

TOTALLY TAE KWON DO

Issue 36

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February 2012

The Free Global Tae Kwon Do Magazine



**Retaining
Black Belts**



**Street
or Sport?**



**Self Defence:
A Separate Entity**

**Real Taekwon-Do:
The De-Evolution!**

**A Closer Look At
Poomsae Training**



**Children
& Coaching**



**The Difference Between
Taekwon-Do & Hapkido?**

Plus much more inside!

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

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Editorial

Issue 36 - February 2012



First of all, many thanks for everyone that helped out with various photo's for this months issue. Its great to know that a simple request via the Facebook page enables articles to run, even though they didn't have pictures to 'pretty' them up!

There is another batch of interesting articles in this months issue. As well as the well received second part of *Master John Blacks interview*, of particular interest to instructors will be Master Doug Cooks article on *Retaining Black Belts*. For those who run tournaments, Jon Mackey has a nice piece on *Children & Coaching*, whilst Sanko Lewis takes a deeper look at the Differences Between *Taekwon-Do & Hapkido*!

Whilst Oerjan Nilson takes a *Closer Look at Poomsae Training*, Jeff Rosser lays out some applications to the form *Pyeongwon*.

Whilst Dave Lomas evaluates whether your art should be *Street or Sport* and Jerome Blanes outlines his Self Defence tactics and training, which he keeps as *A Separate Entity*! Master Frank Murphy shows us the correct use of the *Paddle Pad*, whilst Patricia DeArmas discusses the *De-Evolution of Real Taekwon-Do* and Brendon Doogan shows us where those 'letter shaped' techniques in ITF Taekwon-Do actually come from.

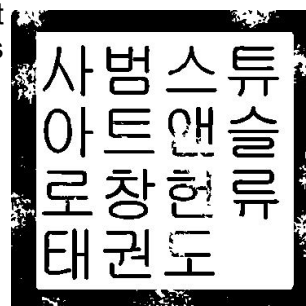
And if that wasn't enough, we have a new feature throughout the magazine called 'Patricks TKD Funnies' which I hope you enjoy!

But what about me I hear you ask.. Well, I've been ill, then recovered a bit, then trained at a Black Belt training session on Sunday, took class on Monday, a squad training session on Tuesday and am taking at 2 classes tonight (Wednesday), as well as trying to finish the magazine on time, update the mags web site and do a couple of other projects - so all in all.. A standard end of the month for me - but thanks for asking! :-)

I know I say this every month - but enjoy the magazine, as it truly is another cracking issue.

Regards,

Stuart Anslow
Editor



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Totally TKD News

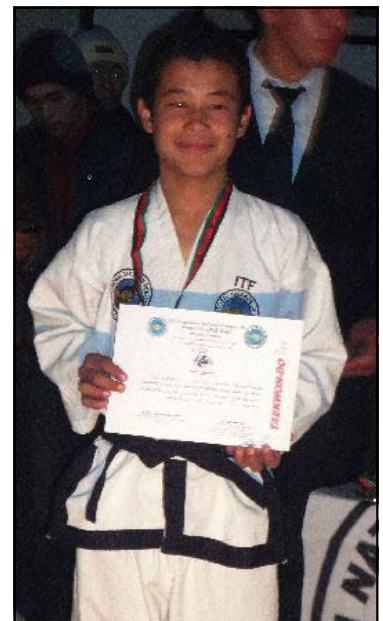
6th All Afghanistan National Taekwon-Do Association ITF Juniors Championships Kabul-Afghanistan

The 6th Junior AANTA ITF Championships was held on 6th of January 2012 in the HQ of AANTA in Total 108 Junior Competitors Participated to the Championships. The great work of the umpires and their collaboration during all the day of competition was thanked with the President of the All Afghanistan National Taekwon-Do Association ITF Mr. Hed Mohammad Shirzai

It was a great successful event, and all of the winners were awarded Medals and certificates with all umpires at the end of this championship.

Great thanks to all those who made this championship a remarkable

*Noor Mohammad Shirzai
President's Authorized Deputy
All Afghanistan National Taekwon-
do Association ITF*



International Martial Arts and Sports Award Ceremony, 2011

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

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

The aim and objective of Zubairi's Martial Arts and Sports Trust is to develop learning, teaching and friendship of martial arts and sports among all of us and to recognize the efforts of promoting such things on international level. Master Zubairi had informed the audience that he is closely working with Kukkiwon for Taekwondo promotion in Pakistan for highlighting Taekwondo as martial arts among youth, with respect to close combat arts he informed that we are also promoting Yong Moo Do as Korean martial arts especially in ground fighting and close combat situations. Rizwan Mustafa Zubairi, The international Master Instructor in Korean Martial Arts of Taekwondo-Hapkido -Yong Moo Do and a Certified Sports Administrator from Olympic Council of Asia in his speech informed the audience and

awardees that he is promoting the Korean Martial arts with the support and guide lines of Kukkiwon, World Yong Moo Do Federation, Universal Taekwondo Union, World Taekwondo University, Korean Hapkido Federation and Korean Martial Arts Instructors Association. He recently returned from South Korea and has advance training in Kukkiwon Taekwondo and Yongmoodo.

Prof M.I.Tianero, the founder of World Organizer of Martial Arts had specially approved the international award certificates for Pakistan's eminent sports and martial arts personalities with the strong recommendation of Master Zubairi. In his message to awardees he said that



Sports Award to DR M.A.Shah

martial arts and sports give strong health and positive mental attitude and we present this award to you in recognition of your outstanding, unselfish support and dedication that leads to the success of martial arts and sports internationally and your hard work to educate people

and community around us is highly appreciated by all of us.

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

- Grandmaster Absar Hussain Shah (Grandmaster Award in Kick Boxing)
- Master Shabbir Hussain (4 th Dan Taekwondo)
- Master Rehman Shah (4 th Dan Taekwondo)
- Master Sadiq Ali Kazmi (4 th Dan Taekwondo)
- Safdar Ali (3 rd Dan Taekwondo)
- M.Altaf Khan (3 rd Dan Taekwondo)

- M.Furqan (3 rd Dan Taekwondo)
- Shahid Shaikh Siddique (2 nd Dan Taekwondo)
- Sadaf Gull (2 nd Dan Taekwondo)
- Abid Alam (2 nd Dan Taekwondo)
- Irshad Khan (2 nd Dan Taekwondo)
- Alamgir shah Afridi (2 nd Dan Taekwondo)
- Amjad Ali (2 nd Dan Taekwondo)
- Arbash Khan (Silver Medalist Int'L Amateur Muay Thai Championship 2011)
- Farzana Khanum (Women Kick Boxing Association)
- Musheer Raza Rabbani (Incharge Sindh Sports Board, Sports Complex.)
- Syed Nabeel Shah (Swimming Instructor)
- M.Taqi (Secretary Karachi Scouts Association)
- Javeed Kiani (Swimming Instructor)
- Rukhsan Aziz (Sports Instructor)
- Rashid Ali Siddiqui (President-Pakistan Sports Writers Federation)
- Ubaid-Ur-Rehman (Secretary-Sports Journalist Association of Sindh)
- Wajid Raza Isfahani (Treasure-Karachi Union of Journalist)
- Yahya Hussani (Vice President-Sports Journalist Association of Sindh)
- Muhammad Ali (Secretary Sindh Judo Association)
- Naseem Qureshi (Secretary Sindh Karate Association)
- Dilwaris Khan (President Sindh Amateur Muai Thai Association)



Briefing about ZMA&ST

- Khalil Jibran (President Sindh Taekwondo Association)
- M.Javeed Khan (Secretary Sindh Taekwondo Association)
- Khalid Rehmani (Secretary Sindh Tennis Association)
- Khursheed Shah (District Officer CDGK)
- Rehana Saif (Sindh Olympic Association)
- Ahmed Ali Rajput (Secretary Sindh Olympic Association)
- Dr Muhammad Ali Shah (President Sindh Olympic Association)

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

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What's the Difference Between Taekwon-Do and Hapkido?

By Sanko Lewis

Since I have black belts in both (ITF) Taekwon-Do and Hapkido, I guess that I am in the position to answer that inevitable question: "What is the difference between Taekwon-Do and Hapkido?"

The most common answer to this question is that both Taekwon-Do and Hapkido are Korean martial arts and have as part of their respective arsenals kicking and striking techniques, as well as joint manipulation and throwing techniques, but that there is a difference in emphasis. Taekwon-Do emphasizes kicking and striking and Hapkido emphasizes joint manipulation and throwing.

The problem with this answer is that it doesn't really discuss the actual differences, the actual uniqueness of the two martial arts. It is pointing out their similarity and then arguing for a difference in degree. Basically this

answer is saying that the two martial arts are essentially the same, like hot water and cold water that are in essence the same, but only different in temperature. That there is a difference in emphasis is true and may satisfy the curiosity of someone with little or no real knowledge of the martial arts, but for anyone else, the answer of emphasis seems, at worst a sign

of little depth of understanding of the two martial arts, or at least a sign of explanatory laziness. To truly answer the question thoroughly will require an extensive discussion stretching many many pages! For this reason I am indeed guilty of explanatory laziness. However, in this essay I will attempt to highlight some real differences between Taekwon-Do and Hapkido. Since my own study is mostly in

ITF Taekwon-Do, this is where my focus will be: the difference between ITF Taekwon-Do and Hapkido (Footnote 1). While I will attempt to provide a satisfactory answer, please note that there are people much more experienced who have



studied both arts for a much longer time than myself, that are better qualified to answer the question.

Different Names, Different Origins

Not surprisingly, a good place to start is to see why there exist such an emphasis on the different techniques. In other words, why does Hapkido emphasize joint

manipulation and throws and Taekwon-Do emphasize kicking and striking. As someone that spends his time with words (Footnote 2), I believe there is much to be learned from the names, i.e. the words that the names of these styles comprise of.

Just by looking at the name Tae Kwon Do (foot-fist-way), it is already obvious that the emphasis in Taekwon-Do is kicking and striking. Taekwon-Do has two main roots, a native Korean root and a foreign Japanese root: Taekkyeon and Karate, respectively. The principle founder of Taekwon-Do, General Choi Hong-Hi, practised in Taekkyeon as a child and later in Shotokan Karate while studying in Japan.

Taekkyeon is a martial art with great emphasis on foot techniques which are often circular in nature (crescent style kicks). Taekkyeon kicks are frequently used for attacking the lower limbs—foot sweeps, but also include some high crescent and twisting kicks, as well as jumping kicks. There are also hand techniques in Taekkyeon that focus mostly on grabbing, pulling or pushing the opponent, often in combination with foot sweeps or foot hooks; the aim being to topple the opponent. The first syllable in Taekwon-Do was deliberately chosen to mimic the first syllable in Taekkyeon.

The second part of Taekwon-Do—i.e. “kwon”—means to “break or smash with the fist or hand,” sometimes translated into English merely as “[fighting] fist” or “boxing.” This connects with Taekwon-Do's

Japanese root in Karate. The name Karate literally translates as “empty hand” (Footnote 3). Many of Taekwon-Do's (hand) techniques derive from Karate, especially Shotokan Karate.

Taekwon-Do's chief developed as a modern martial art occurred in the 1950s and 1960s. By the time the term “Tae Kwon Do” was chosen, the emphasis on “foot-fist-way”, i.e. the way of kicking and striking, was already firmly established. However, during this time other styles such as Judo and the early forms of Hapkido were also practised in Korea. General Choi who pioneered and oversaw Taekwon-Do training in the South Korean military and some of the other pioneers who were also versed in these martial arts included techniques from these styles. Now joint-manipulation and throwing and other grappling techniques became part of the Taekwon-Do arsenal, but more as a “self-defence” supplementation than part of the core syllabus.



The opposite happened with Hapkido. It is generally accepted that Hapkido started with Choi Yong-Sul, a Korean man that acted as a servant in the household of a Daito Ryu Aiki-Jujutsu master. What is Aiki-Jujutsu? Tokyo Asahi explained it as follows in 1930: “This technique is a perfect self-defense art where you avoid being cut, hit or kicked, while at the same time you don't hit, kick or cut. As the attack comes you handle it expediently using the power of your opponent. So even women and children can execute these techniques” (Footnote



4). In other words, Aiki-Jujutsu did not emphasize kicking and hitting / striking. It was based on exploiting the momentum of the attacker, focusing on throwing and joint-manipulation. When Choi Yong-Sul returned to Korea from Japan after the WWII, he began to teach, what he called Yusul. “Yu-” is the Korean pronunciation for “Ju-” in Japanese, as found in “Jujutsu” or “Judo.” It literally means “soft”; “Yusul” means soft techniques, in other words techniques that exploit the opponent's motions by pulling or pushing the opponent and manipulating his limbs. Soft-styles are low on active offensive techniques like kicking and striking. Because Yusul might be confused with Judo (Judo in Korean is Yudo), Grandmaster Choi later changed the name from Yusul to Yu Kwon Sul; i.e. “soft-fist-techniques.” This change in name also indicates that something additional came into what he was teaching. It wasn't just “soft techniques,” meaning joint-manipulation and throwing techniques, anymore, but now also included “fist” techniques. A strong cross-pollination with the modern eclectic styles in Korea occurred, especially in the late 1950s—at this time the hard styles had already merged under the umbrella term “Tae Kwon Do”. This early form of Hapkido began to include kicking and striking techniques from the other prevailing

Korean hard styles. Although new names for this style such as Hapki Yusul, Hapki Yu Kwon Sul and Kido emerged, it goes without saying, that “soft techniques” was still the foundation and kicking and striking were supplementary.

In the middle of the 1960s the International Taekwon-Do Federation, i.e. ITF Taekwon-Do, was established. At the same time the name Hapkido became widely accepted. Hap-ki-do can be translated as “coordinate-energy-way” or the Way of Harmonious Energy. Unlike the earlier name Yu Kwon Sul, or even Tae Kwon Do, that basically describe the techniques these styles emphasize, the name Hapkido (Footnote 5) is more a description of underlying principles.

So far we have established why there exists a difference in the type of techniques emphasized in Taekwon-Do and Hapkido respectively. From their very start Taekwon-Do focused on kicking and striking and Hapkido focussed on “soft techniques”—joint manipulation and throwing techniques. Kicking and striking is something that was incorporated into Hapkido later in its development and similarly joint-manipulation and throwing techniques were also assimilated into Taekwon-Do when it was already established as a foot-

fist-way. So what are the truly unique things in these individual Korean styles?

Arresting Techniques

We find the answer when looking at the early authorities that used these styles. Taekwon-Do was from its very beginning a military combative system. The spearhead for Taekwon-Do was the 29th Infantry Division of the South Korean military, which developed towards the end or shortly after World War II and the Korean War. It was later again battle tested in the Vietnam War. Hapkido on the other hand was taken up by the Korean Police Force. The brutality of Taekwon-Do that was appropriate for the battlefield was ill-equipped for controlling civilians. Unlike a soldier who uses combat to kill or seriously injure an enemy, a police officer is there to protect civilians. For this, a police officer needs techniques that can control a person, without causing serious harm or killing them. Hapkido provided the solution.

Joint-manipulation techniques in Hapkido are used to control the opponent by either causing pain—resulting in pain compliance—or physically manipulating the skeletal system or musculature of the person. Either way, it is possible to physically control the opponent, or literally pin the opponent down on the floor. This usually involves what is generally known as joint-locks. In the police force such techniques are invaluable. In Korean these techniques are known as chepo-sulgi, from the verb chepo-hada that basically means

arresting or apprehending. In other words, these are techniques used by law enforcement to arrest or apprehend a person.

ITF Taekwon-Do does not have chepo-sulgi or joint locks. Joint-manipulation in Taekwon-Do are not used to control (i.e. arrest or “lock”) an opponent, but to break the joint. A typical self-defense maneuver in Hapkido for when somebody grabs your wrist is to put the opponent's grabbing hand into a wrist lock, causing severe pain

and forcing the opponent into compliance. The equivalent in Taekwon-Do is not a joint-lock but a joint-break.

For such self-defense scenarios the ITF Encyclopaedia prescribes three solutions: an attack, a release with counter-attack, or a break. In other words, if someone were to grab your wrist you can defend

yourself from this by either directly attacking your opponent with your free limbs; or you “release” yourself by pulling your wrist free from his grip and then doing a counter-attack; or you can break the opponent's wrist. The ITF Encyclopaedia does not provide as one of the options joint-manipulation to cause pain to the opponent's joint, resulting in compliance. The ITF Encyclopaedia is very specific about the fact that it is a joint-breaking technique. Any joint-locks or chepo-sulgi currently found in ITF Taekwon-Do is something that was added much much later and is not part of the original curriculum (i.e. it is not in the ITF



Encyclopaedia).

