

TOTALLY TAE KWON DO

Issue 4

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June 2009

The Free Global Tae Kwon Do Magazine

Taekwondo For
40-Somethings



**Grandmaster
C.K. Choi
Interview**

What If...



**...The ITF &
WTF Merge?**

Plus
How To Conquer TaeKwon-Do's Hardest Techniques
Who's The Master?
Adrenal Stress Training
How To Build A Master Breaker Board Holder
Core Flexibility Training
Sayed Najem: Journey To Our Dreams

As well as many more great articles inside

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

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Editorial
Issue 4 - June 2009

What can I say, I am impressed by the amount of support the magazine is getting and the constant supply of articles to the magazine, supplied on a monthly basis. As many know, I write the odd article myself when the subject matter touches me or warrants it, but again, I have been removing my articles in order to ensure space for the rest, though to some that may not be a bad thing (inset chuckle here).. For the magazine its not a bad thing either, if you see what I mean. So a big thank you for all those that are supporting the magazine and in the future, I intend to do a profile type article of some of the regular writers of the mag, so the readers can get to know them better, where they stand and where they are coming from.



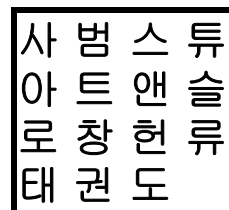
Two things amaze me however! Firstly, it is the quality of the articles for the magazine, surely a tribute to both the writers and the knowledge that the Tae Kwon Do world holds within its members. Secondly, despite numerous downloads (issue 1 has been downloaded over 20,000 times, issue 2 over 15,000 times, with issue 3 is not too far behind those figures) the lack of letters as opposed to the level of readership just seems odd! Perhaps it a case of those that are happy to write in, already do by way of articles, I'm not sure, but I would love to see more letters coming into the magazine, both about the articles and magazine in general and of course, the TKD Clinic section... so get writing!

Whilst discussing the articles, I'm sure you'll agree that the quality is high and also that many articles are 'high end', meaning they cover stuff that's in-depth and possibly the sort of stuff that those in the art a few years enjoy and appreciate, but I'd also like to see some 'low end' stuff, for our more junior readers, like white and yellow belts. Articles such as 'how to perform a reverse turning kick' etc. as these types of articles are of interest to many many Tae Kwon Do students around the world.

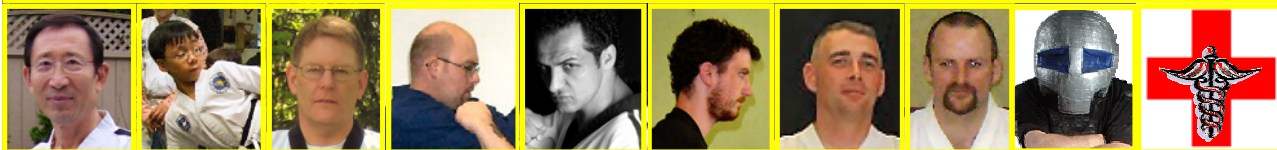
What can I say about this edition of the magazine; with so many great articles I feel bad putting one in front of another, but they have to go in somewhere and at least they are not taken out to make space... there's solitude in that I think!

Enjoy this months magazine.

Stuart Anslow
Editor



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Totally TKD News

Japanese Director Set to Make Taekwondo Film

Korean news paper *Chosun Ilbo* reports that the Japanese film director Ryuhei Kitamura looks like an erratic high school student with bleached blond hair and pitch black eyebrows. In Korea for a meeting with a potential distributor for his new project, a film tentatively titled "Tae Kwon" for which the shooting begins later this year, Kitamura already has a deal with big Japanese production company Yoshimoto Kogyo to make the film, with the U.S.' Arclight Films in charge of distributing the film in North America and Europe.



The film, as the title suggests, is about Korea's Taekwondo. That a Japanese director should want to make it is not as improbable as it may seem. Born in Osaka, Kitamura quit high school in Japan and moved to Australia to study cinema and is currently working in Hollywood. A sports fanatic, he says he has tried almost every martial art, including Karate, Kendo and Judo.

His passion for action is reflected in "Azumi" (2003), an adaptation of a popular Japanese manga. Although it had an abysmal box-office record in Japan, the film was hailed in the U.S. for the uniqueness of its violence. His Hollywood debut "The Midnight Meat Train" (2008) was an adaptation of a short story by horror writer Clive Barker, and did respectable business.

"I want to make this film because I was

enamoured with the mysteriousness of Taekwondo. Given the worldwide popularity of the sport, it seemed odd to me that it's nearly impossible to find Taekwondo schools in Japan, when you can find it in just about every city in the United States," Kitamura says. "I took a one-day course about three years ago, and the sophisticated positions and movements seemed very mystical."

He said he feels something Korean running through his veins. "I felt the Korean spirit from my childhood, hanging out with Korean-Japanese friends. Sometimes when I watch my films, I feel like I'm watching a Korean film," he says.

Four New ITF Grand Masters

At the recent European Championships in Benidorm, ITF (Vienna) appointed four new Grand masters. Many congratulations to Grand Master Tom MacCallum, Grand Master Pablo Trajtenberg, Grand Master Hector Marano and Grand Master Javier Dacak.

Master Zubairi Taekwondo Cup 2009

The Zubairi's Martial Arts Centre-Lahore City Branch organized the Master Zubairi Taekwondo Cup 2009, on 18-19th April at Lahore city of Pakistan. Run under the supervision of Pakistan Taekwondo Council referee and judges committee headed by Master Sarwar. The other members were Instructor M.Akbar, Rana Shakeel, Amin Baig and Mohammad Naeem.



More than 100 participants took part in the competition under the rules and regulation

of World Taekwondo Federation-Korea. Instructors Majid Ali Rana and Omar Farooq were assigned to conduct the tournament by Prof Dr Rizwan Mustafa Zubairi.

The winners in different weight categories were: M.Talha, Shafiq-Ur-Rehman, M.Adnan, M.Omar Farooq, M.Bilal, Muzammil, Hasan Zulfiqar and Amir Mirza.

Mr. Ali Hassan graced the occasion as a chief guest, and distributed the certificates, shield, medals and trophies among the winners.

The second days the demonstration of Taekwondo techniques, Hapkido self-defense, as well as breaking skills have

been shown to the large audience gathered to witness the event.

Dan Grades Awarded

Grandmaster Zubairi awarded Dan grade certificates in Febuary, in Pakistan following his Recommendations. Grandmaster Zubairi has also read the special message of KMAIA World Chief Grandmaster Oh Kum Yul of South Korea. "Grandmaster Oh Kum Yul sends the special invitation for Pakistani martial artist to come and have special training at KMAIA-World Headquarter at South Korea". The international director of KMAIA has praised the promotion of Korean Martial arts of Taekwondo, Hapkido and Kumdo by GM Zubairi in Pakistan and Somalia.

Letters & Emails

Editor,

The recent "State of the Art" article contained 3 errors vis a vis ITF sparring rules.

1. ITF sparring is continuous, the fight is not stopped to call points.

2. Headgear is mandated only for junior competition.

3. More points are awarded for head kicks.

The scoring is as follows:

- A. Any Hand Technique = 1 point.*
- B. Any Kick to the body = 2 points*
- C. Any Kick to the head = 3 points.*

Please print this letter so the readers are not misinformed.

Earl Weiss, US

Dear TotallyTKD,

As regards the article "WTF vs ITF" in Mays issue of the Magazine, ITF sparring is always continuous (if its actually ITF tournament sparring) for adults, isn't it?

The rules of ITF-C tournament sparring also make it clear that a strike must be solid to be scored.

Just read like ITF TKD sparring was getting a bit of a slating in the article. What the author was talking about was semi-contact/ points sparring, which is only used in children's competitions in the ITF as far as I know.

Tae Kwon

Diarmuid MacSuibhne, Ireland

Thanks for the info guys. I don't think Mr. Wilson was putting ITF sparring down, but simply, as a non-ITF practioner, wasn't as well versed in all the in's and out's of the sparring rules. - Ed

An Interview with Grandmaster C.K. Choi

By Philip Hawkins[©], 2005

For many the name Grand Master Choi Chang Keun is unfamiliar to them, but in its abbreviated form of 'Grand Master C.K. Choi' it brings instant recognition to anyone who has truly studied TaeKwon-Do. For those who either trained under him, or have witnessed any of his performances as part of the ITF Demonstration teams of the 1960's and 1970's, they describe him as a man of awesome ability. He is renowned for his array of powerful kicking and jumping techniques and has attained a fearsome reputation when sparring.

Grand Master Choi is open and approachable, he has an actively astute mind, is an articulate, genuinely friendly man, who talk's openly with a wealth of knowledge on both the techniques and history of TaeKwon-Do. You are also aware whilst in conversation with him that he also has both an inner strength, and a steely self-confidence,

Q: Can I start by asking when you first became interested in the martial arts?

A: I began to study TaeKwon-Do in 1956 whilst I was still in middle school in the city of Won-Ju, South Korea. The Dojang I originally trained at was affiliated with the Chung Do Kwan. However in 1958 I started to train under Master (Major) Woo Jong Lim (Director of Tae Kwon Do for the Korean 1st Army) who although serving in the R.O.K. Army was also teaching at the only civilian Oh Do Kwan gym in Korea at



that time. All the other Oh Do Kwan gyms taught only military personnel. As you know General Choi Hong Hi had founded the Tae Kwon Do (Oh Do Kwan) in 1954 with the assistance of Master (Captain) Nam Tae Hi.

Q: Which patterns were you practicing at this time?

A: I practiced Tae Kwon-Do patterns created by General Choi Hon Hi along with Karate patterns (Katas) and sparring patterns designed by my Instructor; Master Woo Jong Lim, in the

1950's and the early 1960's.

Q: I believe you became a TaeKwon-Do Instructor in the R.O.K. Army how did this come about?

A: I had attained a 2nd degree in TaeKwon-Do whilst training under Major Woo Jong Lim. At this time in 1960 Master Woo was appointed to the R.O.K. Army training center in Non San from Won-Ju and

became Chief of Staff to General Choi. It was here that he asked me to give a TaeKwon-Do demonstration along with Master Han Cha Kyo for a TaeKwon-Do educational film. General Choi; who at this time was commander of the R.O.K. Army recruiting center, was watching. He wanted a Tae Kwon Do educational film made and sent to the United States so that Tae Kwon Do could be introduced to there. After the demo had finished he asked if I would be interested in joining the Army to teach Tae Kwon Do. After discussing this proposal with my parents I accepted and joined the R.O.K. Army in 1960, after which I taught Tae Kwon Do at the R.O.K. Army's largest recruiting center in Non-San.

Q: You were young to be teaching in the R.O.K. Army. Did this cause you any problems?

A: I had gained experience teaching as an assistant whilst training under Major Woo Jong Lim. I was the first Korean Tae Kwon Do (Oh Do Kwan) Champion in Tae Kwon Do in 1962, in sparring and patterns. I also taught under General Choi's order. Therefore this helped me gain respect from those I trained. I had to train very hard not to disappoint Master Woo and General Choi and I was promoted to 3rd Degree Black Belt in 1962 by Master Woo Jong Lim.

Q: You are renowned for your flexibility and kicking abilities. How hard did you have to work on this or did it come naturally to you?

A: Although I have always trained hard I did have a degree of natural flexibility, which in truth I was not aware of until I started to teach TaeKwon-Do. (Grandmaster C.K. Choi then, without any warm up, dropped straight into both front and side splits with ease. He is 64 years old!) As regards my kicking, Major Woo Jong Lim emphasized to me to practice both left and right equally. I also practiced extensively with a bag to improve both my power and technique. I also practiced my

punching and striking techniques endlessly, as well as my standing and jumping kicks.

Q: How many hours daily did you teach in the R.O.K. Army?

A: I would teach for two and a half-hours in the morning and evening respectively - 5 days a week - and for two and a half-hours on a Saturday morning. I must emphasize that the training in the military was extremely hard, as it should be. We would practice patterns, breaking and sparring. We also spent time on physical conditioning that included lots of running which helped create more power and improve our stamina. In addition we spent time conditioning our hands and feet. You can have beautiful techniques, but without the power it does not work for self-defense. This is what military TaeKwon-Do was all about. We would also practice defenses against bayonet and rifle attacks.

Q: I've heard it said that upon first meeting General Choi and joining the R.O.K. Army that he told you to go into a room and just practice TaeKwon-Do on your own. Is this correct?

A: Yes. He told me to go to the gym and practice Tae Kwon Do.

Q: Did you also train under Grandmaster Kim Bok Man at this time?

A: No, I did not. When I was teaching in the Korean Army Training Centre under General Choi and Master Woo Jong Lim, Master Kim Bok Man came to see me in 1961. I spoke with him for about 5 minutes. That was the first and last meeting with him in Korea. When I went to Singapore I met him and stayed with him for about a week before going to Kuala Lumpur, Malaysia. However my masters were General Choi and Master Woo Jong Lim (Master Choi became a Major General in the 1980's)

Q: Could you tell us about your competition career in the early 1960's?

A: In 1962 Master Woo Jong Lim created the Tae Kwon Do Championship in sparing, patterns, breaking and special breaking.

Master Woo held the 1st championship in Won-Ju Korea with the assistance of Kim Jong Chan and others in February 1963. I won the first Tae Kwon Do (Oh Do Kwan) Championship in both the sparring and patterns. This was the first Tae Kwon Do Championships ever held in Tae Kwon Do history. I won the second championship in June of 1963. I also won the first Korean Tae Soo Do (Tae Kwon Do, Tang Soo Do, and Kong Soo Do) heavyweight championship in the 3rd, 4th and 5th degree division in 1963. I was the smallest in the division, but quite fast so the bigger opponents



found it hard to hit me. The rules used were similar to those used by the WTF today but we used more hand techniques. In that tournament 1st and 2nd degree were divided into light, middle and heavy, as were the 3rd, 4th & 5th degrees. This was the first combined Martial Arts tournament in history.

Q: Why was it called Tae Soo Do?

A: There were Tae Kwon Do, Tang Soo Do and Kong Soo Do styles that wanted to affiliate with the Korean National Athletic Association under their respective names. Therefore the Korean National Athletic Association told them to come up with a unified name. The two Tae Kwon Do representatives wanted to use the Tae Kwon Do name but the seven Tang Soo Do and Kong Soo Do representatives did

not. The only name that could be agreed upon was Tae Soo Do. Tang Soo Do and Kong Soo Do Masters wanted to use the word Soo as it means hand. As a result the Korean Tae Soo Do Association was formed and affiliated with the Korean National Athletic Association.

Q: I think many readers will be surprised by the name Tae Soo Do.

A: The Tae Soo Do name was suggested by Tang Soo Do Master, Lee Jong Woo who became the Vice President of KTA, Kuk Ki Won and WTF. Tang Soo Do and Kong Soo Do Masters would eventually

control the Korean Tae Soo Do Association which became the Korean Tae Kwon Do Association in 1965.

I should also make it clear that I have a problem with those who have helped to cause confusion in Tae Kwon Do. I had a personal experience with them after becoming the first Korean Tae Soo Do heavyweight champion. There were 6 champions and 6 runner-ups set to go to Japan to represent Korea, for the goodwill tournament in 1963. 11 were from Tang Soo Do and Kong Soo Do and only one was from Tae Kwon Do. I was supposed to go to Japan as part of this, but I was excluded from the team solely because I was the only Tae Kwon Do man

Now however they claim to represent and practice TaeKwon-Do. I would just like to know when they started to learn Tae Kwon Do. When I was practicing Tae Kwon Do in the late 1950's early 60's they certainly were not practicing Tae Kwon Do.

Q: Did you have any input into any of the patterns?

A: I was with General Choi from 1962 until 1981. At this time he was still creating the Tae Kwon Do patterns and I assisted him on the creation of the pattern Gae-Baek. When General Choi was appointed the Commander of the 6th Army Corps in 1961 I was invited many times to perform some new patterns that he created. After performing the patterns for him he would ask me "What do you think?" I then told him my opinions.

Q: How did the opportunity arise for you to go abroad to teach?

A: In 1962 General Choi asked me to go to Malaysia to teach (He was the Korean Ambassador to Malaysia) but at this time I was still in the R.O.K Army. After being discharged from the Army in 1963 General Choi

invited me to come to Malaysia. I first met Master Rhee Ki Ha in Seoul, Korea in 1964 when we were both applying for our passports. When we went to the Korean Ministry of Foreign Affairs to get passports our passports the clerk at the counter told us that there was no such occupation as "Tae Kwon Do Instructor" listed. I asked what we should put down as our occupation on our passports. The clerk went away to consult with his superior. He

eventually returned to us and said that we had been approved to have "Tae Kwon Do Instructor" on our passports. He told us we were the first Tae Kwon Do instructors recognized by the Korean government.

Q: In which country did you first teach?

A: I to Malaysia in 1964 to teach Tae Kwon Do in Penang.

Q: How popular was TaeKwon-Do prior to your arrival?

A: Tae Kwon Do was already popular, as General Choi had started to teach there whilst he was the Korean Ambassador to

Malaysia. However many referred to him as the Tae Kwon Do Ambassador as his goal was to teach everyone. General Choi was very friendly with the Prime Minister, Tunku Rahman, as well as many other Government officials.

We were asked to perform many demos like the one on Malaysian Independence Day when both the King and Prime Minister were in attendance. Tunku Rahman helped General Choi immensely.



Q: Were you now teaching the Ch'ang-Hon patterns?

A: I was teaching Tae Kwon Do patterns from Chon Ji upward. We did not use the term Ch'ang-Hon Patterns because there is only one Tae Kwon Do system; that which was founded by General Choi with the assistance of many Masters.

Q: You had quite a reputation at this time and yet many have said that both

your appearance and demeanour were quite deceptive.

A: Yes this is true. My friends used to call me schoolmaster, as they said I had the appearance of one. But I have always had total confidence in my Tae Kwon Do ability. Once they saw my training they knew I was a good Tae Kwon Do Master.

Q: Did your students compete whilst you were in Malaysia?

A: Yes, many of my students were successful at the 1st Asian Championships held in Hong Kong in 1969. However, my teaching's were not tournament based, but for self-defense. I used to tell my students that winning tournaments was fine, but if they were ever in danger they should also be able to save their own lives with the powerful techniques that they possess.

Q: Did you grade under General Choi at this time?

A: Yes. I did and I received 8th Degree Black Belt in 1981.

Q: How was your own training developing at this time?

A: I was always looking for better ways to train, especially with regards to power, speed, strength, stamina, flexibility and the application of techniques in sparring. If your body is flexible it is much easier to perform. This benefited my students greatly. Our objectives are to train our mind and body to achieve the highest level of physical fitness and mental discipline so that we can uncover the supreme person within each one of us. It is also important to practice the original Tae Kwon Do patterns to maintain the traditional Tae Kwon DO training system.

Q: Did you believe back in 1966 that TaeKwon-Do would achieve the global recognition that it has today?

Its beyond my belief that TaeKwon-Do has become as big as it has. Under the leadership of General Choi, many Pioneering Masters, instructors and

supporters worked hard to teach and spread Tae Kwon Do all over the world. I believe we all did our best to promote Tae Kwon Do and Korea.

Q: Were your current grades accepted by the ITF?

A: Yes. I think so. In 1981 I received 8th Degree Black Belt from the founder of Tae Kwon Do, General Choi. Who is not going to recognize that? Unless they are not a Tae Kwon Do organization. I was also one of the founding members of the ITF and received the No. 5 Recognition Plaque from the ITF.

Q: Do you think that the original pioneers of TaeKwon-Do receive the recognition that they deserve?

A: No. I don't think so because the Korean Tae Kwon Do Association, Kuk KI Won and WTF, with the support of the Korean Government did not allow the teaching of the original Tae Kwon Do (ITF style) in Korea since 1973. The Korean government dissolved the ITF in Korea with the support of KTA and WTF because of General Choi's opposition to President Park Jung Hee and his dictatorial regime. This is one of the reasons the original Tae Kwon Do Pioneers' devotion and hard work has not been recognized by the Korean government.

It was wrong to ban and dissolve the original Tae Kwon Do in Korea because of General Choi's personal political views. The Korean government officially approved Tae Kwon Do as Korea's National Martial Art in 1965.

Since 1973 there has been no original Tae Kwon Do in Korea. Many people outside of Korea have more awareness of Tae Kwon Do's history than the Korean people themselves. Unfortunately, there are people in Korea who tried to eliminate the truth for their own benefit and protection.

The Korean government is now in a position to recognize the original Tae Kwon

Do, correct its history, and support its teaching in Korea again. This is the only way to honor all the Pioneering Masters and Instructors who have traveled the world to teach and spread Tae Kwon Do under the Korean name. They have been the real Korean patriots.

Q: How long was your stay in Malaysia?

A: I lived in Penang from 1964 to 1969 teaching Tae Kwon Do in Penang, Ipoh and Aloha Star. I had to teach in almost half of the country from time to time. I miss my old students very much. I hope to see them in the near future.

Q: Did you modify your teaching in any way from the way you taught in Korea?

A: The training method was the same whether you were in Korea, Singapore, Malaysia or Canada but I continued to develop modern training methods all the time. In my experience; when teaching, it is important to understand a beginner's point of view. You do not want to train them too hard in the beginning. You do not train them as you would a champion.

Q: In 1973 you were chosen to be part of the ITF Demonstration Team that travelled the World. Could you please

share with us any memories you have from this tour.

A: General Choi selected Masters Kong Young Ill, Rhee Ki Ha, Park Jong Soo and myself we were chosen to travel the world demonstrating, promoting and giving TaeKwon-Do seminars. We traveled for a total of 43 days. I have many happy memories of this tour. We performed in front of huge crowds in some wonderful stadiums. When we were giving a demonstration in Cairo, Egypt the stadium was full of people but they could not see from one end to another. We had to give four demonstrations, one on each side. They were impressed by our demonstrations and it seemed like we were treated like rock and roll stars. Our demonstrations were very popular everywhere we went.



Each host country provided our breaking materials. I recall on one occasion our boards had been soaked in water by a karate group to make the boards tougher, but we still broke them. On another occasion we (and our hosts) were embarrassed by a group of martial artists who gave a demonstration using, what I perceived to be tricks. I asked the MC to make a public announcement that I wanted to challenge anyone of the martial artists. It was out of character for me but I wanted

to show them Tae Kwon Do's power and skill. They quickly disappeared.

