

# TOTALLY TAE KWON DO

Issue 6

[www.totallytkd.com](http://www.totallytkd.com)

August 2009

The Free Global Tae Kwon Do Magazine



**Willie Lim**  
*The Rebel Master - Interview*

**ITF President  
GM Tr n Tri u Qu n  
Discusses Protocol**

*Plus*

**Was Taekwon-Do A Killing Art?**

***A Field Guide To Taekwon-Do Etiquette***

**Precursors To Tae Kwon Do - Pt.2**

***How To Teach A Back Kick***

**More On Adrenal Stress Training**

***Dealing With Tendonitis***

**Totally TKD 'Most Rated Books' Survey**

***All I Needed To Know I Learned As A White Belt***

**Plus TKD Books Galore & loads more great articles inside**



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

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# Editorial

## Issue 6 - August 2009

Welcome to issue 6 of Totally Tae Kwon Do. This issue has Tae Kwon Do books galore as we release the first set of results from the *Totally TKD Most Rated Books* survey, plus a book review by 'Honest John', as well as books that can be utilised for Tae Kwon Do gradings.



This month we have the most up to date interview with 'The Rebel' Tae Kwon Do master, pioneer Master Willie Lim. The *TKD Clinic* deals with a problem that affects many many people, plus we have an article regarding 'low-Fat' diets, by Master Keith Yates.

Protocol and etiquette are important for many that attend seminars and functions with high ranked masters and this month we have a couple of articles on those very issues, one by none other than Grandmaster Tr  n, head of the ITF. I must say, well done to Grandmaster Tr  n for leading the way for the three ITF's and being the first to have a submission appear - other ITF's should take note and hopefully (well, maybe) follow suit, as should all other Tae Kwon Do organisations! Many thanks to Michael Boik for sorting that out.

Again, many of our regular (and may I say top) writers have submitted articles again and I am pleased to finally have a proper 'How To..' type article - many thanks to Master Earl Weiss for that - again, hopefully others will follow suit!

If all that 'move from B to EF' stuff in patterns or poomse baffles your brain, be sure to check out the article 'Out With The Octagon'; or if a bit of Kwan History is your thing, then be enlightened by 'The Taeguk CIPHER' authors latest offering; or maybe you just want some hands on, practical stuff, well that's provided as well by Paul O'Leary and my own *Hae Sul* series.

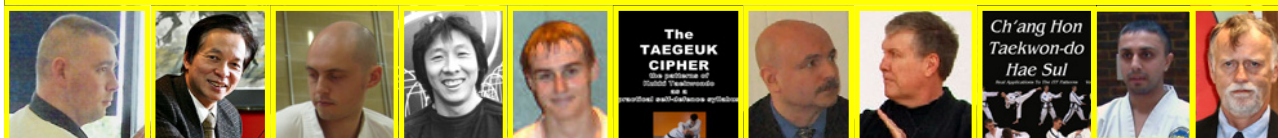
All these plus many other great articles and reports for you to devour this month, so enjoy and don't forget to check out the 'Totally TKD Forum', set up after many requests from our readers.

All the best,

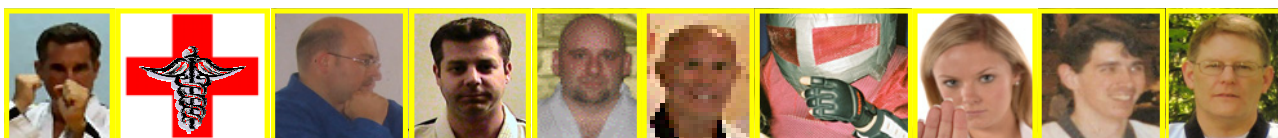
*Stuart Anslow*  
Editor

사범스튜  
아트앤슬  
로창현류  
태권도

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Michael Munyon, Malcolm Jones, Paul O'Leary, Andrew Elliott, Xiong Chan & Stuart Anslow

# Totally TKD News

## ITF Elections

The ITF (led by Prof. Chang Ung) will hold its 19th Congress Meeting in St. Petersburg Russia on 13 October of 2009. The 16th World Championships will take place from the 10th to the 17th. There will be a technical and umpires seminar from the 10th to the 12th for any interested participant. The 2nd ever Masters class open to all Master Instructors will be held on October 13, followed by an Umpires meeting for all officials. Later that evening the ITF Board of Directors will meet.

The Congress will vote to decide who will be the next president to lead the ITF. Nominations from the National Governing Bodies must be submitted to ITF Headquarters in Vienna Austria by the week before.

## Totally TKD Forum

Due to requests, we have opened a forum for the magazine. The aim is to allow readers to continue discussions from the articles within the magazine, as well as a chance to chat directly with the article authors and other like-minded Tae Kwon Do folk. Go check it out! The URL is [www.totallytkd.proboards.com](http://www.totallytkd.proboards.com) and it is also linked from the main magazine site.

## 10 Year Anniversary Party

Saturday 20th June 2009 saw the Academy, its friends and supporters celebrate a special landmark in its emergence into the TKD public consciousness -reaching its 10th Birthday! Northwood football club was temporarily transformed a lavish balloon filled party zone and posters featuring pictures of students and memories throughout the years occupied most of the walls. All students, both past and present, and many friends and supporters of the academy

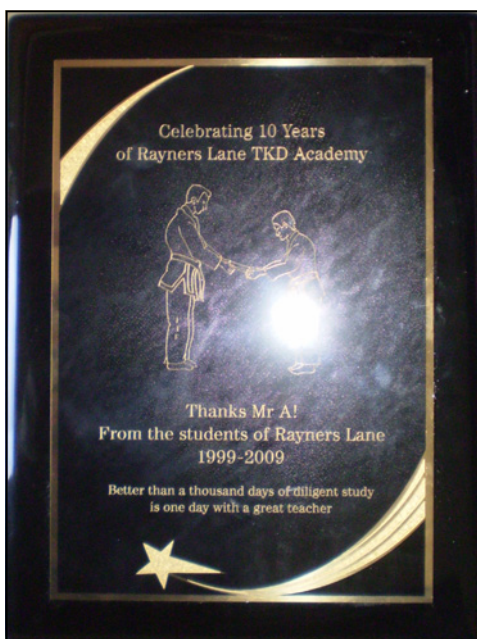
were invited to the TKD event of the decade!

Guests from the academies present and past flooded into the 'Vid hall' to hear Mr Anslow give a speech commemorating the event and thanking its supporters over the years, and to hear the results of the very much hyped-up "Fun Oscars". For some weeks prior to the event, Mr A had sent round a nominations list asking students to vote for a whole host of categories including 'Wickedest kicks', 'Best lookalikee' and 'Outstanding contribution'- to name a few!! All the nominated people were treated to an ancient picture of themselves displayed on the screen for all to see prior the announcing of the winner! Reluctant parents, guests, in fact anyone in the general vicinity of Mr A were dragged up to announce the winners of each category. All the winners were presented with mini-trophies as a little memento of their 'achievements'



After the awards, Mr A had scheduled the Academies longest standing member, Miss Kate Barry to make a speech, however she used this time to halt proceedings much to Mr A's confusion. Instead she and Mr Avis presented the gifts the students of the Academy had contributed! One was an Anniversary book, filled with messages of





The new belt that reads one side 'Sabumnim Stuart Anslow, Rayners Lane Taekwon-do' and on the other 'You have to be the change you want to see in the world', plus the plaque.

catered for all tastes, which everyone enjoyed by the looks of things!

With bellies happy everyone was called into the 'video' room to watch the Celebratory video of the academy-which had captured most of the moments which have transpired since the academy's humble beginnings.

This allowed the students to indulge in the nostalgia in the evening, reliving past successes and remembering previous characters of the academy!

congratulations from most of the students and many from Mr' A's friends from abroad. The Academy also gave him a commemorative plaque, a Joke camouflage belt, and a new black belt with the Academy's logo, and a quote written in Hangul. (BTW, the Academy gift panel would like to extend its thanks to all students and friends of the Academy who made contributions towards the surprise, you all made it worthwhile!!

Video over, it was onto the partying of the evening!! - DJ Snow played the music and set the tone for the kids of the academy to tear it up on the dance-floor, showing everyone their non-TKD talents whilst the other guests watched, chatted and propped up the two bars for the remainder of the evening! - all in all, it was a truly memorable evening !

After all the excitement, we were all pretty hungry and the lavish treatment of the guests continued with a massive buffet which

The anniversary book and photos of the event can be found by visiting [www.raynerslanetkd.com](http://www.raynerslanetkd.com)





# Was Taekwon-Do A Killing Art?

By Michael Munyon

## Was Taekwon-Do a Killing Art at one time or just the Korean Art of Self Defense? The Difference Is In It's Application/Intention!

Throughout the Taekwon-Do community everyone has heard the name General Choi Hong Hi. Some folks know him as a Korean ROK Army General. Other knew him as the Founder of Taekwon-Do. In other communities he's been accredited as being the person who named the art and so on. At times, I've sat back and thought about General Choi's ITF Taekwon-Do and often wondered something. Between leading men to fight to the death in the military and he, himself being a Prisoner of War (POW) could there be more to his Taekwon-Do than what meets the eye? Was General Choi's Taekwon-Do more lethal in the beginning, but then became tamer due to becoming available to the public or was it the same Taekwon-Do? I guess the answer to that is what the difference is in its application or intention.