Furthermore, Hapkido has many techniques used for pinning the opponent against the floor or against a wall. Such techniques are used to keep the opponent immobilized until more police backup arrives and the person is formally arrested and taken away. Taekwon-Do does not have pinning techniques. Instead, it offers various attacks for finishing off the opponent while he is on the floor, which is inline with Taekwon-Do's function as originally a military combat system.

Here we see a true distinction between Taekwon-Do and Hapkido. Hapkido has chepo-sulgi—arresting or locking and pinning techniques—that Taekwon-Do just doesn't (originally) have.

Weapons

Something else that Hapkido has is weapons. Weapons were not part of the early practice in Hapkido, but with time a variety of weapons became part of the curriculum, such as the short stick, the staff, the cane, the nunchaku and the sword. Taekwon-Do may sometimes include weapon practice, but this is only as a means to an end. Defense against weapons is part of the Taekwon-Do curriculum, so many instructors feel that in order to properly defend oneself against a weapon, you should understand the dynamics if that weapon and these instructors therefore teach basic principles for using different weapons. Actual weapon training merely

for the sake of using weapons is not part of the Taekwon-Do curriculum.

Patterns

Something that Taekwon-Do has, which Hapkido for the larger part does not have, is patterns or forms. In ITF Taekwon-Do they are known as teul (or tul), while in WTF Taekwon-Do the word poomsae is more generally used. Historically the term

hyung was used. Patterns are basically a series of fundamental movements sequenced together to form a hypothetical combative encounter with an imaginary opponent. It is basically a type of choreographed shadow boxing and is common in many oriental martial arts. The purpose is to train certain sequences of fundamental movements, including footwork, balance, rhythm, breath control, and other qualities. In Taekwon-Do patterns are also used as a vehicle for teaching



about Korean history, philosophy and oriental etiquette and ethics.

Other

There are a number of other things, both similarities with different emphases and unique differences, that I have not included. For instance, Ki. In Hapkido there is a focus on Ki-training. ITF Taekwon-Do acknowledge the value of Ki, but training focusses primarily on the application of Newtonian physics. Or Korean history and oriental etiquette and ethics ("Moral Culture") that are heavily emphasized in



ITF Taekwon-Do, but not as much in Hapkido. Of course, each style also have some unique techniques; for instance both Taekwon-Do and Hapkido have unique kicks that they do not share with each other. How power generation works in the two styles also differ. Hapkido, for example, focus on the danjeon, while Taekwon-Do focus on the waist—it may be argued, however, that "danjeon" and "waist" are possible synonyms, with slight differences in meaning.

There is much still that can be discussed. I didn't even mention choking techniques, for instance. As I said earlier, a comprehensive analysis of the differences of the two styles would take a very very long time.

Conclusion

Taekwon-Do and Hapkido are both Korean martial arts and both developed primarily out of Korean and Japanese styles. Taekwon-Do was strongly influenced by Japan's hard style Karate, while Hapkido evolved out of the Japanese soft style Aiki-Jujutsu. While Taekwon-Do and Hapkido developed to both include kicking and striking, and joint-manipulation and throwing techniques, there has been a difference in emphasis from the start: Taekwon-Do focussing more on kicking

and striking and Hapkido focussing more on joint-manipulation and throwing. Apart from the difference in emphasis, Taekwon-Do was rooted as a military combat system, while Hapkido grew to function within the police force. Hapkido therefore developed techniques useful for the police in arresting and apprehending civilians, while Taekwon-Do's techniques remained brutish, for use against foreign enemies, not native civilians. This resulted in Hapkido having "arresting techniques", but Taekwon-Do not. Hapkido also incorporated weapon training as part of its eclectic arsenal. Taekwon-Do does not emphasize weapon training, although it does emphasize defense against weapons. Furthermore, Taekwon-Do has patterns which are often used to teach Korean history, philosophy, oriental etiquette and ethics, and other technical skills. Traditionally, Hapkido does not include patterns and doesn't emphasize the teaching of Korean history, philosophy and oriental ethics to the same degree as Taekwon-Do. These are just some of the major differences between these two Korean arts.

While it is clear that Taekwon-Do and Hapkido have much in common, it is undeniable that they have different roots and developed among different paths.



Regardless, they have both evolved into authentic Korean styles and many martial artists have found them complimentary.

Footnote 1: My Hapkido black belts are from the Korea Hapkido Federation and Korean Hapkido Federal Union. My primary training has been with instructors from the Korea Hapkido Federation.

Footnote 2: I'm a university lecturer in an English Department and teach, among other things, poetry. A big part of the study of poetry is to understand the denotative meaning of words.

Footnote 3: Although Karate currently translates as empty hand, it used to translate as Tang hand; "Tang" referring to China's Tang Dynasty. Karate's roots, in other words, are to be found in China. The Korean martial art Tang Soo Do translates as Tang Hand Way.

Footnote 4: In Tedeschi, M. 2000. Hapkido: Traditions, Philosophy, Technique.

Footnote 5: It is noteworthy that the Chinese characters for Hapkido and Aikido (a Japanese style that also developed out of Aiki-Jujutsu around the same period) means practically the same. However, unlike Hapkido that included a large variety of kicks and strikes into its syllabus, Aikido developed separately without such offensive techniques.

...ooOoo...

Sanko Lewis is a 4th Dan in ITF Taekwon-Do and 2nd Dan in Hapkido. He is Research-and-Education Director for the Sa-ITF (South Africa International Taekwon-Do Federation) (www.taekwondo.co.za). He currently resides in Seoul, Korea, where he is a university lecturer in English Literature. He also teaches ITF Taekwon-Do and Hapkido at 'The Way' Martial Art Academy of Seoul (www.thewaymartialarts.com). Visit his blog at: sooshimkwan.blogspot.com or email him at saitf.research.education@gmail.com.

...ooOoo...

The pictures for this article were kindly supplied by the following readers (and writers) of Totally Tae Kwon Do Magazine: Michael Munyon, Joe Beaty, Gavin Henderson & Cara Shaw. They feature Michael Munyon, Brad Whitlow, Joe Beaty, Jan Watkins (Pinnacle Martial Arts) and students of Sang Jo Lee's White Tiger Martial Art.

The photo's were supplied for presentation purposes only and those in them are not connected with this articles writer. Both the author and Totally Tae kwon Do magazine thank you for helping out with your contributions to this article.

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An Interview With **Master John Black** **8th Dan**

Part 2

By John Dowding, 4th Dan

Welcome to the second part of my interview with Master John Black 8th Degree. In the second part Master Black tells of his experiences as a serving soldier during the worst of the “troubles” of Northern Ireland. Non UK readers may not be aware that this was particularly violent conflict largely based on Religious sectarianism which took place in Northern Ireland and spanned four decades during which the British Army was deployed. During the time Master Black was serving, bombings, shootings and punishment



attacks by paramilitaries on civilians and soldiers alike was daily news in the UK along with bombing attacks on UK civilian and military targets on the mainland. Master Black tells his stories not with an air of boastfulness or bravado but with a humble respect for all involved in the conflict, as you would expect from someone coming from a family of mixed Protestant and Catholic parents. I hope you enjoy reading the second part of this interview as much as I enjoyed interviewing Master Black, a truly genuine and humble Master and Man.

After your tours in Asia I know you were deployed to Northern Ireland and did several tours over there during some of the worst times of the conflict. How many tours did you do?

I did five tours in all including the worst of areas, Londonderry was awful we were getting petrol bombed all the time, stones thrown at us, sniped at, they even stole vehicles to put mortars on to use on the camp. Part of our duties was to get the Irish public on side with the Brits. So we would have the kids come into the camp to watch films, play football and other activities. After a while it seemed to be working as the petrol bombing incidents went down. It was difficult though because the IRA thugs would beat up the kids,

badly break limbs even on kids as young as six years old as punishment for collaborating with the Brits.

That sort of stuff was never on the news and it was one of the hardest things about being there, what they did to their own people. For instance we had been outside for 48 hours on duty in the snow protecting the Catholic area and making safe after a loyalist bomb threat. One of the residents was an old Catholic lady and she brought us out tea and biscuits as it was so cold, a week later she was in hospital with two broken legs, a lady in her seventies! And that's when you start to feel the hatred for people who could do something like that. That's when it starts to become personal.

What were your duties in Northern Ireland?

I was PT (Physical Training) staff, so I was in charge of keeping the lads fit and keeping their morale up. If they had time off I would arrange table tennis, pool, films stuff like that. But I was also bodyguard for Major Stockton one of the Officers of the camp. Its quite a funny story how I got the job, I was PT staff and I was put forward by my boss, who thought I would be good because of my martial arts background and it was my fifth tour so I knew the ropes. The Major needed a bodyguard as he was on the IRA hit list as an assassination target.

So I went for an interview, I remember that Major Stockton looked at me and started laughing and said "Corporal Black so you want to be my bodyguard, what is the difference between you and the two chaps there?" Well these two soldiers were there for the job as well and they were big guys, fit body building boxers and I was only a skinny little thing. I said "Well Sir I could probably take them out no problem" well Major Stockton was still laughing so I said "I could give you a little demonstration Sir?"

Major Stockton just looked at me for a moment and said "No need for that Black you have got the job" Major Stockton told me to ask the Sergeant Major to dismiss the men that were waiting for interview as he didn't need to see anyone else. On my way out I had a bit of banter with the two lads who had been waiting. They couldn't believe he had just given me the job and said to me "what is so special about you then?" I said "well lads I can probably move a bit quicker than you", as I said it I threw out a few quick techniques to each of them and said "there you go, that was your temple, that was your head and you, I have just broken your leg" I didn't touch them but said "there you go you didn't even see it" I laughed and turned round and walked off but as I did my heart was pounding and I was just thinking to myself "that's it there going to get me for that!"

So after that I was sent for CQB (Close Quarter Battle) and close protection training when using vehicles all specialised training which was great!

I'm aware you were awarded the General Officers Commendation for bravery after an incident in Northern Ireland, can you tell us about the event





Master Black - Princess Anne Demo

that led to this being awarded.

We were out on routine patrol with a new Officer who had no experience of Northern Ireland. Major Stockton ordered us to take him out and show him the area that we patrol. So it was Thursday night which was the day the Irish usually got paid. So as we are patrolling the Creggan Estate it's pouring with rain and we go past the Pub which is packed and there are two bodies on the floor!

*There was a big bloke outside who had obviously just knocked them out. So the new Officer saw this and barked out an order along the lines of "stop that immediately my good man!" Well, I just thought "****" and the Officer goes up and tries to arrest this guy, well the Irish guy just grabbed him and threw him against the Landrover and he just sort of slid down it.*

We had the Police RUC (Royal Ulster Constabulary) with us as they used to

come on our Patrols but they just looked at the situation and refused to take any action or get involved. So the Officer barks "Corporal Black, arrest him!" so I get out of the vehicle and as I get out the Irish guy pulls out a knife, there is a big crowd gathering and it could be the making of a riot. The Officer looks at the knife and says to me "shoot him" I said "Sorry Sir?" he repeats "shoot him" so I said "it's not the way we do things Sir" I gave my weapon to one of the other lads and said "I will try and talk him down and restrain him when I get in close, as soon as I get in back me up"

All the time the crowd is getting worse and they are starting to throw stones, the RUC don't want to know. So there are eight of us and the rest of the lads are trying to hold the crowd back and keep control. The Sergeant Major is calling for backup as we are outnumbered and the worst thing would be if the crowd manage to isolate

one of the lads and get his weapon then is going to be really nasty. It looks like I'm massive as I've got my combats, on and a flak jacket and waterproofs so I got close to him and he slashed at me, I moved back quickly and didn't realise it at the time but he had slashed me all the way through the waterproofs and the flak jacket and had actually just managed to break the skin and cut me, but at the time I wasn't even aware of it. So he is giving me loads of verbal abuse about what he thinks of the English and how he is so pleased that we are in his Country and could we stay a bit longer, you know the sort of thing!. I'm calling him Sir and trying to calm him down and he is having none of it! The Officer is still calling for him to be shot and the Sergeant Major is trying to calm the Officer explaining that we can't just shoot him.

As all this is going on one of the Army lads moved around and the Irish guy just took

his eyes off me for a split second and then just lunged at me, as he did I stepped back and caught him with a back kick, I had no idea how hard I had hit him but I heard the breath come out of him, I saw him dropping to his knees and as he dropped he let go of the knife and put his hands down, as he did that I ran round behind him grabbed his neck and pulled him back so he was on top of me, and I wouldn't let go. I had my arms round his neck and my legs around him and I'm holding on for dear life, we are rolling around on the floor. I felt him go limp but I still wasn't letting go. Then the lads are going "Blackie let him go he's unconscious" but I still wouldn't let him go. When I did let him go I thought "oh my god I've broken his neck" it took about five minutes for him to come round, and I had broken his sternum with the kick and almost killed him with the stranglehold.

People think you're a hero but I was just



Master Black - Princess Anne Demo

lucky with the kick. My legs were jelly I was out of breath, my heart was going and it was like time had slowed down. Major Stockton put me in for the General Officers Commendation for that. I had to do a special Taekwon-Do display with some of the other lads at Whittingdon Barracks, Lichfield in front of Princess Anne and that was where I was awarded the Commendation. But I wasn't a hero I was scared stiff at the time, it just happened that I caught him right with the kick, it was just luck but there wasn't a choice the Officer wanted him shot, I would have shot him in the leg to take him down if it was necessary but we were in a bad situation already, by the end of it there was a full scale riot and we needed backup when it arrived, but it could have gone a lot worse.

Do you think obtaining your black belt helped you during your active military service?

Yes most definitely, not only my military training but my martial arts training helped a lot. As you know Taekwon-Do is the original military art, so the whole objective of the art is to develop a w a r e n e s s , confidence, discipline and courage to handle any situation that is thrown at you. It was once taught to me that bravery is the capacity to perform ones duties with honour and courage even when you are scared half to death, which was most of the time. My Taekwon-Do training was what helped me to develop a brave heart really, and carry on even though every time we went out we didn't know what was going to happen or if we would come back. It was a

terrible time with shootings, car bombings and you just never knew. The Hwa Rang youth groups code of honour came to mind as the military was very much that way.

When you returned to the UK from Hong Kong was your ITF black belt recognised by the ITF group in England, the UKTA.

When I came back I had a couple of weeks off, Pats parents lived in Chippenham and I couldn't find an ITF Taekwon-Do school, I did find a WTF one that was run by a chap called Fred Lowe and his brother Dave Lowe, they were in the Percy Boys club in Bath and were under a Mr Li from London who was a 6th Degree. So I went along and met them and explained I was an ITF black belt and they said they would accept my grade no problem in the WTF, but he said there was an established ITF Master here in the UK and that was Master Rhee Ki Ha. So they gave me the address for him. I explained that I would like to train with them but wanted to stay ITF as I had promised my instructor that I would stay true to the General's way. He said he understood and it was no problem.



I had gone back to Northern Ireland where I set up my first Taekwon-Do school for the Army as a lot of the lads wanted to do Taekwon-Do, I couldn't grade anyone as I wasn't a high enough grade myself. But I said that I could just teach them what I knew and advise them on how to improve.

Anyway I wrote to Mr Tom McCullum and Master Rhee and they replied and said that

as my black belt wasn't an English ITF belt I would have to sit my black belt grading again at the Academy in Glasgow. Because I was used to my instructor I thought it was some kind of test of my character, as that was the way he did things. I thought they wanted to see if I would say "sod you I will do it on my own" so I wrote back and said yes, so I got a week off from the Army to go and do it, I had relatives in Glasgow but I went straight to the Academy.

Well there I was a young lad and it was pouring with rain, I was soaked through. I was met at the door by Master Rhee's wife who brought me in and said come up stairs and dry yourself off, she made me a cup of tea and gave me a biscuit. So I'm sat in the flat and Mrs Rhee is in the kitchen, the door opens and in walks Master Rhee Ki Ha, Master Kim Sung Ung and General Choi! I'm sat there eating a biscuit and they all walk in!

Their cup of tea went one way and the biscuit went the other way and I'm jumping up to attention all flustered, Mrs Rhee saw this and was laughing at my surprise. I looked at Master Rhee who I had never seen before and he is big for a Korean, and he was looking at me in a really stern way, and I'm thinking "Oh my God! His look could kill you as well!"

So I'm shaking and stammering and I

introduced myself and he said "Ah you are the Soldier?" And there was the General and I said I was really pleased to meet him and he said "So you are Soldier, would you like to come with us for something to eat?" I'm like, "Sorry Sir? Me Sir?" Master Rhee just looked at me and said "Yes you! The General has asked if you would like to join him for something to eat!" I was totally

tongue tied and Mrs Rhee was still cracking up in the kitchen. So I went for a meal which they paid for and I didn't really say a word I just sat there in awe.