I also travelled frequently with General Choi in the late 1970's. On one particular tour we traveled to Poland, Hungary and Yugoslavia. This was the first Tae Kwon Do demonstration Team that ever visited communist countries. Some Korean Martial Art practitioners said that we were communist. However, the WTF invited these same countries to the 1977 WTF World Championships in Chicago and I was told they even paid for their expenses. So I was somewhat confused as to who was a communist and who was not. In 1979 I traveled throughout South America giving demonstrations and seminars, accompanying General Choi and Master J.C.Kim, and others.

Q: Who has impressed you most throughout your TaeKwon-Do career?

A: General Choi Hong Hi and General Woo Jong Lim.

General Choi is the founder of Tae Kwon-Do. There was no Tae Kwon-Do prior to the 11th April 1955. I respected him immensely as he was both intelligent and creative. He devoted his life to create and develop Tae Kwon-Do with the assistance of Grand Master Nam Tae Hi and other Masters.

I would also like to mention General Woo. He had all the good qualities of a human being that any man would want to have. He taught me not only the best Tae Kwon Do techniques which allowed me to become the first Tae Kwon Do and Tae Soo Do champion but he also taught me values for life. I received Tae Kwon Do lessons and life lessons at the same time. Unfortunately General Choi and General Woo are not here with us now but I sincerely thank them for what they have done to make me who I am today. I would also like to thank all my Tae Kwon Do Pioneering friends who devoted their life to teach and spread Tae Kwon Do worldwide.

You have been my good friends and my strength.

Q: I believe you were instrumental in the creation of the ITF emblem on the back of the Doboks. Can you tell us more about this?

A: General Choi asked me to develop a new Dobok for the ITF that was different from the karate style uniforms we were wearing. The emblem on the back of the ITF Dobok symbolizes a tree, which has continual growth. I designed this for everyone who practices Tae Kwon Do. It was not designed for profit. However, recently I have heard that people have tried to patent the design. I sincerely hope that this is not the case.

Q: When did you leave the ITF?

A: I had been with General Choi since 1960. He came to Vancouver in 1979 and General Choi and Grand Master J C Kim and I had discussions to go to South and North Korea to give tae Kwon Do demonstrations. We all agreed to do so but General Choi decided to go to North Korean only. I disagreed with General Choi's decision to go to North Korea. I felt it was wrong at that time, as there was no dialogue or communication between the two Korea's in the late 70's early 80's. I parted from General Choi in 1981. Today however the climate is different and the two Governments are talking. Many of my fellow pioneering Masters felt the same as myself at that time and also left General Choi. General Choi lost most of his Senior Grand masters and Masters and was forced to re-organize with Junior Black Belt Instructors while saying that all Korean Instructors betrayed him, which was not true. In 1982/83 General Choi tried to contact me, but I was not ready to talk unless he could change his politics. Obviously, he did not. Prior to leaving General Choi, Master J.C. Kim and I were selected as ITF representatives to merge with the WTF. Both ITF and WTF representatives had three separate meetings in Vancouver, Canada and Seoul,



Korea but we could not reach any agreement.

Q: How are you involved in TaeKwon-Do today?

A: I still train every day. I also regularly conduct seminars and promotional tests together with advice on how to run a successful Do Jang (school). Since General Choi's death in 2002 I have been meeting with ITF's Pioneering Grand Masters to find a way to unite the original Tae Kwon Do family under the leadership of the most senior Grand Master, Nam Tae Hi. On August 16th 2005 in Vancouver, Canada we set up a committee to begin the formation of The Tae Kwon Do Pioneers Council with Grand Master J.C. Kim, Grand Master Cho Sang Min, Grand Master Lee Yoo Sun and myself Grand Master C.K. Choi. The objective of the Council is to help and support all Tae Kwon Do groups worldwide whenever they need assistance. The Council would like all the Grand Masters, Masters and Instructors to work together to support and unify the Tae Kwon Do family.

Q: If you could give one piece of advice to the various ITF groups what would it be?

A: I would like to see all ITF groups unite and put all of their differences to one side and work together to make the ITF stronger for the benefit of everyone concerned. I am willing to help any true Tae Kwon Do practitioners in the world. I am also currently writing the true history of Tae Kwon Do. If you have any historical information please feel free to contact me.

e-mail address: itfchoi@shaw.ca

Thank you for giving such an interesting and informative interview Grandmaster Choi.

NOTE

At the beginning of the interview General Woo Jong Lim is referred to as a Major. This was his military title at that time.

Philip Hawkins can be contact at www.taekwon-dohistory.com

How To Conquer Taekwon-Do's Hardest Techniques

By George Vitale

There are over 3,200 fundamental movements in the Korean Martial Art of Self Defense of Taekwon-Do. I am sure that many of us students have difficulty in performing more than a few of the more advanced and complex techniques. Likewise I am also pretty sure that many will argue over which techniques are actually harder, with the decision often being made by individuals taking into consideration their talent level and body makeup. With that being said I searched for what I think are some of the more difficult techniques to perform. Using the patterns or Tuls of original Taekwon-do we see that

there are a total of 970 steps or movements that are counted while performing these patterns. If we add in 39 movements in the pattern KoDang Tul, which was replaced in the 1980s by JuChe Tul, the total jumps to 1009.

Now of course not everyone does these Tuls, which were the first Korean Taekwon-Do patterns designed from the mid 1950s forward. Nor will every student make it up to the final pattern, Tong IL Tul, which is performed by 6th Dan black belts. However they are a good place to start, as millions of students worldwide do practice them and they have been documented thoroughly in various forms of media, ranging from print to electronic. Patterns

are after all a compilation of fundamental movements set in a sequence. So which of these movements are not so fundamental? Which ones drive students crazy while attempting to do them in the pattern?

My guess would be that many would identify and pick the flying kicking techniques found in JuChe Tul. As



stated above this pattern was devised in the 1980s, some 30 years after the others were started. As a result of Taekwon-Do's development and progression, new techniques were added and had to be incorporated into the Chang Hon set of patterns.

It has been reported that this pattern was designed primarily by the late Grandmaster Park Jung Tae. General Choi Hong Hi, the founder of original Taekwon-Do told me it was placed in at the 2nd Dan black belt rank, as that was the level that seemed to correspond with a student's peak performance. After all, according to him, the color belt levels were to learn the alphabet, while a 1st Dan black belt would start to use that alphabet to write. Hence a 2nd Dan would have spent an additional minimum of 1.5 to 2 years before they learned this pattern. For many it would also be a rank held prior to the body slowing from the inevitable aging process.

Unfortunately once many advance up the

ranks they rush into learning their new patterns. Maybe it is a result of the seemingly never ending quest for higher ranks or the need to learn these new required patterns so they can compete successfully at their fresh belt rank that is to blame. Possibly it is a combination of both of these or other factors that take away the student from the very basics that assisted them in getting to where they are now. When we look at the 1st pattern learned by beginners, ChonJi Tul, we see basically 3 techniques, middle punch with the fore fist, low block with the outer forearm and middle block with the inner forearm. Now these fundamentals are drilled and have been practiced countless numbers of times in isolation before the student even attempts to learn the pattern. In fact they are all covered in the fundamental exercises called SaJu Jirugi (4 direction punch) and SaJu Makgi (4 direction block).

However when it comes to some of the most difficult f l y i n g techniques, they

seem to never be practiced enough in isolation to insure a proper grasp. How is that? Doesn't it make sense that the more difficult and complex moves be trained even more so? Of course it does! This is just plain old common sense. This is the key to getting a better handle on these techniques, as many if not most of us will never be able to really nail some of them down, but we can improve by practicing them outside the pattern.

The United States Taekwon-Do Federation testing guidelines suggest the reverse

turning kick should be introduced at the 4th grade blue belt level. These guidelines were established by Grandmaster Michael Winegar as an upper Dan black belt thesis after exhaustive research of the Encyclopedia of Taekwon-Do. So if you train your blue belt students in a reverse turning kick correctly, you will start by having them understand the purpose and method of the technique. The primary tool to be utilized is the back of the heel. Your target is usually to your side rear. A good comfortable stance must be taken to allow the pivot and speed needed to deliver this kick. As with many kicks, the development is aided by the use of focus pads or kicking shields. Reverse turning kicks are first introduced in the patterns in EuiAm Tul,

which is practiced by 2nd Dan holders.

Once a student has been able to deliver a fast and powerful kick using the targets or pads, they then can shift to doing it in the air, but using the same speed and power. At first and for a long time the students will lose their balance as there

is no target or shield to help stop the kick. Most students will naturally slow down their kick so they do not lose balance. This however may be common place, it is counter productive. Students must struggle using full power and speed while attempting to maintain posture and balance. This is a common mistake and one that the watchful eyes of a good instructor can not let happen. A proper kick can only be done with balance when it is delivered with realism.

Moving to the dreaded and all so difficult



Junior Black Belt Derek Tang - Reverse Turning Kick To Pad

dodging reverse turning kicks that appear in JuChe Tul can be ever so daunting if you have not developed a good reverse turning kick. Likewise this kick must be practiced in isolation and with the kicking pads. At first the student should be walked through the dodging motion. Dodging helps a student to avoid an attack. In this case not only does the student avoid, but they counter while dodging to the rear. This move is difficult enough, without adding in the kick. Therefore it is essential that the motion of the dodge is broken down into manageable parts, working on one step at a time. When the student is comfortable with the dodging, they can start to add the kick, but still concentrating on the motion. The kicking shields should not be added till the kick can be delivered smoothly in the air using the dodging motion to the rear. Only then, should the student then use the targets. Once the target shields are ready to be used in conjunction with the complete kick, don't forget to have the holder move in on the kicker so they are forced to dodge to the rear.

When one realizes how hard it was just to name the technique maybe some comfort can be had during the training of this kick. Gen. Choi publicly credited one of his most beloved students, Grandmaster Park Jong Soo with developing this kick back in Korea in the mid 1960s. At the time GM Park was living in Gen. Choi's home in Seoul. After this kick was developed, which was unique to Taekwon-Do, it had to be named. Gen. Choi was very precise with his terminology

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used. They struggled for some 10 days to find a name. GM Park said he would often be sleeping or lying down in his room when the General would knock on his door. You see GM Park said the General thought about and worked on Taekwon-Do all the time. They kicked around names like spin kick, heel kick, spinning back kick. Gen. Choi was not happy with any of these suggestions. Finally they came up with reverse turning kick, as it was the reverse of a turning kick, where the target was side front. Now the target was side rear and the attacking tool was also the reverse part of the foot, back heel versus ball of the foot. Bandae Dollyo Chagi was born, followed by Bandae Dollyo Goro-chagi or reverse hooking kick.



Derek Tang holding essential focus pads, with blue belt Robert Gurevich holding kicking shield. Heavy bags in the background at Original TKD Center in Brooklyn, NYC

I often ask my students what was the first thing they did when they came to the school. Often the answer they give is to bow, change into their dobok or take out their attendance card. I say no, even before that. Then someone realizes it was open the door. I add that's right, you opened the

door and then walked up the stairway one step at a time to the 2nd floor. Likewise your Taekwon-Do techniques must be developed step by step. It worked at the start when you were slowly introduced to basics, building upon them. It will also guide you with the development of the more difficult and complex techniques as well. Provided you take them one step at a time, breaking them down to the basic motions or movements. Good luck with this and all of your training!

Taekwondo For 40-Somethings

Starting Taekwondo Training As An Adult

By Ira Hoffman, WTF, 3rd Dan

Most of us are familiar with students who begin their Tae Kwon Do training as children or teenagers. The challenges facing those beginning their martial arts training - endurance, flexibility, kicking and jumping and spinning - seem, at first glance, well-suited to younger students. And the lead stories to the first two issues of Totally Tae Kwon Do profile martial artists who started their training as children: Dev Patel

at age 10, and Grandmaster Yoon Byung-in as an elementary school child.

But there are also students, like my wife and I, who begin their training as adults. What are the pluses and minuses, the strengths and opportunities, adult beginners bring to the dojang? How can instructors address the needs of adult beginners, and how do we take advantage of their strengths? How should we expect adults to respond to training, and how can we, as instructors, help them achieve their goals?

Strengths And Needs

Our daughters were 10 and 13 when they began training 10 years ago. Within a



month my wife and I had also begun training, and we quickly discovered both our strengths and our needs in starting such rigorous and demanding training as adults.

The needs were more obvious. New students in Tae Kwon Do - or in any martial art, for that matter - face physical challenges. At age 41 I had less flexibility, less endurance, and less durability than when I was younger, and

certainly less than the teens training with us. When I was a teenager a muscle strain or similar slight injury would hardly slow me down, but as an adult such injuries have affected me more and taken longer to heal.

The strengths, though, were just as real - if more subtle. First and foremost, as an adult I had been through high school, college and graduate school. I've been in the workforce for decades, holding a range of jobs from flipping hamburgers to managing international projects. I'm a husband and a father. All of these events and activities and experiences required me to learn new skills, sometimes very, very rapidly, and as a result I - and other adults - have "learned how to learn". We

understand, through experience, how we most effectively learn new things and absorb new information - and that helps us learn Tae Kwon Do.

Second, adults tend to be more disciplined and focused. Adults are in class for a reason - for physical fitness, to be in a family activity with their children, because of the love of martial arts - and that reason helps keep adults focused on long-term goals.

Finally, adults are typically more mature than the children in class. We all have stories of the 15-year-old that has the maturity of an adult, and of the 40-year-old who acts like a teenager, but in general the maturity and behaviour of adults are key strengths.

As adult beginners, and as the instructors of adult beginners, our goal is to recognize and accommodate these needs while taking advantage of the strengths.

Addressing the Needs

As an adult with knee injuries, I can't effortlessly jump high into the air, rotate endlessly, do some amazing number of kicks, land lightly and do it all over and over and over again, as it seems some teenagers can. So I don't. The first guideline for adult beginners: know your limitations. Push those limits - try new things, expand on skills you've learned,

add the extra technique to the end of a sparring combination, incorporate a hop or jump or skip into a combination - but don't try to do everything at once.

The second guideline: stretch, stretch, stretch. Flexibility is one of the most important tools of a martial artist, both for preventing injuries and for proper execution of techniques. After 10 or 20 years of desk jobs, housework, and raising children, most of us find our youthful flexibility is a thing of the past. The good news is that it can be recovered. The bad news: the recovery is hard work. You should work on this as often as you can, daily if possible.

And the third guideline: if you are training with your children you will need to walk a fine line between being a student and

being a parent. Remember: you aren't in charge in the dojang. The instructors, assistant instructors, and other black belts are in charge. You are a student, so let the instructors teach your

children. If you can do this, then you'll have something my wife and I enjoyed with our children: a fun, shared family activity.

As instructors of adult beginners, we need to be aware of these needs and limitations. Be absolutely certain you've been informed of any injuries or other physical limitations of your students, especially the adults. Encourage excellent form and technique in stretching. It's more important to do the



stretch correctly than it is to do the stretch deeply. Depth will come with practice, but only if the stretch is done properly. And don't expect parents to be parents in the dojang - expect them to be students.

Leveraging the Strengths

Everyone learns differently. Adults - you know what works best for you. Absorb all the knowledge you can in the best way you can. And if a particular segment of the class isn't being taught in the best way for you as an individual, be patient - another segment will be. Don't be shy or feel self-conscious about asking for help, especially before or after class.

Use your maturity, your self-discipline, as a tool to help everyone train better. You aren't leading the class, but you are setting an example for every child and teenager. Your behavior, the respect you show others of all ages, and the effort you put into training are all wonderful examples for children and teens, and can only help improve the overall tone of the dojang. By contrast, if you are disrespectful, lazy, and simply go through the motions of training without exerting any real effort, children and teens will mimic that behavior, which can degrade the overall tone of the dojang.

Finally, use your judgment. When your body is telling you you've reached your limit, listen to it! As an adult you're expected to have the judgment to recognize when you're going too far with your training. Certainly train up to that limit; certainly you should gently push that limit to extend it - but know what you can and can't do. Training injuries aren't pleasant - the more you listen to your body, the more you can minimize injuries.

As instructors of adult beginners, use the experience and maturity of your adult students to help the class. If you break into small groups, try to include both adults and children in each group. Recognize their accomplishments, even - or especially - when these are small,

incremental improvements on the path to larger goals. Publicly recognize the efforts and the behavior of adults, so children will have positive role models. And trust your adult students to know their limits - when an adult says they need a rest break, it's usually because they really do need to rest.

Summary

As an adult beginner I didn't start training - and I haven't continued training - to be better at Tae Kwon Do than someone else. I train to improve myself. As an adult beginner your goal shouldn't be, "I want to do everything and I want to do it now!" As an adult, you know how to plan for the future, to make long term goals. Use that ability. Whether you're learning a new poomse, improving a technique, or practicing a new break, focus on the incremental improvements: the little bits of improvement add up quickly.

Be a little better today than you were yesterday, and pledge to be a little better tomorrow than you are today. And that's not just a way to think about Tae Kwon Do training - it's not a bad way to think about life.

Ira Hoffman is a 3rd Dan with five years of Taekwondo teaching experience, and currently trains with his wife, also a 3rd Dan, at the Yats' Tae Kwon Do Club in Gladwin, Michigan

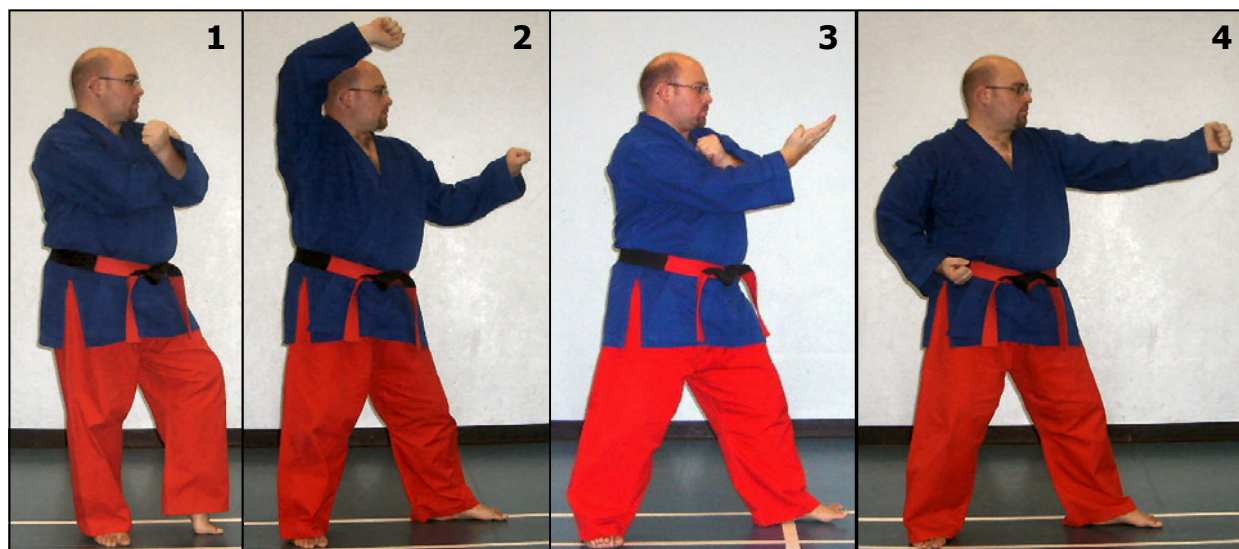


What's The Point?

By Paul O'Leary

In this article I would like to look at the opening movements of the Tae Kwon Do pattern Won Hyo, Karate Kata Heian Nidan and Pinan Shodan.

The usual idea given to these movements is that of performing a double blocking motion and sometimes said to be blocking two people coming at you from two different directions. Over the years I have seen this explanation cause many people to dismiss pattern applications as having any real use in real self defence situations.



Here I have taken a different approach based on building a hand drill which will result in a series of blows to the neck or head area.

Pic 1 – Opening motion crossing the hands in a ready position.

Pic 2 – Opening the hands in a Double Blocking action.

Pic 3 – Closing the hands to perform an inward knife hand strike as in the Won Hyo version.

Pic 4 – Striking out with either a backfist, side fist or pushing type punch depending on which version you perform.



Pic 5 – Using the opening motion of crossing the hands in a ready position, we palm off a right hand attack.

Pic 6 – Because we are usually going to be attacked by a follow on punch with the left hand after a right hand attack. We use this expectation



to our advantage and cover the attack with our right hand and strike out to any number of points. I have given you LI-18 in this example.



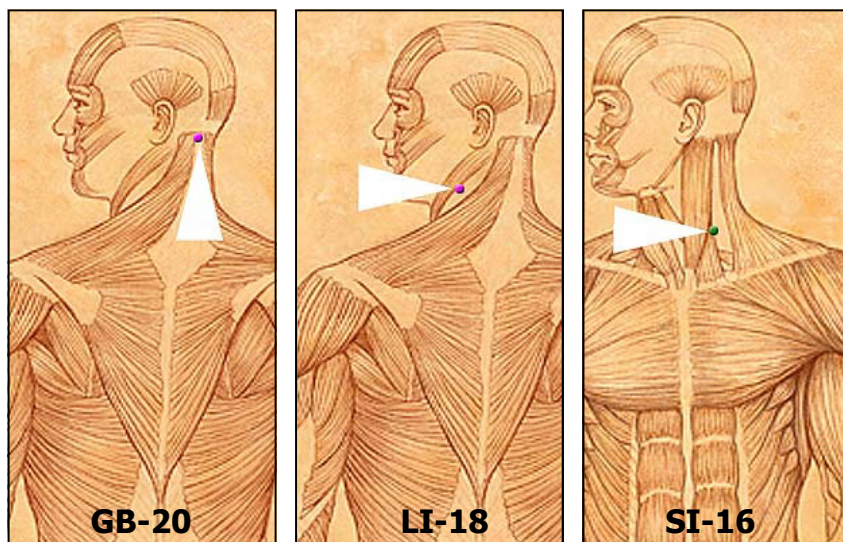
Pic 7 - Crossing the hands again we keep contact with the attackers arm with our left hand and strike out with our right making use of the chance presented by the forward movement of the attackers head. Again we could hit many areas, SI-16 is used in this example.

Pic 8 – Striking out with the left hand we strike GB-20 while again keeping contact with the attackers arm and pulling it down to our side to add to the strike.



Build this up to until you get it to flow like a drill. Also having your partner cover their neck for you to hit while doing the drill will mean that you can strike out without fear of causing injury.