I've been a martial arts instructor for a long time. What I've come to accept is that I train different groups of people differently. My kids' class is pretty low key and is



geared towards standard ITF syllabus, games and etc. When teaching a Women's Self Defense class the self defense becomes more aggressive due to the nature and audience I am training. On the days that I train Air Force Security Forces personnel my goal is to teach them the material that they can use on the battle field and survive if in a hand to hand situation. What I tend to do is to train them to kill or seriously injure their opponent in a quick, violent and silent manner. The training and material is drastically different when

teaching these groups of personnel. So, how did General Choi train his military forces? Was his Taekwon-Do applicable to combat or was it more of an art form like what we see in most commercial dojang?

Martial Arts and warfare were different 50 years ago. The number of commercial dojangs and international instructors were less as well. As we can imagine legal considerations are not the same on the battle field neither. We rely on the Law of Armed Conflict (LOAC) which was



established in 1949 and hope our enemy will abide by them. However, conflict is unpredictable. Also, can the civilian public (non-military) handle the training concepts/philosophy of killing someone? It was once stated that a human can not willingly do harm to another human being. They have to disconnect the fact they are dealing with a human and give them a title. Some titles would include; Enemy, Foe, Opponent, Racial words and much more. By doing so they can come to grips will causing great harm or even death to their enemy.



instructors teaching killing techniques, but rather techniques that would cause enough damage to stop the opponent to discontinue the act which caused one to defend themselves. The LOAC is not considered, but the Use of Force is. Today's Taekwon-Do appears to be less combat orientated and in some ways gone in the art/sport realm. Many of the methods of quickly and silently killing your opponent are not found in most schools. This could be that instructors are no longer teaching this type of application/intent in the commercial

In today's dojang you don't see or hear dojang. Can Taekwon-Do be a killing art? You decide.....



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# Protocol: Its Importance & Its Limitations

By Grand Master Trần Triều Quân,  
President of the ITF

The tenets of Taekwon-Do are:

- courtesy,
- integrity,
- self-control,
- perseverance,
- indomitable spirit.

Protocol is an important aspect of the first tenet: Courtesy

## Courtesy - Etiquette - Protocol What is the difference?

Among the elements of Courtesy described by our Founder General Choi Hong Hi in the Encyclopedia of Taekwon-Do are the following:

- to be polite to one another,
- to distinguish instructors from students, seniors from juniors, elder from younger,
- to behave oneself according to etiquette.
- These three elements are all about proper etiquette and protocol, and General Choi made it very clear that both are very important in Taekwon-Do.

Etiquette defines how one should act to show respect for others and for the rituals and traditions of an organization or culture.

*"A high degree of etiquette should be observed by students, both inside and outside the training hall (do jang). This should be applied by lower ranking students to senior students while training, by higher ranking students to elder students outside of the do jang, and by all students when visiting another do jang. In all cases, emphasis should be placed on correct and proper salutation. It is a form of respect and courtesy in Western as well as Oriental societies."* - General Choi Hong Hi,

Founder of ITF Taekwon-Do, The Encyclopedia of Taekwon-Do (vol. 1, p. 66)

Protocol refers to formal rules that establish what is proper and correct in official intercourse. Every type of social structure has its rules of protocol "governments of all kinds, the military, religions, international diplomacy, business, sports, etc. " whether their rules of protocol are written in an official document or simply part of their oral tradition.

The following examples were chosen to illustrate that no matter where you live or which organization you belong to, you will always be required to conform to protocol:

When we think about it, we realize that even families have rules of protocol. Of course it would be unusual to have written rules of protocol for your family, so we should probably call them "expectations" rather than rules. Are the members of your family expected to attend family gatherings, to serve elaborate meals or to offer nice presents on special occasions? Each family has its own rules based on their culture, religion, social status, and family traditions. Those rules are in reality an informal code of protocol.

At the other extreme, in the world of international diplomacy everyone must follow complex rules of protocol, particularly on ceremonial occasions. When watching two heads of state meet on the television news, have you ever wondered if they are really happy to see each other? They are being polite, but are the smiles and friendly handshakes genuine or are they "just going through the



motions"?

In Taekwon-Do, protocol starts with being polite, but that is just the beginning. We have to take it farther, always applying the rules of protocol in a spirit of respect, according to the martial arts tradition. There should never be any doubt that our gestures of protocol are genuine!.

Whatever the circumstances, following the appropriate protocol is considered to be civilized behavior. It is one way we show respect for authority.

### **The Origins of Protocol**

Protocol for the martial arts started many centuries ago in the Orient, originating as practical gestures designed to cultivate good relations with others. Over time, those practical gestures evolved into formal rules of protocol.

Confucian thought was a major influence on the development of the Taekwon-Do philosophy. General Choi taught his students that by working on self-improvement they were helping to create a better world. As you know, that belief is expressed in the Student Oath.

Courtesy (*Ye Ui*) is the first of the five tenets of Taekwon-Do defined by General Choi. It is also one of The Five Virtues identified by Confucius. *Li* refers to good manners, politeness, correct behavior, rituals, and ceremony; in short, *Li* is about protocol. The other Virtues are *Ren* (benevolence), *Xin* (integrity), *Yi* (righteousness), and *Zhi* (knowledge).

It is interesting to note that Confucius believed that traditional music and dance were in perfect harmony with the world and heaven. He taught his students that by understanding and properly performing traditional music and dance they could achieve harmony with the universe.

If you have seen illustrations of Chinese mandarins in ancient times, you have

probably noticed that they wore tunics with very long, very wide sleeves. When a mandarin pulled up his sleeve it was a practical gesture – it was difficult to use his hands if he didn't – but it was also a way of signaling that he was being open and honest. Perhaps this is where the expression "*to have nothing up your sleeve*", meaning that you have nothing to hide, comes from?



Nowadays, when you support your right forearm with your left hand to shake hands the Taekwon-Do way, you are following protocol and, although you may not always be conscious of it, you are also telling the other person that he can trust you. Using one hand to support the other arm is a sign of total respect.

It is a well-known Western custom for people to clink their glasses together when someone proposes a toast. There are several theories about the origin of this custom, but it seems likely it started as a practical gesture. It is believed that in order to prove that the drink was not poisoned, the host would pour a small amount of the guest's drink into his own cup and drink it. Some believe this custom originated in

Europe in the Middle Ages, while others say it started even earlier with the ancient Greeks.

However it originated, the practice of making toasts and clinking glasses has survived as a custom in many cultures. Our Taekwon-Do protocol regarding toasts requires that the glass be held in the right hand, with the left hand supporting the right arm. To show proper respect for his seniors, a junior will be careful not to raise his glass higher than the glasses of his seniors.

No matter the origins of the rules of protocol, when we follow the appropriate rules we are showing respect for others and for traditions.



### Why is Protocol Important?

Protocol exists because all societies need rules. We use rules to create structure and order because without rules there would be anarchy. In a democratic society, the government makes laws and rules that dictate what a citizen must or must not do, but those laws also protect the citizens. The freedom of the individual is always tempered by respect for the freedom of others in a democratic society.

Protocol is an integral part of the martial arts, and respecting our ITF protocol has a positive influence on everyone involved. In fact, we cannot benefit fully from Taekwon-Do unless we respect the protocol.

Many years ago when I moved from

Vietnam to Canada to attend university, I continued teaching Taekwon-Do by starting a club at Laval University, but I was disappointed to discover that there were no other Taekwon-Do teachers in the Quebec City area. There were a number of schools offering instruction in other styles of martial arts, but when I took my students to participate in the open tournaments where many martial arts were represented, I noticed one big difference between them and ITF Taekwon-Do: In the ITF we learn the philosophy of the martial arts and follow protocol, while the other schools were teaching only techniques. So they were actually teaching combat sports, not true martial arts.

Over the years I have continued to study the Taekwon-Do philosophy and the ancient Oriental philosophies it is based on. I teach the Do and the Taekwon-Do protocol to my students, because I want to help them to become true martial artists.



### The Benefits of Protocol

*"It is indeed poor taste for a black belt to slight a beginning white belt who might very well be the instructor's senior in both age and station. Students visiting other dojangs, whether they be Taekwon-Do or other martial arts, must pay proper respect and observe the traits of modesty and courtesy at all times."* - General Choi Hong Hi, Founder of ITF Taekwon-Do, The Encyclopedia of Taekwon-Do (vol. 1, p. 66)

In my professional career, I have responsibility for international development



for my company. I have participated in numerous business missions to countries in the Orient and elsewhere. To prepare for these missions, I have taken courses designed to help business people understand other cultures.

By learning and applying the rules of protocol of the country you are visiting, you can show that you respect their culture and traditions. You can avoid behavior that would be insulting to your hosts (not to mention embarrassing for you). I have always considered the information provided in these courses as essential to the success of our missions.

In Taekwon-Do, like in business and other aspects of life, by conforming to the rules of protocol appropriate to the circumstances, you can:

- show respect for people and organizations,
- create a good environment for learning,
- show that you are serious about your Taekwon-Do training,
- recognize that you need to remain modest and humble.

*Let's look at each of these points more closely:*

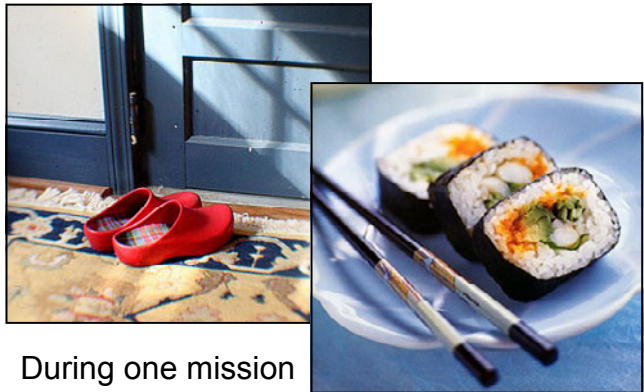
### **You can show respect for people and organizations**

By acting according to the ITF Taekwon-Do protocol, you show respect for our martial art, for the ITF, and for your fellow practitioners. There are also benefits from conforming to protocol in other aspects of your life, such as in education, business, and sports.