General Choi asked my how long I had been in the Army and I just stammered again" eh, um, eh, about eh, I trained with Master Lee Chong Oh in Honk Kong Sir!" The General said "Ah Mr Lee Chong Oh, how is he?" and I just didn't know what to say and I've jumped up to attention again at the table in the restaurant and Master Rhee is looking at me and smiling and I didn't know what they must have thought of me!



Bridgwater martial arts instructor John Black leaps into action at Sunday's Black Belt Demonstration at Sydenham Sports Centre of Tae Kwon-Do, the Korean art of self-defence.

After that we went back to the Academy and I trained there all week with the other black belts, General Choi took some of the sessions. We had to perform Chon Ji for the General. Master Kim was an awesome kicker and he would make our jaws drop with his kicking. At the end of the week there was the black belt grading and just before that I was called to the office of the Academy and Tom McCullum was there

and told me that Master Rhee said I did not have to take the grading and they would accept me as an ITF black belt. I was over the moon and told them I was honoured. I was going back to Northern Ireland and they told me to be safe and the General wished me well.

Can you tell us about your training when you returned to the UK from active service in Ireland?

When I came back to England I was like a wandering traveller and I trained with anyone I could. I trained with Paul Drury who was Shotokan at the time. He became my very first student in Taekwon-Do a long, long time ago, before the ice age! Mr Drury is now a Master himself in various martial arts and is very successful martial artist with his own academy. I met Mr Keith Hughes at that time, when he was



a red belt then in the UKTA. I would train with any martial artist in any martial art I just love all of them. As I said I had to travel to Scotland and I met Master Rhee Ki Ha who is a great outstanding man and martial artist. I was posted to Lichfield in the Midlands and I trained with PKA kickboxing under Steve Arthur for over two years until I found a UKTA school in Nuneaton under Master Dave Oliver, and I also used to look after Master Sergiew's schools for him when he was away competing with the UKTA. I trained under all of the founders of the TAGB including Master Mike Dew who I am eternally grateful to for his training, leadership and friendship. The TAGB are a great organisation no doubt. During that time I

met many outstanding martial artists from both the UKTA and the TAGB and I thank them all. I trained under and was graded by Grand Master Hee Il Cho for my 2nd Degree through to my 4th Degree, took my 5th Degree under the TAGB Committee, my 6th Degree in Korea with the ITF-C, then my 7th under PUMA and my 8th Degree from Master Cariati and the ICTF.

I have been training for 38yrs plus. Now I am with PUMA who I'm very proud, honoured, humbled and privileged to be

part of this most excellent organisation. PUMA is keeping the great man's legacy alive and kicking. PUMA is still growing and going from strength to strength and in my opinion PUMA is working for a better organisation that follows Gen Choi's legacy that is fair, respectful, honourable and that lives and breathes integrity.

A commitment to truthfulness and a belief that honesty is the best policy. PUMA strives for trust and confidence as that's what builds exceptional relationships, where Masters and instructors inspire students. Master Gayle and Master Ogborne are not only my best friends, they are my true brothers. I would not be where I am now without them. They are exceptional, outstanding, inspirational kind men and martial artists. I just want to thank them. It should be them who are eighth degrees! I have tried many times to give it back, they call me Master? But I'm just a humble student of this great art that the General has left us. I think I have a long way to go before I deserve to be called Master. A long way!



Master Black with Masters Ogborne and Gayle

I've trained on some of your seminars and you have a wealth of knowledge of self defence techniques, weapons techniques and techniques from other Martial Arts, apart from the Wing Chun and TKD training what other arts have you studied?

In the Army you get taught some unarmed combat, but whenever I was posted and couldn't find a Taekwon-Do School I would train with other styles and you pick up things don't you? My Taekwon-Do Instructor had a wealth of knowledge; I learned stick fighting from him. He trained us how to use a knife, how to use a rifle properly for thrusting, the bong stick, grappling, this is what I mean, in the seventies we were doing what they call mixed martial arts now! We were doing that, we would do throws, groundwork, all of it!

So you are a firm believer in cross training?

Definitely! I mean Taekwon-Do is a great martial art, all arts are. But how can I

ridicule another martial art if I have never done it? If I have never ever stepped on their Dojang floor and sweated with them? How can I say oh that art is crap? You can't and no one should ever do that! People shouldn't run down other arts. People should try other arts and see what they offer and how awesome they are. It's like people say ah Taekwon-Do that's just a kicking art, but it isn't there is so much more. People just need to do more than look.

What particular element of Taekwon-Do is your favourite?

All of it! There is not one bit of it I don't like, nothing at all. I do like the Do more, but I love all of Taekwon-Do it's a great art, I'm not saying it's the best art as we have our weaknesses, same as any other art but as long as we know that we can develop our style to be strong, cant we. It is a great art!

How often do you teach, and do you still find time to train yourself?

Nearly every day, I teach Friday, Saturday and Sundays and I try to train every day, I do Body Pump and Body Combat as well but everything is geared towards my Taekwon-Do. I work shifts so I work around them, I try and go through my patterns every day, you know just walk through them. I think they are the foundation, I try to do my stretching and I work on ideas for when I teach. Although I will often get there and change it all around anyway!

A lot of your students become very accomplished kickers, do you place a strong emphasis on this aspect in your classes.

Yes I do, I do, because Taekwon-Do comes from the military and is a very physical art and I believe that because of this no one can teach us about kicking. We can learn from other arts and pick up things, but when it comes to kicking we are the masters of the kicking art. Drills develop your fast twitch fibres so you can kick fast and kicks can be developed so no one should be able to get near you. I

mean my Master when he sparred you could not get near him, he was so quick with both hands and feet and if you did get in close he would just throw you or sweep you and you would be on the floor thinking "where did that come from?" He would be using low kicks, spinning sweeps. I'm an eighth degree now and I know I'm nowhere near as efficient as he was; I have so much to learn. I can't do now what he could do then!!

You have a very strong belief in the "Do" of Taekwon-Do and I have seen you grill a few people really intensely at Black Belt Gradings on this aspect, and I think its fair to say I never want to be on the receiving end of one of those stares. Can you explain why this particular aspect is so important to you?

When I stepped up to get my black belt I felt humble, and you have to know the aspect of the art that is important, the values of the Hwarang youth group, the Generals philosophy of moral culture, the five tenets. The tenets are very important!



Master Black Training In Greece

I mean we don't live them, we try to live them but we don't live them. We talk a good talk but a lot of the time we don't walk the good walk. I think Master Gayle does, out of all of us he is the one that walks the walk and talks the talk. I'm not perfect but I can try and those five tenets if every body in the world followed them it would be a great world to live in.

It's the same in the Army as the Hwarang, you are a family and you honour your enemy as well. It's the same philosophy as the 300 Spartans, the indomitable spirit. You see that courage now in the British Army in Afghanistan, they are often outnumbered but they still carry on.

High grades like us shouldn't take things for granted and think "oh well this doesn't apply to me, I don't need to make the effort" We need to set an example. People who don't follow the etiquette or the Do by thinking they are different and for instance turning up scruffy to a grading they have students at are just disrespecting the Masters and the PUMA philosophy. The

example needs to come from the top. There is never a bad student there is only a bad instructor! If a student has a bad attitude it's not the student, it's the person who has been teaching him, because that person should be pulling the student up.

I know it was important for you to test physically for your 6th Degree and without going into too much detail you had suffered a few health problems previously but you were still determined to do a physical test, why was that so important to you?

It was a great honour to get my Seventh and Eighth degrees but I didn't have to test for them. I was glad I was able to test for my Sixth Degree and be given the opportunity on two occasions, my first time was under Master Choi Hung Hwa and I got through half the grading, but Master Choi didn't fail me at that time he gave me the opportunity to carry on the grading later at the Worlds in South Korea which was brilliant. My point score from the previous time was still valid so I thought I would have to just carry on and complete the two





senior patterns, but oh no! Master Gayle was on the panel and insisted I start at Chon Ji and go all the way up. Master Oldham made me go through So San and he would say “stop, what is that move, where does the sine wave start?” and so on, luckily I got through! Physically it was hard but it was great to do it. I have always been physical and it’s just me, if I had rested when I was ill I would be better today but you don’t do you? You just think you’re invincible but your not. I’m always inspired by people who have overcome some real problems such as Cancer and still get out there and do it, that’s why its important to me.

I was there when your 8th degree was presented to you by Master Cariati and Master Stanley, Obviously at the time it was a complete surprise, I remember it was at a tournament and the whole place just erupted, very emotional, how

did you feel at the time?

I had no idea that Master Gayle and Master Ogborne knew. I said to Master Cariati that I had no idea why I was being given it and he told me that they had been investigating my background for months. I still even now have to pinch myself! I never ever, ever thought that in my Taekwon-Do career I would get to Eighth degree. Never ever! I was happy when I was a third Degree! Then I was Fourth and thought “wow this is it!” There are better people than me that should have it, Master Gayle should have it! I did try and give it back as I thought that it should be Master Gayle. Master Gayle had already said that he would not accept it and if he says it well that’s it. So it was just me. It’s a great honour to get that prestige, it’s like winning the lottery to me! I just want to stay humble; as Eighth degrees go I’m pretty poor!

Since gaining your 8th Degree exactly how many press ups have you made Master Ogborne do?

(laughs) Do you know Sir that's the only reason I enjoy being an Eighth Dan! I can get him back all the time! We have a bit of banter as he used to call me a Junior Master! We have a lot of banter and I love being part of PUMA. I haven't lost my passion, I may have lost the drive to get out there and leaflet and try to get students in, but I haven't lost that passion to put my Dobok on or to teach, that is what I love doing! Master Gayle says "Oh you must take it easy!" No! If I die in my Dobok that's what I want, I want to die doing what I love! It's better to die in a body that's done lots of stuff rather than die in a body that's done nothing!

What has been your most memorable moment in your TKD journey and why?

Meeting Master Gayle and Master Ogborne, seriously right from day one I hit it off with them, and they have always been there. They are really true friends. Yes we have made mistakes, we all do, they are great guys. I don't think we always get it right but as long as we listen to good people, and we say to ourselves "wait a minute lets sit back here and listen, and yea you know what, we are doing this wrong" that is the way PUMA has to go. You can't have us as the Masters and just carry on with" this is the way we are going stuff you lot" attitude. We have to listen to people, I'm a great believer that if you look after the people in your association they will look after your association. We are only successful because of good people as instructors and

students. That is why Master Gayle keeps PUMA small, we have had loads of people who want to join us but he won't take just anyone on, it's about quality. Another great man is Mr Dennis Salt, I would love to see him a Master, he is just a great man, never lets anything get to him, we have great people who are inspirational to me, both as instructors and competitors. As long as we can keep that respect and build

truthfulness and great friendships between Masters and Instructors and make sure that everybody feels they can have a say, when we have a meeting no one should feel "oh no I cant say that in front of the Masters" Yes they should tell us, because if nobody tells us honestly we don't know things are wrong and cant change them for the better. As the General said "My whole life is devoted to Taekwon-Do" and that is how it is for Master Gayle and he inspires me and leads the way.

And finally what do you think is the most important attribute and quality in a Martial Artist.

It's got to be attitude. I think you have to be humble as

well and truthful with yourself and other people. I cant do the physical things I did earlier now I'm older so its about the Do and passing that on to the young ones coming through, pass on that Do and the way the art should be taught and practised and pass on the General's legacy.

Thank you Master Black on behalf of Totally Tae Kwon Do magazine for taking the time to do this interview, it has been our pleasure.



Master John Black, 8th Dan

A Closer Look at Poomsae Training

By Oerjan Nilsen

(Disclaimer: I have written this entirely out of a Kukki/WTF exponents point of view. While I have some limited knowledge of the Chang Hon pattern set, I feel a similar article should be written from an ITF/Chang hon exponents point of view. That being said, I do believe that two such articles would have a lot of common ground, maybe even more in common than they would have differences.)

In this article I want to discuss what Poomsae training can do for the Taekwondo students and what it can not. I want to put some of the more common myths to rest and try to shed some light on this controversial and often misunderstood part of our training. To achieve this we first must define what Poomsae or "patterns" are. Being an exponent of "Kukki/WTF" Taekwondo I will first look to the official "Kukkiwon Textbook" to give a definition of Poomse.



Definition of Poomsae (Quote from the 2006 edition of Kukkiwon Textbook, Page 304)

"Each poom of the Poomsae has been inherited through a history of about 5 000 years, finally as a product of scientific techniques formulated on the basis of the traditional national spirit and practical experiments. From a Technical viewpoint, the Poomsae itself is Taekwondo, and the basic movements are no more than the preliminary actions to reach the Poomsae. The Kyorugi is a practical application of the Poomsae and the Taekwondo spirit is manifested not in an abstract mental philosophy expressed in the documents but in the actions of Poomsae. Then, what is the Taekwondo Poomsae? The Poomsae is the style of conduct which expresses directly or indirectly mental and physical refinements as well as principles of offense and defense resulting from cultivation of Taekwondo spirit and techniques (end quote)."

This is indeed a wide definition on what Poomsae is, as the definition provided is touching on both mental, physical and philosophical areas. However I think it is safe to say that for most of the Taekwondo world Poomsae is defined something along the lines of: **"basic techniques strung together in a logical order"**. This and variation of this definition is a much more common view of Taekwondo Poomsae, but as the readers can see for themselves, Kukkiwon intended a lot more for the Taekwondo students than this.

Patterns role in martial arts vary slightly from martial art to martial art. Traditionally patterns were a way to record and transmit combative principles from one generation to the next, demanding a deep study of few forms rather than today's superficial study of many. *"In the past, it was expected that about three years were required to learn a*

single Kata (pattern) and it was usual that even an expert of considerable skill would only know three or at most five Kata. Thus, in short, it was felt that a superficial understanding of many Kata (pattern) was of little use." (Quote from Funakoshi's book "Karate-Do Kyohan"). In Karate for instance Kata (pattern) is viewed as the backbone of the art. Kata is Karate, and Karate is Kata. Now from the Kukkiwon's definition you can see that this view is shared by the Kukkiwon, but **most instructors (and students) view Poomsae not as the back bone of the art, but as a part of the coherent whole.** Many divide Taekwondo into 4-5 (equally important) parts:

- Basics (Gibon Dongjak)
- Patterns (Poomsae)
- Sparring (Kyorugi)
- Self defense (Ho Shin Sul)
- Breaking (Kyopka)

This is in contrast to Japanese based and many Chinese based martial arts where patterns are the foundation and frequently viewed as the soul of their arts.

Now that we have defined what Poomsae is, the next thing to do is to define what Poomsae training is. In contemporary Taekwondo schools this is relatively easy. ***Poomsae training is most frequently viewed as to practise and perfecting the performance of Poomsae.*** This could be done in different ways, for example:

- *Practising to perform Poomsae over and over again.*
- Repeating one pattern over and over.
- *Performing patterns by the instructors count*
- Performing pattern from start to finish
- *Performing one pattern first, then moving on to another pattern*
- Breaking the pattern up into smaller sequences and focusing on one sequence at a time.
- *Other varieties of the above, etc.*

The thing is that most Taekwondo students and masters alike would share this view of Poomsae training. Focusing solely at getting better at the performance of Poomsae. Some few (and lucky?) students would be showed some basic applications for the Poomsae (the typical kick, punch and block variety), but for the most part Poomsae training is practise to get better at performing Poomsae. This is how mainstream Taekwondo is taught and trained all over the world, but what does the masters of Kukkiwon mean by Poomsae training? Let us look at Kukkiwon Textbook once more:

(Quote from Kukkiwon Textbook page 306 Training of Poomsae)

1. Pattern. The first step of training Poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movement must be emphasized in addition to the accuracy of actions.
2. *Significance. In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and Poomsae line. The significance of movements, connection of pooms and the complete Poomsae must be learned correctly.*
3. Practical use. One must adapt what he has learned to his practical use, finding out the practicability.
4. *Self style. One must evaluate his findings about the effectiveness of what he has learned, comparing with his or her bodily structure, speed, strength, impulsive power, point of emphasis in training etc., and modorate the techniques into his own style.*
5. Completion. One achieves a synthetic accomplishment of Poomsae training by mastering the art of taekwondo techniques including taekwondo spirit (end quote).