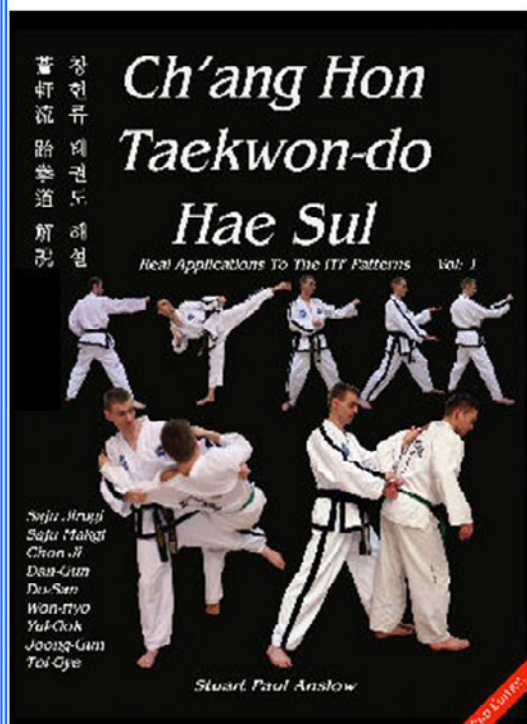
While doing this drill please do not hit the neck or head points for long as this will cause severe headaches or nausea.



Paul o'Leary is the Head Instructor of Rebel Martial Arts and the JungShin Mu Do Kwan based in Cork City, Ireland. He is the head co-ordinator for Prof. Rick Clark and his Ao-Denkou-Kai in Ireland and is available for club visits, seminars or to give advice on pattern applications etc.

You can see a video of this application on the JungShin YouTube channel at <http://www.youtube.com/jungshin> under the title "Strike Drill 1". He can be contacted on Mobile 00-353-86-3545032 or Email adkeire@gmail.com

Available from Amazon.co.uk, Amazon.com and other online book stores



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 in the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!

- Iain Abernethy 2006 5th Dan Karate (British Combat Association and Karate England).

"The most important book published on TKD since the encyclopaedia."
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Journey To Our Dreams

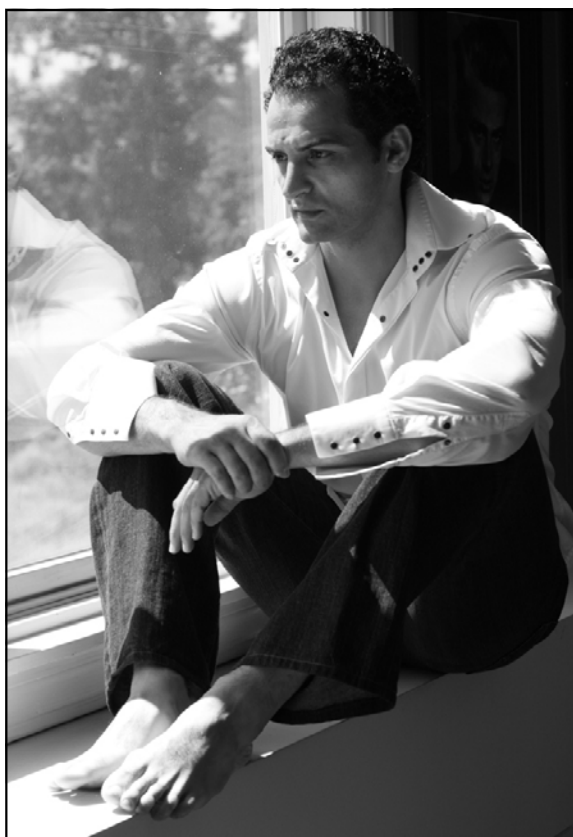
The True Story Of Sayed Najem

By Stace Sanchez

The short story you are about to read will lead you to believe that this is a fictional fantasy of a great Tae Kwon Do athlete and now master; an embellished recollection of an old man who had a tendency to tell great fish tales. It is about his life and how he lived it over the past 38 years. His name is Sayed Najem, an Olympian who had everything going against him, but made it to the top in his sport of Tae Kwon Do – despite it all, now pursues his dream in becoming the next noble actor like "Omar Sharif".

Northern Lebanon, 1970

He was the youngest of five sons born to a courageous, strict, and hardworking father, Joseph and to a saintly mother, Nawal. Despite coming from a family considered well-off and well-connected with government ties, and surrounded by intellectually elite uncles, his parent's strength and resolve were continuously tested by the curves life threw at them. His eldest brother contracted polio at age one and has lived his life in a wheelchair. His favorite brother and closest confidante, Rodrigue Najem, was mortally shot at age twenty. Rodrigue was full of love and admiration for being a powerful and protective brother who stood six-foot five and weighed 285 pounds. While Rodrigue was physically gifted, his second brother, Kovadis Najem, was considered close to genius. Tony Najem, the middle brother, is his strongest supporter and his father's right hand man. They lived in a beautiful country estate surrounded by fertile land



and exquisite olive and fig trees.

Civil War

When the civil war of the seventies broke out, his parents had to make an agonizing decision – either to potentially lose their five sons in a senseless war or to lose everything they had worked so hard for and seek refuge in a foreign country. On the advice of a dear friend, they chose the latter, leaving behind the country they loved, friends, and family – and of course, all their belongings.

Ottawa, Canada

They gained their freedom as they all settled in Canada – but they left their wealth behind – hundreds of prized acreage in Northern Lebanon. Their dignified father, who was always seen

Totally Tae Kwon Do - 23

wearing a suit, had a family of seven to support. Despite being blind in his right eye, he washed dishes at age fifty, in order to put food on the table. They lived well below the standard they had grown accustomed to – living in the projects of Ottawa. Children can pick up new languages quickly, but to this day, his seventy-nine year old father struggles to communicate in English and French.

Discrimination and Beatings

As is a common pattern with racial hatred, people of the Middle-Eastern descent were treated not equal or as deserving of respect as the local Canadians. They were taunted with racial slurs.

When Sayed was in the fifth grade (1981) he was walking to the French school, minding his own business, when a group of five kids in their late teens attacked him in the park. He was beaten so badly with a bicycle chain, that his face and his clothing were soaked with blood. His hero brother, Rodrigue was not far away and ran to his rescue. Sayed was barely able to walk home and looking forward to the care and concern of his parents would show him. But his father showed him a type of care and concern that he wasn't expecting.

Sayed says, *"The lesson he taught me lasted a lifetime and became a source of my strength and courage.....my father wasn't doting*

and sympathetic – he was furious!" Sayed went on to say, "he told me, *"If you come home like this bloody and beaten again, you will get a worse bloody beating from me!"*

Edmonton, Alberta 1982

Relationships with his father started to become strained when they made a move to Edmonton. Life was filled with many pressures for his father as he worked once again as a dishwasher and also focused on taking care of his crippled son. Despite Sayed's love and respect for his father, they became estranged. He knew his mother was always there for him, yet he became fiercely independent and started "testing the waters" at age thirteen. Sayed started hanging out on the streets all night and not getting home until the next morning – including school nights.



Introduction to Tae Kwon Do

Luckily for Sayed, next to their apartment in the projects was a Tae Kwon Do studio. Both Sayed and his brother Rodrigue signed up. Rodrigue didn't last long in his training, but it became Sayed's passion...and while he didn't realize it at the time, Tae won Do became his saving grace. At the very first tournament he entered, he received a gold medal. So did his friend and Tae Kwon Do partner, Mike Popowich. *"We celebrated all evening,"* Sayed said. *"It was more than celebrating the winning of a gold medal – I was*

celebrating the new found knowledge that my athletic life had begun."

In addition to experiencing life as an athlete, Sayed was feeling his strength from within. Helping along the journey was a new man in his life, Grand master Min Hyung Keun. Master Min was a strong, tall Korean who wanted nothing short of victory. *"Master Min had an amazing presence, where ever he went, people new of him and everyone bowed, I was happy that this man walked into my life."*

Sayed wanted more than anything to train in Korea, where Tae Kwon Do originated over two thousand years ago. After weeks of working at McDonald's and scraping scraps off of plates and wallowing in waste as a bus boy, he earned his way to go to Korea – he trained with one of the world's best, Kim Sae Yuk, who was this year's Olympic Coach again at the Beijing Olympics. Tae Kwon Do was about to become a demonstration sport at the Seoul Olympics and we wanted to get in at the ground floor. For this, he was willing to work at the bottom.

Korea, (1986)

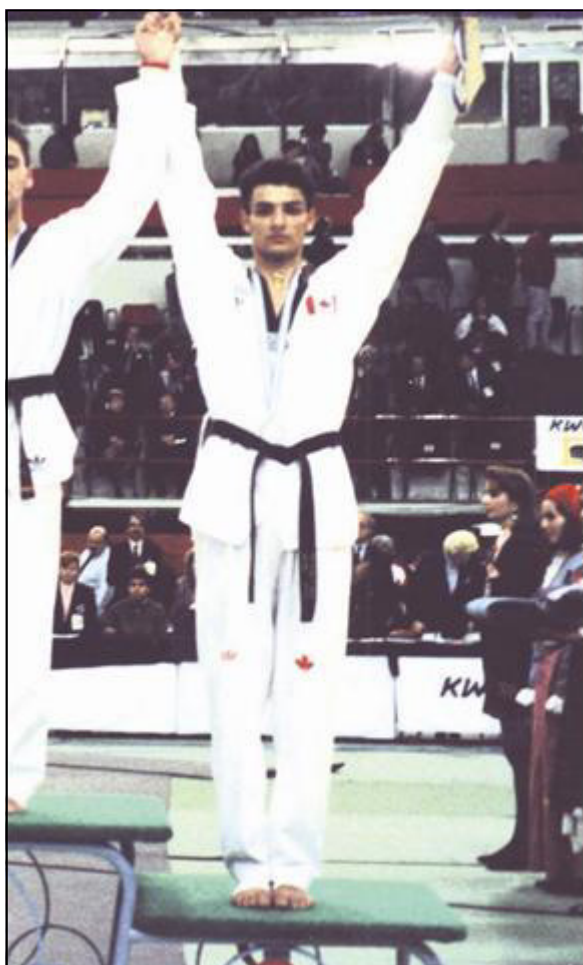
Their training was for the Elite only – eight hours a day, every day – running, sparring, strength training, shadow training, target kicking, plyometrics, and a strict weight-loss program. Many of these techniques dated back to the traditional old method of martial arts training. They trained with the best Tae Kwon Do athletes on the planet, USA's Best, Juan Moreno, a three time Olympian in 1988,

1992, and 2000 and two-time Olympic Silver Medallist, Herb Perez - 1992 Olympic Gold Medallist. These top athletes paved the way for all the Olympians present today in growing the sport in US, Canada and worldwide. Sayed's face lights up as he says, *"If it wasn't for them, Tae Kwon Do would not be as big as it is now".*

Airport, Ottawa

Training in Korea had been the experience of a lifetime. Sayed was elated thinking about all he had seen, the people he met, the unbelievable training his body and mind had endured. He couldn't wait to see the faces of his family, as he boarded the plane, anxious to share the memories, see their warm smiles, and hold close his family that he missed so much. With luggage in his hands he looked for his family and waited. He waited a long time – no one had come for him. So he decided to take a cab to the apartment figuring they had their wires crossed about the arrival time. When he arrived at his home, no one was there. On the floor lay a note, "Meet us in Ottawa, we decided to move back." Panic set in. He needed to make the right decision – pursue his personal aspiration of the Olympic dream or be with his family. He spoke with Master Min and shared the conflict – Master Min became quiet and was obviously saddened. Sayed had to make that crucial decision.

He decided to move back to Ottawa. He felt uncomfortable, on edge every moment of the day. Misery and





loneliness set in. He missed the Tae Kwon Do friends, the training, and his Master. After all, Master Min shared the team's dream, supported them in every way, spent hours of his time counselling the whole team. It was clear that Master Min was becoming the team's second father to every one of his athletes.

"I couldn't shake the desire to be back training in Edmonton," Sayed said. "Could I handle being 3,000 miles away from my family at age 16?" He knew that he had to speak with my parents. He knew that his parents did not know Master Min; to them, he was a stranger. Sayed puts his head down and says, "I was truly alone".

\$100 In His Pocket

His brother Kovadis was a good brother to Sayed and stuck with him through thick and thin. He backed Sayed's decision and gave Sayed \$100, which was a lot of money to them. Sayed had many mixed feelings about leaving home. Being on his own was not new since he had been fending for him myself since the age of thirteen. But this time, it was an enormous leap off a cliff for him. Sayed was hoping the landing would be safe and successful. His three day bus trip across Canada cost \$99.00 – that left one dollar for food for the entire trip. Sayed says, "My

growing body survived on an apple that I bought with the change."

Training with "The Master" Begins

Sayed says, *"Master Min was strict....he trained me in the old world style that most Western athletes never experience. Unwavering will power, 100% commitment, 24-hour a day respect and discipline were the lifestyle I led."* He goes on to say, *"There was no coddling – no mercy....many times I was woken up in the middle of the night and told to run many miles in the dead of the Canadian winter (30 degrees below).....my breath seemed to freeze in the air, but I did it.....other times, I was told to kick a pad 3,000 times or race up 6,000 stairs.....I did what I was told".*

The Furnace

With no money and no family, Sayed survived the best he could. His friends would let him stay over their house. He slept in their basements on occasion but spent most of his nights next to the furnace at the Tae Kwon Do school where it was nice and warm during frigid Canadian nights. "Every day I felt more drained physically and emotionally. I had to continuously pull the power from within and stay focused on my goal – the Olympics," says Sayed.

.... Continued next month

Core Flexibility

Protect Your Back And Improve Your Performance

By Simon John O'Neill

This month I would like to share a simple routine which I have found very useful, and which has improved both my martial arts performance and my quality of life quite considerably. Take a look at these stretching exercises taken from Weightlifting and Yoga, then re-evaluate your own flexibility training in terms of what you wish to achieve ... and whether your body will thank you for it in 20 years' time.

Tae Kwon Do, like most of the kicking arts, tends to devote a great deal of time and attention to increasing the flexibility of the legs, usually by means of at times rather extreme static stretching. Personally, I consider this type of stretching to be of limited use for developing high kicking ability, and frequently downright dangerous. After years of conventional static stretching, I cannot get anywhere close to a full side split. However, I can kick head-high "from cold", largely thanks to a controlled dynamic stretching routine of the type cited by Dan Davies in Issue 2 of *Totally Tae Kwon Do*.

Health-wise, the priority for flexibility training is the vertebral column and associated muscle groups. In my experience this is neglected in most Tae Kwon Do schools and, indeed, the emphasis on static stretching of the legs and on the high kicks which this supposedly facilitates can have a negative impact on the rather complex machine that is the back. Furthermore, as we will see shortly, standard leg stretching exercises may not be the best way of achieving even static flexibility of the main muscle groups of the legs.

By shifting the focus to developing strength and flexibility in the back, many benefits may be obtained. Among these are better posture, fewer injuries, a reduced risk of chronic back complaints and increased

stability while kicking. Try the following exercises daily after a short non-aerobic warm-up.

SQUAT STRETCH

This exercise, chiefly aimed at the hamstrings (the group consisting of the *biceps femoris*, the *semimembranosus* and the *semitendinosus* muscles), is taken from Weightlifting, and is the key to back health. For a full explanation of how the above muscles interact with the back muscles and the vertebral column I recommend Mark Rippetoe and Lon Kilgore's *Starting Strength*, in my opinion the definitive work on serious novice and intermediate weight training for strength and health. For the short version, read on.

When the hip flexes, as in a squat, a front kick or simply bending at the waist to touch the toes, the powerful hamstring muscles – attached to the bottom of the pelvis – exert a considerable forward force. This must be counteracted by the *erector spinae* group, or "lower back muscles" – attached to the top of the pelvis – in order to avoid the bottom of the pelvis tilting forwards and rounding the lower back, putting it in a position in which it cannot safely bear weight or perform a number of other basic postural tasks. The chief culprit of this phenomenon, known as kyphotic extension, is a lack of flexibility in the hamstrings, allowing the power of these muscles to overcome the strength of the lower back



Incorrect squat posture with rounded back



Correct squat posture with flat back

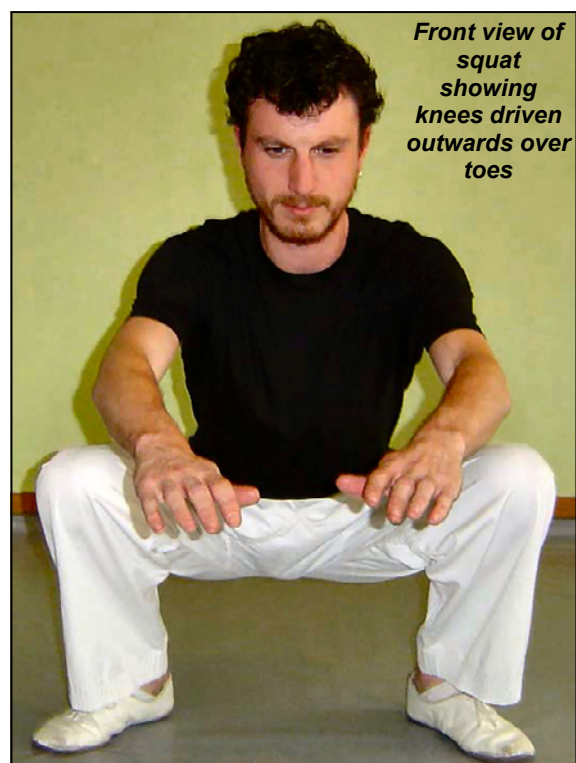
muscles. Some of the results of kyphotic extension (convex lower back) are poor posture, slipped discs and chronic back pain.

The best way to stretch the hamstrings is not the conventional “seated forward stretch” with the legs straight out in front, nor the “standing touch-the-toes stretch”. These make it difficult to maintain a lordotic curve – the correct, slightly concave posture of the lower back – and thereby tend to produce a less than optimum stretch of the hamstrings. Squatting with good technique is far more productive.

To perform a squat stretch, stand up straight with the heels at shoulder width and the toes pointing outwards at about 30°. Tense the lower back to adopt a correct lordotic curve – chest up, shoulders back and buttocks prominent – and make a mental note of the sensation of tension in the lumbar region. Slowly squat down, keeping the heels on the ground and the body weight over the middle of the foot. As your thighs pass parallel with the ground, you will feel the hamstrings trying to pull the bottom of the pelvis forwards. When you sense the hamstrings beginning to overcome the lower back muscles, drive the knees outwards to emphasise the stretch, hold the squat for 10 seconds,

return to the starting position and repeat at least twice more.

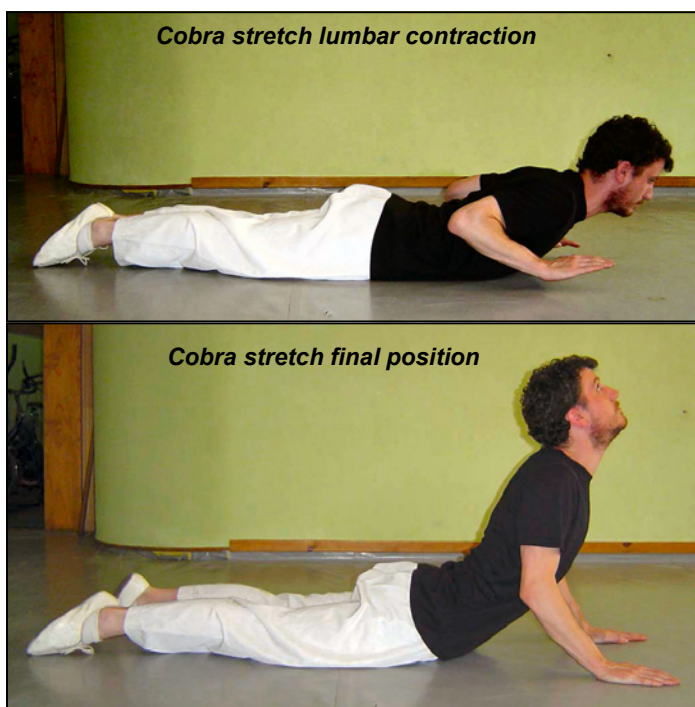
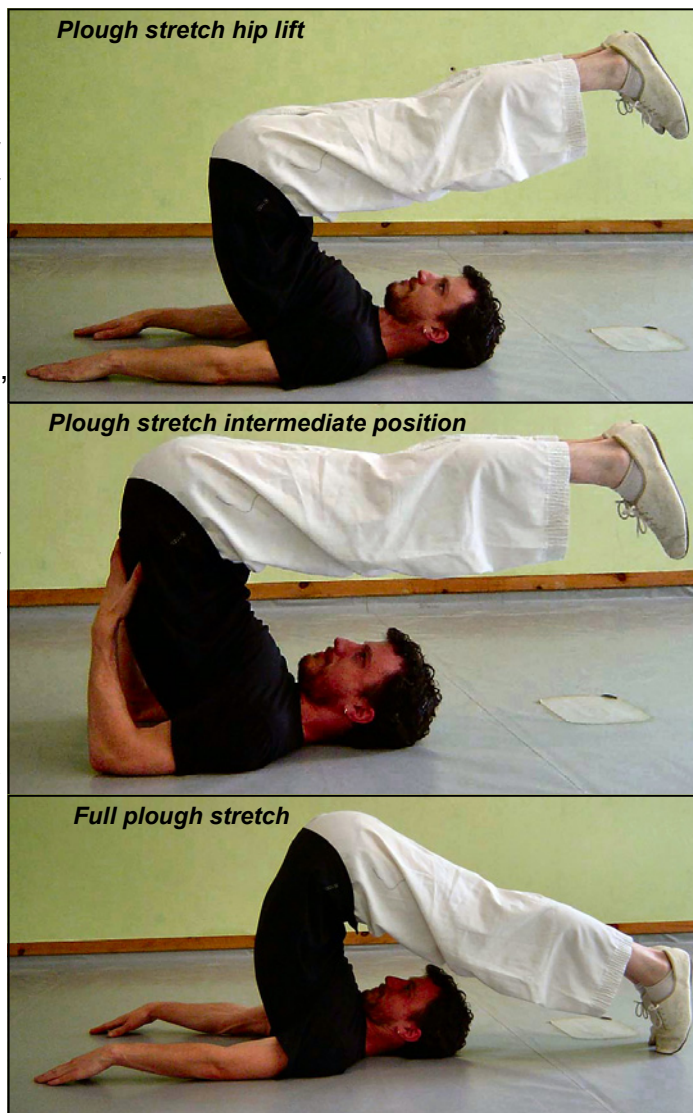
After several days of repetitions of this sequence, increasing to 30 seconds for each stretch, you will be able to maintain a relatively flat lower back below parallel. Once you can achieve a full squat with a flat lower back, you can be confident that your hamstrings are sufficiently flexible and that you have strengthened the lower back muscles in the process.



PLOUGH STRETCH

The plough stretch is the second of the two fundamental exercises, and is taken from Yoga. It provides a counterpoint for the squat, as it stretches the lumbar muscles in a position in which they are not bearing weight, and also acts as a powerful stretch for the rest of the “posterior chain” including the neck, the upper back, the *glutei* (buttock muscles), the hamstrings and the calves.

