaginary threat with supreme courage. Once the individual movements within the poomsae become instinctual through repetition, then the element of confidence it introduced; half the battle won! Yet, if we allow this confidence to override focus and judgment, we ultimately lose. Humility must trump arrogance colored by self-delusion if we are to remain clear minded. And, as we now know, once the moral triad of courage, confidence and humility is realized, nobility is not far behind.

Young or old, male or female of whatever color or creed, martial artists are universally enlightened people since only an elite few persevere over many years. We typically strive for excellence in our practice and thus, our lives. Through meditation we develop a tranquil mind; through disciplined physical practice we build a sound body. By embracing the tenets of tae kwon do we gain moral fortitude. Every aspect of our training offers a recipe for success. Yet, nobility resides at the core of our efforts and when examining the practicality of what we do in modern times, what better reward can we

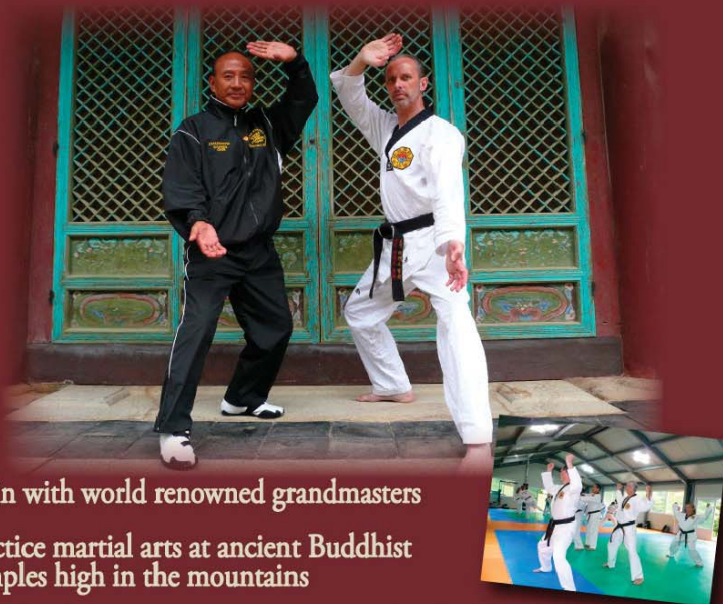
seek? So practice your required poomsae, hyung or tul with realism and purpose and cultivate a noble heart.

Master Doug Cook, a 6th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of three best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and *Taekwondo—A Path to Excellence*, focusing on the rewards and virtues of 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 or info@chosuntkd.com.

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Attacking The Lead Hand:

A Practical Application to Taegeuk 7

- Jang's Batangson Momtong Kodureo Anmakki -

By Jeff Rosser

Far too often, martial artists focus their attacks to only two main target areas: the head and the body. Occasionally, we might shift our focus toward attacking someone's leg but rarely does anyone focus on attacking the arm. Sure, we might manipulate and lock an attacker's arm if the attacker grabs us or if we are close enough to grapple. Aside from that however, we typically overlook the arm as a viable target.

Why?

When being attacked by a dog, a person's natural reaction is to put their arm out between themselves and the dog. How does the dog react? It shifts its focus and attacks the arm. It doesn't worry about where it bites, but rather, it focuses on how hard and damaging that bite will be. We should do the same. An attacker can't punch or grab you if their shoulder is dislocated or their arm is broken. To deliver a blow to the head or body of an attacker, first you have to get past their defenses, their hands. Alternatively, if you take out their defenses first, then a secondary attack to the head or body will be much easier or, possibly, not even necessary.

Kukkiwon style Taekwondo teaches this concept throughout a number of its poomsae. One example of this principle being taught is found in the Taegeuk 7-Jang poomsae. In this form's second series to the right or left, the practitioner turns and executes a shearing block (batangson momtong kodureo anmakki) followed by a rolling back fist to the face. To be more specific, when the practitioner first turns to the left for the second time in the form, they should step into a cat stance and extend their left hand straight in front of them while chambering the right hand behind them at shoulder height, just as you would with an outside middle block. Then, execute a crossing palm block at the level of the solar plexus with the right hand while pulling the left hand back to support the palm block from underneath.



Now, apply this series to a real life situation. An attacker approaches and you execute this same motion only this time, the initial extension of your lead hand is aimed at targeting the inside (figure 1) or outside (figure 2 - over leaf) of the attacker's lead elbow.

Then, complete the block by attacking their lead hand with your palm block while pulling your extended hand back and



across, thus creating a shearing block that will send the hand and elbow of your opponent's lead arm in opposite directions.

If you attack their elbow from the inside outward (figure 3), then you will leave them not only vulnerable to the rolling back fist, as contained within the poomsae, but also to just about any technique to the body which should now be open.