Comparing the common view of Poomsae to the one from Kukkiwon Textbook, we see that most students are "locked" in step one and two. Very few people "dazzle" in step

three and the author have seen even fewer at step four or five. In Kukkiwon Textbook Poomsae training is defined radically different than the common view of perfecting the performance of Poomsae. Here we see Poomsae as the back bone of the art, and not just as a way of practising basic techniques, or as a performance art, as it is practised in most mainstream Taekwondo schools today. Now that we have defined what the vast majority mean by Poomsae training we can look at what Poomsae training can, and can not do for the Taekwondo students. First lets look at the positive sides and benefits of Poomsae training.

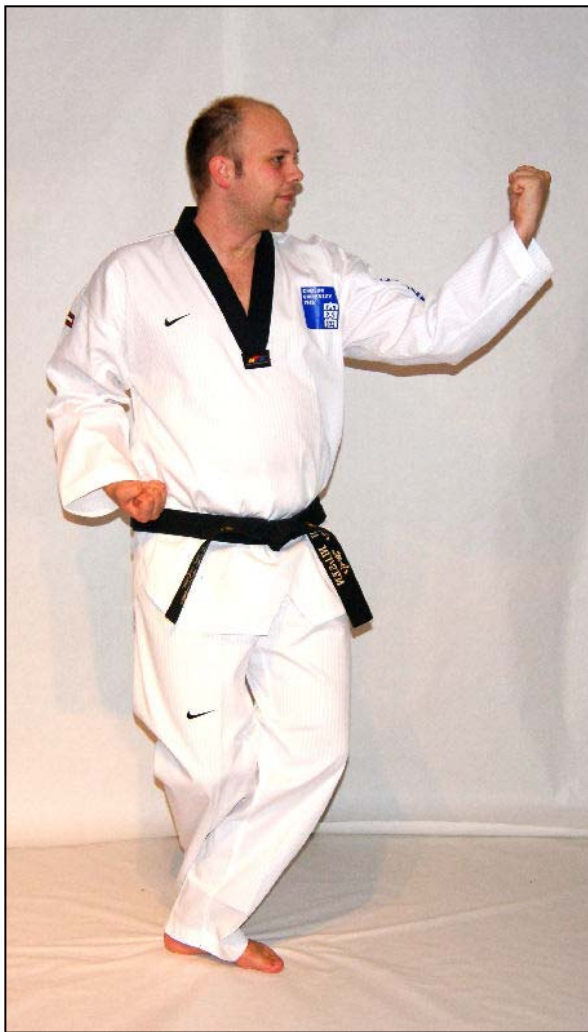
One benefit of Poomsae training as described above is that the students get very good at basic techniques. A strong foundation is as important in martial arts as it is in construction. Also the practise of different Poomsae gives the student a diversity in their basics training. It is very boring to train low block in front stance going back and forth on a line when training alone. But practise all the different Taegeuk Poomsae for instance, and you will train low block many times without the "boring" repetitive training pure basic training of one motion would be. Also you get to practise many different basic techniques at once.

Another benefit that normal "line training" does not provide is that you get many different basic techniques in different sequences. This makes good practise for

linking different basics together in a seamless fashion. This also increases the speed of techniques.

One of the perhaps biggest benefits of Poomsae training is to ingrain the movements into the students.

After practising Poomsae over and over in a long period of time, the students no longer



have to think about how to perform the movements, they simply do them without thinking. As we all know; thinking is the enemy in both sparring, competition, combat as well as self defence so this is really one of the crown jewels to Poomsae training. The other "crown jewel" to Poomsae training is that it teaches the student to move in a very fast and powerful way in all directions. This is an attribute that translates well into sparring, combat and self defence. And let us not forget that the practise of Poomsae also develops other positive attributes as coordination, control of body weight

distribution, power generation, and balance to name a few.

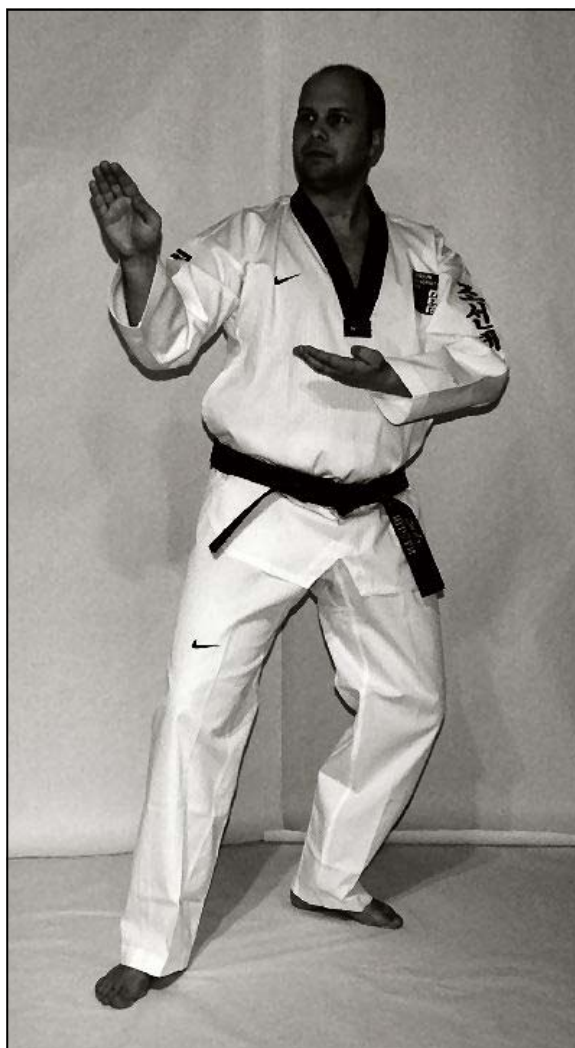
The repetitive performance of Poomsae can also help develop both aerobic and anaerobic endurance (depending on the speed and length of the training of Poomsae). The kicks, and long stances increases the range of motion of the performer, and the hip twist for power generation soften up the hips and lower back.

It is also possible to use Poomsae as a mnemonic device and use it as a platform for a student's own self defence training regime. Now this is something out of the scope of one short article but I would advise any reader interested in this part of Poomsae to read the books of Stuart Anslow and Simon John O'Neil, as well as Lawrence and Kanen's "A way of Kata" and any book of Iain Abernethy, plus Bill Burgars "5 years one Kata" for further reference. This benefit of Poomsae training is for those who take their Poomsae training to "the next level"; if you look back at the 2nd route from Kukkiwon textbook. For this part you have to get from simply memorising and performing the patterns (step 1-2) to step 3-5 which is all about putting patterns into practical use for the individual.

Now all of this is very good reasons for including Poomsae as a part of your training regime, but all of these benefits could probably be achieved in more efficient ways, training specifically with these benefits (as goals) in mind. It is of the authors opinion that the use of Poomsae as a platform and mnemonic device for a self defence training system was the original reason for including the Poomsae as part of the syllabus. Even without the applications however, the "side benefits" listed above are good reasons for training Poomsae.

Surrounding the Poomsae there are many myths as of why we practise, and what we

can achieve with the training. ***One of the strongest myths and one I want to put to rest first is the myth that if you are good at Poomsae you are good at fighting/sparring/self defense.*** We defined poomsae training earlier as training for performance of poomsae (at least that is how it is usually practised). This training is actually not much different to dance or gymnastics training. Yes we use combative



motion, and we could enhance the training with picturing your opponent and his/hers attacks on you, while you defend and attack yourself, but lack of an opponent steals a lot of the combative benefits away from Poomsae. Many students do not even know basic application for many of the motions and that makes the training even closer to "dance training". You can not learn how to fight/spar/defend your self without a partner. If you practise alone you can practise techniques and attributes that can HELP you in these areas, but relying on Poomsae training alone to make a sparring champion is

just not realistic.

The removal of the opponent in itself makes Poomsae training less combative relevant training, but there is also one other reason for poomsae training not being relevant for sparring (and especially olympic sparring) and that is the poomsae movements themselves. They consist of combative motions but the tactics and strategy they represent is so different from sparring that they are almost without

relevance.

The footwork, kicking and other key ingredients from Olympic sparring are all absent from Poomsae. The key kicking technique of olympic sparring is without a doubt "dollyo chagi" or roundhouse kick. This is only featured twice in all of Kukki Taekwondo Poomsae (Taegeuk Yuk Jang, with one kick performed with each leg). So if you practise all the 17 Poomsae of Kukki Taekwondo, consisting of 100s and 100s of moves you only do the key attack of olympic sparring 2 times! In short: Poomsae consists of techniques inappropriate for Olympic sparring. The the tactics in Olympic sparring and in Poomsae just do not overlap for the most part.

The tactics of Poomsae are more suited for self defence against habitual acts of violence (e.g. hook punches to the head, soccer kicks, different grabs, etc) than Olympic sparring.

Unfortunately without the knowledge of the applications there is not much to gain in the area of Poomsae and self defence. This is perhaps one reason the founders of Taekwondo included Ho Sin Sul (self defence) as a separate part of Taekwondo as oposed to the Shotokan Karate's three Ks (Kihon, Kata and Kumite. Basics, Forms and Sparring respectively). Even with the knowledge of the applications in mind Poomsae training alone will not help you develop self defence skills. To develop them you need to drill them with a partner

(working from compliance to non-compliance). The timing, distancing and other key attributes in the areas of sparring, combat and self defense can not be learned by performing a pattern over and over again without a partner.

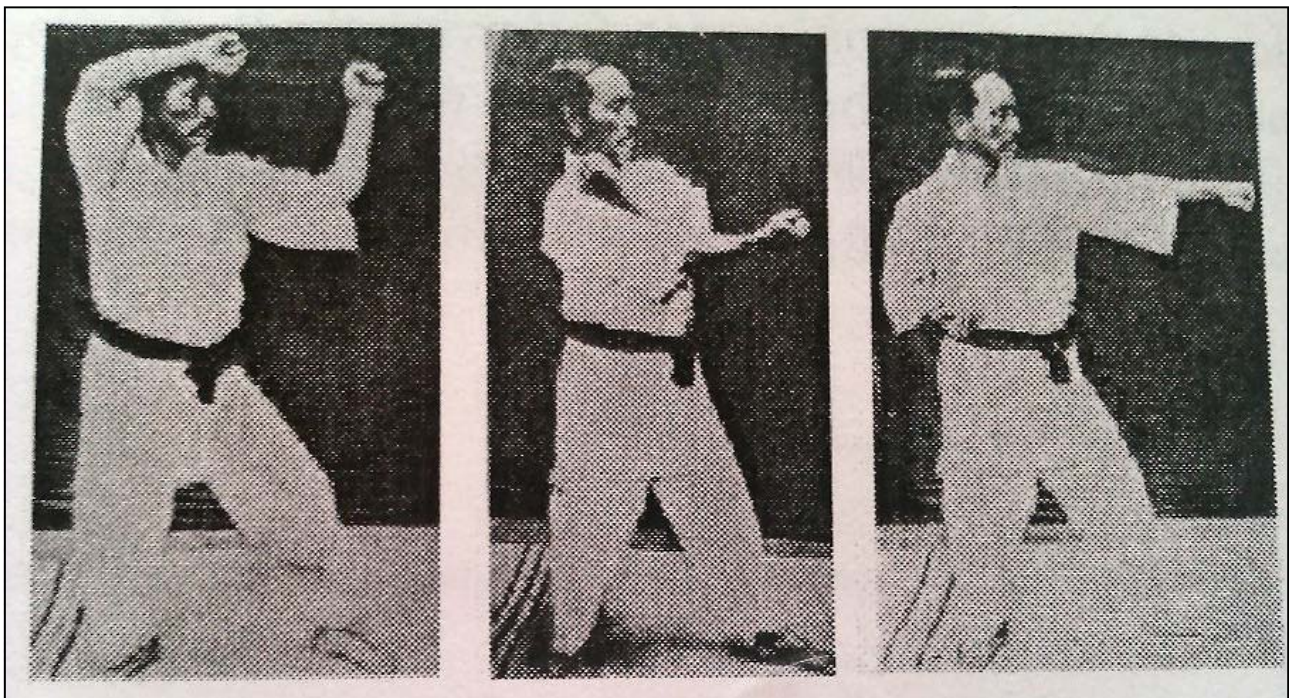
The patterns we study are ancient is another myth that should not be so hard to dismiss. The myth probably originated when the Kukkiwon tried to validate Taekwondo as an ancient martial art with a

2000 years of history. If you look at the definition of Poomsae provided earlier in the article taken from the Kukkiwon textbook you will see that each poom (motion) of the pattern is inherited through a 5000 years of history!

Today the Kukkiwon recognises 17 Poomsae. 8 Taegeuk Poomsae for coloured belts and 9 black belt poomsae. Before the Taegeuk Poomsae they recognised Palgwe Poomsae (there

are 8 palgwe Poomsae). The oldest pattern set that the Kukkiwon recognised were made in the mid 1960s. This was the Palgwe, original Koryo and the rest of today's Black belt Poomsae. The sources vary a little at how old the patterns are. Some are saying that the work on these patterns started in 1965 where as others say as late as 1972. The answer is probably somewhere in between. The Taegeuk patterns and a new version of Koryo was made a few years later.





Founder of Shotokan Karate performing Heian Kata (or was it Taebek Poomsae/Won Hyo Tul??)

So the patterns themselves are not ancient (nowhere near 5000 years) but what about the motions (poom) in the patterns? Here we need to look at a side of history that is mostly overlooked. The tradition of forms in Taekwondo came largely from Karate, and especially Shotokan Karate. There were other influences as well, but the proof is in the original Kwan founders own training (most having trained Karate directly from Gichin and his son "Gigo" Funakoshi) and the original patterns taught in the different Kwan themselves. Forms taught in the different Kwan included (but was not limited to):

- **Kicho Hyung** 1-3. Hyung is another Korean word for pattern. The Kicho hyung is no longer practised within main stream Shotokan, but they were originally known as Taikyoku 1-3, and was developed by Gichin Funakoshi himself. Others say he was helped by his son, and yet others say it was his son "Gigo" Funakoshi who invented the patterns. The invention of these forms is most likely the 1930s or 1940s.
- **Pyonghan** 1-5. Depending on the Kwan there were only minor

differences between the "Korean" way of performing the patterns and that of the Shotokan way of performing them. The Shotokan students today know the patterns as "Heian" Kata 1 through 5. The original Okinawan name was Pinan. One thing of interest is that Gichin Funakoshi changed the traditional order of the two first patterns in the set. 1st Heian Kata is the 2nd Pinan Kata to other styles of Karate. The old Kwan used Funakoshi's teaching order, witnessing Shotokan's influence in the patterns of the old Kwan. These forms were formulated by Anko Itosu in the early 1900s, and most of the Kukkiwon patterns draw their basic techniques from these patterns.

- **Chulgi hyung** 1-3. These are known as Tekki 1-3 in Shotokan and Naihanchi/Naifanchi to Okinawan stylists. The first Tekki form in the series is one of the oldest in Okinawa. Some sources lay claim to its existence in the late 1600s. Others say that "Bushi" Matsumura introduced the form and that he brought it from China. The infamous Karate pioneer Choki Motobu based

most of his teachings on the first form in the series. He insisted that all you needed to know to be a great fighter could be found within Naifanchi. The 2nd and 3rd forms in the series are said to be created by Anko Itosu somewhere around the late 1800s and the early 1900s.

- **Kong sang koon hyung.** This is also one of the oldest Kata in Shotokan. The Shotokan students know this form as Kanku Dai, but it is also known as Kushanku Kata. The form dates back to the days of "Tote" Sakugawa (born ca 1733). He studied with a Chinese martial artist and made this form to preserve his teachers lessons. The Korean Kwan's used Shotokan's way of performing this pattern. This way of performing the pattern is very different to how the pattern was originally performed. Just look at how Okinawa stylists perform the form vs. how a shotokan stylist perform their version.

- **Palsae khyung.** The Shotokan students know this as Bassai Kata. This form is thought to be developed by "Bushii" Matsumura (born ca 1796).



longer but these seems to be the most universally practised forms in the early days of Taekwondo (The oldest Kwan was opened in 1944). The basic techniques and in some cases whole sequences or slightly modified sequences of movements in todays Poomsae (Chang Hon Tul/Hyung, Taegeuk, Palgwe and Kukkiwon Black belt patterns) are lifted straight from the Shotokan Kata. There are some movements that have been slightly altered in execution but the changes are mostly only minor. So the movements (or poom) that the Kukkiwon says we have inherited in a history of 5000 years are at least older than 1965. They were imported from Shotokan Karate. But how old are they really? No one can really tell, but according

to Bruce D. Clayton's book "Shotokan's secret" there does not seem to be any evidence of linear Karate techniques before "Bushii" Matsumura. If he is correct than the movements can not be older than Matsumura who was born ca 1796. This is because Taekwondo is largely based on the "linear Karate" tradition. We are therefore still a long way from 5000 years old.