To perform the plough, lie flat on your back with your arms at your sides. Lift the hips and, keeping the legs together and straight, bring the feet back over the head, supporting the lumbar area with the hands. If you cannot reach the ground with your toes at first, maintain the stretch – always with the legs straight – and take several slow abdominal breaths before returning to the starting position. Once you are able to reach the ground with the toes, stretch the arms flat against the ground behind the back, palms down. This position should be maintained for at least a minute. Personally, I find it to be the best remedy for a stiff back brought on by a restless night’s sleep or a hard day at work.



COBRA STRETCH

Yoga’s cobra stretch is a useful secondary exercise for strengthening the back muscles and the *glutei*, as well as stretching the abdominal muscles and the rest of the “anterior chain”.

Lie face-down with the hands palms-down under the shoulders. Tense the buttocks hard, followed by the lower back muscles and the hamstrings, and lift the chest off the ground without using the hands to push. Once you can maintain this position for three deep abdominal breaths, use the hands to push against the ground in order to raise the thorax to vertical, the main source of power always being the glutes, lower back and hamstrings. The

stretch may be intensified by bringing the head back towards the spine.

This exercise is best performed for about half the time which you maintained the plough stretch. It is very important to return slowly to the starting posture, and to get up by pushing the hips back into a kneeling position with the head and forearms still resting on the ground, rather than attempting to rise directly.



Half twist leg position



Half twist final position

HALF TWIST

The second complementary exercise is the half twist, also from Yoga. This exercise increases lateral flexibility of the vertebral column and associated muscles.

Kneel on the ground with the knees together, sitting on the heels, with the toes pointing backwards. Now sit to the right so that the outside of the right buttock, thigh, calf and foot are resting on the ground. Keeping the spine erect, tuck the right heel into the left buttock and bring the left leg over the right to place the outside heel against the right thigh, toes forward. Inhale and stretch the arms out at shoulder height, then twist to the left. Bring the right arm down to hold the right knee, wedging the elbow on the outside of the left knee, and place the left hand on the ground behind you. Exhale and twist as far as possible to the left, back straight, and look over the left shoulder. Hold this position for up to 20 seconds, breathing abdominally, then repeat on the other side.

Try these four exercises daily for two weeks, first thing in the morning, after training or before going to bed. I suspect that the results will speak for themselves.

Simon John O'Neill is the author of ***The Taegeuk Cipher: the patterns of Kukki Taekwondo as a practical self-defence syllabus***, available at www.combat-tkd.com.

Neither the author nor this publication accepts any responsibility for misuse of the exercises described above. Consult a healthcare professional if you suspect that you suffer from any medical condition which may be aggravated by these exercises.

Who's The Master?

By Michael Munyon, 5th Dan, US-ITF

I bet many of you who are martial arts fanatics are saying, “Sho-nuff!” Though that’s a good answer I want to ask another question. What rank does someone have to be for them to be called Master?

If someone is given the title of Master what is he a master of? Would it be the art, his students or a common courtesy given to anyone who’s an instructor? Before we start talking about our many interpretations of what Master means let’s look at some common dictionary terms for the word Master:

1. especially formerly, a man in a position of authority, e.g. over a business or servants.
2. somebody or something controlling or influencing events or other things.
3. somebody highly skilled at something.

Now let’s look at how these terms relate to us in the martial arts community. In the first definition of Master we have someone in a position of authority. Well, many

school owners or any black belt instructor could be considered someone in position or authority. So, by definition he or she could be called a Master. In the same manner the second definition could play a part in whom we call Master. Many school owners or instructors give commands in class, guide students (Jeja), leads testings/ examinations (simsa) and much more. Again, another Master title defined once again. Finally, we have somebody who is highly skilled at something. In this case the martial arts. In most cases this is someone who is a black belt rank and possibly possesses several degrees (3rd Dan, 4th Dan and etc).

Many decades ago and in many cases in today’s times, an instructor could not open or operate a dojang unless they were at



*Master Terence Geoghegan, Master Robert Wheatley, Mr. Michael Munyon,
Master Trevor Nicholls and Master Gordon Jue*

least a 4th degree black belt or higher. Within many Korean Martial art systems, such as Tang Soo Do, Kukkiwon Taekwon-Do, and HapKiDo, 4th Dan was and still is considered Master or Master Instructor. Other Korean and most Japanese martial arts agree that 5th degree black belt is considered the Master rank.

Though many arts consider 4th and 5th Dans to be Masters, there are some organizations that require their students to wait until 7th Dan to be called Master. This means that an individual would have between 11 and 13 years more training and experience than a 4th or 5th Dan Master. Does this make one master a more legit master than the other because of the extra time required for the title?

There are other things to consider when looking at the title Master. Usually a Master is not only a Master of the art, but a master to his/her students. If an individual does not have students who are they a master over? If nobody is the answer are

they still considered a Master? They will not have position or authority over anyone.

Out of respect to their instructor (sabumnim) I've seen color belts call their 2nd or 3rd degree black belt instructor, Master. This courtesy and loyalty demonstrates a high level of gratitude by their students. In their eyes, this instructor has demonstrated a high degree of skill, influences many people and is the authority figure at that dojang. So, does this constitute the title Master; at least in the martial arts community?

Now that we've looked at possible explanations as to who or what a master is we should note that a person called Master in one art or school may not be a master in another. The title given is merely a benchmark to that individual's martial arts career and level of training. *"A master is just a white belt who never gave up. Also, we are all students, Masters are just those people who have been students longer"* (GM JR West).

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4TH DAN THESIS

“My TaeKwon-Do Journey”

By Gary Kavanagh

My Taekwon-Do journey first started in 1978/79, when I was introduced to the art by my father and I trained and practiced Taekwon-Do for a few years as a junior colour belt. But then I left Taekwon-Do in 1986/87 due to education commitments and after that never really thought of coming back to Taekwon-Do until I was an adult and in my twenties. It was my father that asked me if I was interested in taking Taekwon-Do back up again, and I did think about it for sometime, after some discussions with my father, I decided I would come back and continue my journey in Taekwon-Do. When I came back I started from the beginning as a white belt, and had to go through all the grades again. Initially I found it difficult to start from the beginning, but I focused my mind on reaching and getting my black belt and achieving that goal in my life. Going through the grades was more difficult than I had

remembered as a junior, but I soon discovered the benefit of me starting from the beginning again, as an adult this time my understanding of the art was different and I started to enjoy starting the journey from another time and point in my life. It took a few years to reach my first Dan, and for me to reach my first goal in Taekwon-Do was a great milestone in my life. I then discovered, putting on my black belt I needed to work even harder to justify to myself that I deserved to be a black belt in

Taekwon-Do.

After a short time as a first Dan black belt, I started to teach a class of beginners in Taekwon-Do. This I found became a very enjoyable part of Taekwon-Do and is one of the many parts of Taekwon-Do that appeals to me. In September 2006 as a third Dan, I opened my first School and I run 5 classes a week in this school, also I am an assistant instructor to my father's school where I teach 2 classes a week.

Since the time of opening my Taekwon-Do School, it has grown with strength and character. My school caters for all ages that range from 4 up to the mature adult. And I hope to soon produce my first black belts.

At one time in my life Taekwon-Do for me was just about being fit, competitions and having the ability to defend myself if that moment ever arose. But now it is so much

more than that, it is a physical and spiritual journey, which has become my passion. It is the physical direction that lays the path I take in this journey of self discovery, yet it's the spiritual, emotional and mental journey that provides me with the map to navigate my way through this art.

Self discovery is a very important ingredient in my life, we all chose our own way forward to explore and conquer our demons that everyday life has to offer,



Taekwon-do does not necessarily answer all the questions of my life, but does provide me with the platform of stability, knowing that what ever happens in my life I will always have a home with the Taekwon-Do family.

I have heard sometimes, it is not a career it is a journey. I understand this statement more as I my life matures, this which is a constant with Taekwon-Do, getting more interesting, more detailed and more challenging. The most interesting part about Taekwon-Do is the more you practice, the harder it gets. Anyone who had spent time trying to perfect a technique understands this journey, which clarifies there is no final destination in Taekwon-do, it is a never ending journey, and our path can always be different from the next martial artist, we must chose our own way, so to me this proves it isn't necessarily the destination that is important, it is the path we chose travelling there.

The physical aspect of this art is a very important role for me, the repetition and structure provides me with the tools to turn imagination into reality, of course more often than not, this isn't the case. But it does open up the question of what if; when a movement transfers from thought into action. This in turn shapes my mind and body for the next obstacle that this art has in store for me and addicting me to the forever pleasure of this self discovery. Taekwon-do has a way of introducing you to you, when teaching others you learn about yourself, it is very hard to hide when you teach, particularly from yourself.

I do consider myself one of the lucky ones who inherited this environment and have the opportunity to practice, teach and learn this art. This which offers a me a daily learning curve, which so far only matches the life of my son, watching him learn, develop, and achieve great things in his life, that I take for granted. With this in mind, I compare myself to the complete Taekwon-

Do novice. This has opened my eyes, a moment of clarity; not to forget my infancy in Taekwon-Do, this was the foundation that laid the path for me to get me from there to here, past to present, and for that reason I will work and hope the basic fundamental Taekwon-Do movements never leave me, and never forget when I moved from crawling to walking in Taekwon-do. Now looking forward to the future, I must learn how to run and then possibility someday, learn to fly.

Taekwon-do so far has exceeded my expectations, the never ending path has set the fear of the unknown before me, I aim to travel this path and see where it takes me, the destination is not set in my life, I will chose my directions as I go and it will be the journey that I will always endeavour to enjoy.

The future of Taekwon-Do is in the hands of all instructors, no matter if we are a part time, full time, new or mature instructors. It is our responsibility to ensure that all the needs of our students and those of other students are met. This is an honour presented to us on the day of our black belt grading when we graduated and accepted our belt. We are accepting the responsibility not just to wear our belt, but to pass on our knowledge to our juniors and our peers. With this responsibility comes power, and with all power comes even more responsibility, we owe to our self and to our instructors and our instructors instructor to use this power to teach, learn and research all the correct techniques and pass them on accordingly. No matter what branch of the Taekwon-Do tree we started on, it will always lead back to General Choi, the beginning and where he set the high standard for all us to follow.

It is too easy in this fast food nation to pass over the important essential requirements to be a true martial artist. It is our roots and our Taekwon-Do culture; we are part of a martial art and must teach the true meaning of our art and accept the

responsibility bestowed on us when we moved from red to black. This is an essential part of becoming and living as a Taekwon-Do martial artist black belt.

It is OK and acceptable to have the element of sport in our art, we are allowed to have fun, but the key to remember is our roots, and we have to teach and remember our roots, without that we will lose our way. Taekwon-Do is not just fundamental techniques', it is not just about being fit and able,

it is a whole host of various qualities that should separate us from the layman and sports man. Our morality, honesty and honour are the key to the survival of the true martial artist. Not on a religious front, but a strong spiritual platform that leads us in the decisions that moves us and our students forward. When we stand in front of a class of students, we must offer ourselves honestly; show we are human and lead by example. This is not an easy task and shouldn't be taken lightly. As instructors, no matter what level, leading by example adds weight to our journey. We are now carrying a bag, it doesn't matter how many students you have or how many schools you have to carry, the weight of responsibility is still the same, and you can't add anymore weight, of course you can add quantity, but this sometimes reduces quality, the weight of responsibility is still the same though. Responsibility is responsibility.

We always need to remind ourselves that we took this honour when we accepted our

black belt, and we need to carry out our duties. This doesn't mean standing in a crowded arena as a competitor or umpire, it doesn't mean holding the presidency of a

group or association, although this is very important, it means that we should take the time to teach at least one person in your life the true meaning of what it means to be a true martial artist as we see it. It doesn't matter if this person is a beginning novice or a proficient disciplined martial artist, we all need to learn



something new everyday, the day we feel we don't is the day we lose sight of the true meaning of a martial life, this along with opening and sharing our true inner self with all our students, whether it is one student or one hundred students. We need to show we can fall, and get back up, what it is like to make a mistake, and fix it, and show students the possibility of them standing where you are, that it is not impossible. And most of all show them that hard work still exists in this cynical pop idol slim fast world.

I do consider myself a martial artist, sometimes steering off the path and making my journey longer, I chose to make this a positive part of my life, when the journey becomes longer, my experience grows. I don't feel I am any better or worse than anyone else, I try not to compare myself to anyone, although it's hard, I try to use this as a goal post or a milestone to reach in a physical capacity. But who is to say beyond the physical side of Taekwon-Do I don't have the skills and experience to

fulfil my martial art potential, I have heard that students are always a reflection of their instructor, if that is the case, then I feel empowered by the inspiration my students feed me, at this stage in my life I feel I would not be the man I am today without them, they make me a better person, a better martial artist, but most of all, they inspire me to continue on my martial art Taekwon-Do journey.

With all this said, I don't lead a perfect life, I am not a perfect instructor, not a perfect student, and I do have my weaknesses and flaws. With a lot of things in my life, I try and use this as a positive, be aware of them and work to fix them slowly, not try and change too much of me too quickly. I am aware of some of my flaws, not all yet, I haven't reached the enlightened place that places me in the realm of clear self discovery, this is a clarity that would place me in the arena that so few have walked or will ever walk, I am trying though, but the truth is I will never know even if I get there, but I will still put in the effort to make my journey worth while.

Finally, to have my mind and body, fit and clear is due to the constant reminder that

Taekwon-do can humble even the toughest practitioner, and the complacency of the world today does not have a place in the heart of the true martial artist. The need to be true to myself and feel my achievements are deserved so far and know that I am only on the first steps in the Taekwon-do education ladder is the catalyst that will keep me coming back for more.

Gary Kavanagh is 26 years old and started training 1978/79, stopping in 1986/87. He resumed training in 1998 and has been training ever since. In 2006 he opened Castaheany Taekwon-Do School (www.cs-tkd.com), which has 60 students, five of which have obtained black belt under his guidance.

Gary has represented Ireland a couple of times in Europe and at the ITF Worlds but his interest lies more in the martial art side than the sport side of Taekwon-Do, believing that although the sport is a good part, it only have a 30% role. Furthering his martial arts learning he started an old style JuJutsu this year, where his suit changed from white to black and his belt changed from black to white, which he found very humbling, as well as changing from standing at the top of the class to being the new guy or beginner at the back. This style has no sport or tournaments, just pain for 4 hours a week, but Gary really feels that it complements Taekwon-do and doesn't contradict it in the movements.



Dan Grading where I gained my 4th Dan

Senior Master Paul Cutler VIII Dan (left), and Master Paul Kavanagh VII (right)

An Introduction To Adrenal Stress Training

By Malcolm Jones

So you've read that F.A.S.T. defence is one of the best self defence courses out there, and you've got yourself booked on a course, and all you want to do is come up against the weird looking guy in a spaceman suit, and try your favourite jumping reverse turning kick, that you've been perfecting for years in the Dojang, great fun yeah!!!

Sorry to disappoint but you've missed the whole point of adrenal stress training, the FAST defence courses are not about kicking someone's backside as if it's some kind of game, these course are about learning how to keep yourself safe in today's highly malevolent society.

Techniques learned in the training hall almost never work in a real combat situation. Why? Because none of the elements of a real fight are present. When was the last time when you went to the class and your friends and your normal teacher had been replaced by the local thug with his gang of ruthless killers.? Answer no we all love our training, and I for one will practise Taekwon-Do till the day I die because I adore what it offers. However the fact remains that you're in a very cocooned safe environment,. In a real fight nothing is certain, except the introduction of adrenaline into the bloodstream which will determine the outcome of the altercation.



So let's start with the basics of adrenal stress training, FAST is an acronym for Fear and Adrenal Stress Training, and was developed by one man Bill Kipp. These days Bill is widely regarded as the leading authority on this type of training. Bill's background, like so many of the world's best was in the military, Recon Marines to be exact, the Marine Recon unit is the special forces unit of the US Marines, equivalent to the UK's SBS, and Bill was a team leader.

Bill's youth was a happy one except for the constant bullying and put downs that he received from his older brother, this fear stayed with him throughout his military service which saw him serve in Asia, the training that he received was by his own admission the finest the US had to offer, but it never really got rid off the fear that was stored in his head. So he thought, yeah the thing that will best alleviate the problem is join the military where all those thoughts would be banished, well he found out that that wasn't the case, he was a highly respected team leader, big strong and tough, but those were how people saw him from the outside, inside he was still haunted by the beatings from his sibling.

Bill spent four years in the Marines, and admits that they were some of the best years of his life; he left to become a stunt

man, which he did successfully featuring in a lot of 80's action movies with Chuck Norris which were filmed in the Philippines were Bill had made his home.



Bill Kipp & Peyton Quinn

On his return to America, he got a job as a doorman, and continued his study of the philippino arts such as Kali and escrima, during his training he made the acquaintance of two people who were to change his life, one was Matt Thomas and the other Peyton Quinn.

Matt was an ex stunt man/actor just like Bill, he was a Stanford graduate and had studied the martial arts since the age of 3. Matt was an orphan and he affectionately calls those skills he learnt at an early age as Orphanage Fu, one of Matt's parents was Japanese so he had to deal in the 50's with a lot of prejudice and found that even though he was small in stature that chairs and table tops would work for him rather than the fists of a small boy. As stated Matt had practised the martial arts since the age of 6, and became top of his class, he studied anything he could; he was also an excellent gymnast.

Whilst at Stanford, he helped his Kung fu teacher, with the everyday running of the class and sometimes took classes when his sifu was away. His master was a very strict man, who didn't suffer fools gladly, but obviously Matt was keen to impress. One day one of the female students came to the school to see the Master, he was out, but Matt asked "what did she want to see him about" the woman told Matt that she

had been raped, and felt amongst the obvious emotions ashamed, that in her eyes she had let the school down.

Matt assured her that it was not her that had let the school down, but the school that had let her down!! So Matt told his Master who promptly dismissed the incident as if she didn't use the correct techniques, Matt fiercely defended her and consequently left the school. Matt vowed that from that moment on he would dedicate himself to making sure that he would never let that happen to any of his students.

So in the early 70's, before Bruce Lee became famous Matt came up with scenario training, he would take classes in cars, cinemas, nightclubs, on sofa's, anywhere that he thought would be relevant, there would be no formal bowing, he would try and replicate as much as possible a real life attack, whether that be verbal or physical violence. During those early years Matt used whatever protection he could get his hands on hockey masks, pads etc. by his own admission these items were totally useless, during his first 6 months of classes he got knocked out over a dozen times, however committed to the cause he continued to trial the gear until he came up with what we know today as a 'Bulletman suit' In those early days Matt was working as an actor in Hollywood, and a lot of his clients were attractive young women, so Matt called his classes 'Model mugging', which is still in existence to this



day with groups dotted all over the USA.

In the mid 80's Bill took one of Matt's MM course's, he often recalls that that was the moment that switched on the light as far as dealing with adrenal stress occurred for him. He was placed in a scenario where the attacker would come up and verbally bad mouth or swears or is aggressive towards him, and all Bill could recall was the beating he'd been given by his brother. Bill froze on the spot, all the military training he'd received was of no use to him whatsoever he had no gun, no rifle ... nothing just a guy standing in front of him posturing and waiting to 'Kick off'



At that point, the instructor, or as we call coach, broke the emotional state that Bill was in, and from that point on Bill never held that fear that he'd carried round with him for numerous years. You see the whole point of FAST training is to condition you to respond when the 'proverbial hits the fan' The big problem with most self defence courses is they are technique based, where students get taught all these wonderful movie style elaborate responses, when in reality 9 times out of 10 when faced with a real threat, the victim can't access the part of the brain that has stored that fantastic technique that has taken years to train, or if they are lucky enough to access their frog brain then they spend too much time deciding which 'deadly ninja move' they're going to use. Good adrenal stress training must include this vital component into their students, because

without it most people will struggle.

Just to recall a story to you that relates to this theory. In my Taekwon-Do class I had one of my 3rd degree ladies teaching, at the time she was a 2nd degree.

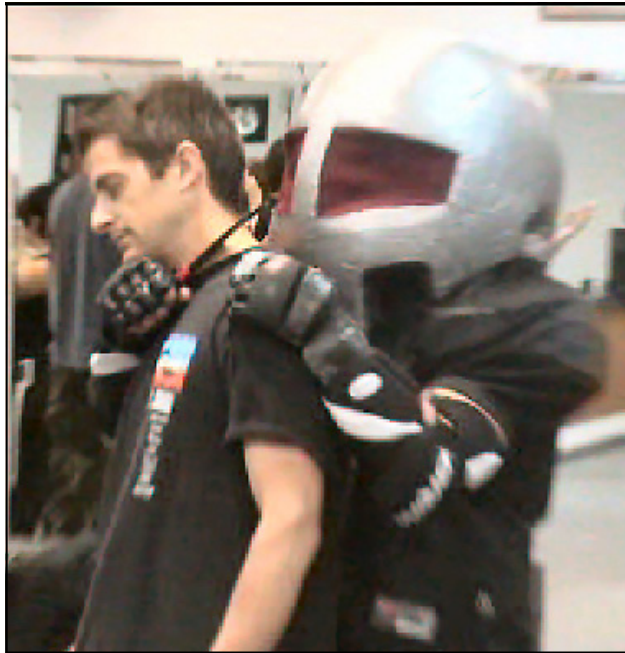
I asked her to go to the side with the older students and teach them some nice defences that we'd done in the FAST classes(she's done about 6 knife courses) and was very good and fought like a lioness, so I gave her some training knives and off she went, I carried on teaching the TKD class, two minutes later she came back to me and said " Sir, I can't remember



any off the defences we did"...Great I thought she's done all this FAST training and she can't remember it, so I said "ok Ma'am go and teach Tul" so she walked off, so I ran up behind her screaming as loud as I could put one of the training knives to her throat as per our courses.., Guess what, she remembered instantly what to do, because the instant that I had screamed and shouted and put her in that adrenal state that occurs when a real incident occurs, she had instantly lost the analytical part of her brain that she uses to train in her martial art, and was only left with her 'frog brain' which is where all her emotional responses were stored.

Anyway I digress, Bill finished the course and was so affected by it that he asked Matt if he could become a Bulletman or Mugger as Matt calls them, so Bill started

his journey as an adrenal stress trainer, unfortunately due to Matt's kind nature he was ripped off in the states and after a lot of political in fighting Matt was somehow stripped of the role of head of Model mugging. Matt became disillusioned because of the politics, he still taught his small classes in San Francisco, but was unwilling to put himself out there in the public eye as he'd done in the past appearing several times on the Oprah Winfrey show.



or a glass window that could conveniently come to his aid if needed, these days the word awareness means something completely different.