One of the rules I learned in the courses for business people is that in Asia you

must always present your business card with a bow, offering it with both hands. Also, when receiving a business card from someone else, you must bow, accept the card with two hands, and take the time to read the card before carefully putting in a safe place. From their reactions, it was clear that our Asian hosts noticed that we had made the effort to conform with their custom and that they appreciated it very much.



During one mission to Japan a Western businessman in our group remembered to remove his shoes before entering the home of a Japanese businessman he was hoping to do business with. But when our host served sushi, the Western businessman pushed it away with a disgusted look on his face, muttering something about "raw fish".

While he had learned the importance of complying with certain local customs - he had remembered to remove his shoes before entering -- his actions demonstrated that he had not fully understood the principle of respect for others that motivates us to comply with such customs.

As you can imagine, the westerner's inappropriate reaction to the sushi destroyed the initial good impression made by removing his shoes. Our Japanese hosts remained polite, but the businessman lost the contract.

I am not saying that the Western businessman should have forced himself to eat the sushi. He could have refused, but he should have done so politely. The

problem was his attitude, not the sushi. This example helps us to see that being a true martial artist means not following protocol only when in a martial arts environment. Being a true martial artist means being guided in everything we do by the principles that are the foundation of our protocol.

### **You can create a good environment for learning**

Teachers know that students always learn better when they are in a comfortable environment with few distractions, but they also need to be in the right frame of mind to learn. Going to the dojang, wearing the dobok, and making the appropriate gestures of protocol all help us to achieve this.

A number of years ago I was coaching a team and our training sessions took place very early in the morning. People arrived for training looking like they had just got out of bed, not quite awake yet. Also, I noticed that they were being careless about their appearance and neglecting to greet each other and me properly. That changed after I talked to them about the importance of adhering to the rules of protocol. There was a noticeable improvement in the atmosphere, and everyone benefited more from our training sessions.

### **You can show that you are serious about your Taekwon-Do training**

*The following experience shows how we can do this:*

In the 1980s I was the coach of the Canadian Taekwon-Do team preparing to compete in the ITF World Championship in Athens (Greece). A psychologist who specialized in helping athletes with mental preparation was assigned to work with my team. (I should point out that although it is now considered normal, at that time mental preparation for athletes was a new concept.) To make the best use of his time and reduce costs, it was decided that the

psychologist would also work the local synchronized swimming team.

After working with the two teams for a period of time, the psychologist noted that the members of both teams worked very hard and really wanted to win.

He was impressed that ITF Taekwon-Do offered both physical and mental training, but what really impressed him was the discipline of the Taekwon-Do people and their respectful attitude. He could tell that our team members did not perform the protocol gestures (bowing, etc.) mechanically. They really understood that by making those gestures they were signaling a readiness to train, preparing mentally, and proving that they took their training seriously. The protocol helped them to concentrate on their training.

The psychologist called this "une boucle fermée de formation" in French, which could be translated literally as "a closed loop for learning". I had never thought about it before, but I understood then that at the dojang our students are enclosed in a sort of "training bubble", an environment where we provide the conditions they need to progress and be successful. The Taekwon-Do protocol is an essential element of that environment.



### **You can recognize that you need to remain modest and humble**

Whatever level of Taekwon-Do training we reach, we need to remember that there is always more to learn. Following the rules of protocol in a spirit of respect serves as a



reminder that we are all students. It will help us to remain humble and modest (not boastful).

## **Apply Protocol in a Spirit of Respect**

*I would like to start this section with a couple of examples:*

About thirty years ago, primary and high school teachers where I live in Quebec (Canada) wanted to have a friendlier relationship with their students, so they insisted on being called by their first (given) names rather than Mr, Mrs. or Miss. Recently there has been a trend back to using these titles.

What happened? The teachers eventually realized that the problem was that a measure of respect had been lost. When students called their teacher by his or her first name, they felt it put them on the same level as their teachers, so the students felt free to criticize their teachers and to challenge their decisions.

Just recently I read that some university professors in Vietnam have asked their students to call them by their first names. In this case, the goal is not to become "best friends" with their students but to encourage them to feel comfortable expressing themselves in class. Apparently the students were so used to the traditional way of teaching "the professor talks and the students listen" that they were afraid to express an opinion. As a result, the professors found it difficult to evaluate how much the students really understood.

*What can we learn from these stories?*

Like the teachers in Quebec and the university professors in Vietnam mentioned above, our teachers need to find the right balance. I mean the right balance:

- between the teacher's authority and the mutual respect between teacher and student;
- between the desire to perform well and

- the requirements of our protocol,
  - between the technical aspects of Taekwon-Do and the mental aspects,
  - between the traditions of the martial arts and life in the twenty-first century,
  - between East and West;
- and I am sure you could add other aspects to this list.

*One more example:*

At the end of April I attended the ITF European Championships in Benidorm (Spain). I was pleased to see that all the competitors were following the rules of protocol during the competitions. However, I also noticed that the members of some teams were not showing proper respect for their seniors during those times when they were not actually participating inside the rings. It was quite obvious to me that some teams had not been taught to apply the rules of protocol with respect and understanding; they were complying simply because it was required for the competition. But following protocol is not optional in Taekwon-Do, and the requirement for a junior to bow to his senior does not apply only during competitions.

I would like to take this opportunity to encourage all our coaches to make sure that their competitors are aware of the meaning of the protocol gestures and of the importance of performing them in a spirit of respect.

## **The Scope of Application of Protocol**

In the martial arts tradition, protocol is very important. In fact, protocol is fundamental to practicing the martial arts. Having a formal Code of Protocol for the ITF will ensure that the same rules are followed everywhere, and this standardization will make the ITF a more cohesive organization.

As I pointed out above, the ITF rules of protocol are based on the martial arts principle of respect. This means that the scope of application of the protocol is much

broader than just the specific actions described in the Code of Protocol. If a specific situation is not specifically mentioned in the Code, we should ask ourselves how the principle of respect relates to that situation and act accordingly.

For example, one principle of our protocol is that the most senior must be recognized first and the others in descending order of rank. I am sure you do this quite naturally in the dojang. However, what should you do when attending a social event with other Taekwon-Do people? You should act according to the principle. You should seek out and greet the most senior first.

A second example: Included in the ITF Code of Protocol will be a definition of the appropriate apparel for training and competition. By dressing appropriately you will be showing respect for the ITF, for your teachers, for your fellow students, and for your opponents in competitions. In addition, by dressing appropriately and good grooming, you will be expanding the principle of respect into your life outside Taekwon-Do and showing respect for everyone you meet.

I realize that what you wear and how you eat may seem like insignificant details, but all those details added together become important. Your appearance is a major factor in making a good first impression, and if you don't make a good first impression, you may not get a second chance. In a job interview, inappropriate clothing or poor grooming could prevent you from being given the opportunity to showcase your abilities and skills. Why wouldn't you dress appropriately on such an occasion?

Another benefit of dressing appropriately is that it helps us to feel more comfortable on social occasions.

Have you even wondered what to wear to a social event when seniors are present? Perhaps you have been invited to the

home of a senior. How can you decide what to wear? The principle is that juniors follow the lead of their seniors, so take your cue from them. If you need help, simply ask what would be appropriate for the occasion. As a general rule, it is always better to be slightly overdressed for the occasion than to be dressed more casually than everyone else.

The scope of application of our protocol also extends to the importance of good manners when eating with others. Although it is not likely that instructions about good manners at the table will be included in the Code of Protocol, we should always find out what is considered acceptable behavior in the circumstances and act accordingly. This is one more way of showing respect for others. Complying with the rules of protocol helps us to progress in Taekwon-Do and also has positive benefits in the other aspects of our lives.

### **A Code of Ethics or a Code of Protocol?**

*A **Code of Ethics** is a moral guide. It differentiates between **right and wrong**.*

*A **Code of Protocol** establishes formal rules that define what is proper and correct in the organization. It describes how you should act.*

### **Why does the ITF need a Code of Ethics and a Code of Protocol?**

While ethics and protocol are inter-related, it is important to understand the differences:

You would not steal money from your teacher, because that would be morally wrong and a violation of the Code of Ethics. (It would also be illegal.). However, since it is unlikely that the Code of Protocol would include a rule specifically forbidding stealing, you would probably not be violating the written rules of protocol. Nevertheless, you would be violating the principle of respect for others that is the



foundation for the Code of Protocol.

ITF students show respect for their teachers by bowing as required by the Taekwon-Do protocol. Not bowing to your teacher would be a clear demonstration of immaturity and poor attitude, as well as a lack of respect for your teacher. I am sure that is not what you want.

But what would you do in the unlikely event that a senior tells you to do something that you believe is not ethical? A basic principle of protocol is that a junior must always show respect for his senior. However, the rules of protocol do not require blind obedience. A student may express an opinion or refuse to do something that goes against his conscience, but there is never a good reason to violate the rules of protocol by being disrespectful to your senior. It is very important that you not make the situation worse by losing your temper or by complaining to others. If you found yourself in such a situation, you could ask to speak to the senior in private, and then calmly and politely explain your concerns.

The ITF does not condone the abuse of authority in the organization. We have an Ethics & Discipline Committee and a policy that outlines the steps that can be taken to resolve such a situation. So, if the situation cannot be resolved by talking to your senior, you could ask for help from a higher level.

From these examples, you can see why the ITF needs both a Code of Ethics and a Code of Protocol, and I am pleased to say that we are making good progress in both these projects.