In short: The patterns we study are anything but ancient but the movements are a lot older than the patterns Kukkiwon recognises as their official patterns. The

movements however does not seem to be older than Matsumura (who Bruce D. Clayton identifies as the man who

The list of forms in the old Kwan could be

"invented" linear Karate).

The last myth I will write about in this article is ***the myth that all motions in Poomsae are defenses against "Taekwondo attacks"***. By "Taekwondo attacks" I mean the typical lunge punches from 7 feet away, flashy kicks, and other techniques that only a martial artist would be able to perform or use. If we accept the history I have provided above on Karate's major influence

on Taekwondo forms and that the motions we do (sometimes whole sequences of moves) are lifted straight from Karate Kata than it stands to reason that the application of the movements in Poomsae are the same as in Karate Kata.

Unfortunately modern Karate shares this myth with us to a large degree and so the typical block, punch and kick applications you would see in official texts on Taekwondo are

essentially the same type of applications you would see in a contemporary Karate school.

Many modern researchers have found that the movements in Karate were originally meant to be defences against normal untrained assailants. One of the key researchers in this area is Patrick McCarthy and his books and DVD's come highly recommended. The attacks I am talking about is the type of attacks you would be facing "in the street" and not in

the Dojang. We are talking wild swings at the head, soccer kicks to the groin, head butts, lapel grabs etc. Patrick McCarthy coined the term "HAOV", meaning Habitual Acts Of Violence. It is of this authors opinion that the techniques of Taekwondo works best against these kinds of attacks, and as such I have stopped looking at the Patterns I am studying (not just practising) as a battle between me and a bunch of Taekwondo "robots".



Did the creators of the modern patterns know this when they made the modern Poomsae or did they formulate the patterns entirely based upon the kick block punch way of application? I think that would be a great topic for a future article, but for now I will simply recommend interested readers to read the Taegeuk Cipher where Simon John O'Neil has done a lot of research on this.

So now we have examined some of the benefits of Poomsae training, we have seen what Poomsae can and can not do, as well as putting some of the myths surrounding the patterns to rest. I hope that the readers now have a clearer view on the possibilities of Poomsae training. Should the readers ever be confronted by the idea that Poomsae training is a waste of time, then remember that the practice of performing the patterns are only the beginning and should you never go further with your study than the memorising and

perfecting your performance of the patterns, then the side benefits will in themselves be worth it. If it has been a long time since you saw a beginner coming straight from the street struggling through Taegeuk il Jang for their first time, I recommend you coming early for your next lesson, sit down and watch. If you are reading this as a black belt you can see just how far you have come since the day you started practising. Your control of your body is probably light years away from the common man who does not practise a technically demanding art as Taekwondo.

Sources and further reading:


- Chang Hon Taekwon-do Hae Sul (By Stuart Anslow)
- Karate Do Kyohan (By Gichin Funakoshi)
- What is Taekwondo Poomsae (By Kyu Hyung Lee)
- Taegeuk Cipher (By Simon John O'Neil)
- Bunkai Jutsu (By Iain Abernethy)

- Five years one Kata (By Bill Bugar)
- Kukkiwon Textbook
- The Bubishi (Author unknown, translated by Patrick McCarthy)
- Practical Taekwondo (By Mathew Sylvester)
- Shotokan's Secret (Bruce Clayton)

About the author:

Oerjan Nilsen, 2nd Dan in traditional Taekwondo has practised for 11 years. His studies has taken him to Korea many times, competing in Taekwondo Hanmadang 2006 and 2007, and World Taekwondo Culture Expo in 2007. He also studied Taekwondo for one year at Choson University in Gwangju, South Korea (2007-2008). He is currently practising and teaching at "Bergen Vest Taekwondo Dojang" in Norway. Visit his blog at <http://jungdokwan-taekwondo.blogspot.com/> for more articles and his thoughts on Taekwondo.

“The Most important book published on TKD since the encyclopaedia” John Dowding
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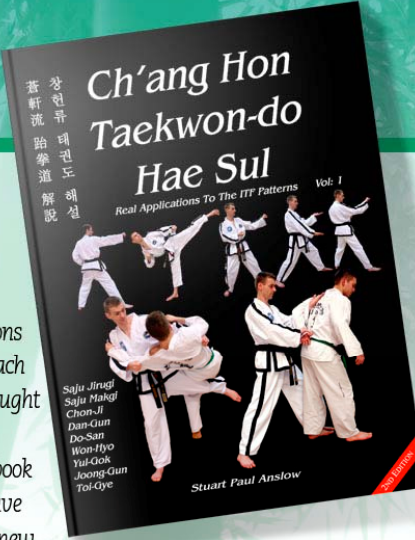
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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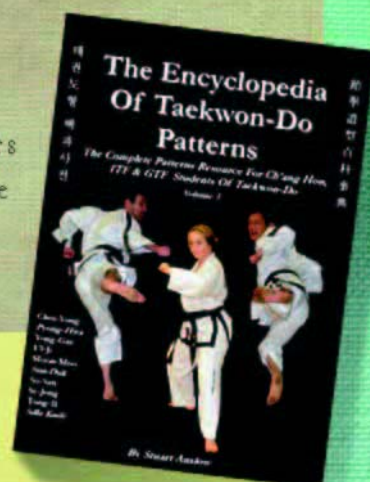
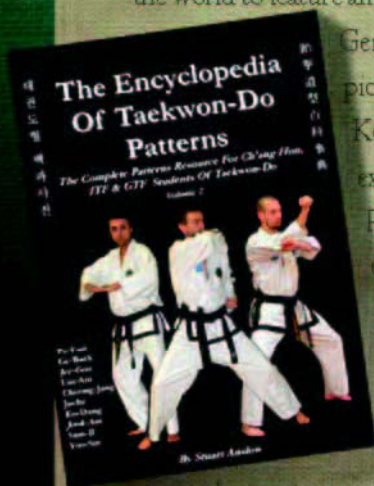
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Volume 2 takes the student of Taekwon-Do from Po-Eun (1st Dan) to Yoo-Sin (3rd Dan) and includes both Ko-Dang and Juche as well as the Dan grade patterns required by the Global Taekwon-Do Federation (GTF).

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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Korean Letters

In Taekwon-Do Technique Names

By Brendan Doogan

A few of the techniques in the Taekwon-Do arsenal are named after shapes. Most of the shapes are letters in Korean or English. Taekwon-Do has no techniques named after animals or supernatural beings, unlike many other arts.

Niunja Sogi is named for the Hangul [native Korean alphabet] letter N, called niun. It looks very similar to L in English. The figure in both languages looks similar to the shape our feet make in L-stance, hence the name. You can see niun in the calligraphy for 'kwon' on the back of the Dobok.

Giokja jirugi looks like another Hangul letter called giok. Giok is a mirror image of niun, and is in 'kwon' as well. Because we don't have a similar letter in English another name had to be found. The shape of the arm is a right angle, but if it were called 'right angle punch' then we might have ended up with a 'right right angle punch' or even a 'left right angle punch'!

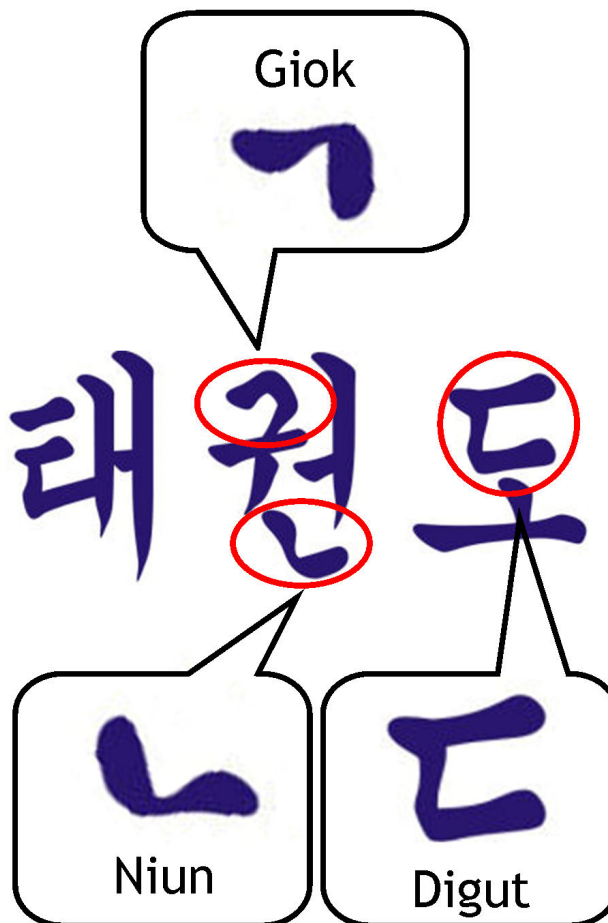
Digutja makgi / japgi / jirugi is named after a third letter in Hangul, digut. It looks like a staple, and a very similar letter is in the calligraphy for 'do'. U shape is the English name, although some have asked why it wasn't called 'C' shape, because C faces

the side, while U points upward. Perhaps the General wanted the name to convey the boxy, angular feeling it has in Korean. U is a bit less curvy than C. I wonder if it's

coincidence that these techniques have names that look like the letters in the calligraphy?

A letter we have in English that Hangul doesn't have is X. *X fist / knifehand* etc are formed with crossed limbs, so the English name fits nicely. The Korean meaning seems to be approximately the same, something like 'cross'.

Gutja makgi / 9 shape block is a little harder to see in the shape of the arms, but it is named for the Sino-Korean for 9, gu or ku.



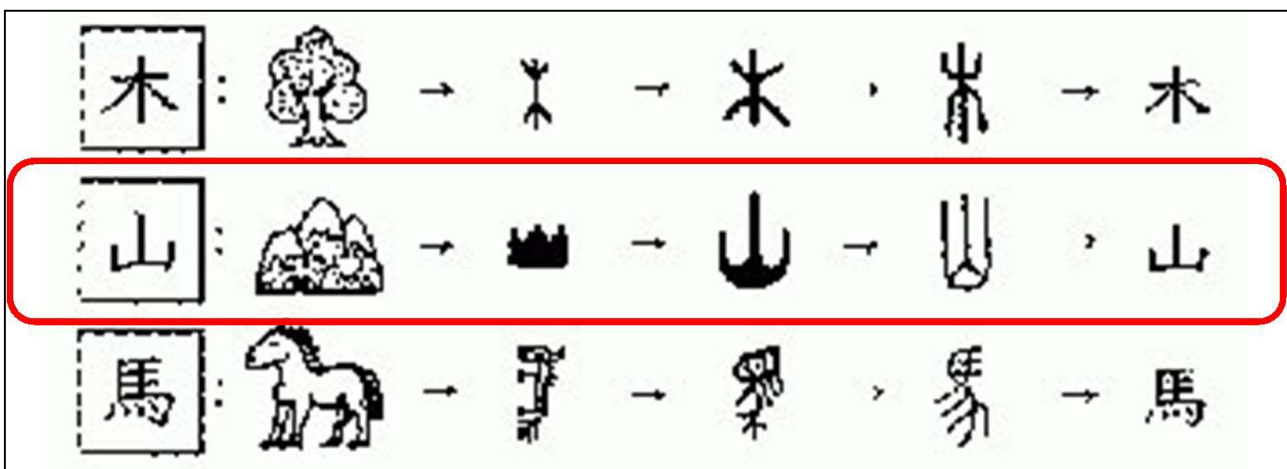
All the techniques above end in '-ja' or '-cha', which can be a handy way to remember their Korean names. The next three don't, although *gokaeng-i* and *kawi* both end in an I (The old name for U-shape block also had an I at the end: *mondung-i*

makgi). These two names are more like techniques called 'twisting' or 'rising' than the others above, because they say more about the movement of the technique rather than the finished position. The name of gokaeng-i chagi / pick shape kick gives a sense of how the kick is executed; a chopping downward sort of motion. Scissors shape kick / kawi chagi also tells us how the kick is executed. It has an identical meaning in both languages.

The last technique named after a shape (I think – can you spot any others?) is W

shape block / san makgi. San in Chinese-influenced languages such as Korean can mean 'mountain'. Indeed, an old name for this technique is mountain block, which a few other arts still use. This name is not because the shape of the body looks like a mountain, but because it looks like the Chinese character for mountain. This is the same character that the Juche tul pattern diagram is inspired by.

These techniques are all unique in Taekwon-Do, having names related to shapes rather than directions or ways of



How Chinese characters developed from pictures

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Retaining Black Belts

By Master Doug Cook

I am on a mission, responding to a request from Grandmaster Richard Chun, my teacher and mentor, directing me to author a column focusing on the retention of black belt holders within my school. Without being presumptuous, this editorial contribution will likely appeal to school owners in particular. Often, on special occasions when in attendance, Grandmaster Chun has expressed surprise and delight at the number of advanced belts actively training at our institute. He routinely congratulates us on our ability to retain black belt students for many years of all degrees and ages.

Let me first say that the Chosun Taekwondo Academy is not what would be considered by today's standards, a large school. Yet, we presently host classes for as many as one hundred black belts from 1st to 4th dan, with 70% being adults. Many have been with us for well over a decade. Traveling as I do to various dojangs, I have come to realize that ours is a unique situation. So, how do we do it? That is what Grandmaster Chun asked that I share with the readers of *Totally TaeKwonDo* online magazine.

When one visits the standard business

model currently employed by many schools, retention revolves around annual membership contracts administered, in most cases, by third-party providers. These financially obligatory documents require that the student commit to training anywhere from one to three, and in some cases even more, years. Once signed, the student is compelled to meet the terms of the contract based on pain of a negative credit rating; should a student decide to terminate their training, for whatever reason, and the agreed upon tuition is either not directly deducted from a checking account or charged to a credit card in recurring payments, the matter is quickly transferred to a collection agency.

Clearly, modern society responds well to money as a prime motivator for action. Consequently, the above policy serves a number of purposes. First - in the words of a venerable grandmaster who I've spoken with regarding this matter - not executing contracts "helps students quit." His comment is founded on the premise that if one is forced to make payments whether they participate in the program or not, they will ultimately choose to attend class albeit half-heartedly. Secondly, based on the system of automatic funds transfers, the



The Chosun Taekowndo Academy membership includes over one-hundred black belts

school owner is assured of a secure, predetermined income. And lastly, since contacts are generally administered by outside billing companies, the school is relatively free of clerical responsibility, at least where tuition payments are concerned.

All of this appears to make good business sense... at least on the surface. Yet, I would argue that many martial artists, particularly adults and parents, consider the implementation of membership contracts onerous at best. Before consciously deciding *not* to exploit this financial tool years ago, I asked myself: Would a doctor, lawyer, barber or, for that matter, any professional of that type, require their client to sign a long-term contract securing their patronage before rendering services? And how would I as a consumer respond to that cunning sales tactic if they did?

I consider my skills just as beneficial to society as any of those offered by the aforementioned specialists. Why then have I deviated from what appears to be a primary financial tool of the martial arts industry in regards to securing membership, active or not? Answer: Because we have chosen a different path; one grounded in tradition, trust and honor bolstered by an unyieldingly

comprehensive and challenging curriculum, ascending through high ranking black belt.



Teen black belts who began as children, grow together

every aspect of traditional tae kwon do, then, and only then, would cross-training become an option. This is not to say that I do not investigate, academically, complimentary martial disciplines and how they relate to tae kwon do. Moreover, I



Adult black belts find the practice of poomsae, hyung or tul, to be enriching both physically and spiritually

sincerely feel that tae kwon do, if practiced in a traditional sense, contains most everything needed for effective self-defense and spiritual enrichment. This philosophy is reflected in our curriculum and in the culture of our school. Our students, particularly the many adult black belts enrolled, share this vision. Rather than feeling compelled to attend class largely urged on by financial commitment, they enthusiastically attend rooted in a desire to dive into the deep end of tae kwon do, taking advantage of our unlimited classes when convenient, grasping the philosophical principles of the art, and

Permit me to point out that I am a devout tae kwon doist. I do not tolerate outside influences that will corrupt our pure-form curriculum. Nor do I support the current trend towards mixed martial arts. When I can truthfully say that I have "mastered"

engaging in a complete martial arts program unsullied by flavor-of-the-day influences.