I recall when meeting Peyton for the first time in his famous RMCAT centre in the beautiful rocky mountains, he told me that he used to have to soak his right hand in a bucket of ice every night in the bars where he worked, because that's the way he thought

This left Bill without his mentor to fend for himself, during the early 90's he met up with Peyton Quinn, who was the American

version of Geoff Thompson, only he'd been working in the bars and clubs in the 60's and 70's before Geoff had got into the door work that eventually made him famous. Peyton's background was Judo, Karate and in Aikido with a Japanese Master Toyoda. When he became a



Malcolm Jones training with Bill Kipp at RMCAT

doorman he quickly realised that his skills were useless to him unless he could control the fear that filled his body every time somebody would pick a fight with him, and even when he concurred that fear he would use the same old tried and tested methods every time, in fact he would use the same tactics that Matt employed in the orphanage, that off using his surroundings, the awareness which these days is a buzz word in self protection was used then by Peyton as finding the corner of a table top

dealing with attackers happened, in fact he'll admit that his right hand is pretty busted up from the years of misuse in Colorado, he realised that there must be a

better way to resolve the awaiting conflict. His thoughts have been penned in many publications and as stated earlier is a highly respected self protection pioneer.

Bill who at this time was living in Denver Colorado about 2 hours from Peyton had heard about him

and decided to meet up, and the result of that meeting as they say is history

Join me in the next issue when we delve further into the world of FAST defence.

For any info on courses that we run throughout the UK and Europe please contact me at kickboxingfish@tiscali.co.uk



The TKD Clinic

With Glenn Smits



Dear Glenn,

I have been trying to condition my fists on the heavy bag for a couple of years now. I started with bag gloves, and later with bare fists, starting soft and working up gradually to more power. I mainly do rear hand punches with a 3/4 fist in both left and right stances.

I've had pretty good results with my right hand. I can now hit really hard bare-fisted without any pain, and the knuckles are noticeably thicker. The left hand is a different story. I can only hit at about half power without experiencing pain. The knuckles are narrower and more pointed than the ones on the right hand, and in fact the whole left hand is slightly smaller than the right.

I'd like to bring my left knuckles up to the standard of my right, as I don't think I would dare use them in a fight, but I'm a little worried about going too far and affecting my guitar playing and other fine motor skills. What can you recommend?

Best regards,
John, United Kingdom

Hi John,



Thanks for the question. I started my martial arts training in the early 1960's. At that time, American servicemen returning from overseas tours as well as immigrants from Japan, Okinawa and Korea were opening the first schools throughout the United States. One of the things that impressed me as a young, excited, pre-teen just starting his journey into the mystical fighting arts of Asia were the enlarged, callused fore knuckles of several of the adult Black Belts. One of the things that had gotten me interested

in Martial Arts training initially was seeing a practitioner break a board on a TV program. I thought this to be simply amazing!

Throughout our school back then there were various striking pads mounted on the walls for students to practice their striking techniques. These were mostly some type of foam or rubber covered with vinyl or canvas. There was one in the school, however, that was different. This one was in a back room that only the Black Belts were allowed access to. This was a piece of 2 x 4 about four feet high that was bolted to the wall at the base through another, shorter board to give the upper part of the board being struck some "give", allowing it to move slightly when struck. The board was wrapped with a discarded white belt to give just a little cushioning and then over that was wrapped a coarse hemp twine. The twine was spattered with bloodstains from those attempting to strike the post

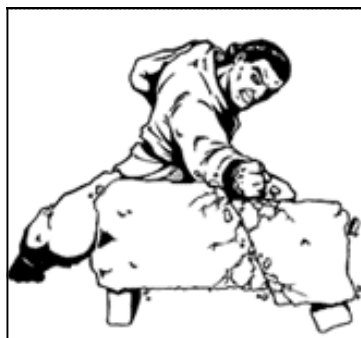
without sufficient callus on their knuckles. I can remember the chief instructor practicing his punches against the post and the dull thud and vibration from those strikes could be heard and felt out on the training floor. I remember his hands, especially his right. His first two knuckles were quite enlarged with a very thick callus over them. As well as striking the post, he also would do knuckle push-ups or press-ups with his knuckles resting upon pieces of coarse sandpaper in order to form callus over the knuckles.

In almost all of the striking arts I'm aware of there is a tradition of using various techniques to forge the hands and feet into formidable weapons that can destroy and break things like wood, brick, huge blocks of ice, etc. that if attempted by a mere, untrained mortal would result in fractures and a stay in the local hospital. We've all seen these fantastic demonstrations of stacks of cement block being pulverized to dust by a fist and stacks of boards or even wooden baseball bats or axe handles being broken through with a shin kick. Feats as I've described are so incredible that even amongst seasoned martial arts practitioners there has grown a cult of mystique surrounding exactly how one goes about developing these abilities.



Back in the 1970's, as the martial arts were exploding into America's cultural consciousness, Marvel Comics was inspired to create a super hero called "Iron Fist" who was a martial arts practitioner with fantastic fighting skills. In times of crisis Iron Fist (a.k.a. Danny Rand) was able to focus his *Qi* (pronounced "chi", also pronounced "ki" in Korean or Japanese) into his hands which made them glow and become as hard as iron, impervious to pain or injury. Myths have grown and abounded, such as that one

needs to have one's knuckles either broken or dislocated in order that they can become enlarged or, like our super hero Iron Fist, one's internal energies must be developed to such an advanced level that they could be focused at will into the hands, shins, etc., allowing them to perform inhuman breaks without even a bruise, just like our comic hero. So, how is all this possible? How can some martial artists perform these amazing feats without suffering serious injury?



The history of Iron Palm training is a long one. Practitioners have developed techniques over many centuries in various systems, most notably in China where

there was also a strong herbal medicine tradition. Training regimens for hand toughening as well as herbal liniment formulas to facilitate same were developed and held as closely guarded secrets. The primary purpose of these formulas were to keep pain and swelling at a minimum while facilitating the healing process as the skin, muscle and bone in the area being adapted to the stress of the training. The herbs in the formulas were primarily analgesic (for pain), anticoagulant (blood thinning) and tonic in nature.

OK, John. Lets take a look at your particular issue. I'm assuming that you're right hand dominant since most of us are most comfortable performing a strong reverse punch with our dominant hand and will usually use our left lead for jabbing etc. In a nutshell, the reason your right hand knuckles are more developed and less sensitive to pain is most likely due to the fact that over time, you've exposed the bones in your right hand to more stress than your left. This is an example of what is know as Wolff's Law. This essentially states that in any healthy, vertebrate

(animal with an internal skeleton) bone will adapt to any load it is placed under. So, if some sort of pressure or stress is applied to bone it will remodel itself gradually to adapt to the stress. Anyone who has ever lifted weights seriously understands the theory of progressive overload. As the muscles are exposed to increased weight in the form of increased poundage, repetitions or sets over time they will grow stronger and denser. Bones will also thicken as muscle attachments on the bone pull and stress the bone. This is one reason why pre-menopausal women are encouraged to perform strength training in order to build a "bone reserve" so as to prevent osteoporosis in later years.

The bones in your right hand have been exposed to more stress probably because you use your right hand more during your bag training: more stress in the form of punching repetitions, more pressure in the form of rear hand punching power. You need to do the same thing to your left if you wish to equal things out. Increase the repetitions you perform on the heavy bag with your left hand. You might start out with gloves again and then progress to bare hand over time. If your hand hurts, rest it a day before you train again. The use of a good Jow will help if applied before and after your training session. There are many of these available over the internet, or you could make your own. The example I gave in Issue #1 of *Totally Tae Kwon Do* (see *The Use of Traditional Chinese Topicals In Tae Kwon Do Training* by Glenn Smits p.40) would be fine for this purpose. I would do twice as many repetitions with your left hand punching as your right. You will not lose anything on the right since you will be maintaining stress to the knuckles as long as you continue to do some punching with that hand. If you stopped using it altogether, the knuckles over time would start to get smaller, as the body would no longer need to support the increased bone mass there.

As far as this affecting fine motor skill

needed for activities such as guitar playing, I wouldn't think you have to worry as long as you progress slowly. You don't want to overdo causing injuries such as small fractures or injuries to the small ligaments around the knuckles and joints of the hand. This would result in scar tissue formation and could affect your playing. You want the bone to thicken without injuring the hand. I hope you find the information presented here useful and good luck with your training.

Yours in training and good health,

Glenn Smits

The information given is provided by the staff of Totally Tae Kwon Do magazine for educational purposes only. It is not a substitute for professional medical care, and medical advice and services are not being offered. If you have, or suspect you have, a health problem you should consult your physician.

**Please send your
questions to Glenn via**



TKDClinic@totallytkd.com

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

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

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HONEST JOHNS PRODUCT REVIEWS

"Peace Comes to Ajani"

Book Blurb: *Ajani is suffering in the wake of his soldier father's death, and he's on his way to becoming a bully. But, with the help of his caring mother and wise, understanding neighbors, he instead becomes a strong, centered and useful member of his community. Through the practice of martial arts, Ajani learns to take responsibility for his feelings and actions, and he helps to defuse tensions between his African-American and Asian-American neighbors.*

'Peace Comes To Ajani' is a nice little book aimed at 6 to 10 years olds. The author (Keith Kelly) is a 6th degree black belt and the book is 52 pages long.

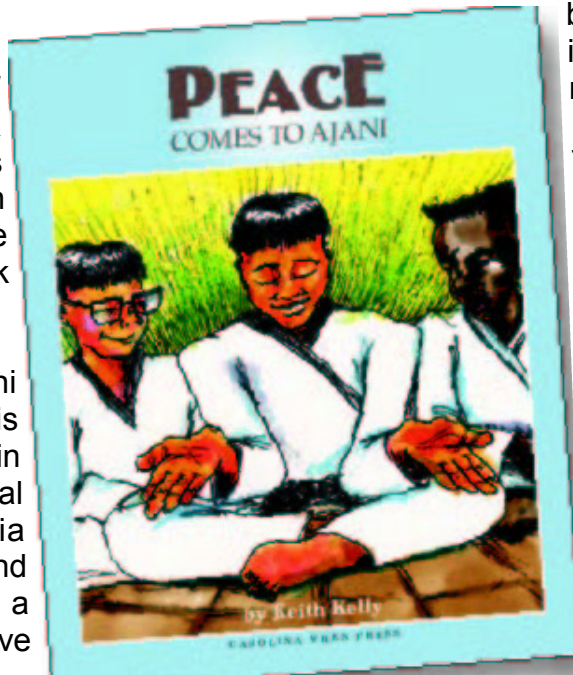
It tells the story of Ajani coming to terms with his fathers death and how, in the end, he learns to deal with his anger via Taekwondo training and utilize his training in a much more productive way.

Now, even though I am not allowed to reveal my identity, I can tell you that I am not a child myself, so I have reviewed this book as if I was a parent reading it to a sibling. I guess the bottom line would be would I buy and read this book to my own child... well, the answer is - defiantly.

The story is great and ideal for the times we live in; it deals with bullying, racism, compassion and of course Ajani's pain at the lose of his father. Of course it also

endorses the fact that Taekwondo is a great martial art for all and can be used in other ways than just fighting. The only short fall I feel, is that it still endorses the "Taekwondo is 2000 years old myth", but this is just one sentence in the book (and actually says Korean martial arts rather than Taekwondo) and nothing major for a child.

As I said, the story is great, not too long, but not too sort either - ideal for bed time reading in fact.



The book is both written and illustrated by the author, and the illustrations are colorful, well drawn and support the story well. All in all, if you have a young child or are looking for an educational tool for the younger students of your school, then *Peace Comes To Ajani* would be a great purchase.

Here is the authors bio: *Keith Kelly was born on an airforce base in upstate New York and raised in Plainfield, New Jersey. He graduated from the School of Visual Arts in New York City and spent twelve years working in advertising and graphic design. He found his calling in education and has spent the last twelve years working with children of all ages as an English and Special Education Teacher in Jersey City, New Jersey. He has been*



married for twenty-six years to his wife Noemi and has a grown son and daughter. Master Kelly is a sixth-degree black belt in Taekwondo and a first-degree black belt in Doce Pares style Eskrima.

The book can be purchased via Amazon or by visiting the publishers web site www.carolinawrenpress.org (a nonprofit organization) and is priced at \$9.95. ISBN 978-0932112590.

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Putting the "Martial" back into the art of Tae Kwon Do

Paradise Lost: Tae Kwon Do and the Art of Simplicity

By Brendan Wilson and Sonia Russell

Three hundred and fifty years ago Miyamoto Musashi wrote about what he considered the core of martial arts: “What I see on inquiry into other schools is that some are pretentious talkers, and some perform fancy maneuvers with their hands, even though they may look good to people, there is surely no true heart there at all.”¹

Musashi, a famous samurai warrior, who killed 60 men in combat before the age of thirty, believed in the single minded pursuit of one’s objective by use of “a straightforward manner”². Although centuries have passed, and the goals of modern martial artists are not the same as those of a warrior in feudal Japan, we can still learn much from his writings.

For Musashi, the goal of martial arts was, quite simply, to kill your opponent. All of a warrior’s thoughts and training should contribute to the achievement of this end. Whatever did not contribute was not only wasteful, but actually harmful. Instructors who taught frills were a “sickness of the path, persistent and hard to get rid of; they are bases of the decay of the straight path of martial arts in the world, and the abandonment of the Way.”



Miyamoto Musashi



Tough, realistic training in self defense is the best way to make techniques instinctive in combat
(Photo by Damien Littre)

This article argues that although the modern goals of martial arts, and Tae Kwon Do in particular, have changed away from killing one’s opponent, the method of seeking “a straightforward path” still has merit.

Modern Goals

Although many Tae Kwon Do schools still attract students with the promise of improving self-defense skills, few of those who stay with the martial arts beyond a few years do so with this as their motivation. We recall the story of a belt test from the mid-1970s where the Korean master asked a student his reason for studying the martial arts. Student replied, “self defense, sir”. The instructor was quiet for a long moment before he replied, “Buy a gun; fifty pushups!” Although never strong, the self defense argument is weaker than ever when considering the proliferation of assaults with firearms. The United States alone has

approximately 10,000 homicides by firearms every year³. Even Musashi, the greatest swordsman of his age, said "... nothing compares to a gun."⁴

What then is the purpose of martial arts? Clearly, its origins are associated with the need to develop military prowess. The Samurai in Japan and the Hwa Rang in Korea practiced martial arts as part of a military society whose role it was to protect the sovereignty of their homeland. The birth of modern Tae Kwon Do takes shape during the Korean War when General Choi Hong Hi began to train the Korean 29th Infantry Division in martial arts techniques, a process that soon spread to the rest of the Korean armed forces and later to much of the world.

Combat Techniques Rooted In Simplicity

Listen now to what the actual warriors who fought for their lives said about the techniques they used in combat. Nam Tae-Hi, one of Choi's principle martial arts disciples, was renown for having killed over two dozen Chinese soldiers by hand during a vicious night battle at Yongmun Mountain in May 1951. When asked by Alex Gillis, author of *A Killing Art*, about the



US Army soldiers practice combatives
Photo by Martin Greeson, Courtesy Defense Link

techniques he used, Nam responded that he could not remember. Gillis surmised that although Nam had certainly used the strikes and other techniques learned from Tang Soo Do, "what he unleashed during the battle was not part of a formal martial art."⁵ Three hundred years before that battle, Musashi reported that technique was a simple matter since, even accounting for all variants of swordsmanship, there were only two methods of striking: "stabbing and slashing."⁶

What is clear from these descriptions is that in actual combat, warriors use simple, effective techniques that they have learned to the point of instinctual execution.

The Descent Into Complexity

Martial arts, including Tae Kwon Do, have their beginnings in military applications and are rooted in simple, effective techniques. As a general negative trend, however, martial arts develop into greater complexity over time. This is caused by a number of factors, not least of which is the need to propagate the art, demonstrate its effectiveness and its 'superiority' over other competing combat systems. Today it may seem bad form to claim that Tae Kwon Do is superior to all other forms of martial arts. General Choi, however, felt no such qualms in the 1960s as he took his Tae Kwon Do Ace demonstration team on a world tour. His team, led by legends such as Park Jong-Soo and Han Cha-Gyo, performed what are still considered spectacular feats of sparring, self defense and breaking. They were often challenged by martial artists of more established styles in the audience and team members would spar with any taker.

Although this tour served its purpose of spreading the visibility of the art, it also began Tae Kwon Do down that slippery slope of adding complexity and flashiness in order to justify its superiority. Musashi wrote that we should discard all techniques

which are superfluous: "The field of martial arts is particularly rife with flamboyant showmanship, with commercial popularization and profiteering on the part of both those who teach the science and those who study it. The result of this must be, as someone said, that 'amateurish martial arts are a source of serious wounds.'"⁷

One despairs, however, to see an advertisement for a demonstration proclaiming the near magical aerial kicking technique of some Tae Kwon Do practitioners. We do not object to serious students trying difficult or advanced techniques; it is the selling of the flower in place of the fruit that is worrisome. The audience is entranced by the



High flying, circus acrobatic tricks are fine when put into perspective; but this is not the purpose of Tae Kwon Do.

performance in the same way they would be thrilled by a circus act or a magic show. What they will have missed is the true advantages offered by the art.

Sometime A Block Is Just A Block

Another regrettable, if understandable, reason for increasing complexity is the desire by some to find additional meaning in their art. General Choi Hong-Hi stretched history in order to find a historical context for Tae Kwon Do, seeking legitimacy by linking Tae Kwon Do to paintings of warriors on the wall of tombs dating to the first century Koguryo Dynasty.⁸

More recently, several authors have sought



The best martial arts schools practice in an atmosphere of mutual respect and discipline

(photo by Damien Littre)

to show hidden applications behind the movements of Tae Kwon Do, so secret that the meanings were unknown even to the art's founders. In one variation of this story, the techniques of Karate, Tae Kwon Do's forbearer, were 'dumbed down' in order to make them safe and acceptable to school children. In the process, the true meanings and applications were lost and thus unknown to Choi and the other pioneers of Tae Kwon Do, who had studied Japanese Karate before developing Tae Kwon Do.⁹

Regardless of the truth of these scenarios or the good intentions of their proponents, the pursuit of ever-deeper meaning could lead to further complexity. As the martial arts continue to adapt to the needs of practitioners, including by reinterpreting earlier material, it is perhaps wise to keep the need for simplicity in mind. The famous psychologist, Sigmund Freud, frustrated at the overuse by commentators of his theory of the association of sexuality with everyday objects, is reported to have once said, *'Sometimes a cigar is just a cigar.'*¹⁰ In echo of that sentiment, sometimes a block is just a block.

Back To The Future

Tae Kwon Do is a style that, when executed correctly and with the right mindset, becomes a soulful, and yet practical and very effective art. Warriors, both ancient and modern, used martial arts for victory and survival. Today, most of us seek the more modest goals of fitness, self-discipline, and a meaningful, focused approach to our lives. In the modern world, everyday warriors are homemakers, business

people and students, as well as soldiers and law enforcement personnel. High flying, circus acrobatic tricks are fine when put into perspective; but this is not the purpose of Tae Kwon Do.

Unnecessary complexity robs the spirit of Tae Kwon Do and drives away prospective students. But it need not be so. The original nine patterns of the Ch'ang Hon system required for 1st degree black belt (Chon-ji through Chung-Moo) form the core of basic techniques of the art of Tae kwon do¹¹. Worthy of note is the simplicity of the techniques required in these patterns, which include only 27 striking movements and six different kicks.¹²

Powerful and effective, these nine patterns served as part of the standard training for the 250 men of the ROK¹³ 11th Company, 3rd Battalion, 2nd Marine Brigade, who are renowned for repelling 1,500 Viet Cong when their base camp was overrun in at the battle of Tra Binh Dong in Quang Ngai Province, Vietnam in February, 1967.



A tae kwon do practitioner demonstrates knife defense during a 2nd dan test.
(photo by Damien Littré)

Much of the fighting was hand-to hand. The unit's commanding officer, Captain Jung Kyung Jin, said in an interview years later, "At that time, Tae Kwon Do became the Korean Marines' weapon and by hitting the enemy in his vital parts, we brought him under our control."¹⁴ In the end, the ROK Marines lost 15 of their own and inflicted over 200 casualties among the North Vietnamese. We can imagine that Musashi, ever the proponent of simple and effective techniques, would have been unsurprised at their victory.

Requiem or Prologue

In the best of schools, Tae Kwon Do is taught in an atmosphere of discipline and mutual respect. These are places where the tenets of Tae Kwon Do (courtesy, self control, indomitable spirit, integrity and perseverance) are practiced not just preached. Becoming a black belt means more than gaining physical prowess; it means joining the ranks of those warriors who never quit, even in the face of daunting odds.

Tae Kwon Do was designed by warriors for warriors. It was meant to be simple, powerful, effective and, with the correct training, within the reach of all who will persevere. It is time to take our art back from the magicians and stuntmen, and place it into the hearts of everyday warriors.



Earning a black belt means joining the ranks of those who will never quit

⁵ Gillis, pp 36

⁶ Musashi, pp. 53.

⁷ Ibid, pp. 6.

⁸ Gillis, pp 50.

⁹ For an excellent and comprehensive formulation of this approach, see Stuart Paul Anslow's work, Ch'ang Hon Taekwon-do Hae Sul - Real Applications to the ITF Patterns: Vol 1 Mr. Anslow presents the view that many of the movements found in Tae Kwon Do should be interpreted as grappling techniques. See also, The Taegeuk Cipher by Simon John O'Neill for a similar approach to the WTF poomse.

¹⁰ Wikiquote, Sigmund Freud, http://en.wikiquote.org/wiki/Sigmund_Freud#Misattributed

¹¹ The first eight poomse of the WTF Taegeuk forms are perhaps even more basic, with only four kicks (front side, turning and crescent) and even fewer hand techniques than those of the Ch'ang Hon forms.

¹² Anslow, pp. 311 -314

¹³ Republic of Korea

¹⁴ Durand, James F. The Battle of Tra Binh Dong and the Korean Origins of the U.S. Marine Corps Martial Arts Program, Marine Corps Gazette, July 2005

¹ Miyamoto Musashi, The Book of Five Rings, Shamballa, Boston and London, 1993, p.48.