### **A Code of Ethics for ITF Teachers**

Master Evan Davidson of ITF New Zealand, who chairs the ITF Ethics & Discipline Committee, had proposed a draft Code of Ethics for ITF teachers, and I am pleased to announce that it was adopted by the ITF Board of Directors at their meeting held in

Benidorm (Spain) at the end of April. You will be hearing more about the implementation of this Code of Ethics in the near future.

### **A Code of Protocol for the ITF**

The leadership team of the ITF has always recognized the value of having a Code of Protocol for the organization.

In fact, a few years ago we had mandated an internationally-known protocol expert to produce a protocol manual for the ITF. He attended the 2005 ITF World Championships in Germany to see for himself how protocol was applied at our competitions. He told me that even when the competitors' movements were violent he could see that they respected each other, their coaches, and the umpires. Unfortunately, he later experienced serious health problems, and the project was put on hold.

As part of the preparations for the 2007 World Championships in Quebec City (Canada), the Organizing Committee in collaboration with Mr Kurt Ottesen, a member of the ITF Tournament & Umpire Committee, produced a simplified Guide to protocol specifically for that competition. A copy of this booklet was given to each of the coaches participating in the World Championships. We received very positive feedback and many requests for additional copies of the booklet.

More recently, Master Pierre Laquerre, one of my students who was recently promoted to Black Belt 8th degree, produced a draft document outlining the rules of protocol. This document will be used to ensure that all the clubs in the province of Quebec follow the same protocol.

I intend to invite a number of our high-ranking masters to form a working group that will produce an official Code of Protocol for the ITF, using the simplified protocol guide from the 2007 World Championships and the document

produced by Master Laquerre as a starting point.

Obviously, the collaboration of two of the ITF's Standing Committees is essential to the success of this project: the Tournament & Umpire Committee, chaired by Master Alberto Katz, and the Techniques & Instruction Committee, chaired by Grand Master Hector Marano.

To ensure that the proposed rules are accepted by the majority of our high-ranking Grandmasters & Masters, we will also be conducting extensive consultations on this subject.

When this process is completed, the first section of the proposed code will be presented to the ITF Board of Directors for approval at their meeting in the next World Championship in Argentina in the coming November. The first section of the ITF Code of Protocol will deal with the types of situations we encounter most frequently in Taekwon-Do. Our goal is to have this first section ready for 2010. That is when the Level 1 course about the Do will become available to ITF members who have reached red belt status or higher, and that course includes a segment about protocol that will be based on this code.

### **Conclusion**

Protocol is not optional; it is an essential element of Taekwon-Do. You cannot comply with protocol only when you feel like it. It must become an integral part of your life in Taekwon-Do.

I am very pleased that the ITF will soon have a written Code of Protocol and that the rules of protocol will be the same for all practitioners of ITF Taekwon-Do around the world. Once the Code is published, the rules of protocol will be followed for all official ITF events. Our ITF teachers and Masters will teach the rules of protocol to their students and make sure they are followed.

It is often said that respect must be earned. To earn the respect of his or her students, an ITF teacher must:

- offer high quality instruction;
- understand and teach the Do;
- ensure students understand the importance of the rules of protocol and set a good example by following the rules.

Our ITF teachers need to create a welcoming environment that encourages learning and understanding, while at the same time making sure that their students comply with the rules of protocol.

In conclusion, I would ask you to remember that although Protocol is extremely important, it is only one element of Courtesy, and Courtesy is just the first of the five tenets of the Taekwon-Do credo.

To become true martial artists and live the Taekwon-Do way of life, we must study, understand, and put into practice all the elements of the five tenets:

### ***Courtesy, Integrity, Self-control, Perseverance, and Indomitable Spirit***

Then we will be able to contribute to the development of a better society promoting peace, justice, and freedom.

Best wishes to everyone,

Grand Master Trần Triều Quân  
President of the ITF





# Master Willie Lim

## *The Rebel Master*

By Marek Handzel

**Totally TKD magazine recently spoke to Master Willie Lim, a pioneer of the art on New Zealand and a revolutionary in the area of 'hidden' pattern applications, on his opinions on the state of Taekwon-do today and what he thought of General Choi.**

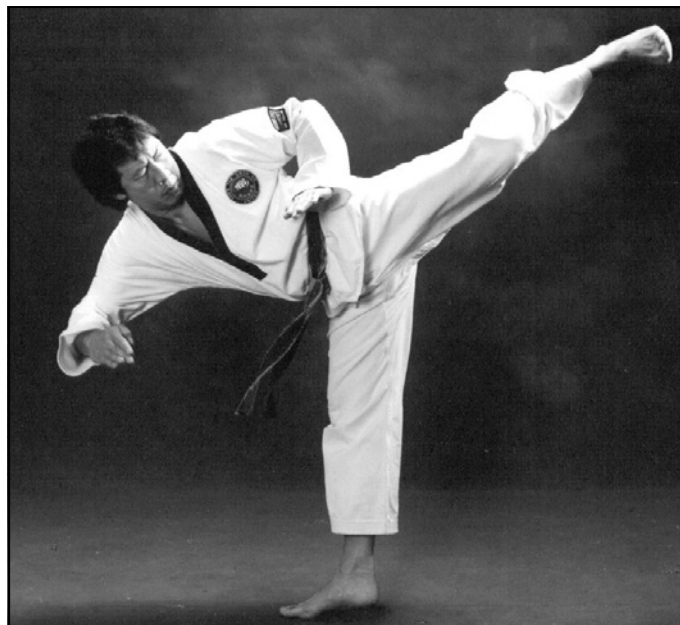
The term '*legend*' is an often overused one. But in Taekwon-do circles, it's commonly used to describe the pioneers of the art. So to describe Master Willie Lim as anything but legendary, is not only a bit disrespectful, but just plain wrong.

One of the main instructors to have brought Taekwon-do to New Zealand, he is now based in the USA, where he teaches his own particular versions of Tae Kwon do and Tai Chi, which he calls the 'Classical Dimension' or the 'old way' style. Loath to involve himself in any martial arts politics, Master Lim is at the forefront of a global movement to study and promote the understanding of the 'hidden techniques' or as he likes to refer to them as, bunkai, contained in modern striking arts.



He has, throughout his life in the arts, stretched out beyond Taekwon-do in order to help him, ironically enough, to gain a deeper understanding of the art. This has led him to train with other legends such as Taika Seiyu Oyata, the founder of Ryute Karate, George Dillman, the pressure point karateka specialist, Bill 'Superfoot' Wallace and Hee Il Cho, among many others.

Born into a Malaysian family of Kung fu practitioners, Master Lim actually started his martial arts journey as



a student of the Japanese arts after his father, a power lifter, introduced him, when he was 14, to a famous Judoka at the time called Master Cheng Hai. Master Lim describes him as having "dabbled" in Kyokushinkai Karate, which he taught him for two years. It was not a choice that his

whole family appreciated. His grandmother, a student of the Lean Wah Kun and Tai Chor Kun Chinese styles, once told him that karate was “the equivalent of a crude iron, only good for making nails.”

After seeing a physician about an injury sustained in training, he also began formally studying Tai Chi, which he has continued to train in and teach to this day.

Perhaps wary of his grandmother’s advice, his focus soon shifted away from his Japanese Karate after he saw a picture of General Choi kicking a flower pot in one of his local newspapers. After finding out about a meeting in which Taekwon-do was to be introduced to Malaysia, Master Lim promptly turned up and became the youngest member of the Taekwon-do association in the country.

The association grew rapidly in his area and was able to sponsor Master Chang Kim Choi (CK Choi) to come over to teach in Penang, after which Master Lim’s training stepped up to another level.

In order to further his education, he moved to New Zealand as a young



**What does he think of training methods today?**  
*“At the beginning our training lasted at least two hours. Training now is very short because we are all running commercial classes.”*

man to attend college and then university. Along with four other students of CK Choi, he began teaching Taekwon-do in the northern half of New Zealand.

At the time, the patterns were not something that Master Lim spent much time contemplating. In fact, he was not very interested in them at all, and focused his energy

on sparring and competition.

“I did the patterns as they were part of the syllabus but not with the same value and understanding that I place on them now,” he says.

His ‘conversion’ came about due to him suffering a period of “burn out” as he

describes it, no doubt brought on by the hard work he and his peers put in trying to promote General Choi’s art in a country dominated by karate stylists. In order to freshen himself up, it was suggested to him that he invite George Dillman over to Hamilton (where he was based) to show him and his students a new perspective on the patterns.

“After seeing what he did,” he says, “I revived my interest in the art.”

This sparked a desire in





Master Lim to ensure that he and his students grew as martial artists. As a result, he brought over a number of prominent individuals from different styles to New Zealand, which already began to single him out as different from some of the other “Taekwon-do-is-the-best-style-in-the-world” instructors who were promoting the art.



**Who does Master Lim respect the most in Taekwon-do?**

*“The General of course for his steadfast aim at spreading TKD, from an unknown art, to being worldwide. Instructors like CK Choi (his first instructor), Park Jong Soo, Kong yong Il. I salute the Non Korean Instructors of TKD who have gone out and built better organisations independently of the Koreans. This is what make the art a progressive form.*

Not that he was concerned about what others in the young Taekwon-do community thought of him – the standards he was responsible for spoke for themselves.

“I believe our group was responsible for improving the general standards of the martial arts community (in New Zealand),” he says. “Whenever General Choi was there in NZ, he would always use my students to demonstrate (techniques).”

Master Lim was also protected from any criticism for ‘diluting’ Taekwon-do by the General himself. “General Choi used me as a buffer against the other Korean instructors operating in my



region,” he recalls.