While I understand the necessity for many schools to rely on contractual tools to secure membership, I feel the richness of our curriculum alone is reward

enough for the black belt to remain and train vigorously on a consistent basis. Accordingly, our syllabus, like many, is composed of a repeating template of requirements that increase in complexity throughout the various belt and dan levels and is predicated on proficiency in an escalating series of basics, one, two and three-step sparring, self-defense, poomsae, sparring and breaking skills. Likewise, just as color belts are encouraged to test every three months, so too are black belts who earn stripes in recognition of techniques and poomsae learned within the same timeframe; this, in addition to earning dan promotion consistent with Kukkiwon tenure and regulations. Striping of black belts between dan ranks is a crucial and unique aspect of the Chosun offering that has proven eminently effective in



The Chosun Taekwondo Academy curriculum attracts black belts young and old alike

maintaining interest and precision of technique. But, here again, a meaningful, authentic curriculum must be in place geared towards the advanced student. Chosun members are also expected to familiarize themselves with Korean terminology and

the philosophy associated with their required poomsae, hyung or tul. There is nothing haphazard about our program; every student knows exactly what is expected of them with the path to advancement clearly provided. Requirements are written out to avoid confusion and preserved as password-protected downloads on our web site to be included in a training journal each student is required to maintain throughout their membership.



The black belt curriculum features training for all ages and dan levels

Furthermore, my instructors and I highlight the self-defense, physical fitness, and self-enrichment components of the art; this is in keeping with tae kwon do as a martial way or a *path* to enlightenment. In addition, we amplify our practice with meditation and *ki* (internal energy) development exercises. As an added attraction for the mature black belt, while



Rather than focusing on competition exclusively, black belts benefit from focused seminars

our school attends several tournaments a year, we do not view the classical martial arts simply as sport and, subsequently, do not focus merely on competition. Instead, we offer technical seminars and defensive courses to students, associated dojangs and civic groups at little or no charge as a community service.

And then there is the intriguing and effective assortment of poomsae or formal exercises we have at our disposal as a central pillar of our practice. As a United States Taekwondo Association affiliate school, we perform the eight Taegeuk and

Palgwe set at color belt, supported by the traditional Moo Duk Kwan and required Kukkiwon Yudanja exclusive to black belts. We also practice the Kibon, Pyung-Ahn and Kuk Mu hyung in conjunction with several ITF tuls, although these are not required for promotion.

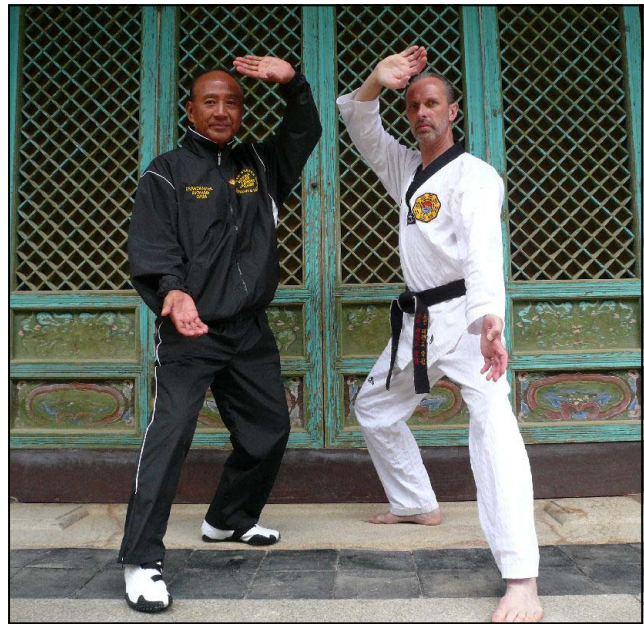


A Chosun black belt receiving advanced dan ranking from Grandmaster Richard Chun

Retaining black belts, particularly adults, for the long term, without the anchor of burdensome membership contracts as a fundamental retention tool weighing them down, is a balancing act between commitment, motivation and commercial solvency. Yet, if the black belt is

presented with an authentic, comprehensive and traditional tae kwon do curriculum free of confusing foreign influences, the task of retention becomes a rewarding challenge that results in a self-imposed desire to make tae kwon do an intrinsic and enduring part of life.

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*, all published by YMAA of Boston. For specific information on the Chosun Taekwondo Academy curriculum, Master Cook can be reached at info@chosuntkd.com or through the school web site at www.chosuntkd.com.



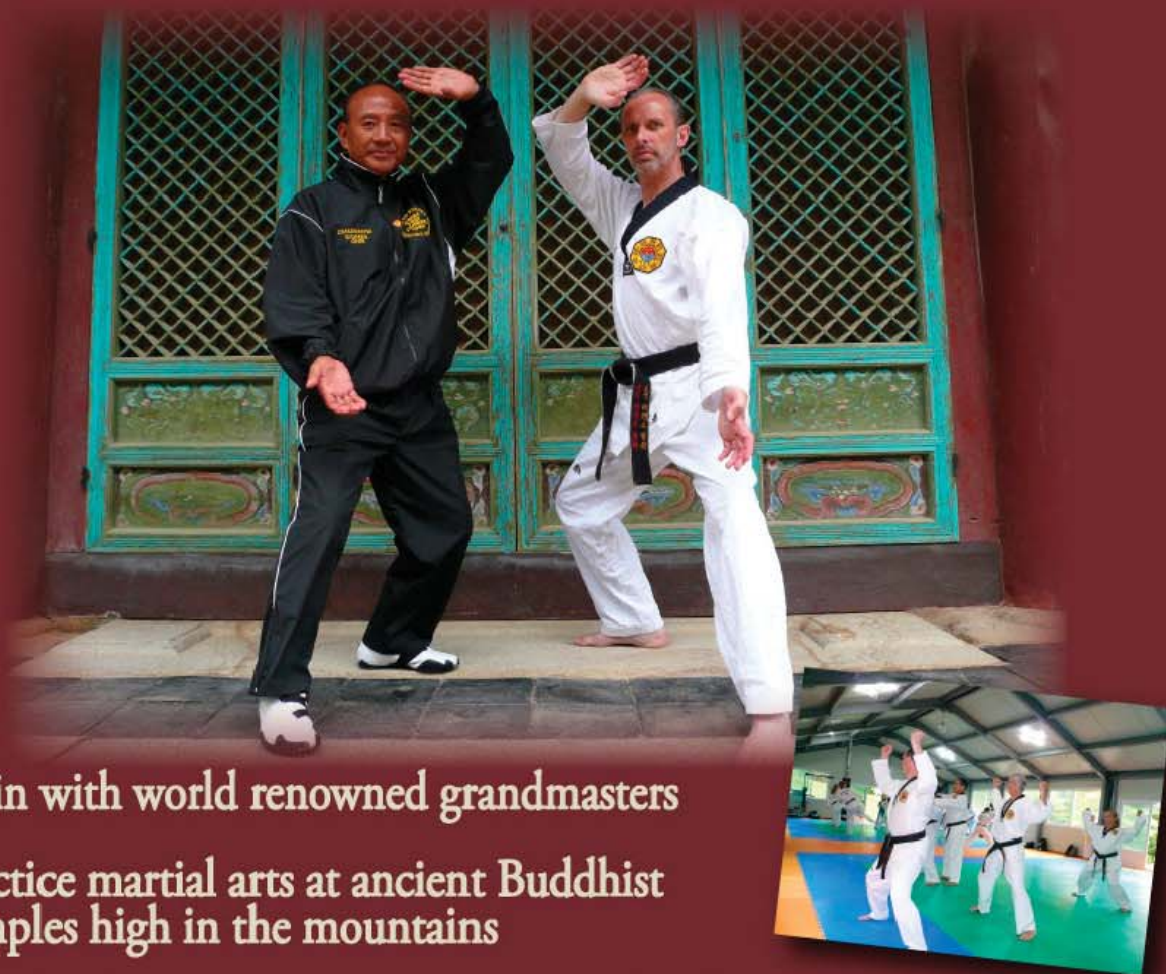
Grandmaster Richard Chun (left) and Master Doug Cook. The author's mentor asked that he write on the subject of retaining black



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Scientific Tae-Kwon-Do

By Ahmed Ehsan

Now-a-days we take Tae-Kwon-Do just as a sport for fitness or to show the people 'how brave we are.' Or to show people our rank in the society. We just show people that we are doing some different and unique thing. But none of us take it a serious sport. Tae-Kwon-Do is deeper than sea. Its every stance, every movement, every kick, every defense and every attack is full of some technical things. Its every action has a unique science.

When we concentrate on a stance or on a movement several things came into our mind. For example, first of all we do physical exercise. Now certain questions arise on it.

Why we do exercise before the game? In exercise why we do these steps and actions? Etc.

Similarly in Poomsae (Kukkiwon forms are named as *Poomse* but changed the spellings in the 1980's to *Poomsae*), *why we do these actions?*

How they can be useful in our daily life?

How we can check the technique of our kicks?

How we can move our feet so that our kick hits the right target?

Therefore, it is also very important for the players to do questions to their seniors and their instructors, so that when they become senior or instructor

they can give answer to their juniors. They can share the experience of their seniors, and they can deliver the important points of technique, to their junior belts. Moreover, questioning has an advantage that a player mostly can't think about an action or movement, but when a junior ask a question he think about that action or step and then he does that action properly and he can find a simplest way to do that action or step.

Moreover, certain times we can't do a step or a movement because we can't take it serious but when we concentrate on that step or movement

we can do it. I want to quote an example of our beloved teacher Mr. Sajid Mehmood. He told us that once he opened a Tae-Kwon-Do School. One day, he was telling the players how to stretch their legs. A student requested Mr. Sajid to stretch their legs. Mr. Sajid told us that their legs were never been stretched fully during his life. But when he tried



seriously he does it only in three days. That was really fantastic. So this is very important to all players both juniors and seniors to think on every step, every action and every movement of Tae-Kwon-Do. And I must say that in belt promoting tests of player's, examiners should include a written paper in the test.



About the Author: Ahmed Ehsan (far right in photo), 1st Dan WTF. Trains at Shaheen Tae-Kwon-Do Academy and is the senior Player. His Coach is Mr. Shahid Mushtaq Bhatti (4th Dan) and he is Coach of Pakistan WAPDA team.

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Real Taekwon-Do: *The De-Evolution*

By Patricia DeArmas, ITF 2nd Dan

Out of curiosity, I opened a handout for a martial arts program located at a fitness center. The martial arts were listed as “Taekwondo and Hapkido,” and short explanations were written for each of the two arts, emphasizing differences. After reading the handout, I was disappointed to find that Taekwon-Do was presented as a simple kicking-and-punching art for young children and Hapkido was recommended for those 16 and older looking for a martial art of “a more advanced nature.” Today, the public image of Taekwon-Do has gone from a deadly military art to so-called “Karate 4 Kids” and an ineffective form of self-defense. Taekwon-Do is facing de-evolution.

Many of us who practice true Taekwon-Do understand that while Taekwon-Do is indeed excellent for children, it is not the easy and impractical martial art it is now believed to be. The original style of Taekwon-Do is a military martial art which includes thousands of effective self-defense techniques, many of which are very advanced and difficult to learn. However, others have never known the martial art of Taekwon-Do to be anything other than the image presented by “McDojangs” and imitation schools around the world. For example, a martial artist blogger writes in a post titled, “Why

Tae Kwon Do Sucks,” how he felt the art was not effective. “I loved every minute of my TKD training. It provided a strong foundation for further training and many life-long friendships. But even at the time I knew that as a comprehensive fighting art, Tae Kwon Do sucks” (Dojo Rat, Why Tae Kwon Do Sucks, para. 1). On another martial arts blog, Taekwon-Do is again illustrated as useless. “...Taekwondo is

critiqued by the public [as] 70% kicking, 10% punching, 20% flying and 100% useless... Taekwondo is now more a sport for the biggest losers to keep fit and learn how to kick boards in mid-air” (Kevin Lee’s Virtual Dojo, Why Taekwondo Sucks, para. 1- 3). Due to McDojangs and inadequate schools appearing around the globe, the false imitations of Taekwon-Do are now taking the place of the true martial art in the eyes of other martial artists and the general public.



Even some sanctioned Taekwon-Do schools are becoming more overly businesslike than good do-jang. Certified Taekwon-Do instructors, accomplished though they may be, do not always teach their students the effective martial art that they themselves learned. Some Taekwon-Do instructors, including some teaching at sanctioned schools, care more about

making money than promoting the true Korean art of self-defense. False flattery, short and rushed classes, frequent tests, and poorly trained students are sure signs of a “McDojang.” Like the products of the McDonalds’ food chain, McDojangs appear flashy and amazing at first, but this is only an illusion. A McDonalds’ hamburger may appear to be a delicious burger on the outside, but the creators do not care about the ingredients inside of it, only that consumers accept it as a hamburger and buy their product. The same is true with the McDojang, which appears to be an accomplished martial arts school on the outside, but on the inside, it is all a business designed to make money. It appears to be a good school at first, but the ingredients that go into making this kind of do-
jang are not at all as they should be. They are often schools that appear in chains, a do-
jang under the same organization name appearing in every city. These chain schools appear



to pop up almost as often as McDonalds’ restaurants do. Marketing and a friendly image brings in students, but these practitioners do not get their money’s worth. Oftentimes, students can achieve their black belts in mere months—paying outrageous sums of money for their classes, not including various fees. These students leave their do-
jang with a false sense of accomplishment, never knowing that they have been duped into paying for a belt with no meaning. Other do-
jangs claim to teach Taekwon-Do but their students are actually learning something

that is a sport or a form of fitness rather than a martial art. Although their students generally have fun and get good exercise, that in and of itself is not Taekwon-Do. There may not be a problem with sports or fitness, but there is certainly an issue with teaching it under the name of Taekwon-Do. Taekwon-Do has de-evolved, has gone from a respected martial art to something considered laughable. This de-evolution must be stopped; Taekwon-Do must return to its original form.

Real Taekwon-Do is nothing like the business Taekwon-Do and the false Taekwon-Do.

In *Real Taekwon-Do*, it takes three to five years to achieve a 1st dan black belt, and that is when one does not miss any classes and trains hard. In *Real Taekwon-Do*, students do more than just exercise; they learn an effective form of self-defense. In *Real Taekwon-Do*, adults benefit as well

as young children. In *Real Taekwon-Do*, instructors are honest with their students. In *Real Taekwon-Do*, instructors always have time to teach and recognize that Taekwon-Do should not be a money-making scheme, but a way of life. *Real Taekwon-Do* continues to evolve, not deteriorate.

Real Taekwon-Do is what was founded on April 11th, 1955 by General Choi Hong-Hi, a martial art which developed into maturity in the 29th Infantry Division. The original form of Taekwon-Do has many benefits,

among them strength of the body and the mind, drastically improved character, and self-confidence. However, Taekwon-Do is also a superior form of self-defense used in actual battle. Taekwon-Do started out as an improved version of Shotokan Karate and evolved into a unique and effective martial art. It is not a sport for young children and it is not an excuse to charge money for belts that were not earned. Taekwon-Do is a way for anyone—young or old, small or large, male or female—to become better individuals and to learn effective self-defense.

T a e k w o n - D o instructors should take great care to teach Taekwon-Do in its purest form and preserve the original martial art. It is saddening to think that there are do-jangs where black belts are nothing but u s e l e s s accessories, and s a n c t i o n e d Taekwon-Do schools where students are taught incorrect techniques. There are even some do-jangs that started

out as great schools but deteriorated into McDojangs, bent on making money and ignoring the fact that their students are paying for poor training. Some instructors do not even recognize that their students have changed from skilled Taekwon-Doists to confused practitioners with pitiful technique. Others understand what they are doing but simply do not care. These instructors generally hide the truth with false flattery of students, detailed excuses, and/or rushed and short classes.

Earning money to support your life and

your family by running a do-jang is not wrong. If your do-jang is your sole form of income, it needs to be a business. However, just because a do-jang is a business does not mean that *Taekwon-Do itself* needs to become a business. Teaching Taekwon-Do because you love it should be the true reason for running a do-jang; making money should be an added bonus. By rushing classes, teaching less to your students, testing students more frequently, and charging extra fees it is possible to gain more students and earn more money whilst being lazy, the money-orientated instructor is ruining the integrity

of Taekwon-Do. A good instructor who runs a do-jang should teach Taekwon-Do as a true martial art—they should have classes of an adequate length, teach students good technique, test practitioners only when they are ready, and charge students only what is reasonable. Instructors should all the while promote true Taekwon-Do and teach students a real martial art.

The do-jang should still have good marketing and still earn money, but students should get their moneys' worth. True Taekwon-Do cannot be sacrificed.

The combination of McDojangs, sport-Taekwon-Do, and kicking-and-punch exercise Taekwon-Do results in a bad name for our martial art. Most people today either consider Taekwon-Do an ineffective and uselessly flashy martial art or an easy pastime for little children. Although true practitioners know otherwise, the general public knows only the false image of



Taekwon-Do. These imitation-do-jangs are generally well marketed and therefore more well-known. If instructors continue to teach false Taekwon-Do, *Real Taekwon-Do* will reach near-extinction and eventually cease to exist.