² Ibid, pp. 48

³ World Report on Violence and Health, Table A 10, World Health Organization, Geneva, 2002

⁴ Musashi pp. 14

About the authors:

Brendan Wilson, a 6th Dan in Tae Kwon Do, is the head of the Belgian branch of the International Sungjado Association (ISA). A retired US Army officer, he formerly commanded a combined ROK/US Firebase in the DMZ in the Republic of Korea. Sonia Russell, a UK citizen living in Brussels, Belgium, is a 2nd Dan in Tae Kwon Do and the assistant instructor for ISA Belgium.



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Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 4

Kwon Bop, Taek-Kyon, Tae Soo Do and the birth of Taekwon-do

This is an abridge version of these sections from the book. Chinese influences obviously spread far and wide and were not resigned to simply landing in Okinawa (where Karate was born). Kwon Bop was a development of the Chinese systems, but in Korea. Though its heritage is Chinese and it contains the Buddhist influence from China it found its way into Korea's Royal Courts. Kwon Bop's name is derived from the kanji (Hanja in Korean) meaning 'Law of the Fist' or 'Kempo' ('Chuan Fa' in Chinese) and can be considered the Korean version of Karate development. It developed down similar lines to Okinawa but with a different emphasis. As such it included many circular techniques not found in Shotokan today but still found in Chinese styles and Karate styles that didn't develop directly through Itosu like Shotokan did. It spawned many different arts with different names (such as Kwon Bop, Soo Bahk Do, Kong Soo Do, Tae Soo Do and Kang Soo Do), but all were in essence derived the same way.

Though its actual roots are unknown, Taek-Kyon (meaning foot techniques) was originally simply a recreational activity (what we might term a sport). In the course of Korean history, it was turned into a more formidable martial art for the benefits of self defence and health to the nation, which included not only the common folk of the time but also the military and royalty of Korea. Taek-Kyon had periods where it flourished but eventually phased out with the introduction of firearms into warfare where it ended up being practiced by just the common people until the Japanese invasion in 1910, which banned all martial arts practice. It is however interesting to

note that it was, and is, seen as a distinctly Korean art and is thought to have influenced arts in China, rather than the usual reversed story of Chinese arts influences others. Whatever the case, during Korea's history Taek-Kyon was considered uniquely Korean and this was one of its main connection to Taekwon-do and one which led to the eventual name we use to day (notice the similarities!)



Taek Kyon

In 1945 when Korea was liberated from the Japanese, many Taek-Kyon schools re-emerged, one which was taught by General Choi (then a Second Lieutenant). General Choi learnt Taek-Kyon from his calligraphy teacher Han Il Dong¹ who considered it good training to build a then young Choi, Hong Hi's frail body, this was Taek-Kyon's second connection to Taekwon-do. Korea officially formed its armed forces in 1945, its modern military. In 1952 during the Korean war, President Syngman Rhee saw a demonstration by the military Korean martial arts masters. He was so impressed he ordered that it be



President Syngman Rhee
1875-1965

taught to all military personnel and this propelled Korean martial arts forward like a rocket. General Choi is known to have been teaching martial arts to his 29th Infantry Division on Cheju Island in 1953, his school, known as Oh Do

Kwan (Gym Of My Way) was seen as the catalyst for the formation of Taekwon-do. General Choi was teaching the soldiers his Taek-Kyon and Karate, and at the same time formulating Taekwon-do, though it had yet to be named.

In 1955 it was decided to merge all the various Korean arts into a single art, with a national identity. The name 'Tae Soo Do' was accepted by the many kwans (schools) of the era. However 'Tae Soo Do' meant 'Way of the Chinese hand' so, as his influence grew, General Choi suggested the name 'Taekwon-do' as it

sounded similar to Taek-Kyon, Korea's unique martial art, and thus added to the national identity of Korea. It also describes the art more accurately as it denoted both the hand and foot techniques found in the art, unlike Taek-Kyon which simply meant Foot Techniques.

As we know, Taekwon-do was born officially on the 11th of April 1955. However, despite the naming of the art by a sole person (it was General Choi who suggested Taekwon-do), the formulation of a uniquely Korean martial art was founded from many different arts, styles and influences and given my research, there is a strong possibility that parts of these arts were infused to some degree in the creation of Taekwon-do.

Though he states that Karate and Taek-Kyon were used simply as reference studies, it stands to reason Taek-Kyon's influence is much further reaching due to Taekwon-do dynamic kicks, and it is easy to see Karate's influences. No matter what one's opinion may be, we only have to look at the Shotokan katas to see their heavy influence on Taekwon-do. In the photographs on the next page we can clearly see parts of the kata Pinan Shodan



Photograph from the meeting when they named Taekwon-do, many martial arts masters were present. General Choi can be seen at the head of the table. circa 1955



Pinan Shodan kata, performed by Gichen Funakoshi

being performed by Gichin Funakoshi that anyone of 6th kup or above should recognize as these combinations are the same as in Won-Hyo tul.

What sets Taekwon-do apart from both Karate and Taek-Kyon, is that General Choi added many scientific principles to his emerging art, particularly theories from Newton's Laws of Physics. Korean cultural heritage was added in various guises, from the pattern names to the uniforms we wear (doboks) as well as military tactics. General Choi's personal influence may also be noted as well in some of the 'ready postures' of the patterns. Taekwon-do also did away with the mainly linear motions of Karate and re-introduced many circular motions for their added power elements, though even these were revised. The 'Do' or 'Way' was more emphasized, especially in regards to what is known as 'Moral Culture'. Taekwon-do out-grew its roots eventually and became unique in its own right.

Formulation Of The Ch'ang Hon Tul

Contrary to popular belief, all 24 Taekwon-do patterns were not already formulated when Taekwon-do was introduced to the world in 1955. In his 1965 book simply called 'Taekwon-do', General Choi lists the following patterns: *Ch'on-Ji*, *Tan-Gun*, *To-San*, *Wŏn-Hyo*, *Yul-Kok*, *Chung-Gŭn*, *Toi-Gye*, *Hwa-Rang*, *Ch'ung-Moo*, *Gwang-Gae*,

P'o-Ŭn, *Kae-Baek*, *Yu-Sin*, *Ch'ung-Jang*, *Ul-Ji*, *Sam-Il*, *Ch'oi-Yong*, *Ko-Dang*, *Se-Jong*, and *T'ong-Il*². In the same book, he lists the following Karate Katas: *Hei-an*, *Bat-Sai*, *En-Bi*, *Ro-Hai*, *Kouh-Shang-Kouh*, *Tet-Ki*, *Jit-Te*, *Han-Getsu* and *Ji-on* (I discuss these in more detail in the book itself). It is a popular misconception that the Ch'ang Hon patterns were created in order, from Chon-Ji onwards. The first official Ch'ang Hon patterns devised were actually *Ul-Ji* (4th degree), *Choong-Moo* (1st kup) and *Hwa-Rang* (2nd kup). Other patterns were developed to a total of 20 and around the 1970's General Choi added the remaining four patterns: *Eui-Am*, *Moon-Moo*, *Yong-Gae* and *So-San* which brought the total of patterns in the Ch'ang Hon system to twenty four, as it remains today. Officially, in the 1980's General Choi considered his patterns missed some important techniques, which he instituted into the set by replacing *Ko-Dang tul* with *Juche tul*³.

It is interesting to note that originally, all the patterns were named after famous Korean historical figures except the first and last. The first pattern, '*Chon-Ji*' represents the creation of the world, therefore the creation of Korea and the last pattern, '*Tong-Il*' represents the reunification of North and South Korea, the beginning and the end so to speak. With the replacement to '*Juche*' however, this changes the equation slightly, but I feel the names of the first and last

patterns in the set were highly significant to General Choi and the Korean heritage and ideals.

In an interview conducted in 1999 General Choi was asked how long it took to research his patterns, to which he replied *"I began my research in March 1946 into what was to be named Taekwon-do on April 11, 1955. My research ended in 1983. The patterns represent my study of the Art in this period."*⁴

General Choi passed away on 15th June, 2002, leaving an art to be enjoyed, practiced and studied by millions of students around the world – I am simply one of them!

¹ As mentioned in General Choi's autobiography, *'Taekwon-do And I'*

² The spelling was probably changed to make the names phonetically more universal. When this change actually occurred, I have not been able to verify.

³ Another reason often mentioned for the change from Ko -Dang to Juche was the General Choi was trying to achieve either funding or support (or both) from the North



General Choi Hong Hi
1918 - 2002
Founder of Taekwon-do

Korean government so this was changed to appease them. The meaning of this patterns can be interpreted pretty much to the North Korean communist ideal, though as the cold war was on, and with the dispute between North and the South Korea the *official* line was much more acceptable. This pattern has also been renamed (in 2005) due to its North Korean connection, by one Taekwon-do organisation.

⁴ Interview by Maria Heron, (The Times), 1999

Next month we get into some applications to the patterns and how to train and utilise them so they are applicable for self defence! For now, I'll leave you with this picture – see if you can work out which pattern the application is from?



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Realism And Integrity In The Martial Arts

By David Schultz

Recently I reviewed a DVD presentation on Hapkido that was quite good. That review is on www.martialwarrior.com in the review section. It got me thinking however of the other recent critiques I've been asked to render that were pure crap. I don't say that to be mean-spirited, rather as a reflective comment on the nature of modern martial arts in general.

One offering was an Aikido video. I beheld an elderly master walking up and down the length of the room; effortlessly tossing men half his age like rag dolls. The choreography was beautiful. The throws were dynamic. It very probably would greatly impress the individual looking for a martial art to join. So what's the problem?

Well, a plethora of things immediately leap to mind. In no particular order of importance; there were probably a dozen Uke for the master to defend against. And a more cooperative, polite group of Uke you could not hope to find. Not only did they offer their wrists to the master without a fuss, they launched themselves into and through the air like Olympians,

impressively tumbling and then returning to a standing position to orderly await their turn to attack again. The uninitiated this video was designed to impress may never have considered these points.



Are determined attackers polite? Or are they rude enough to attack you from an ambush at a time likely to be advantageous to them while placing you at a decided disadvantage?

Do they offer their wrists, arms or necks for you to effortlessly perform your favourite techniques on? Or are they too busy flailing them at your head as

fast and as hard as they possibly can in order to inflict as much damage upon you as possible in the shortest amount of time?

Are they likely to know what technique you're trying to perform so they can assist with a pre-scripted jump and roll? Or are they more likely to clock you upside the head as you fumble around trying to place your favorite lock on them under duress all the time wondering why its become so difficult...because...well it always worked on your compliant partner in the Dojo?

If there are multiple attackers, are they going to wait in line to take their turn? Or are they rude enough to bum-rush you and pile on top as you hesitate because you've never been faced with this possibility before?

The second offering was a Korean 'grandmaster' performing Hapkido self-defense techniques. For some reason I didn't think Koreans used the term grandmaster..or did they come up with it to impress the Western audience. I always forget which it is, but I

digress. The presentation was fast, dynamic and really 'wowing' the audience. Again, the uninitiated was sure to be impressed and it would be a guaranteed success on YouTube. But then, looking at it a bit closer and perhaps a bit candidly, the grandmasters partner was doing the same thing as the Aikido Ukes i.e. giving their wrist without any argument whatsoever. Basically he could very well have been shouting, 'here's my wrist!' And of course the grandmaster was taking the offered wrist and very dynamically throwing the guy all around the mat, pausing only long enough for the guy to roll back to his feet and rush over with his arm outstretched. Don't recall the grandmaster delivering any solid strikes or kicks to set any of the fancy stuff up at all. Maybe it was there, but I missed it while staring at that outstretched arm with the sign hanging from it with big red letters saying, 'grab here' with an X.

The last and biggest waste of my time was

a group of Korean instructors here in the U.S. at some seminar. I'm assuming the thrust was Hapkido but I recognized 'high level' Tang Soo Do people 'ooing and aahhing' in the crowd. I used this phrase in my review and it is appropriate enough to repeat again. The instructor moved like



'molasses in January running uphill'. I thought it was a comedy skit at first. It was so ponderous and slow it was like the guy was trying to remember the moves as he went. At least the other two guys were flashy and dynamic and kept you interested to a point. This guy was like watching

ice melt. And again, the offered arm, half-hearted punches aimed three feet short of the instructors head and obligatory launching of oneself through the air at the slightest effort was brutal to watch. That is another point, a determined attacker is not going to aim his fist three feet to the side of your head and then leave it there for you to play catch up with your fancy refined motor skill block.

What is my point in this rant? Glad you asked. The uninitiated need to be initiated in the proper mind set for combat, realistic expectations of what may be faced, and appropriate skills to cope with them. They need gross motor skill responses that work under duress against a resisting attacker who doesn't want you to do what you're trying to do to him. They need to understand a fight is an unpredictable, chaotic affair that isn't pretty, isn't neat and isn't choreographed. They need to understand that locks work great, but they need to be preceded more often than not

with a good solid strike in order to set it up. They need to know how to SEIZE an attacker who doesn't want to be grabbed. They need to be able to defend themselves inside of a phone booth, on stairs, in an elevator, on a sloping or wet surface, from a disadvantageous position and in dim lights. They need to get Hollywood and the damn UFC out of their minds and concentrate on real life.

Do you teach an art that is primarily striking and kicking? Great, why not learn how to protect yourself if you wind up on the ground? I don't mean the MMA version either. Do you teach an art that is primarily a MMA ground grappling version? Great, is it sport or is it



realistic? Yeah, there's a difference. In real life attacks your not on soft mats, in a well lit venue that is level and dry with one opponent who has agreed to abide by the same rules you have will being monitored by a referee who can stop the fight or you can tap out if you had enough. Yeah, a Kimora or triangle arm bar is cool to watch on the tube. But try it while the guy's buddies are using your head for punting practice. At that point in a real fight between a couple of parked cars on concrete it may not be as cool as gouging out his eye, hitting him in the throat or biting off an ear so you can regain your feet and get out of dodge before his buddies stomp you to death.

Do you teach gross motor skill responses or fancy, refined motor skills because they look better and get the 'points'? Do you teach the O.O.D.A. loop? Do you even

know what it is? Do you teach about adrenaline dumps, auditory exclusion, loss of manual dexterity in the extremities, tunnel vision? Have you ever experienced so that you can pass that experience on to your students? Have you invited someone into your school more experienced than yourself so your students get the benefit or would that upset your fragile ego?

I know that a lot of 'instructors' don't know any better. A few teach from experience but most teach from theory. That isn't necessarily bad if the 'theory' is sound. But if it isn't then they're doing their students a grave and dangerous disservice. And these days they

are without excuse with the ready availability of modern research and data from real combat situations. I don't buy the excuse of 'my dojo/dojang/ryu/kwan/federation/master/grandmaster/great-awesome-supreme-professor-grandmaster Ph.D MA never taught it that way. The information is available and a mouse-click away. Failure to use it is either ego, stupidity or both.

Ok, I feel better now. And I'm sure that has won me some new friends.

Stay safe.

Mr. David Schultz has been in the martial arts since 1975. He holds Dan ranking in Shuri Te Karate, master rankings in the traditional arts of Taekwondo and Hapkido and master ranking in the eclectic martial art of Taekido. He holds six Law Enforcement Instructor ratings in Defensive Tactics, Combatives, Aiki Jujutsu and Firearms. He has taught military, police, corrections, executive protection and private citizens since 1986.

Evolving And Training

By Michael Munyon, 5th Degree, US-ITF

Part 's 2 & 3



Part 2

Last issue I mentioned a little about the early years. Now let's move forward just a little and talk about what it took for me to continue evolving and training in the arts. One of my early memories of me making a decision about my training came about when I was 11 years old. Between age 5 and up, to age 11 my mother did everything she could to help me find training. We bounced around a few schools due to money issues and us moving a lot.

When I turned 11 my mother told me she couldn't afford for me to take martial arts any longer. This really upset me. I found something I enjoyed and it played a HUGE part in my life. My martial arts training helped me cope with many downfalls and negativity. Things such as living in a single parent environment, poverty, low self esteem and the list could go on and on.

When I got out of school one day an older friend of mine asked me if I could help him with his paper route. I just helped him put rubber bands around the newspapers and threw them on people's porches with him. This went on for about 2 weeks and then one day he gave me \$20. Back then \$20 was a lot of money, especially for an 11 year old. He then

mentioned I should ask my mom about me getting a job as a paperboy for the Grand Rapids Free Press. We called the Grand Rapids Free Press and the minimum age for a paperboy was 12 years of age. Due to being poor and semi-desperate my mother fibbed about my age and we got me a job delivering newspapers. The money I made delivering newspapers helped out both my mom and I. It relieved a little bit of the money problems we had and it allowed me to pay for my own martial arts training.

I guess you could say at this point of my life the martial arts helped us out of a lot of negative influences and helped me to learn responsibility. This helped transform me from a young boy relying on others to a young man doing his part to help his family and himself.

Part 3

The third part of my story now takes us into my Middle/High School years. In 1988 I earned my 1st degree black belt. This was a very happy moment in my life. I obtained a goal I've been working hard for since my childhood. When I made it into High School one of my female friends had a boyfriend who was older in age and was a military brat (Air Force). He was Thai and did Moo Duk Kwan Taekwon-Do. When we met we

had a good time talking and worked on patterns and step sparring in my garage.

After a few weeks he invited me to come work out at the Air Force Base (Wurtsmith AFB, Oscoda, MI) at the Pre-Teen Center that he trained at. I was excited and gladly agreed. The very first class I was welcomed by the instructor named Mr. Rudy Hoffman. He was a 2nd or 3rd Dan through the WTF. He basically taught for nothing and had a nice sized program at this Pre-Teen

Center. That night happened to be a sparring night. I recall being proud of my black belt and thought I was going to do pretty well that evening..

Well....needless to say....I learned a big lesson that night. I was still very young probably 14-15 years in age and I had to spar a yellow belt who was about 18 years old. I weighed about 145 and he was about 190 and had things large bumps all over his body...called muscles. When we were told to begin I noticed that gravity and I didn't get along very well because this yellow belt was kicking my butt. I was used to no contact to very light contact sparring and now I just stepped into a hard contact school. I ended up sparring a few folks and in my opinion lost to about half of my partners.

When I got home and nobody was around I remember being very upset at most of my prior instructors because I blamed them for not pushing me or showing me this part of training. Later my buddy came over and he asked me what I thought about the class. I told him for the first time in my life I felt worthless and I became familiar with fear. I was afraid of getting hit. My friend (Suriya Klein was his name) made me a promise. He said he'll ensure I didn't get "roughed up" as badly as I did as long as I



keep coming to class and eventually my sparring would get better and I'd actually defeat my fear issue. The instructor allowed me to join but asked me to go down one rank to Red Belt. I didn't have a problem with this because I had a good attitude about training and learning.

It must have been about a year later I no longer feared getting hit hard and my sparring rose to new heights. I was able to fight through fear and my method/

strategy in sparring got so much better. I think it was 1 or 2 years after that I was promoted to my cho Dan in Moo Duk Kwan Taekwon-Do.

Basically my training had evolved greatly at this point. I learned to battle my fears, learned another version of TKD, earned another 1st Dan rank and grew as a martial artist.

The lesson I learned at that point in my life was to never judge a person by their rank, but rather by their abilities.

To be continued next issue.....



Lock On: Joint Locking Essentials

Volume 3: Shoulder Locks

DVD Review

By David Schultz

I'm asked to review people and things quite a bit these days. As the owner of www.martialwarrior.com I come into contact with martial artists worldwide. I'm sent video clips, research papers, DVD's etc, all asking for my opinion. Unfortunately, most of what I review these days is pure garbage, at least from a self-defense perspective. Fortunately, this time around, the person asking for my review was Alain Burrese and the product, "Lock On: Joint Locking Essentials Volume 3: Shoulder Locks". Why do I say fortunately? From talking with Mr. Burrese on-line and reading his published work I've come to expect quality, in this expectation I was not disappointed.

First, the technical aspect of the DVD. It was taped in a well lit venue with a blue background and flooring. This contrasted nicely with the white uniforms and allowed the movements to be clearly seen. This is a plus since being able to see the presentation is the reason for buying the DVD in the first place. Secondly, the sound was clear and crisp. No need to hit the rewind to try and catch what was just said.

Now on to the meat of the DVD. I should pause for a moment and state that I have no reservations in saying exactly what is



on my mind. I've had on-line wars with net-ninjas and cyber-warriors. If something is garbage, I won't...and haven't been afraid to say so. With that little tidbit in mind, I was very pleased with what Mr. Burrese presented. Here's why;

1. He begins with a detailed explanation of the anatomy of the shoulder and the various balance displacement and mobility planes that exist in which to control movement or exploit its weaknesses.
2. In teaching a particular 'technique', he goes further into the principle behind the technique. As he aptly states early on, he can't teach everything there is to teach in one DVD or hope to cover all the variables. But by explaining the principles behind each lock the viewer can then grasp the concept and expand upon it during training. This is an important point because far too many arts have become 'cookie cutters' in their approach. Either due to the rigid inflexibility of the instructor or their lack of in-depth knowledge to expand beyond what they themselves were shown.
3. One of the most important things covered; in my professional opinion was the necessity of a gross motor skill block/interception followed immediately by a solid, gross motor skill strike prior to attempting the lock. Let me explain why this is so important, and why I'm so

appreciative the Mr. Burrese covered this information. I've been in one uniform or another since 1985. Currently I'm a Corrections Officer with eighteen years on the job. I've been in over two-hundred uses-of-force against armed and unarmed, violent felons whose intent was to injure me, others or themselves. In that time, I've used more joint locking principles than I care to remember. Unless the circumstances are 'just right', a solid strike is going to be needed in order to facilitate a proper lock.

I often see, unfortunately, a complete lack of realism in modern training or even an acknowledgement for the need. Recently, I've been sent several video clips of martial artists who were of medium to high Dan rank giving seminars or demonstrations. In some, the choreography was wonderful... unrealistic, but wonderful. Other offerings were so awful it was beyond the ridiculous. But they all had a common thread. In each, the bad guy was basically giving his hand/wrist/arm to the 'master'. Or if there was a punch at all, it was a slow, half-hearted effort that wouldn't have pushed over a one-hundred year old great-grandmother. I'm not trying to be harsh on this point, but a real, live, aggressive attacker bent on causing you the greatest amount of damage in the shortest amount of time is NOT simply going to stick his arm out for you to grab. Nor is he going to give you a slow, non-effort punch that is aimed about three feet short of your head. Although it was 'neat' to see these 'masters' grab the wrist and throw the compliant partner all over the mat...in real life, based upon the types of attacks I've seen, they'd have ended up in the hospital trying to pull off that nonsense. Or the morgue.

That is why I was delighted to see Mr. Burrese expound on the necessity of some type of a strike preceding the lock. He was careful to distinguish between the difference of the partner offering his wrist so that the technique could be

demonstrated properly in a learning atmosphere and utilizing it in personal combat.