“He supported me. I believe he did so because he could see many of the Korean instructors breaking away from the ITF when they ‘got big’. He has foreseen this pattern happening all over the globe, even before he aligned himself to North Korea.”

When it comes to discussing General Choi, and what he thought of him, Master Lim is almost cryptic in his responses. He often refers to him as the “master tactician” who was able to “manipulate the other instructors, like (he was) controlling a chess game” but he is rarely drawn into a detailed or clear answer.

“I run my life on this theme: ‘A person can be the biggest crook to everyone, but if he is good to you, then that same feeling should be reciprocated’. He was the master controller, he was a General.”

The last time Master Lim saw General Choi was in 1990, at the Montreal World Championships. He asked him how much Master Lim needed for his airfare back home and was promptly given the money, as a gesture of both

respect and perhaps, affection.

Now very much apart from the various so-called official 'ITF' and 'WTF' bodies, which he looks upon as nothing more than "abbreviations", he believes that the strength of the instructor, his students and their respect for him is all that is important – "stronger than all the certificates from all the different organizations".

However, he maintains that he never 'left' the ITF, but merely did his "own thing". "I thought that once you were a member you were one for life, but I suppose someone needs their membership fees to be replenished every year!"

As for seeing the art in the Olympics, he views the spectacle as both a step forwards and backwards. He is critical of the non-realistic rules as well as the fact that in order to take part in the Olympics you have to pay your "dues" to the WTF.

It was this insular attitude that pushed Master Lim away



from the formal organisations that represent the art.

In 1990, he tried to introduce element of bunkai training to some of the original pioneers, with a mind to it becoming more standard Taekwon-do training but, as he explains, they were rather reluctant to take his methods on board. Whether it would disrupt their "structured syllabus" or not he does not know for sure, but he is adamant that most were unaware of the hidden applications in the patterns.

"Anyone of us who taught bunkai in the earlier years, be they Karate or Taekwon-do, came down from line of Seiyu Oyata. The truth of the matter is that many of (the early masters) never even knew this (bunkai) existed," he claims.

So what does he think of those who call patterns practice 'dead' training?

"I do not eat rice, therefore you should not eat rice too, best exemplifies this attitude," says





Master Lim.

He views the patterns as 'treasure' maps, so by learning the fundamental alphabet of the art, students give themselves the opportunity to open up the whole 'syntax' of techniques that await discovery through diligent training.



bunkai),” he says.

“I have been travelling to the UK for 19 years and I have never advertised in any martial arts magazine and I have to this day not slept in a hotel all these years.”

What's more, he is optimistic that his and others'

What's more, he believes there is a strong hunger to learn more through the patterns. “I always find people (who want to learn

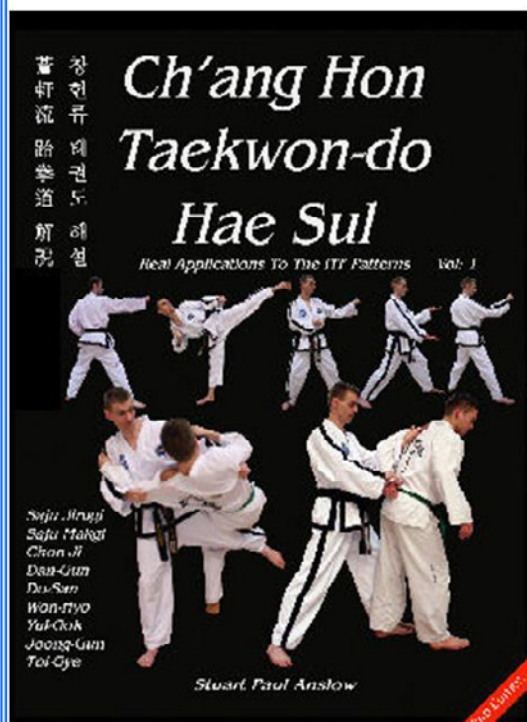
efforts in this still often neglected side of the striking arts will continue to grow, as more people look for answers beyond the 'kick-punch' method.

**What is the most important lesson he has learnt during his lifetime of martial arts study?**

*“That we are all on the journey and at the end of the day as instructors we need to put some honesty and integrity back, not recite like a tape recorder. That friendship is what brings trust and moves the art forward. That the more I have in the art, the less you will be able to see.”*

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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.”***

***- John Dowling, 3rd degree, ITF***

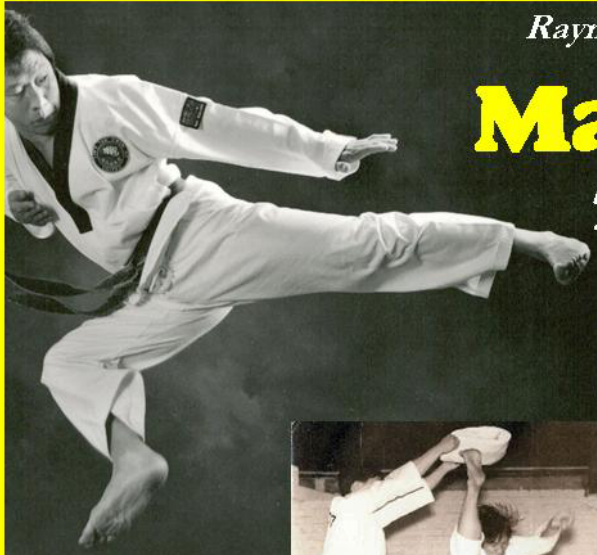


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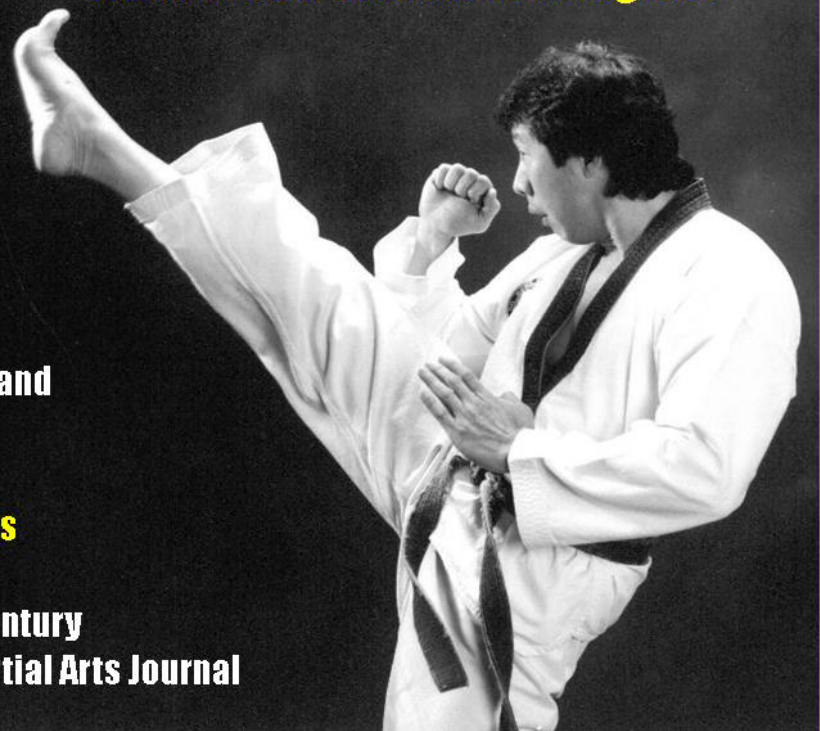


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# Master Willie Lim

## 2008 Seminar Review

By Andrew Elliott, 8th Kup



So here I am sitting down a couple of days after reflecting on the the seminar with Master Lim and still smiling!

At the start of the seminar, when Master Lim walked into the dojang and all eyes turned, possibly everyone had their own reasons for being there; for some it was deference, some to gain new application knowledge but for me personally, it was curiosity. In my short martial arts experience I have had the privilege of attending a few seminars by masters but none have been so accessible or so human. When my instructor (Mr Anslow) handed over the class I honestly wasn't sure what to expect and if asked to describe it now I would call it a patterns application seminar but it was something else as well, something more, something special.

"I'm not teaching a drill but a concept" was often stated by Master Lim throughout the seminar, which at first I didn't comprehend. All Master Lim seemed to want to leave with us was the chamber position for low section outer forearm block and the shifting of body weight in a loose L-stance! I wondered if this was it, if this is what I paid the seminar fee for! Because, as an 8th Kup I already knew how to chamber and my instructor already teaches pattern applications, but once it dawned on me, I realised it was so much more than a simple chamber of a basic block and the reality was it was worth every penny.

Master Lim's first demonstration was how to block a haymaker punch, the classic attack of any thug. With ease he took the

blow on the outside of his wrist. This is what Master Lim described

as the check, he then swiftly brought in his right arm under their wrist in an x-block position. From there Master Lim was able to perform a number of locks, strikes and punches. By following the simple process of check, parry and counterattack Master Lim was able to utilise the basic movements hidden within every Tae Kwon Do pattern.

Master Lim gleefully asked the class to ask the application of any movements contained within patterns especially those that seemed to have no realistic application and to his credit a realistic and effective application was found for each one.

Throughout the seminar Master Lim demonstrated so many applications no one in the class seemed able to keep pace as he flowed from one to another with the ease of a true master of the art.

If this happened in other seminars it might detract from the purpose of holding it in the first place but in this

case it was the case in point. The seminar was not about Master Lim unlocking all the super destructive killer techniques hidden within Tae Kwon Do patterns. This seminar was the start of a journey, where instructors and we as practitioners would explore the treasure map of our fundamental movements. The purpose was to allow us as individuals to flow and find our own way. From that day I will always remember the passionate master who managed to find his own way and couldn't wait to help you find yours.