If you attack the elbow from the outside inward (figure 4), then you will leave the head vulnerable to the rolling back fist as well as leave them in a difficult position from which to defend or launch a counter attack (figure 5).

Both positions also provide you with good opportunities to execute shoulder locks and/or takedowns. This technique is certainly worthy of your attention due to its simplicity, effectiveness, and the level of control that it provides. Not only does this technique allow you to create openings, but it also allows you to inflict damage on an attacker's lead arm, control an attacker by locking their lead arm, or avoid legal ramifications by minimizing the amount of damage inflicted on your attacker.



Notes: *Special thanks to Hwang Won-Yeong Sabomnim for helping demonstrate in the photographs.*



About the author:

Jeff Rosser is a teacher, martial arts instructor, and freelance writer currently residing in South Korea. He has over twenty years of experience in the martial arts and has trained in Kukkiwon style Taekwondo, Shuri-Te Ju-Jutsu, Shorin-Ryu Karate, and American Open Karate.

The Bad Guy!

By Dave Lomas

Many, if not all, books and articles that illustrate self-defence methods in the form of pictures and photos will show a wide range of self-defence methods against a variety of attack situations. Demonstrating how to use a variety of self-defence methods against someone attempting to hit or control you in some way, these photo or picture illustrations are shown stage at a time in a step by step manner. In the same way that books or articles on the subject of self-defence will teach in easy to follow a n d understand ways so it is the case when learning within any lesson. Within lessons you will be shown stage at a time how to defend against s o m e o n e attacking you and how to deal with the situation by using a number o f countermoves

and strikes, this of course is what the study and practice of the combat arts is all about.

Anything to do with the practice and study of the martial arts, except for competition methods, is based on the idea of learning self-defence against someone attacking you in the street but what if it's you doing the attacking. The very idea that it could be

you in the wrong and starting a fight in the first place is not that amazing as you may first think. We all think of ourselves as being not perfect but at least at basic level a good person and when it comes to practising and learning the martial arts we all would say that we would never use it unless it was totally unavoidable but there are a number of factors that could result in it being you starting a fight and maybe

totally in the wrong. The most common situation that many would think of is if a member of your family were in danger or maybe you were under e x t r e m e pressure as a result of some kind of heated a r g u m e n t . S o m e situations could be the result of being subject to e x t r e m e provocation in some way which in the heat of the moment

and in temper could result in it being you that throws the first punch. In any event, if you was the one to make the first move which resulted in a fight situation then the person you are attacking would be in the situation of being right to use self-defence methods in his or her defence.

There are also a number of other factors



that could result in it being you making the first aggressive move such as being in a drunken state or even maybe suffering from some sort of emotional problem or depression that makes you respond in such a manner. Keeping in mind that we are all human, after all, these things do happen from time to time regardless of who we are or how intelligent we may be.

Regardless of who is attacking who or what the situation may be the question now arises as to what if a martial art expert or someone who has been trained in some form of fighting is the one being the aggressor. The image often portrayed in books and within lessons is that the person attacking you is going to be automatically limited in the way they attack you. A perfect example of this situation, especially within self-defence courses for women, is the way the attacker is described as moving forward and throwing lets say a punch to the head. This very common form of attack does however suggest that the person attacking you will be open to all sorts of defensive and counter strike methods that you choose to use including take down methods.

Putting yourself in the position of being the attacker, regardless of any combat training that you may have had, you would be aware that the person you are attacking may have some form or method of defence against your attack and therefore you would not limit yourself, or just rely on, a single or simple form of attack like a punch to the head. Unless in the heat or spur of the moment you attacked without any proper thought to your actions you would attack not only using speed and power but also with a variety of combination techniques that would also include counter defensive methods of your own against their defensive moves.

The image that sometimes comes across within lessons or within books is that the person attacking you is in someway not very bright or limited in their ability to attack you, this often puts the person who as had

self-defence training in the position of having a false sense of security in their ability to defend themselves.

Many years ago before martial arts became very popular and widespread, the chances of someone attacking you with any martial art skills or combat training would have been very rare, and in that situation, the person attacking you would most likely be limited has to how good their attack would be, and the chances are, that most fights would have been limited to fists only and not the wide range of kicks and fighting methods that we see today.

Today with many thousands of people learning the various martial arts within lessons or having copied the fighting moves from books and films, the chances are that you could be attacked by someone who will not only be fast and strong but will also have the ability to attack with a wide range of combat effective moves that would in some cases involve the ability to counter any of your self-defence methods as well. In the case of self-defence courses for women, the idea or belief that someone will only attack in a limited way, therefore they would be able to defend themselves effectively, is no longer the case if attacked by someone who may have had many years of training in the martial arts and has the ability to use techniques and methods that cannot be stopped by simple self-defence methods alone.