4. The techniques and concepts demonstrated used sound principles of motion. Flow and use of body weight was explained as well as breaking the axis for balance displacement and take downs.

5. Mr. Burrese covered applications of both a defensive and offensive nature with the locks. This is important as the necessity of a pre-emptive strike is sometimes a critical factor of survival. As the saying goes, a good defense is a strong offense.

6. Different conclusions were discussed during the explanation of the techniques. Options were given for a range of conclusions from a take down and pain compliance to control an attacker to incapacitation if necessary to the situation.

7. Finally, Mr. Burrese was well prepared for his presentation of this material. This is a plus and allowed for the easy flow of information.

In conclusion, whereas lately I've been inundated with choreographed garbage passing itself off as a martial art, I was very pleased to watch this DVD and found myself nodding in agreement many times throughout. Mr. Burrese has done an excellent job and I commend him fully. Where some offerings make me wish I'd spent the time more constructively, like watching paint peel, I'd not hesitate to view the teachings of Mr. Burrese.

About the reviewer:

Mr. David Schultz has been in the martial arts since 1975. He holds Dan ranking in Shuri Te Karate, master rankings in the traditional arts of Taekwondo and Hapkido and master ranking in the eclectic martial art of Taekido. He holds six Law Enforcement Instructor ratings in Defensive Tactics, Combatives, Aiki Jujutsu and Firearms. He has taught military, police, corrections, executive protection and private citizens since 1986.

How I Use The Tenets of Taekwon-Do In My Everyday Life

By Matthew Hobbs, age 11

I began learning the art of Taekwon-Do when I was 7 years old. Since I've started, I have aimed to follow all aspects of the martial art – namely the “union of mind and body, spirit and physique” – in the way that I live my life. I understand that Taekwon-Do is not only to do with improving and perfecting the physical skills but also practicing the ‘Do’ or the way of the art. Therefore I seek to follow the Tenets of Taekwon-Do in order to live a more fulfilled life and be successful. During my 4 years of development in the art I have tried to do the following...



always try to take the right course of action. For example I will help my friends when they are upset or have a problem. One of my friends was being unkind to another so I stepped in and helped him. I took my upset friend to one side and managed to comfort him. After I succeeded in cheering him up, I then spoke to both of them together and made sure they could be pals again.

I show “Perseverance”. When I begin a task I try my hardest to finish it to completion. For example, I am determined to persevere

I show “Courtesy”. Taekwon-Do has helped me to understand the importance of respect, manners and being polite to people. This not only includes my instructor and my fellow students but also my relatives, teachers, friends and any other person that I come into contact with. For example, I am kind and considerate and I treat everyone equally and fairly no matter their race, religion or culture they support.

I show “Integrity”. Although I was honest before I started Taekwon-Do, the art has helped me to understand further the importance of honesty in everything I do. An example of my honesty is that I admit errors and do not try to hide them away. I

with my musical instruments. I am currently learning to play both the clarinet and keyboard. I have passed grade 1 for my keyboard and was given a distinction and recently obtained a merit for my clarinet grade 2. For drama I have taken part in 3 plays in front of the general public and really enjoyed doing this. I am determined to continue and obtain a major role in a play in the future. Most importantly I want to become an expert in Taekwon-Do. I want to be able to teach less able and younger students the benefits of the art and how it can improve their lives – like it has mine !

I practice “Self Control”. Despite knowing I have good ability in Taekwon-Do I would

never use the art unless it was really necessary. For example I would use Taekwon-Do to protect my family or friends in self defence – but never to bully or harass others. I use my self control to try and stop myself getting angry or upset when provoked by others. My self control enables me to keep calm in difficult situations. For example when I was recently away on an adventure holiday, I really didn't want to take part in one of the events. The activity involved being pulled up to a great height and then being swung down at a very high speed. I practiced self control over my emotions and this enabled me to overcome my fears. I was then able to go to the top of the giant structure, swing down and I ended up realising that it was great fun rather than something to be scared of.

I have "Indomitable Spirit". I will take action if I see someone being treated unfairly. For example, when I saw someone being bullied at school, instead of ignoring it and pretending I didn't see what was happening, I decided I should do something about it. I told the person to stop and when they didn't I reported the incident so it was dealt with correctly. This

demonstrates the Indomitable Spirit of Taekwon-Do by "coming to the aid of the weak when persecuted by the strong". I intend to always stand up for people when there is injustice rather than keep quiet.

Conclusion

I want to carry on learning Taekwon-Do and observing the Tenets in all aspects of my life. I have seen many benefits in doing this already and I hope I have indicated how I have done this. I am committed to continue my hard work, I will always practice hard and I have a strong will to succeed. If I become discouraged I will increase my efforts and dedication to ensure it is overcome.

I enjoy teaching the skills and sharing my knowledge of Taekwon-Do with less advanced students and younger children. This is something I am very keen to continue pursuing in the future. I am very excited about taking my grading for my black belt. This is a great challenge for me and something I am determined to achieve.

Matthew Hobbs is an 11 year old member of Brian Crawleys Dojang in Formby Merseyside. He is now a 1st Degree Black Belt in the club.

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Readers Views

By
The Readers of Totally Tae Kwon Do Magazine

What would happen if the WTF lost the Olympic mandate?

What would TKD be like for students/instructors if the ITF and WTF actually merged?



In last months issue of Totally Tae Kwon Do, we posed the above two questions to the readers, here are the responses:

Whilst exclusion from the Olympics would be a blow to the WTF, I believe they have done enough over the years to establish regular competitions (both at local and international levels) to ensure it wouldn't effect training for the vast majority of their members. While some might see this as the opportune time to overhaul the sparring rules, it might be prudent to question just how many people that currently run clubs focused on Olympic sparring actually have the knowledge to teach anything else?

A merging of the two main factions in Taekwondo is something that would likely cause more problems than it would resolve. The notion of creating a new pattern set would seem like an obvious first step, but immediately you run into the problem of whether or not you would include the use of sine wave. WTF sparring rules would need to accommodate new methods of scoring to appease those used to the less restrictive ITF rules. This however would have to still be done in a manner that kept the IOC happy.

While I can foresee a vast majority of clubs and instructors welcoming the merger and changes it would bring; there would

undoubtedly be a large number of clubs who would be resistant to the change. The result of this may force more clubs to distance themselves from the large organisations, and in doing so actually further splinter the Taekwondo family tree, rather than helping to unify it.
Cheers,

Liam Cullen, UK

I am an ITF TKD instructor so the first question really doesn't apply to me. As far as merging the ITF and WTF organizations, I think that it would make TKD stronger; however, there would be some growing pains. As far as forms go, I like the ITF Forms. I have performed Koryo and Keum Gang and I don't see the depth in those forms. I prefer the deeper stances, whereas the WTF has more of the walking stances. As far as sparring goes, I like point sparring over Olympic sparring. I believe that I can punch a person in the head and knock them out (as in boxing). I think that the kicking skills in the WTF are exemplary, but realistically, people are going to try and knock you out with a punch, so fighting with your hands down will only get you hurt.

I think that the unification of both groups would make a more solid organization. We bring both groups together to pool the best of each organization. By using the best of both groups, we make TKD the most sought after martial art. If we had the depth of both forms, the kicking power of the WTF, and the realistic sparring of point sparring, we could have the greatest martial art out there. I would also like to see weapons usage through both organizations.

Martial Arts overall contain weapons, and we should learn how to use them. A curriculum in weapons would be great. The only problem that I see is that the 2 governing bodies will have a hard time backing off from what they do and accepting what the other does. The only thing that I can say is GOOD LUCK!
Respectfully,

Mr. Mark A. Best, 3rd Dan

What would happen if the WTF lost the Olympic mandate? I believe it would be unfortunate but WTF would still continue and move forward. Training will still build upon strong basics and advance to greater levels. I'm sure "Olympic TKD" is a great advertising tool and that it would change some schools structure But Tae Kwon Do is Tae Kwon Do. How can you not help but love it?

What would TKD be like for students/instructors if the ITF and WTF actually merged? If WTF and ITF actually merged there would definitely be growing pains. As with any merger in life there has to be give and take. There will be those who will not

accept change and those who will accept it with open arms. Whether students stay or leave will depend on how it will be presented by the instructors. One can only speculate as to what forms would be practiced. I'm sure it would change to one set of forms to make it easier for a transition to be completed and bring the schools together as a whole. But with that being said would it be ITF or WTF forms? A mixture of the two or a whole new set of forms? Would they be based upon traditional forms? Only the Grand Masters can decide and pass them down.

Change could be good and whether you are ITF, WTF or any other Tae Kwon Do organization we all believe in and live the same tenants. If a merger does happen I'm sure they will persevere and Tae Kwon Do can only benefit as a whole.

Mike Maleta, USA

I am Connie van Staden (54 years old)- a 2nd degree black belt instructor and train with my wife Amanda (1st degree recommended black belt (red/black) and son Konrad (19 years old) (4th degree blackbelt) as the instruction and training we do - Songahm Taekwondo (American Taekwondo Association) is not part of any of the ITF or WTF I really can't give an informed opinion but I will try to give my personal views.

In question 1, normally when an organization loses something as big as Olympic status it could have devastating effects on numbers still participating in the art because the number of practitioners doing it for sport alone are high.



In question 2 as mentioned above - it might not really effect us in our style as we don't really participate in any do jangh with the two mentioned styles - I would however think that "politics" would play a major role as always in Martial Arts and it might have a lot of students and instructors leaving and joining another grouping depending on what is available in their specific region or split again in another or more groupings. Regarding the poomsae - with more than one set available it can bring conflict as to which stays and which go - this could also actually be a good thing as the leaders could get a team together and merge the forms so that what might not have worked good could be taken out and that which worked kept - help to grow and not change for the sake of change.

If the history of Songahm Taekwondo could be an example - our Eternal

Grandmaster HU Lee was part of different organizations in his younger life and then pioneered with his masters to build what we have now.

The above is my personal views and not that of the Organization to which I belong to and I would really like that if the WTF and ITF should merge that it be for the good of all - that is leaders - instructors and students.

Thank you for a great magazine - hope you grow from strength to strength!

Connie van Staden, WTTU, South Africa

#1. WTF functioned without the olympics and not sure that it has made much of a difference as to numbers in the long run, after they advertised as "Olympic Style". To remove the Olympic part don't think would matter as far as the public is concerned since they are confused as to Taekwondo, in general. I don't think they would change the way they teach since they taught the same way from before. The sparring part is becoming more similar in many ways between ITF/WTF, yet will still have differences in their ways and rules.



*Picture courtesy of Velimir Mladenov
President of ITF Taekwon-do Federation of Serbia*

#2 I have studied in schools where both "systems" (ITF/WTF) were taught and it seemed to me that they were not as clearly defining / differentiating technique / patterns as clearly as when separate. I suppose it is possible to teach both systems fully yet separately albeit

there would obviously be some overlapping and possibly some confusion.

Today there are those that still teach a combination of not only ITF/WTF but have also added eclectic and Japanese style Katas, all intermixed. The bigger question is one of identity ? What out of all this mess will "survive" as considered Taekwon Do ? Maybe the answer is in all of those other arts (Japanese/Okinawan/Chinese/Hindu/Greek etc....) that came before us and who have transitioned to what they are today?

GM Steiner, USA

No offence to WTF schools, but if the Olympic mandate was lost, so too would the advertising opportunity that has carried many schools for so long, as lets be honest, participating in the Olympics effects only a very very minor percentage of Kukki based schools. Many school instructors simply use it as a way to make what they teach seem more than it really is, knowing full well that 99.9% of their students will never get close to Olympic level, or even want to. Of all the WTF schools I've trained in, not one student has been to the Olympics, in fact, I don't recall anyone ever even mentioning having any aspirations to go there. So it won't effect the students, it wont really effect the schools apart from losing the word 'Olympic' from their advertising brochures, but it might affect the WTF

Regarding the second question, one must first look at the two organisations. Even accounting for the ITF as a single body, the WTF is much bigger worldwide, so it wouldnt be a merge but more a case of the ITF joining the WTF really, and though there might be concessions to the ITF, they would be minor as I doubt the WTF will hold much weight from the ITF despite what people think. The question of why the ITF want to join the WTF must be raised, what are the reasons behind it all and who's to gain the most benefit as its certainly not the students as if an ITF student wanted to do Olympic Taekwondo they could easily have joined a WTF school. Furthermore, there are vast differences between the two systems. Syllabus and poomse aside, the requirements and standards of each organisation are vastly different, the WTF have about 600 9th dans across the world, the ITF have a few in each organisations possibly totalling 15 to 20, so the kudo's for ITF high grades would diminish considerably. Then theres the question of rank, from what I see, the ITF demand a student train for much longer to achive the title of Master, which is 7th dan in the ITF and only 4th dan in the WTF, so I dont

think many ITF high grades would feel very happy about it. Though they share a similar name and both kick, they have both followed different paths and look at martial arts in different views. If they joined or merged, I dont think it will effect the WTF one bit, except for an increase in revenue, but the ITF will likely find themselves with a mass exodus to one of the other ITF's or else ware.

Bill Smith, USA

While working at Southall, I was fortunate enough to meet the two founders of LTA London Tae Kwon Do Academy, a WTF club with training facilities in Ealing, Acton, Hanwell, Greenford, Southall, & Uxbridge (and a few other places besides). At that time I was a 5th kup ITF – there was no hesitation in their response when I asked if I could train with them after work; in fact, Master Yousuf Dildar, who was a student at Southall College set up a class within the College, charged minimum fees and invited all students to come & train for free. Master Usman Dildar, his brother, was equally welcoming and in fact, in recent months has sent a team of his championship winning senior belts over to Focus TKD in Surbiton, where (to get to the point of this letter) we looked at various techniques that could be used in ITF competition. The pad work was fantastic and their demonstration electric....I was absolutely transfixed by the kicking speed and versatility of their fighters and feel that a merger of the ITF & WTF, in more than one respect, could be a great move.

However, I feel that there would be many obstacles, some legitimate & logistical, others ego based and for that reason think that the emergence of Sport Tae Kwon do (as opposed to Olympic TKD) would be a great platform to start from. Techniques & point scoring could be adopted from both disciplines & the process of incorporating patterns could move at a slower pace.

Everything else within Tae Kwon Do (I

believe) is, from then on, a variation of the same thing and subject to those political processes common to so many mergers & takeovers. That is what I believe & a merger is more likely than not, don't you think?

If you haven't spoken to him already, Master Usman Dildar is a guiding light in WTF TKD, well respected in Kukkiwon and the founding father of many champions within LTA.

Ian A. Smith, 2nd Dan ITF, UK

I think its very difficult as its a matter of pride for each group.

Visually ITF TKD is more dynamic and beautiful to watch, but the WTF have won the publicity war and so have the power of money and numbers to use as leverage.

I think that the WTF will loose Olympic mandate, but also think that the corruption has irrevocably damaged the reputation of TKD as an Olympic sport. As to the patterns, I believe that if there was a merger then both systems should be included in the programme, to loose the ITF patterns would lead to a refusal to join a new group.

John McKissock, Spain

1) I think the sparring rules would stay the same for quite a while. The WTF has a set of rules that they would not just abandon because they cannot do the Olympics any more. We would probably see a decline in the numbers of kids signing up, adults know they are too old for the Olympics and so it would not affect their decision to start.

The purely Olympic based schools would take a hit and may end up forming their own federation OTF (Olympic TKD Federation) and start lobbying to be put back in the Olympics once more.

2) This is the big one. The WTF and ITF

have a different set of everything from forms through sparring. Whatever sets of forms are selected there would be a lot of instructors who would have to learn a whole new set of stuff.

How would it work for their Dan recognition? Can you be a 5th Dan and not know the forms very well? You would end up with a 1st Dan European knowing more than a 7th Dan Korean. The system that obtained the upper hand and got their stuff made part of the curriculum would remain, the other system would break off in pieces as individual schools left and set up their own system. I cannot see our 7th Dan Korean Army instructor starting from scratch and learning a whole new set of forms and other things. I can see him and his 5 schools breaking away from the new organisation and going it alone. The two systems are too far apart to integrate, one of them would win and one of them would lose.

Ian Gillman, USA

Congratulations on the magazine. It's refreshing to see someone dedicated to TKD and trying to ignore the WTF/ITF splits. Keep up the good work!

1. To the vast majority of current students, I do not think it would make much difference. Most students want to learn, but few will reach the heights of Olympic competition. The Olympic recognition is good publicity for attracting new students, though most start via local advertising or 'with a friend'. However, those that excel and move to international competition will see the Olympic gold as the ultimate goal. It is similar to ,say, athletics in this respect. An athlete may be a world champion or world record holder, but these accolades are surpassed by an Olympic gold medal.

The kudos of being an Olympic sport is undoubtedly a bonus in promoting TKD. Even for ITF, the fact that TKD is on the Olympic stage helps promote the art. Few

beginners realise the differences between karate and TKD, let alone the WTF/ITF differences.

If the mandate were lost, government funding (in many countries, not just the UK) would be reduced or even stopped. The Olympics is probably the biggest and best flagship for any discipline. Just look at how handball is fighting to retain its mandate. It is a minority sport (even less than TKD) but realises the promotional value of the Olympics. Fencing, shooting, archery etc. all look to the Olympics as their biggest world promotion. If the mandate was lost, it would be very difficult to regain it. I believe this would open up the chance for another martial art to step in and take TKD's place. The obvious one would be karate. It is probably the most recognised alongside Judo (again an Olympic sport). Once in, it would be very difficult to remove.

To retain it is a must. However, it must be improved as a spectator sport.

At the moment, to the layman, it looks like 'foot tag' followed by a cuddle and bears little resemblance to the martial art practised away from the cameras, but that is a whole new topic in itself!

2. Isn't this how things should be? When the masters first formed TKD it stood alone as one entity. Only politics and power caused the split. Even ITF and WTF have their own sub-divisions. Personally, I have seen how things fragment.

I have both WTF and ITF black belts. My original grading instructor was Rhee Ki Ha under ITF (early 1970's). My then instructor, along with other UKTA instructors had a falling out with him, split away and joined the WTF.

Politics and power. As students, we had very little say in what was happening and really didn't care as long as we could continue learning. Years later, having moved to a different area, I rejoined ITF with a new club and achieved my ITF black belt. The reasons for the splits always

seems to be the same. As people move up through the ranks, they do not like the 'glass ceiling' imposed by the higher grades in positions of power. These older officials do not want to relinquish their own position, so are reluctant to let anyone in. This causes resentment and eventually, a split happens.

Personally, I think it would be a massive boost to bring TKD back to one entity. Look at boxing. In my younger days,

there was only one World Champion. Now there are so many titles, it has lost its way and the title is much diluted. Again, politics and power have been its downfall.

It would be wonderful to get back to the art as the General and other Masters envisaged TKD. Students could move freely between clubs, competitions could be open to so many more and the whole movement could promote itself better as a single entity.



Wendy Tseng. Picture courtesy of KickPics

Could it be done? It would take some brave people to make it happen. A single authority would mean clarification and a return to TKD as it was conceived. However, many people at the helm of various parallel organisations would see their own power base reduced, if not extinguished, and it will be very difficult to make it happen.

For the good of TKD, I would like to see it happen.

Bill Reynolds, UK

My personal opinion, is that we'd see a few issues develop out of this, particularly in the USA. If Taekwondo were dropped from the Olympics...

1.) USA Taekwondo, the governing body for Olympic TKD in the USA, would very likely lose its funding. That could spell the end of that regulating body.

2.) Due to the full contact nature of Olympic style TKD... WITHOUT USA Taekwondo being under the US Olympic Committee (which is congressionally chartered), Olympic styled TKD would no longer be regulated by a legally responsible governing body, and the full contact nature of Olympic TKD would probably be judged to fall under the regulation of state athletic commissions, which currently handle MMA, Boxing, and other 'full contact' sports. This would result in greater expense to host Olympic TKD sparring, more needs for permits, and could spell the end of Olympic style TKD in the USA, because it would not be cost effective for TKD schools to host these tournaments where Olympic style TKD is part of the competition.

3.) Clubs would have to simply go back a little, to how things were before the Olympics added TKD to the event list.

4.) You might see a reduction in the contact levels required to score points, and

an adjustment of rules, to avoid having to be regulated by state athletic commissions. And most competition, would be found in open tournaments or TKD organizational tournaments (both open and closed)

5.) I think you'd definitely see a little marketing change, where schools and clubs again placed more emphasis on the total art, openly as well as in spirit.

IF the ITF and WTF ever merged... it would be a calamity for the art in general in my humble opinion. In the first place as far as I can tell, the ITF is still made up of several factions, so the ITF itself is not really under a unified leadership at this time. That alone makes a true ITF/WTF merger highly improbable as we speak. The ITF has to get its own house back in order, before it can realistically think about merging with the WTF.

Frankly, people are pulling away, in my opinion, from the larger organizations. It's a slow process, but by and large, people are finding themselves far more comfortable dealing with a more 'personal' organization, as opposed to a large scale organization.

Every Taekwondo curriculum, adds something to the tapestry of the art. Each instructor contributes to that legacy. So the merger would very likely hurt that aspect as well. I think we'd be better served, to have 'joint venture' tournaments, or 'open TKD tournaments' where ALL TKD artists are welcomed, and their curriculums are accepted as a part of a greater whole. It's the diversity in TKD, I think, that is a strength to be capitalized on.

Whether it is ITF, WTF, ATA, or the older styled Pyung Ahn curriculum... the diversity of our students and how they've been taught, is a part of the fabric of TKD and that really should be celebrated. A merger would not accomplish that nearly as well, as a massive 'acceptance' by all TKD organizations, of each other, and to

recognize that every independent TKD school, and every organization, contributes to the living beauty of Taekwondo.

This shouldn't be an 'everyone does it all the same way' prospect at ALL. Human beings, by nature are not 'uniform'. We all have our own quirks. Embracing this same nature in Taekwondo as a world wide art, is to celebrate the human aspect of martial art. When we recognize the worth of the individual and their part in the greater whole... we are by that action, validating the very ethics of our art.

So if asked by the leaders of organizations throughout the world of Taekwondo... I would sincerely recommend against a 'merger'... I would instead, recommend that each organization accepts the other, and that all organizations recognize and accept the independent school and club owners, in word, deed and spirit, as vested students of the art of Taekwondo, and strive to create opportunities, individually and collectively, where the love of the art of Taekwondo is celebrated, as is the beauty and diversity of the human beings who breathe life into the art of Taekwondo, by being students of the art.

Take care Stuart! Another great issue!!

Paul Schewene, USA

If TKD lost its Olympic Mandate it would bear little on students interest and the marketability of TKD.