# Some Precursors To Tae Kwon Do

By Simon O'Neill

***This article is the second of a three-part series, adapted from Chapter 1 of The Taegeuk Cipher: the patterns of Kukki Taekwondo as a practical self-defence syllabus by Simon John O'Neill, available at [www.combat-tkd.com](http://www.combat-tkd.com).***

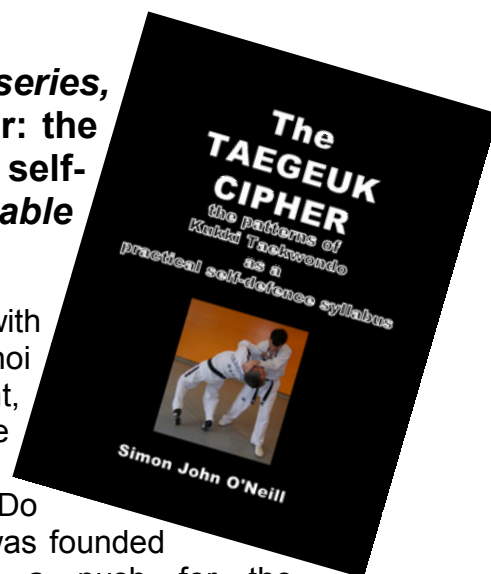
*While the book is principally concerned with deciphering the practical close-range striking and grappling applications of the Taegeuk poomse set, the author first considered it necessary to establish a brief, objective historical context for his analysis. Note that the term "Tae Kwon Do" has been used in most cases rather than "Taekwon-Do" or "Taekwondo" for the sake of uniformity.*

Tae Kwon Do's history has long been dominated by attempts to unite the various styles and schools within the art and establish a single leadership. As with any political process, this gave rise to power struggles which culminated in the division between Kukki/WTF and ITF Tae Kwon Do which exists today.

Early organisations which attempted to unify the kwans were the Korea Kong Soo Do Association, established in 1951, and the Korea Tang Soo Do Association (1953). These merged in 1959 to form the Korea Soo Bahk Do Association, but all were unsuccessful in uniting all the kwans, largely due to lack of official approval. Later in 1959, the KSA became part of the new Korea Tae Soo Do Association, which secured official support with General Choi's help, though some schools (notably the Moo Duk Kwan) resisted unification. All eventually united by 1965 in the renamed Korea Tae Kwon Do Association under Choi's presidency, which enjoyed the considerable advantage of being supported by the military regime headed by General Park Chung Hee.

In 1966, with General Choi as president, the International Tae Kwon Do Federation was founded as part of a push for the internationalisation of Tae Kwon Do. The Kukkiwon was built in 1972 as the Seoul headquarters of a unified Tae Kwon Do, but in 1973 Choi announced his intention of setting up the ITF headquarters in Toronto. This caused a break between Choi's ITF and the KTA, who formed the World Tae Kwon Do Federation as the new official international Tae Kwon Do organisation. Choi left Korea, establishing an open rift between the KTA/WTF ("Kukki Tae Kwon Do") and the ITF, and was even considered a traitor in the following years because of his criticisms of the South Korean regime and his visits to communist North Korea.

Other masters, notably Hwang Kee of the Moo Duk Kwan and Kim Pyung Soo of the Kang Duk Won, left Korea rather than succumb to the forced unification, and continued to teach their arts under various names including Tang Soo Do, Soo Bahk Do and Korean Karate (although some are nevertheless affiliated with the WTF or the ITF in the present day). They, along with Henry Cho of the Ji Do Kwan and Jhoon Rhee of the Chung Do Kwan, who had both emigrated earlier, laid the foundation of what was generically known as "Karate" in the USA, perhaps more so than contemporary Japanese masters.



Several different names were used to denominate the arts represented by these associations over the years. Although there is much debate about the subject (particularly among Korean masters of the 1950's and '60's), it seems that the original name used was Kong Soo Do, a direct translation of the Japanese Karate-Do, meaning Empty Hand Way. In the early 1950's Tang Soo Do – China Hand Way – became popular, although Kong Soo Do remained in common usage until the early 1960's. In the late 1950's Soo Bahk Do was briefly introduced in an attempt to link with Korea's ancient martial traditions, since Tang Soo Do was considered to have an unsuitably foreign ring. However, Soo Bahk Do was superseded by Tae Soo Do (Kick Hand Way), principally as a result of the political triumph of the KTA. Both Tang Soo Do and Soo Bahk Do resurfaced in recent years as the names of organisations outside Korea (chiefly in the USA) which claim to teach the traditional Korean arts.

The name Tae Kwon Do (also Taekwon-Do or Taekwondo – Kick Fist Way) is the object of the fiercest debate. Both General Choi Hong Hi of the Oh Do Kwan and Son Duk Sung of the Chung Do Kwan claimed authorship of the name, though they allege that this occurred on different dates and at different meetings. Either way, it seems that Tae Kwon Do was first used in 1955, but did not become widely employed until well into the 1960's, gaining official recognition with the KTA's name change in 1965. It might be noted that General Choi affirms that the name Tae Kwon Do was widely used from 1955, and remained the standard denomination until the surprise adoption of the name Tae Soo Do by the newly formed KTA in 1959, on the eve of Choi's departure to Malaysia as Korean ambassador, not to be rectified until 1965.

The name Kukki Tae Kwon Do – meaning National Tae Kwon Do – now associated with the Kukkiwon and the WTF, was actually first used in the mid-1960's in the context of the internationalisation effort, and

prior to the political divisions of the early 1970's; after Choi's departure to Canada, it was adopted by the KTA and WTF to denote their style based on the Palgwe, Taegeuk and Black Belt patterns. Chang Hon Tae Kwon Do is the expression often used to refer to the style propagated by General Choi, named after his own patterns; most Chang Hon schools belong to the ITF, although in recent years several independent organisations have been established to accommodate groups which have split from the ITF but continue to train in the Chang Hon style. In general terms it may be said that Kukki Tae Kwon Do is the style currently practiced in South Korea, while Chang Hon Tae Kwon Do is practiced in North Korea (Choi made a concerted and highly successful effort to implant his style in North Korea by personally training and sending instructors there after his first visit in 1982). Both styles have a huge international projection.

### **General Choi and the Military**

Tae Kwon Do's early history was strongly influenced by its status as the Korean military art. In 1952 President Rhee Seung Man witnessed a demonstration by Korean martial arts masters which so impressed him that he ordered General Choi Hong Hi to introduce Kong Soo Do training in the army for all soldiers. Several military units which were trained in the art, including elite special operations groups, later fought with great distinction in the Vietnam War.

General Choi had been teaching martial arts in the army since 1946, and in 1953 he co-founded a military school, the Oh Do Kwan, with leading Chung Do Kwan member Nam Tae Hi. He was instrumental in the formation of the KTA, and claimed to have chosen the name Tae Kwon Do, as seen above.

He also claimed credit for single-handedly inventing the art of Tae Kwon Do. On his release from prison in 1945 (he had been accused of leading a revolt while stationed with the Japanese army at Pyongyang,

present-day capital of North Korea), he joined the new Korean army and began to teach Kong Soo Do, but felt uncomfortable with what he considered the art of the Japanese oppressors. In later years he consistently alleged that between 1945 and 1955 he developed a new Korean martial art, entirely different from Karate, using Karate as a starting point but improving it based on his own research, experience and military focus. This rather dismisses all the other founding masters – of similar martial arts backgrounds to Choi – as mere Karate men rather than practitioners of the true Korean Tae Kwon Do. Nevertheless, it must be noted that Choi, undeniably a great martial artist, martial arts pioneer, leader and man of character and strength, was also a tireless self-publicist, and that his versions of many key events in Tae Kwon Do history – which themselves vary over the years – are directly opposed to those of several other major contemporary figures. It should also be born in mind that post-1955 Tae Kwon Do continued to strongly resemble Karate.

In 1965 Choi was elected president of the KTA, and the support of the military government ensured that most of the kwans accepted the association's leadership. In the following years Choi took advantage of his position to propagate Tae Kwon Do around Asia (including the South Vietnamese army), Europe and America. In 1966 he was appointed president of the new International Tae Kwon Do Federation, and established himself as the single most influential figure in Tae Kwon Do at the time. His definitive fall from favour began in the mid-1960's, when he gained a reputation as something of a troublemaker much given to self-promotion and political manoeuvring, and culminated in his relocation to Canada in 1973.

### **Internationalisation**

From 1973 onwards the ITF and the WTF began an undertaking which was instrumental in defining the identity of modern Tae Kwon Do. The KTA had opted

for a strong policy of internationalisation via the ITF from 1966, sending out Korean masters all over the world, and this was continued with renewed vigour after 1973 by the new WTF and the breakaway ITF in an attempt to establish their opposing versions of Tae Kwon Do as the "real" art. Essentially, the two styles differed principally in their pattern sets (which will be discussed later) and their sport sparring styles, as well as a series of other less obvious differences.

However, the main goal of both organisations was recognition as an Olympic event, which brought about a strong emphasis on the sporting facet of Tae Kwon Do over and above the self-defence aspect. Eventually the WTF won the Olympic bid, first appearing as a demonstration sport in 1988 and becoming a full event in 2000. This prompted the ITF to redefine itself as the bastion of traditional self-defence-oriented Tae Kwon Do and deny that WTF/Kukki Tae Kwon Do was even a martial art. General Choi went so far as to say that real Tae Kwon Do no longer existed in his homeland, South Korea, an argument helped by the fact that the ITF style was enthusiastically adopted by North Korea. The fact remains that the influence of the race for Olympic recognition, as well as other commercial pressures, has firmly defined the modern Tae Kwon Do of both the WTF and the ITF first as a sport, and as a martial art second.