In conclusion it would be well worth remembering that if it is you, who for whatever reason, are being the villain then beware of the fact that your intended victim could put you on your back, but by the same comparison, if you are the victim then remember that the person attacking you may not be limited in his or her fighting abilities so do not leave anything to chance when it comes to defending yourself.

Pictures in this article courtesy of Rayners Lane TKD Academy... and neither are really bad guys!

Break Falling:

Forward Roll and Flip Side Fall

By Sanko Lewis

In the two previous issues of *Totally Tae Kwon Do* we looked at the most common break falls: the side break fall, the front break fall, the back break fall, and the bridge fall. In this last instalment on break falling we will look at the forward roll into a side break fall and the more advanced flip side fall.

Remember to adhere to the general principles of break falling which is to keep your spine and other joints protected from severe impact and to spread the impact over a large area in order to lesson the force. Also keep your chin tucked in to prevent whiplash. Always train on a cushioned surface, progressing to harder surfaces as your skill improves. Make sure to train under the guidance of an experienced instructor or with the help of an experienced spotter, someone that can “spot” your form and can assist you to improve your technique.



Forward Roll to Side Break Fall

Charl du Plessis applies a wrist lock throw to Philip de Vos. To save his wrist and shoulder from injury Philip does a forward roll as a counter technique.



Philip demonstrates the beginning of the forward roll.



Although the forward roll looks easy, it is quite difficult to learn to do quickly and smoothly. If done incorrectly one can injure the collarbone, shoulder, elbow, head, neck or spine, or hipbone.

In the photos above Philip de Vos shows the initial motions of the forward roll. Philip bends forward, touching the floor with his palms. His fingers point backwards to prevent them from spraining. The hand on the side of his leading leg (left side in this case) is placed perpendicular with the leading foot. The other hand is placed towards the middle of the feet. He bends his leading (left) arm at the elbow at an approximate 45° angle.



Philip continues the forward roll, continuing diagonally over his back from the left shoulder to the opposite hip.

The leading arm forms an arc starting with the palm edge, across the length of the bended arm, over the shoulder and diagonally across the back to the opposite hip.

Following his forward momentum and pushing off the legs Philip rolls forward over his shoulder. Although called a “forward” roll, the forward roll is actually a diagonal roll. The roll should not be done down the length of the spine, but diagonally from the shoulder to the opposite hip. It may help to imagine that the arc formed by your arm and stretching across your back is a wheel rolling forward.

The chin should be tucked in throughout the motion and if done properly the head never touches the floor. Also make sure not to collapse your leading arm (keep it stable in the 45° bend). Collapsing your arm may cause you to fall onto your elbow, collarbone or shoulder and can cause serious injury.

Philip finishes the technique by landing in a side break fall and slapping the ground with his palm. The bottom leg can be bent or extended. Make sure to lie on the side of your back, and not flat on your back, in a guarded posture.



Philip completes the technique by landing in a side break fall.

Flip Side Fall



Philip demonstrates a circle sacrifice throw on Sanko Lewis.

Probably the hardest break fall technique is the flip side fall. This technique should not be attempted before the regular forward roll to side break fall has not been mastered. The flip side fall should not be practised without a properly cushioned surface, i.e. thick martial art training mats.

The flip side fall can be used when you are flipped straight over as depicted in the photo or during many hip and shoulder throws and is often an effective counter technique against some joint locks.



Sanko demonstrating the flip side fall.

From a standing position I bring my right arm across and swing my left leg back. Springing from my right leg I follow the momentum and flip in the air. It is important to fall into a side break fall (see the photos). Do not land flat on your back or on your hip only. When doing these falls one should always stay relaxed and keep the chin tucked in.



Two views of the ending positing of the flip side fall.



The falls we covered in these three instalments are some of the most common break fall techniques. Although they require lots of training to become reflexive and smooth, once

they are mastered they will prove to be a very valuable skill set in your defence arsenal. A simple gauge when training break falls is: ***"If it hurts, you're probably doing it wrong!"***

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



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

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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!

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

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<i>Articles on patterns, sparring or destruction</i>	<i>Black belt essays</i>
<i>Articles on Stretching, Fitness or conditioning</i>	<i>Competition reports, results and photos</i>
<i>Articles on health, nutrition or well being</i>	<i>Seminar reports and photos</i>
<i>Interviews with instructors, masters or students</i>	<i>Book, DVD and film reviews</i>
<i>History related articles</i>	<i>Your own views on things TKD!</i>
<i>Articles on exercises</i>	<i>Letters and emails</i>
<i>Self Defence articles</i>	<i>Profiles of your school or teacher</i>

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
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plant your feet, cover them with dirt, and pour water on them
daily. Knowledge grows with time, work, and dedicated effort.
It cannot come by any other means."**

— Ed Parker



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