Olympic TKD currently is not very interesting and the trend in consumer interest is towards MMA. If

ITF and WTF merged I suspect there would not be much change in

practice for quite some time at least relative to poomsae.

Currently many WTF schools use palgwe and different forms.

Master Zeishe, Poland

If the WTF lost the Olympic mandate nothing but good would happen to Tae Kwon Do. As a self defense art Tae Kwon Do has seen a steady decline and since it became an Olympic sport that decline has increased dramatically. it is VERY difficult to find a school that teaches traditional Tae Kwon Do now a days, but you can find a multitude of schools that teach the stripped down sport version.

We even have a name for most of those schools - McDojos, or McDojangs if you will. If the Olympic sport would die, perhaps the McDojangs would die with it and Tae Kwon Do would reclaim its position as the self defense art it was once known for.

No opinion (regarding the second question - ed). I go to an independent school. I could care less if these organizations merged.

Joshua Hoffmaster, USA

I don't think anything spectacularly negative would happen if the WTF lost the mandate. Assuming that Tae Kwon Do remained an Olympic sport, clubs that meet the requirement to participate in IOC-recognized events could still advertise that aspect. If Tae Kwon Do were no longer an Olympic sport, I do think that some clubs would change what they teach and, for the most part, that would be a good thing. Tae Kwon is far more than Olympic sparring



and Kukkiwon Poomse.

On the positive side, I believe some good could come with new leadership in this area. The combination of WTF/Kukkiwon, despite many positive accomplishments in promoting Tae Kwon Do, has the feel of arbitrariness in rule making and partisanship in application of everything from dan promotion to tournament governance.

I think the merging of organizations would clearly be possible, but would need to be limited at least at first. An initial step would be to establish an umbrella organization with something like the WTF and ITF as member bodies. Each entity would still promulgate the rules for those studying within their own system with the ITF 'division' using the Ch'ang Hon forms and the WTF side using the Taegeuk poomse. They could seek common ground in a number of areas, including tournament competition.

One interesting area would be a requirement that those seeking status of grandmaster (say 7th Dan or above) would need to demonstrate competence in both Ch'ang Hon and WTF forms. Just as general officers in the US Army relinquish their branch designation upon promotion to Brigadier, so would Tae Kwon Do grandmasters rise above the politics of their organizations.

THE major obstacle, however, is not the WTF and ITF integration per se, it is rather the division between those in the ITF tradition who practice the more extreme form of the sine wave movement and everyone else, whether ITF or WTF. This approach to movement, introduced by General Choi Hong Hi upon his initial visit to North Korea in 1980, is substantially different than the approach taken by both those of the ITF practicing the pre-1980 style as well as everyone the WTF. The current trend in some schools to exaggerate this motion, would have been

unrecognizable to early adherents of the art of Tae Kwon Do.

Brendan Wilson, Belgium

The ITF is the original, it kept a practical focus and was always the most inclusive. WTF sponsorship of the Olympics only produced sparing with a no blocking (hands down) style with fast attempts to hook kick or round kick the head of the opponent. I'd love to see ITF style sparring, breaking (1" min thickness boards!) and patterns (both team and singles) in the Olympics instead!

Craig Schomp, USA

I don't know much about the WTF, but from what i have seen and heard WTF is sparring based, so a dream of every student whether they realise it or not or even if its just subconsciously a small part of them, but every one aspires to be at that level and enter the Olympics, to be a world recognised champion, take it away and what do the students aspire to be?

WTF is world recognised because of the Olympics is so big, if a club can say a Olympic champion trains here, trained here, sponsors this club or trains like they do it brings hope to people and maybe will bring more people through the club door, it makes Taekwon-do more open in the public eye, people recognise the art and so long as they know about it, then maybe one day they will need to know more and they will maybe take up training.

I'm neither ITF or WTF so it wouldnt really effect myself is this did happen, but it effects Taekwon-Do world wide so it does effect everyone of us under the name Taekwon-Do. i think there are good points and bad points to this, its would bring taekwondo closer to being united truly which im sure it is meant to be, it opens up further chances for both federations, for competitions and different training also. the

benefits are that taekwondo can move forward as one (well almost lol)

i would love to see Taekwon-Do as one i truly would but i feel if ITF and WTF are too different to change and be one. WTF is Olympic Taekwon-do ITF is traditional Taekwon-Do. where would the compromise be? does WTF start being traditional and learning the patterns of the ITF, and maybe the Olympic sparring etc suffers, or do ITF give up the traditions that have always been in Taekwon-Do, yes maybe it will be a good thing for the competition status but is it worth losing the history, the traditions of Taekwon-Do to be one again? Also who then leads this unified Taekwon-Do federation? There are Grand masters and presidents in both, would this not just be a huge power struggle, if there is a struggle what would it do for Taekwon-Do's future? we can say there wont be but we can never truly know until it happens can we? One of the things I love most about Taekwon-Do is the traditions and the history, and as much as I believe Taekwon-Do should be one, I do not feel that losing any part of the tradition or history or even the competition sparring is worth losing the things that we hold at the heart of Taekwon-Do.

Victoria McBeth, Scotland

#1 The "Olympic Mandate" is just a small part of the WTF competition package. In reality, more people compete in the World Championships, The world Cup, The Poomsae World Championships, The Jr. World Championships (for 14-17 year olds), The World Collegiate Championships, The PanAm Championships, The Asian Championships and various international Opens. The Olympics permits only 108 athletes in the TKD event. The World Championships is an international event held every other year and each country can send a full national team of 8 men and 8 women. With over 100 countries participating you get very large divisions with great competition. The World Cup (an

event where individual compete, but national team are ranked) is held in the years between the World Championships. The guidelines are the same for participation and you frequently will have 80 plus people in a division. The Poomsae World Championships are only 3 years old, but more than 100 countries participate with full teams. Everyone makes a big deal of the Olympics because of the media hype, but even in mainstream sports, being a World Champion is more prestigious than being an Olympic Champion. It is the public that sees it the other way.

#2 I don't think that this is a real possibility. If the ITF leadership said that they were going to merge with the Kukkiwon (not the WTF) many clubs would break off (as they already have) and form their own ITF-type associations. Those who wish to join the Kukkiwon may do so now, just as those Kukkiwon practioners who want to join the ITF may do so. The differences in technique, forms and the sine wave movement have diverged so much over the last 25-30 years, that I don't see how you would reconcile them. No Kukkiwon stylist will adopt the sine wave, just as (I'm sure) no ITF stylist will give it up. I see this as more of an individual choice rather than an association choice. What would be nice is if the ITF and WTF (which is different than the Kukkiwon) could sit down and develop some sort of inter-association competition rules and let there be a true World Championship competition every other year that would be all inclusive for sparring.

Lou Giamo, USA

So there you have it...

...numerous views, from numerous countries, by numerous Tae Kwon Do students, in numerous organisations, ITF, WTF and others...

.. Lets hope the organisations listen!

How To Build A Master Breaker Board Holder

By Earl Weiss

No more bruised fingers or unstable human holders. The holder can be hand held, placed on the floor or the wall via an adjustable mount. With these simple plans and \$50 of basic materials, in less than 2 hours you can build your own master breaker board holder that will last a lifetime and save you hundreds of dollars.

MATERIALS LIST

All items should be readily available at your local lumberyard or home improvement store.

- 1 x Sheet of 3/4 inch plywood 48" x 30"
- 1 x Tube of "Liquid Nails" or similar construction adhesive.
- 4 x Eye screws 1/4 inch by 2 inches long or similar item.
- 2 x Handles "Stanley" 6.5 inch door pull or similar item.
- 2 x 18 inch bungee cords
- 60 x 1½ wood deck screws
- 1 x 8 foot 2" x 2" (or you can rip cut a 2x4 lengthwise.)



Otto Precht III Dan Breaking With Fore Fist Punch

OPTIONAL MATERIALS

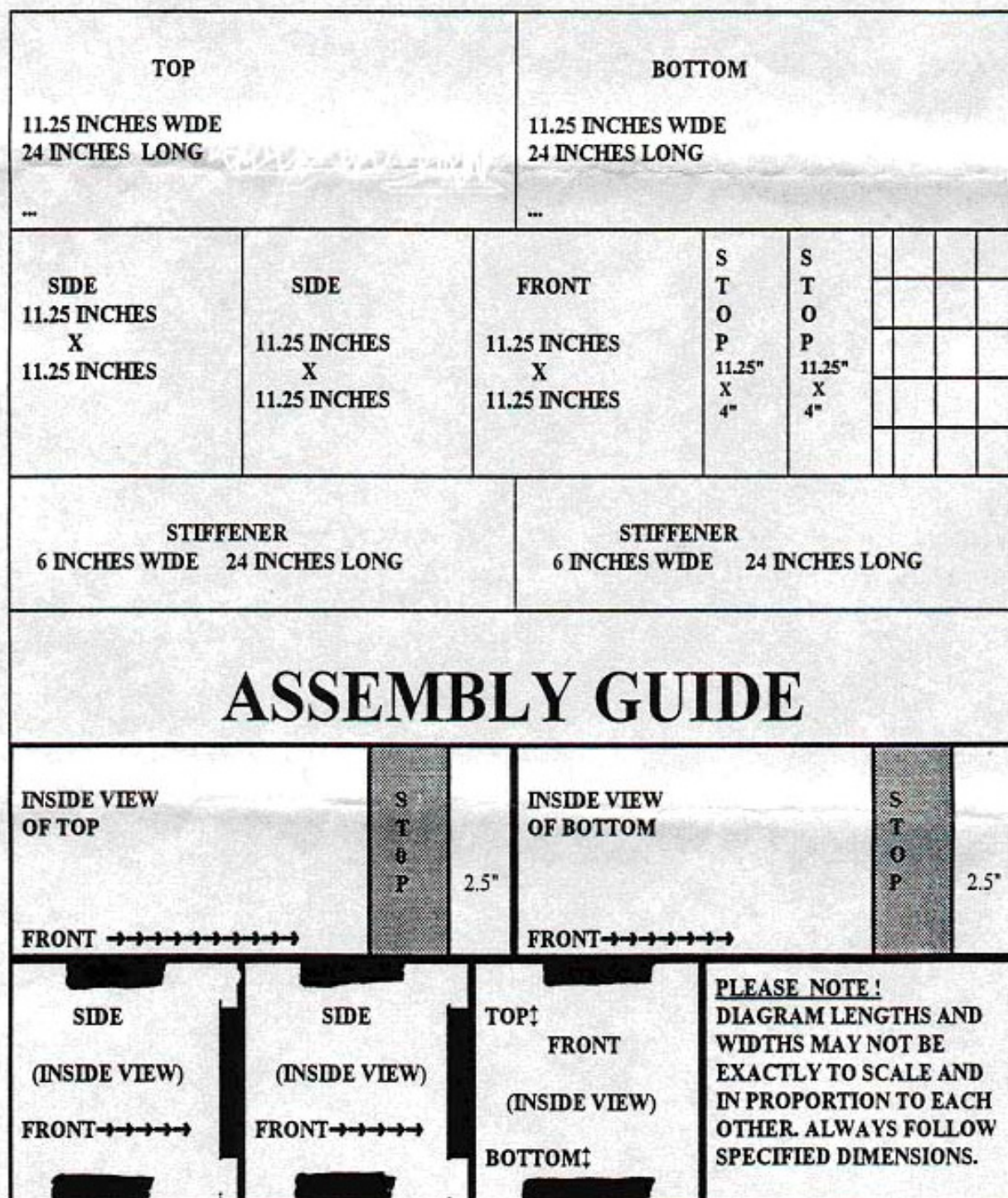
- 2 x Additional handles
- 12 x Corner braces (2.5 inch or similar item)
- 2 x 3/4 Inch plywood "Stiffeners" 6" x 24"
- 2 x Slotted Steel angles 2 feet long
- 2 x Slotted Steel angles 6 feet long
- 2 x 2 foot 3/8 inch steel rods

REQUIRED TOOLS

- Variable speed reversible drill with 1/8" drill bits and screwdriver bits.
- Caulking gun for construction adhesive if "Squeeze type" tube cannot be purchased.
- Table saw. Not required if the store cuts the plywood.
- Circular saw or hand saw to cut the cleats to length.
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Downward Knifehand Strike - Earl Weiss VIII



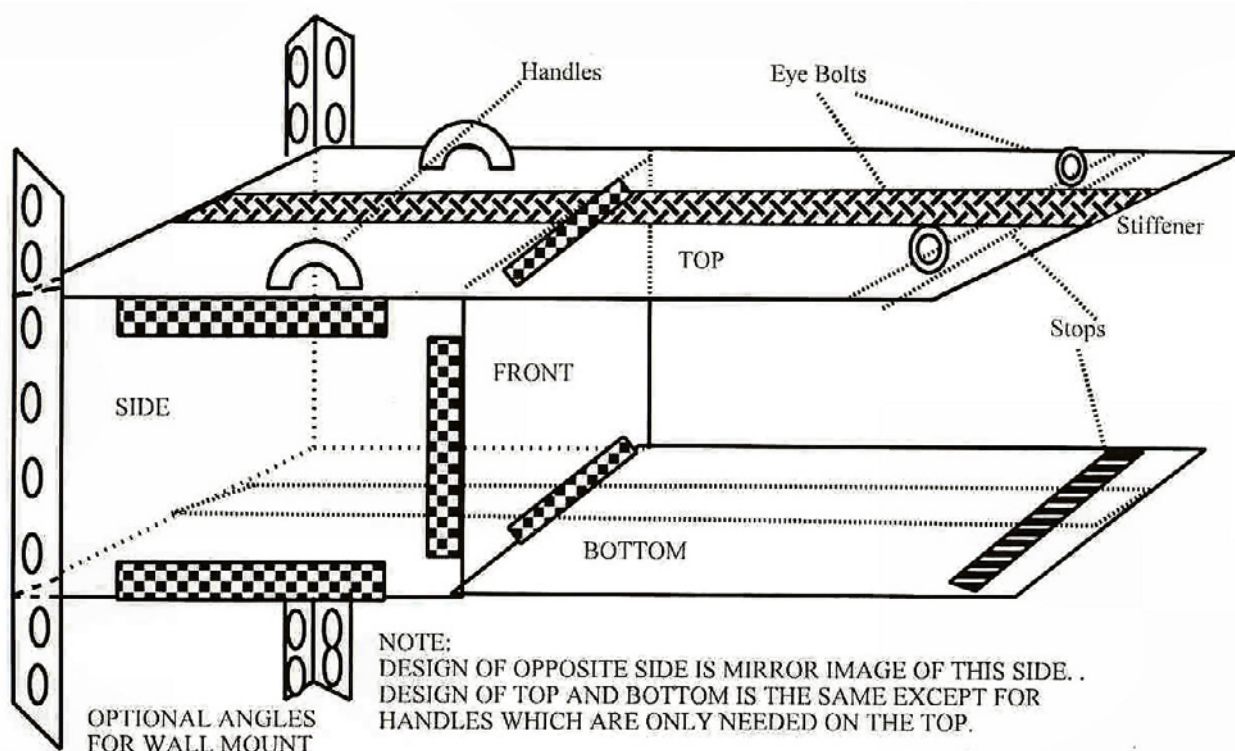
Three Quarter Inch Plywood 48 Inches by 30 Inches

CUTTING INSTRUCTIONS

Hint: Unless you have a table saw, or other appropriate equipment, save time and the possibility of errors by having the store cut the plywood.

1. Cut the plywood as per the cutting diagram.
2. Cut the 2"x 2" into eight 7.25" "Cleats". (Exact length is not critical.)

Note: Diagram length and width may not be to scale and in proportion. Always follow specified dimensions.



Note: these are the "Cleats" and they are inside the box.



DIRECTIONS FOR ASSEMBLY

NOTE:1. All assembly requires drilling of pilot holes before;

- A. Applying adhesive; and
- B. Inserting screws.

2. All screw heads must be sunk flush with Plywood. Any exposed points must be ground flush.

1. Attach all CLEATS (represented in the diagram by checkerboard rectangles) to FRONT and SIDES making sure each end of the CLEAT is about 2 inches in from the edge and that the side of the CLEAT is flush with the outside edge of the FRONT / SIDES. Use adhesive and two 1.5 inch screws, screwing from FRONT / SIDES into the CLEAT, one inch each side of center of the CLEAT.

2. Attach STOPS to TOP and BOTTOM (as shown in the assembly diagram) 2.5 inches in from front edge using adhesive and four evenly spaced 1.5 inch screws, screwing from the STOP into the BOTTOM. / TOP.

3. "Dry fit" (without using screws or adhesive) TOP / BOTTOM /SIDES / FRONT to create a box so that:

- A.) Outside surface of SIDES are flush with outside edges of TOP / BOTTOM;
- B.) Rear edges of SIDES are flush with rear edges of TOP / BOTTOM;
- C.) Side edges of FRONT are flush with side edges of TOP / BOTTOM.

If specified items are not flush adjust as necessary.

4. For final assembly set forth below, follow these procedures:

A.) Assemble FRONT and SIDES on a flat surface making sure outside surface of sides are flush with outside edges of FRONT and that top and bottom edges of SIDES and FRONT are level.

B.) Drill two pilot holes from FRONT into vertical CLEAT on each side, each hole 2.5 inches from center of CLEAT; apply adhesive to FRONT and SIDES where FRONT meets vertical cleats on front edge of SIDES and attach FRONT to SIDES using 1.5 inch screws in each of the four holes.

C.) Turn FRONT/SIDE assembly on it's side and attach BOTTOM by first drilling two pilot holes from BOTTOM into each of the three CLEATS (one CLEAT on each SIDE and one on the FRONT) each of the holes 2.5 inches from the center of the CLEAT. Apply adhesive to the CLEATS where they will meet the BOTTOM. Attach BOTTOM to the FRONT/SIDES using 1.5 inch screws. (Edges and surfaces to be flush as noted in Step 3 above.)

D.) Attach TOP to FRONT/ SIDES using the procedure specified for the BOTTOM in 4.C above.

5. Attach STIFFENERS to center of TOP and BOTTOM using adhesive and 1.5 inch screws. Screw from TOP/BOTTOM into STIFFENERS. Check to make sure points of screws do not protrude through surface of the STIFFENER. If they do, grind or cut flush, or remove screws once adhesive dries.

6. Attach handles to the TOP on each side of the STIFFENERS so front mounting screws of the handles are positioned behind FRONT of the BOARD HOLDER.

7. Attach screw eyes;(Drill pilot holes first!) two on TOP and two on the BOTTOM five inches from the front edge of the TOP / BOTTOM, one inch from side edge of the TOP / BOTTOM, so they extend into, but not through STOPS.

8. Let adhesive dry according to package directions.



Back Kick - Chris Imig, 1 Dan

TESTING PROCEDURE

1. Make sure BOARD HOLDER is always placed against a solid / stable wall, or other support.

2. Boards are secured in place using the bungee cords, each one from a top eye screw to a bottom eye screw. NOTE: Bungees will only hold three or more boards. If less boards are used, you may need to wedge them in place with a folded piece of paper. Try BOARD HOLDER with one, then two, then three, etc. boards.

OPTIONAL ITEMS

1. Corner braces can be used to reinforce the SIDES and FRONT to TOP/BOTTOM..
Use two for each corner 3 inches from center . Drill pilot holes first. This position puts screws into the cleats.
2. Extra handles can be added and located as desired. Make sure no screw point protrude into the “THROAT” of the BOARD HOLDER .
3. A pair of “Hand Hold Holes” can be cut, one in each SIDE near the TOP. Cut holes and sand all edges.

ADJUSTABLE HEIGHT WALL MOUNTING

CAUTION: THE WALL MUST BE STURDY ENOUGH TO WITHSTAND THE ANTICIPATED IMPACTS.

Lengths of slotted steel angles are used. The two foot sections are mounted to the BOARD HOLDER , and the six foot sections are mounted to the wall. NOTE: Make sure the hole patterns on the angles for each side match up at the same level for both the two and six foot sections. Proceed as follows:

1. Assemble the two foot sections to the back of BOARD HOLDER so each extends vertically approximately six inches above and below the TOP and BOTTOM of the BOARD HOLDER , with one side of the angle to fit flush against the SIDE and the other side of the angle extending behind and against the rear edge of SIDE. HOLES OF THE RIGHT AND LEFT ANGLES MUST LINE UP! Angle can be screwed to the SIDE of the BOARD HOLDER . But you may need to use washers to keep screw heads from slipping through existing angle holes, or drill new holes in the angle large enough for the screw shaft to pass through, but too small for the screw head to pass through. You may also need scrap plywood or CLEAT material inside the BOARD HOLDER where the angle screws pass through the side to give the screw additional material to “Bite” into.



2. For “DRY FIT”, attach a 6 foot angle to each 2 foot angle in approximately the center of the 6 foot angle. So that one side of the 6 foot angle is flat against the side of the 2 foot angle that is against the SIDE of the BOARD HOLDER and the other side of the 6 foot angle extends away from the BOARD HOLDER, making sure the holes on *all* the 2 and 6 foot sections line up. Use two sets (4 total) of nuts, bolts and 2 flat washers for this dry fit. Use one set just above and one set just below where the 2 foot section meets the side of the BOARD HOLDER . The flat washers are used on one side only between the 2 and 6 foot sections. This gives some space for ease of raising and lowering later. Use the 3/8 inch rods, one above and one below through all four angle sections. Make sure everything appears level and square.

3. Place entire unit as assembled above (a helper would be good for this) place it against the wall with the top of the 6 foot section about 8 feet from the ground, or other desired maximum height which would position the center of the boards accordingly when raised

to the maximum point between the 6 foot angles. Mark location on wall for mounting the 6 foot angles. Use appropriate fasteners for type of wall, minimum of 4 for each side. Set fasteners and mount to wall. TIP: You may want to try mounting entire unit as assembled to insure proper alignment. Remove nuts and bolts.

Make sure bottom corners of angles do not present a hazard. Cover with several layers of duct tape and / or other padding if needed.

Thanks to Fred Zielinski for initial design efforts



Side Kick - Craig Wilke II Dan

HAPPY BREAKING!

WARNING: Board breaking is a dangerous physical . There is a substantial chance of serious injury when persons attempt to break boards; both to the person attempting to break the boards and to the assistants and bystanders. Users of this equipment assume all risk of physical injury to themselves and others who may be present. No representations are made as to the adequacy of these plans, proper construction of the board holder or the intended or apparent fitness of this item for any purpose whatsoever. Any such warranties of quality or fitness are explicitly disclaimed and neither the author of this article or Totally Tae Kwon Do magazine can be held liable for any accidents resulting from building or using this equipment.



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