It is up to us to promote the true form of Taekwon-Do and continue to spread the Taekwon-Do the way it was meant to be practiced and taught- it is up to us to teach *Real Taekwon-Do*. Only we martial artists can keep the true form of Taekwon-Do alive- only we can prevent the de-evolution of *Real Taekwon-Do*. Taekwon-Do must retain a good name for the world to know what a truly amazing martial art it really is.



About the Author:

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

The pictures in this article were supplied by Michael Munyon and Stuart Anslow, to enhance the article. They have no connection to the author and are for presentation purposes only!

Interestingly, both supplied pictures that show anti-pistol defences - despite never having met, running different schools on opposite sides of the Atlantic ocean!

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Pyeongwon:

Practical Applications for the Opening Sequence

By Jeff W. Rosser

Pyeongwon, an advanced poomsae in the Kukkiwon style of Taekwondo, is a very interesting form with a lot of great martial applications. This article will detail four practical applications for the opening sequence which include the use of an elbow strike, arm bar, shoulder lock, and inner thigh reaping throw (also known as uchi mata in Judo).

In this form's opening sequence, the practitioner starts by turning to the right into a back stance, right leg forward, with a low right knife hand block. The practitioner then turns left into a back stance with the left leg forward and executes a left knife hand block at the height of the solar plexus (hansonnal momtong bakkatmakki). Then, the practitioner shifts forward into a forward stance and executes a right rising elbow strike (oreun palkup ollyeochigi). Following this technique, the practitioner executes a right front kick (ap chagi) and sets the foot down on the opposite side of the left foot while also pivoting on the left foot 180 degrees. At this point, the practitioner finishes this sequence with the completion of a left leg back kick (momdollyeo yeop chagi). The following are practical applications for this series.



Application #1:

Following the initial downward knife hand block to the right, turn 180 degrees to the left and execute a knife hand block to stop an attacker's right punch (See Figure 1-A). As you do this, you will also be shifting most of your weight onto your rear leg as you transition into a back stance thus moving your body and head away from, and out of the range of, the punch. Follow-up by shifting into a forward stance, thus closing the distance, and execute the rising elbow strike to the chin of the attacker (See Figure 1-B) while simultaneously cutting off any second punch that he might throw using his left hand.



At the same time, your left hand, which just executed the knife hand block, can be used to grab the attacker's arm or track down to the attacker's wrist and then grab. By doing this, you will pull your attacker in and off balance as you re-chamber your left hand to your hip. From here, grip behind the attackers head with your right hand and pull down as you execute a knee strike to the solar plexus (See Figure 1-C). Then set your foot down as you rotate your hips 180 degrees as this allows you to step into your attacker, remove any space between the two of you, load his weight onto your hip, and position your feet together in preparation for reaping his leg (See Figure 1-D). Continue with the turning back kick only this time, use the back kick in a reaping motion between the legs of your attacker to execute a throw of the attacker over your back and to the ground (See Figures 1-E and 1-F). This is often referred to as uchi-mata in Judo and Ju-Jutsu.



Application #2:

Following the initial downward knife hand block to the right, an attacker at 90 degrees to your immediate left (toward the front in the poomsae) executes a left punch aimed at your head. As you start to turn 180 degrees, your weight will shift back onto your right leg thus, moving your head out of the path of the punch. At the same time, your execution of the following knife hand block should arch in front of your face thus, also deflecting the attacker's punch (See Figure 2-A). At this point, use your knife hand block to track down the attacker's arm to the wrist, grab the wrist, and pull it with your left hand back to the chamber position on your hip. Simultaneously, execute a rising elbow strike directed at just behind the attacker's shoulder to secure a shoulder lock (See Figure 2-B). You can

continue with a knee strike to the arm followed by a shoulder lock arm drag takedown as you execute the 180 degree turn (See Figure 2-C).



Application #3:

As an alternative for #2, if the attacker throws a right punch to the head (as opposed to the left punch thrown in #2), shift your weight and turn just as you did in #2 and execute the knife hand block to the inside of the attacker's right arm (See Figures 3-A and 3-B). Again, track down the attacker's right arm and grab at the wrist as you pull your left hand toward your left hip chamber position. Simultaneously, execute the rising elbow strike to the attacker's right arm just above the elbow (See Figure 3-C). Finish with a knee strike directed toward the elbow to break the arm (See Figure 3-D).



Application #4:



(From ready position with the attacker directly in front of you): The attacker throws a right punch and you react by stepping forward with your left leg at a 45 degree angle and pivot into a back stance with your right leg in front. Simultaneously execute a right knife hand block to the outside of the attacker's punching arm. Then continue just as in application #2. Alternatively, if the attacker throws a left punch, you should react by stepping forward with your right leg



at a 45 degree angle and pivot into a back stance with your left leg in front. Execute a left knife hand block to the outside of the attacker's punching arm and then continue just as in application #2.

Notes: Special thanks to Hwang Won-Yeong Sabomnim, Lee Min-a and Kim Hyeong-su for helping demonstrate in the photographs. This article also contains excerpts from a book that the author is currently in the process of writing.

About the author:

Jeff W. 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.

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Children & Coaching

By Jon Mackey

Should coaching be allowed at children's tournaments?



In many sport based martial arts there are tournaments held where children of ages of six and upwards are allowed to compete against each other. In many cases and rightly so the rules of the sport are altered to allow a fun and not so competitive match against a peer. In my own sport of ITF Taekwon-Do many associations will change the format from one of light contact continuous to one of semi contact or stop start points fighting, which for children is less pressurised and reduces the chances of the bout turning into a brawl due their limited skill and knowledge at that age.

Another rule enforced for children's bouts and this includes colour belts of all ages up to adult is that coaching is prohibited. The reason's behind this rule make sense to a degree but there are in my opinion more positives than negatives when you allow a

child's coach be present at the ring during a fun bout.

Coaching in Ireland has come on leaps and bounds with credit given to the guys and girls at IMAC and Coaching Ireland who are rolling out level 1 and now level 2 coaching programs for their respective martial arts. Therefore increasing the knowledge of new coaches to the needs of children in sport including the code of ethics. Coaches in 2012 are more knowledgeable in this respect. There are however 'coaches' to be found in many clubs who wouldn't know the first thing about creating an atmosphere of fun and inclusiveness for the children attached to their clubs, I have encountered individuals on the rings who are hot headed, aggressive and argumentative . It is individuals like these who have directly

influenced the decision by many associations to prohibit coaching on children's bouts.

However, and thankfully these kinds of individuals are in the minority and as professionalism becomes more accessible in the 21st century they will inevitably become a thing of the past.

The negative influences a bad coach and indeed a parent can have when attending a children's bout are many if the wrong attitude is adopted. Indeed parents and family members can be some of the worst perpetrators when it comes to shouting support.

As an umpire I have had to stop children's bouts and ask parents and family members to be quiet after shouting 'support' along the lines of "go on son get stuck in" and "get your hands up and kill 'em" among other slogans which were aimed at two seven year olds. Obviously this kind of event can only serve to damage the child's

experience and alter the view of what fun competition is all about.

Toss the coin and on the flip side where you have a clued in coach and understanding supportive parents the positive influences that can be brought to bare on the child during the event are ten fold.

Therefore it is time to reevaluate the prohibition on coaching at children's events in order to develop and change the mindset of parents and coaches when it comes to children competing.

We were all children at some point therefore we can easily relate to how daunting it is to be sitting in a group of peers at the side of a ring waiting to be called to compete. It is even more daunting when you are on your own from your club amongst other kids who maybe from the same club or have met each other before. In fact you don't have to be a child competing to understand how this feels, it





is the same for adults!

Now insert a friendly face in the shape of the child's instructor or coach. Now there is someone to help control the nerves and promote the fun element of competition. It provides a trusted face to ease the tension.

It is the nervous build up that blocks a lot of kids from wanting to compete. The flow of adrenaline in the bloodstream and the effects this has on the child make it even more uncomfortable. Being able to talk with the child, reassure them and let them see a relaxed smiling face will certainly work towards keeping more children competing and having fun while doing so.

Two other major factors that will have a negative impact on the child is of course the risk of injury and losing.

As coaches and umpires we have all seen the little 8 year old who receives a punch to the belly and the shock of it sends them into tears. In the current rule set of no coaching, the already upset child now has

to deal with an stranger in the form of an umpire bended on one knee seeing if they are ok, and the possibility of the a guy in a red and grey uniform with red crosses all over it coming to see if they need medical assistance. What the child wants and needs in a situation like this, is either a reassuring parental face or the trusted presence of the coach. Either one in this situation will help ease the stress on the child and if the coach is at the ring side it alleviates this all the more because the child is reassured of their presence.

In relation to losing, a child must never feel upset at losing. This can be negated by the beliefs and value systems instilled at the club. Competition must never be for winning, it must only be for participation. Winning of course is a bonus, coming away with a medal is a happy day, but competing is a great day. This ethos needs to be installed in the child at the club and the club must institutionalise such an ethos.

Having a coach present at ringside to deal with the upset of losing a bout can only serve to help reinforce the ethos of participation first, winning second. Unconditional positive regard must be to the fore at all times. Winning or losing, the child receiving a 'high five' as they come off the mat helps anchor the experience as one of positivity. Seeing how the coach interacts with the child can also benefit the parents who in some rare cases can become challenging as they question the results and the umpires decisions in front of the child.

All of this positivity that can be created by having a suitable coach in place at ringside can be immediately undone by that one individual who lets their emotions dictate their behaviour and thus become irate and overly competitive on the child. In order for tournaments to become more child focused and allow coaches at ringside stringent

penalties need to be available to umpires and tournament committees so they can come down hard on such coaches and have them removed from the ring and banned from coaching at such events in future until proper training through the NGB is achieved.

In conclusion, I would like to pay tribute to those associations who are successful at running child friendly tournaments. Those tournaments that have a medal for every competitor, those tournaments that ensure enough medals to provide small and inclusive divisions, those tournaments that are matted and safe and those tournaments that put participation ahead of winning all need to be commended and supported. It is now time for those tournaments to allow suitable coaches to be allowed coach and supervise at children's bouts for all of the positive elements that it can bring.



Using Paddle Pads

By Master Frank Murphy

This month we look at the paddle target pad. While the paddle pad is not strictly a focus pad, it still is a very valuable and important piece of equipment. The story behind the paddle is that a group of Korean Taekwondo experts who were looking to warm up prior to an exhibition held a martial arts shoe by the heel and held it so that the wider top end of the shoe could act as a target.

On the market today the improved version has a design that is tailor made for kicking. With a narrow end shaped for the handle and supporting elastic that acts as a tie around the hand should the paddle be knocked from your hand, the top end resembles the top of a small tennis racket. Sometimes this top end is doubled up with a second pad to allow for extra absorption.

For the beginner and the intermediate martial artist this piece of equipment is very easy to hold without the fear of getting hurt. It is also easy to quickly to change over to your partner during class and of course it does not hold sweat like the focus pad.

HOLDING A PADDLE PAD.

When holding a paddle target focus pad for turning or roundhouse kicks try and tilt the pad up at an angle to your wrist so the kicker does not kick your hand as your wrist will be in line with his or her kick.

If the holder is holding the paddle incorrectly the target and his wrist are in line. It is best to hold the paddle tilted to avoid injury.

CALLING COMMANDS

So how many times do you practice and what drills are beneficial and safe ?

One of the best drills with the paddles is:

1. *First practice from a stationary position, some standard techniques, like the front kick, jumping back fist, and the turning kick.*



Correct



Incorrect

2. *Then do the same whilst moving around except it is very important how the commands are called.*

For the command of “front kick” the holder holds the paddle flat about waist height to accommodate the front kick.

The easy way is to have the person kicking the paddle call out the commands to the holder. This will build the confidence quickly in the kicker and also keep the holder awake as he or she will have to adjust to holding the paddle to accommodate the kicker's requests.

Keeping the holder focused on the kicker is important as sometimes the holder loses concentration and may get distracted, especially if not fully involved in the exercise.

The next way is have the instructor count the exact commands. This keeps the intensity of the exercise under control. A good idea to add an extra dimension to the drill is to incorporate switches along with the kicks.

The paddle is a lot safer than most equipment and is ideally suited for practicing all the major kicks especially the spinning variety. It's safer because it's easier to hold and the kicking is all directed at the paddle with hardly any need for the holder to absorb any impact from a passionate kicker.

This also helps when partners are of unequal weight and height.

When practising for axe kicks. Hold the opposite way round so you turn the paddle around so that you hold the handle up as high

as possible and the round part of the paddle underneath. This is great for axe kicks and is safer for the holder.

Try to build up a number of repetitions when training that is why the paddle is also ideal for inclusion in circuit training for example:

The holder counts out the number of repetitions the kicker performs in one minute while the time is taken by the instructor. A good level would be approximately 90 to 95 turning kicks in one minute.

The same exercise working against the clock can be used to practice the axe kick or the axe kick with a switch. As this could be heavy and unbalanced on one side of the body for as long as a minute, it is still a good exercise for 30 seconds.

IMPORTANT NOTE REGARDING SPARRING

The purpose of the paddle is to improve correct distance, timing and accuracy. These three aspects are vital to understand before any sparring is undertaken. For example if someone cannot hit a paddle target correctly at least seven out of ten attempts what is the point of practising with a willing (mostly unwilling if they know that accuracy is lacking) partner.

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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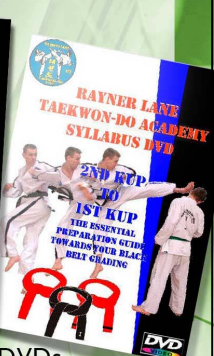
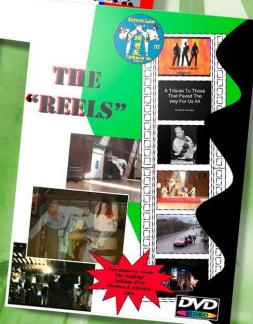
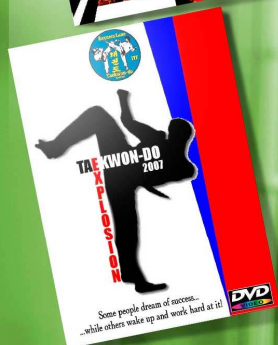
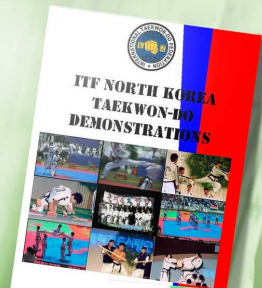
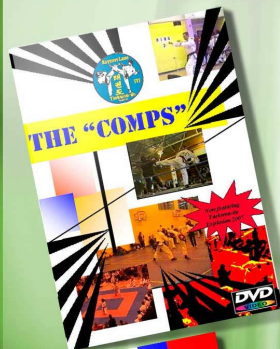
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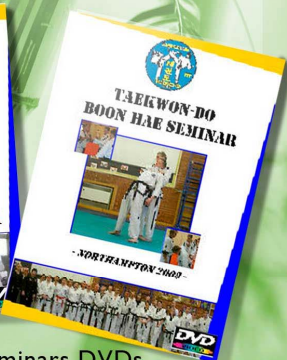
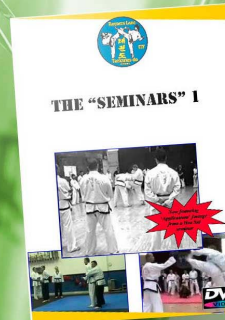
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Street Or Sport?

By Dave Lomas

Many people when first joining a club will not be aware that some clubs teach their students in the practical street defence and unarmed combat aspects of the martial arts while others will teach their students the specific fighting techniques required for the competition arena. In the case of kickboxing as a sport, or some other form of competition event, the methods and techniques used seem just the same as any other form of street combat but this is not so.

Based on a simple example, which may not apply to some competition events, if your opponent was standing in a sideways on position in front of you and you throw a hook kick to your opponents back then this would be a practical, and to a degree, effective way of defending yourself and taking your opponent out, but in the competition ring this would not be allowed or would not be registered as a point scoring strike.

In some point scoring competition events there are specific areas of the body that have been selected as point scoring targets such as the head and chest but

strikes to any other parts of the body are not recognised as legitimate point scoring areas. If a persons back is not recognised as a point scoring area then the person defending against their opponents kicks and punches would not consider learning how to defend their back as this would not be a point scoring area, however, in the event that the fight was in the street, where

there are no rules, their opponent would instinctively strike to their back or any other area in an effort to take their opponent out.