Part 3 next month:

*Three Models of Tae Kwon Do*

*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\*\*\*](http://www.combat-tkd.com).



# Taekwon-Do Gradings

By George Vitale

Why do we have Taekwon-Do gradings? I am sure most readers can come up with some good basic reasons as well as combinations of various reasons why instructors subject students to a grading. A grading can run the range of very formal and structured to simply having the instructor informally saying you the student are now promoted as you are ready to move forward.

We also must be intellectually honest. Testing does allow an opportunity to generate income. Once money is inserted, some may question the objectivity of the test or even the examiner. While that may be a legitimate concern, it is a topic for another article. For the purpose of this article, suffice it to say that at one end of the scale can be the totally dishonest money for the belt exchange. While at the other end a completely honest test, where the candidate will stand or fall on their own effort and talent.

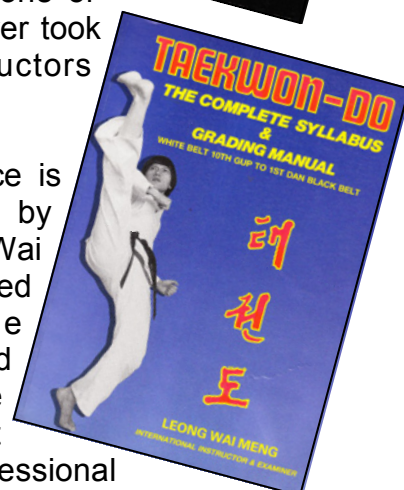
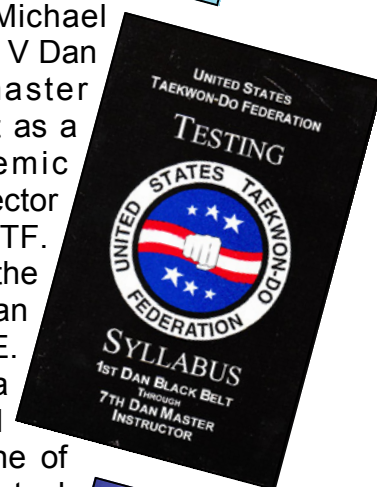
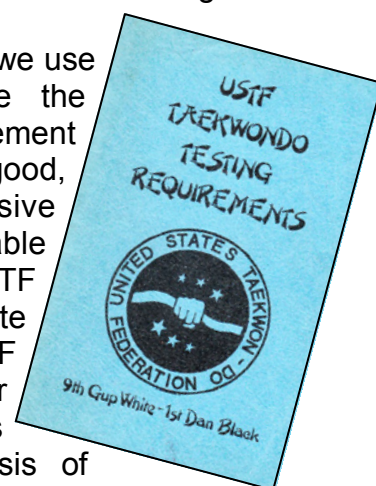
So how does one set up or conduct a Taekwon-Do grading? I would answer that by looking at one of the nine training secrets of Taekwon-Do; what is the purpose? For me, a certified international instructor and examiner the purpose of the test is to conduct a comprehensive evaluation of each individual student so they can be informed in a way they understand where they stand in their progress; and how they can tailor or focus their subsequent training so they will strengthen weaknesses and progress more efficiently. Now let us break down all that fancy jive New York City double talk into manageable components.

A student of any subject learns more fully when they have laid out for them what they are required to learn and when. So each level should have a corresponding written

list of requirements. As a teacher I must insure they get the needed amount of instruction and guidance in each area. Students regardless of subject matter are undoubtedly assisted in learning by having a textbook or student handbook that will supplement their classroom training.

The student guides we use at our school are the USTF Test Requirement booklets. They are good, concise, inexpensive and readily available through the USTF headquarters website or many USTF branch schools or instructors. This work was the thesis of now Grandmaster Michael Winegar when he was a V Dan candidate. Grandmaster Winegar's career is that as a professional academic educator and is the Director of Technique for the USTF. He is the first person in the world promoted to IX Dan by someone (GM C.E. Sereff) that was made a grandmaster by General Choi Hong Hi. He is one of the best teachers I ever took a domestic instructors course from.

Another good resource is a commercial book by Grandmaster Leong Wai Meng in 1987 titled Taekwon-Do: The Complete Syllabus and Grading Manual. One of the most comprehensive professional



ones I have ever seen was compiled by my cousins, Stephen Ryan and Michael Clune, along with Adrian Byrne. It is simply titled Training Manual and was recently printed (2007) for their group in Ireland.



Once the student knows what is required of them they must train hard in the minimum amount of classes in order to be considered for promotion. Notice the use of the word “considered”. An invitation to test should normally only be extended to a student who has trained often and hard enough with their requirements. They should also demonstrate the proper attitude and whatever other aspects a school deems important. It may help to notify students that they may be considered for testing, so they can further focus their efforts. I find it helpful to have structure with regularly scheduled formal testings. Our tests take place monthly on the last Friday of the month.

Testing is best done with the individual in mind. I have conducted evaluations for a single student and in groups large enough to be handled by the amount of examiners on the test panel. A 10<sup>th</sup> Kup white belt beginner may be ready to test in one month, as they are only required to do some basic techniques. On the other hand,

a 1<sup>st</sup> Kup may need five to six months minimum time in training at their level to be a candidate for I Dan. The amount of techniques they are required to grasp and the increased level of complexity of these advanced techniques, simply need more time to develop. Having regularly scheduled testings also allows students of various levels of talent, commitment and time availability to train, to fit in as they are ready and their schedules allow.

As the actual test time comes, any required papers; thesis or community service should have been completed and submitted. Each of our formal evaluations starts off with a written exam, different for each level. The written tests we used were devised by our school’s chief instructor, Master Vincent Affatigato. He compiled them as part of his thesis for a previous upper Dan promotion. These written examinations cover all aspects of Taekwon-Do and take the form of multiple choice, fill in the blank, matching columns and short essays. There are extra credit questions thrown in as well. Written tests, along with oral examinations we conduct at the formal evaluation help to insure the students not only read or become familiar with aspects like theory, stance criteria, philosophy etc, but they know it.

The physical exam is broken down into all the components of training. The senior students will normally repeat much of what



*The author being tested by Grandmaster Kang Suh Chong (the most senior TKD man alive) & Grandmaster Kim Kwang Sung (A Pioneer of TKD in Germany) - punching boards while testing for 1st kup back in the 1970's*



they were previously graded on, while they are on the floor with junior students performing their requirements as well. This helps to insure they do not slip or slack on former requirements, as all students are required to know from beginner white belt, up to their present rank. So while a 2<sup>nd</sup> Kup may be responsible for Hwa Rang Tul and Hoo Sin Sul (among others), they most likely will perform Chon Ji to Toi Gye and do the different types of step sparring that is required for white, yellow and green belts.

The tests take time to compile and the written material must be scored and graded. As a result there is no announcement with respect to the promotions at the end of the test, as we honestly do not know who was promoted. At a subsequent class results are discussed with the candidates. All students become familiar with our evaluation system. Few if any pass outright. Since no one is perfect, the eyes of the examiner will eventually find something that each student will benefit from more work on. This helps to insure they know both their strong and weak areas. Since they are directed to focus on the aspects that need more attention, they do! As they do not get promoted until each area noted shows sufficient correction. Since our school has regularly scheduled monthly gradings, few have to retest, as most work off any improvement areas before, during or after class.

It is a comprehensive process that helps insure little falls between the cracks. It has served us well. I was very proud when my teacher, Grandmaster Kim Kwang Sung, a pioneer in West Germany sat in on a grading and said how good they were. He even cautioned us to go easier. When Grandmaster Kim Bok Man, a noted early influential pioneer of Taekwon-

Do visited our school, he was amazed at the ability of even the youngest students. At a demonstration we performed for him at his school many of his Grandmaster friends commented positively on their abilities.

Likewise at seminars by Grandmaster Charles E. Sereff and Hwang Kwang Sung, they usually noted the level of talent. Grandmaster Sereff has awarded some of them with high test score. At tournaments their placing usually speaks for itself. One last story that was a bit endearing occurred when I took some of our students to a friend and fellow student's school. We were helping him with his fairly new school. One of the parents was an N.Y.P.D. police captain. His child was a beginner student. He did not believe the ages of the students I took there, as he thought they were mature in their technique for their present stage in life. After the joint training session ended he was employing some police interview techniques (no rubber hoses or interrogation), thinking he would catch me in some false advertising. It was funny, as he couldn't "break the kid", as we were telling the truth!

I would say the key for us is the fact that no one earns their promotion until they fully earn by having all aspects up to standard.



*The author testing for 1st degree*



Any shortcoming puts them on auto pilot directing their attention and efforts to the weaker areas, aspects of human nature that we all too often avoid or shy away from. At a recent black belt grading two visiting examiners, one was my senior and the other was one I tested 3 decades ago for 1 Dan. He knew from personal experience that I was a tough examiner. Both had trouble marking any weak areas that should have been the subject of more work needed. I am sure they saw mistakes, but maybe were being polite. Finally Master Affatigato and I had to swap around the test papers to insure everyone received the same fair shake, as we were very comfortable highlighting mistakes and weak areas. They kept saying they were good and should have received a passing overall score. I replied, we do not do percentages, as if you hold 60%, 70% or even 75% as a passing grade, thinking the higher the grade the better the result or tougher the standard, I say that still shows they do not



*3 decades later - the author sitting on the same grading panel as Grandmaster Kang Suh Chong, along with Grandmaster Chung Kwang Duk (pioneer of TKD in Argentina & president of AITF) & Grandmaster Yu Hong Sung (former ITF Promotion Committee Chairman)*

know at least a quarter of their requirements or more! How is that an acceptable standard or result?