If you were trained in the sport competition area of the martial arts since the day you started learning the martial arts and was not aware of the differences in training methods or was not aware that the club you had joined was not teaching

street combat but sport combat then you would not be aware of the need to learn blocking methods to defend your back. In this situation your back would be extremely vulnerable to kicks and punches because you would have never been made aware of the need to learn defensive blocking against that type of attack. In the case of the person attacking in this way, within a



competition event, they would not even consider the option of kicking to someone's back as they would know that it was not a point scoring target area or if they did strike to their opponents back then they would be disqualified, in some cases, in the same way you would not be allowed to kick or strike to the groin area for safety reasons. Although a kick is just a kick, regardless if

used in competition or in the street, the way it is used and applied does make a great difference, therefore sport or street combat is not truly the same.

The photo used in this article is courtesy of Cara Shaw & Sang Jo Lee's White Tiger Martial Art. And is for presentation purposes only.



Self Defence: *A Separate Entity* *with IOTF Taekwon-Do Malaysia*

By Jerome Blanes

Introduction

First of all, let me introduce myself. I am Jerome Blanes and I was born and raised in Amsterdam in The Netherlands. I am a sports coach and trained from an early age in European and Asian Martial Arts for which I holds several ranks and grades. After growing up in Amsterdam I have lived in England and Malaysia. I teach Silat, Bela Diri and Knife Defence at amongst other places in my own gym/studio in Kuala Lumpur, Malaysia and at the University of Nottingham Malaysia Campus. Besides a martial arts enthusiast I am a committed runner and have written several books about music, martial arts and exercise.



Since May 2010 I hold an Honorary 4th Dan with the IOTF Taekwon-Do Federation for teaching a structural realistic self defence programme to their Taekwon-Do practitioners in Malaysia. Malaysia's national representative, Benny Teh, is a realist and in his vision it was necessary to approach modern day society and violence with an open mind. With this article we would like to show you a glimpse of what we train next to the regular TKD syllabus. It must be clear though that in no way we are criticising or mean any disrespect to the art of Taekwon-Do, General Choi or any practitioner of Taekwon-Do. You may disagree with everything we do or write or have an entirely different philosophy, which is absolutely fine. We would just like to show you a look into our ways. Feel free to contact us if you are interested to learn more.

Strategy

What our curriculum looks for is fast and simple solutions. The pain/damage strategy works well, even for a person who is on his own. Our philosophy is that in order to control an attacker, you have to inflict instant pain and/or instant immobility. It causes the attacker to be distracted so you can apply follow-up techniques or it stops the fight all together. Instant pain and damage can be inflicted by only focusing on a small list of realistic targets that practically always have the right effect. The main targets are the eyes, the groin and the knees. Secondary targets are the chin/jaw and the shin bones.

Situation strategy according to our philosophy:

Run:

- Decide whether fight is avoidable. If so, then Run.

Fight:

- Decide whether fight is inevitable. If so, then Attack inflicting Instant pain and/or

immobility followed by Finishing Techniques or Run.
-Leave the scene to avoid other possible attackers.

Fight strategy according to our philosophy:

- Inflict instant pain and/or immobility
- Create closeness/hug situation, bring attacker to floor
- Follow with Finishing Techniques (pain, damage, immobility)

Carrying a knife is a mistake unless you know how to use it. Your attacker might have a knife so you must learn how to avoid and take that knife from him. Therefore you must also learn how to use it. What is the use of taking the attackers knife if you can't use it yourself? Disarming an attacker comes with many myths and unworkable techniques. If you use techniques that do not 'grab the wrist of the hand that holds the knife', you will get badly cut and might lose the fight and die. Therefore; you must grab the wrist of the hand that holds the knife! Scooping hands that hold knives with the back of your hand, like some knife-based martial arts do, will get you seriously hurt if not killed. Police reports indicate that the instinctive grabbing of the wrist has saved many people's lives. Of course when somebody is moving his hand and knife in order to cut you, you cannot grab his wrist. At these moments you back off your torso and head and bring your hands back if there is distance. If there is no distance you will have to slap the whole arm away with your hand of your opposite arm. On the outside of the arm you slap the elbow; on the inside of the arm you slap the forearm. There is absolutely no guarantee that you will not be cut.

Knife defence strategy according to our philosophy:

-If an attacker attempts to cut/slash you:

Back off your torso and head and bring your hands back.

If there is no distance between you and the attacker, slap the whole arm away with your hand on the opposite side. On the outside of the arm slap the elbow; on the inside of the arm you slap the forearm.

-If attacker threatens or lingers:

Grab the wrist of the hand that holds the knife, attack and inflict instant pain and/or immobility and follow with Finishing Techniques.

Knife offence strategy according to our philosophy:

Attack and inflict instant pain and/or immobility followed by Finishing Techniques.

Other Important Factors

Besides self defence we look at other important factors.

Adrenaline

An important aspect of life threatening situations is the way our bodies respond. High stress and the realization of being in a dangerous situation triggers our body to create adrenaline. Adrenaline is a powerful hormone produced by the adrenal glands enabling our body to, amongst other things; get more oxygen into the lungs in order to increase physical performance for short bursts of time.

High stress, the realization of being in a dangerous situation and adrenaline gives the feeling that you think faster. It can make you think too much of consequences and might

make you freeze and not move at all. It is said that this is some kind of prehistoric instinctive response, probably good to avoid being noticed by a sabre-tooth tiger. Deciding not to fight might be a good idea but freezing totally is very dangerous. Adrenalin also has the habit of making parts of your body shake. The shaking of your knees and other limbs can be demotivating, thinking that fear is taking control of you. Speaking with a trembling voice can give your enemy the idea that you are scared and might make him attack. Best is to keep moving your limbs a little and not to let the shaking discourage you. If you know it influences your voice, don't talk too much or don't speak at all.

If you choose to run, make sure there is the possibility to run; open door, escape route, long running route, help close-by, etc. If you can't run and there is no other way out of the situation you will have to fight.

Initiating is difficult if you are not an aggressive person and don't have much experience. When you feel the rush of adrenalin, which can only be described as a sense of fear, a cold feeling or a lifting feeling, breathe deeply and slowly for a few times. At the same time count and strike pre-emptively on the count of three (or whenever you see the perfect opening). This is also how we train singular strikes and kicks on for instance a punching bag or training dummy. Counting also stops you from listening to the verbal abuse that might be directed at you.

Endorphin

Another helpful substance the body makes is endorphin, which eases possible muscle and joint ache during exercise and gives feelings of euphoria. It is a natural pain-killer and anti-depressant. Again a prehistoric invention that was probably meant for making our life easier when we were still nomads and running after the herds for days. In a fight it is unlikely to come and help you out but it will certainly be there when you train hard enough.

Targets

We work with the old rule that striking must be done using the closest weapon to the closest target on the opponent's body. If a target is too far away and you have to reach for it, you are simply too far away. You either move closer, use another technique that does reach the target or realize that if a person is too far away: there is no fight. We do not focus on any unrealistic or mythical targets on the body of the opponent. We focus on inflicting instant pain and/or immobility. The three most realistic targets that inflict instant pain are the eyes, the groin and the knees. Secondary targets are the chin/jaw, throat and the shin bone.

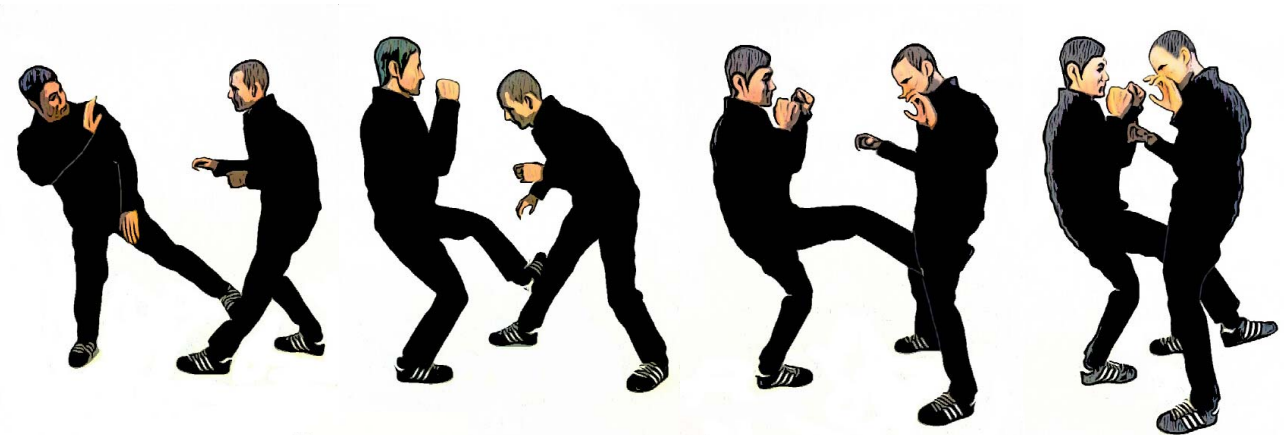
Technique

Low Kicks

Reality asks for all kicks to be aimed low. And believe me; if you have trained high kicks for many years, this is like learning all over again. Kicks need to be aimed at the knees and groin and never above the hips.



Applications of this can be seen in the following pictures:



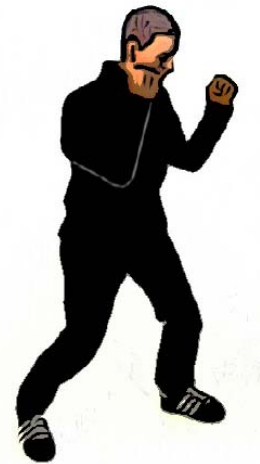
Multi Directional Kicks

Another thing that needs to be trained is to incorporate existing kicking techniques into multi directional kicking. Aspects of this are already in the art of Taekwon-Do, but it can be taken a lot further. An application of kicking to the back can be seen in the picture.



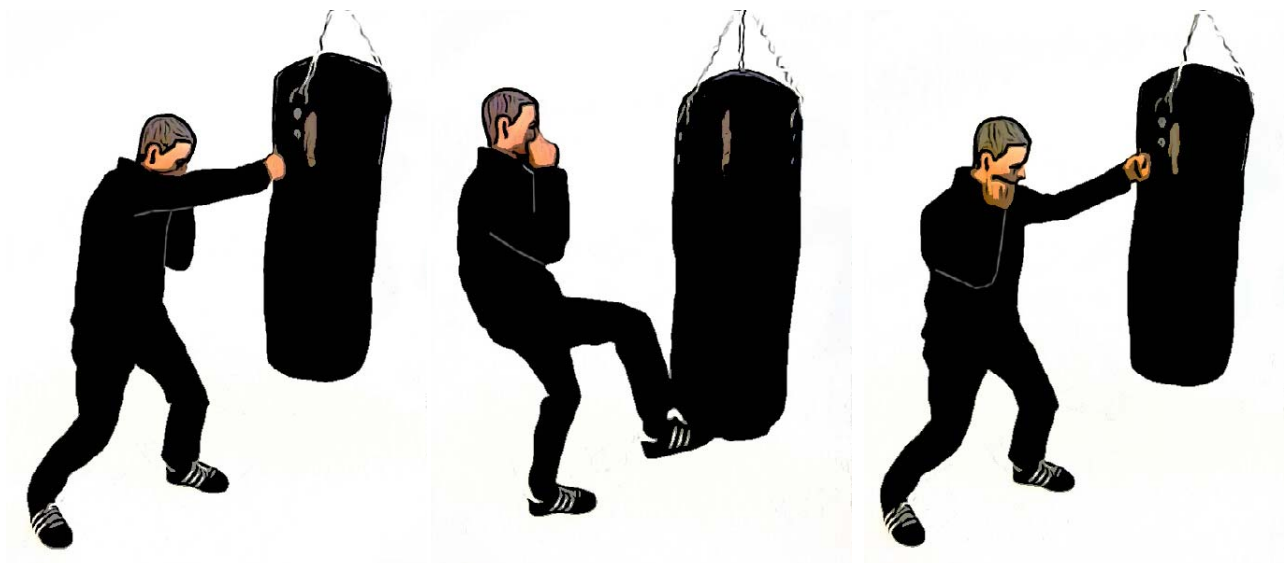
Posture

Another thing that we drill endlessly is bringing up those hands. They simply need to be placed high at all times. If you read a lot of books about Taekwon-Do then you must have seen that this principle is already part of the art. A great example is for instance C.K.Choi's posturing. Look it up and learn more than you already know.



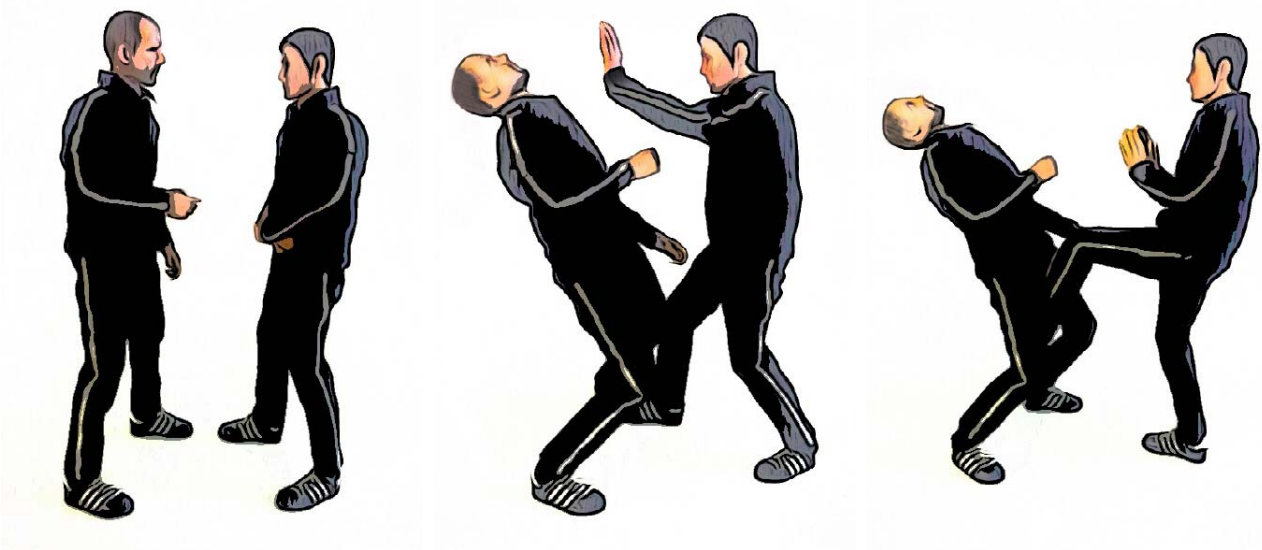
Training Tools

Incorporated into training is the use of punching bags and training dummies. Many Taekwon-Do schools already do this, but in our curriculum and way of training we bring this up to a very high level.



Full Strategies and Scenarios

The most important part of the curriculum are the full strategies and the scenarios in which everything comes together. A lot of recognition and blending occurs with what was already or is being learned with Taekwon-Do training.



More information and publications

The structural realistic self defence programme as taught to IOTF Malaysia has been published in a manual with over 500 illustrations. More information can be found here: www.selfdefenceoffence.blogspot.com



Benny Teh (3rd from the left), Jerome Blanes (in black Gi)



For more information you can email (amsterdamoffice@yahoo.com)
or visit website: www.jeromeblanes.blogspot.com.

IOTF website: www.IOTF.info

Master Benny Teh (7th Dan) in Malaysia: teh.benny@hotmail.com

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But You are not Much of a Writer

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Let us know if you can help by
emailing us the following:

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in writing, but are a bit camera shy.*

*If you have some good pictures of Tae Kwon Do
regular photos or funky Photoshop ones,
send them to us and we'll keep them for
when an article needs prettying up. If we
use them, you will of course be credited.*



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Sponsor Totally TKD

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

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

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

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

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

Its Not Just Another PDF

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

Within Budget

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

Sponsorship Packages

Platinum Sponsorship @ £2000 per year

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

The package includes:

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

Gold Sponsorship Package @ £1200 per year

The package includes:

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

Silver Sponsorship Package @ £800 per year

The package includes:

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

Bronze Sponsorship package @ £300 per year

The package includes:

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

A, B, C Web Site Sponsorship

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

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

*** Further adverts at usual advertising rates

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

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

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

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

TKD Organisation Sponsorship @ £500 per year

The package includes:

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

Club/Small Groups* Sponsorship @ £200 per year

The package includes:

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

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

Worldwide Downloads

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

May 2011 Downloads

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

Graphic Design

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



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

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

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

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

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

Issue Deadlines are the 20th of each month

Submission Guidelines

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

— Bernard Meltzer



Issue 37: 1st March 2012

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