I hope this helps readers find a comprehensive process that will help guide, mold, direct and focus students. If you do, I think you too will see how it benefits all, as well as your school, group and Art. If you have any questions or comments please feel free to e-mail me at: [TKD.research@yahoo.com](mailto:TKD.research@yahoo.com)

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**10 - Totally Tae Kwon Do**



# Low-Fat Has Low Benefits!

By Keith D Yates

I have written about diet quite a bit over the last couple of years. Now there is breaking news—and like all breaking news, you have to read between the lines to understand what it really means.

You've no doubt heard about it. The latest study shows that low-fat diets DON'T have the positive benefits that experts have been touting for years. Of course, nutritional research studies have contradicted each other forever but this one is a whopper. This Women's Health Initiative program was one of the largest scientific studies ever done and involved almost 49 thousand female participants and was conducted over a fifteen-year period. It cost the government so much money that another study like this won't be done again for years.

Simply put, those women who ate a supposedly healthy, low-fat diet had no significant reduction in the occurrence of heart disease, colon cancer or breast cancer when compared to women who had a higher fat diet. This puts into question

long held beliefs about nutrition and long-term health.

Some scientists immediately challenged the findings. Others say we have to begin searching for new methods of preventing cancer and heart disease. But the researchers who conducted the study themselves are sounding defensive when questioned about what the results really mean. They say not to abandon low-fat diets just yet.



You see, the rub comes from how one interprets the huge volume of data. Typically a tiny difference in the results of two groups like this (low-fat versus regular diet) need to be statistically "significant." This rules out any differences that could

just be coincidental. Even though this study had a very large number of participants and was conducted over a pretty long period of time, some of the researchers say that if the study was just a little bit longer, the different results could have easily crossed over into that "significant" category, usually ten percent (this study

revealed about a nine percent difference).

Furthermore, any study relies on the truthfulness of the study group. What if a lot of the participants didn't want to admit to "cheating" on their low-fat diets and that skewed the results? Also in the fifteen or so years of the study the whole outlook on diets has changed in this country. In the early 1990s as the study began, 40 percent of the women supposedly were to reduce their fat intake while the remaining 60 percent of the group was not supposed to change their diet. But in the beginning the women were not instructed to differentiate between what we now call "good fats" (unsaturated fats like those in fish and nuts) and the "bad fats" (trans fat and saturated fat). And adding to the confusion is the fact that in certain "sub-groups" (like women who had a really high-fat diet to begin with) the findings varied quite a bit.

So what to do? People who have been advised by their physicians to go on a low-fat diet should stay on them. Those people who have a regular habit of cheeseburgers and fat-laden processed foods should still cut back.

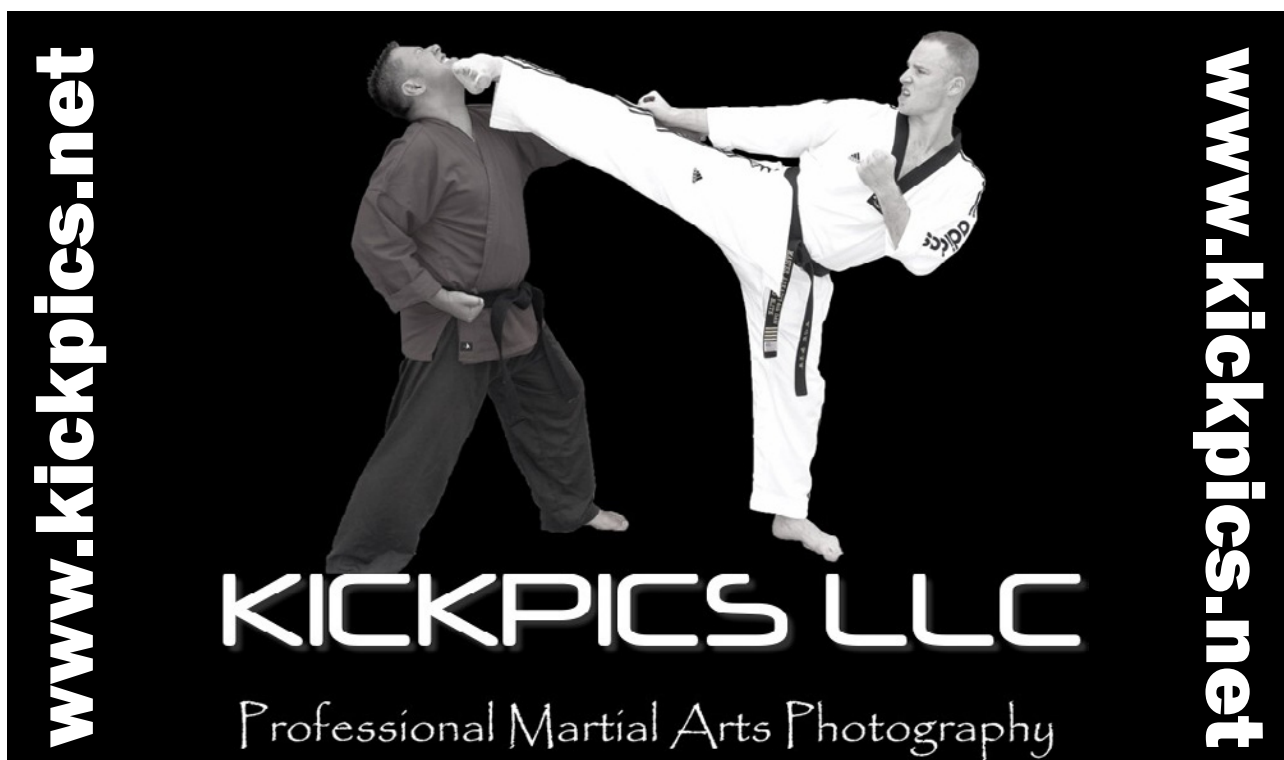
Dr. Marcia Stefanick is quoted in a recent

Stanford University Medical Center press release admitting that "Just switching to low-fat foods is not likely to yield much health benefit in most women." But she goes on to point out that means we cannot rely on simply using low-fat substitutes in food but that we have to consider the KINDS of fats in our diets.

Many other recent studies have shown saturated and trans fats (think buttered popcorn, nachos and "processed" foods like pre-packaged snacks,) are bad for you. So we have to cut back on those and eat more fruits and vegetables like our mothers told us to do.

As a final note I should point out that most people go on a diet (whether low-fat, low-sugar, or whatever) in order to lose weight and look better rather than reduce their chances of getting a disease some time in the distant future. And, my friends, cheeseburgers and fries will not make you look better to anyone except the accountants at Burger King.

*Grandmaster Keith D. Yates is a former adjunct professor of physical fitness at SMU in Dallas and is currently an adjunct professor in communications at Dallas Seminary. He is also the president of the American Karate and Tae Kwon Do Organization ([www.akato.org](http://www.akato.org)).*



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# Ch'ang Hon Taekwon-do Hae Sul

## ***Real Applications To The ITF Patterns***

By Stuart Paul Anslow

### ***Part 6***

In this months article we look at teaching pattern applications, as well as some applications from Do-San tul.

#### **Teaching Pattern Applications**

Pattern applications, rather than patterns themselves should be taught stage by stage:

**1. Learn the pattern:** *Students should learn the pattern movements. Where to step, what block is performed, what punch is performed at what point etc*

**2. Learn the pattern:** *You'll notice how I put this twice. There is a difference between learning and really learning a pattern. This is a stage many instructors miss in an effort to get students to their next belt level. The shell of a pattern is practiced, but not the finer details. Little things like using the knee spring properly when performing circular block, dropping into your stance so its timed with the execution of the technique, correct breathing and the fundamentals of basic movements. This process takes a long time if done correctly.*

**3. Teach the application/s:** *Once a student really knows a pattern, then its time to teach the applications properly. As mentioned before its fine to give students insights or snippets of applications, but in-depth study is needed later on. This time is rarely afforded to junior ranks, so is really the domain of the seniors. Teaching applications above and beyond basic block / punch scenarios requires a partner and should be further divided into stages*

Learn and run through the application with no resistance: This allows the student to

see how it works in relation to their techniques in their patterns, where to place the hands, how to use the block etc

Practice the applications with low or minimal resistance: This allows the student to start to feel how the applications works, they start to gain faith in it's use and in their own ability to use it. This can be the students simply running through them but also allows groups to be taught using drills based on the applications.

Practice the application with high resistance: this way of practice lends itself to certain applications better than others. For example, release techniques can be easily applied, as can locking techniques if care is taken, however one cannot fully or partially apply a break technique, an eye gouge etc without some form of compliance from a partner. However, by this stage, the students should have developed a good sense of control, thus allowing more dangerous applications to be practiced in relative safety. This is the point where applications can successfully be applied with hosinsol practice, if hosinsol is performed correctly and not like a semi-modified form of one step sparring, though on occasion an application may have to be pulled or slowed down to enable full control – this should be recognized by a partner

The problem with practicing applications with a fully resisting partner is not that they won't work, but apart from what I've stated about not being able to follow through with some of the more dangerous applications,

the element of surprise is lost. In all the stages of part 3, the partner knows full well what application is going to be used, except for 'C' where it creates a more unknown element, but the consequence is that students have to be careful and thus cannot always apply applications at full speed, full power or with full intensity, which nullifies some of the techniques. Furthermore, the defending student, even if they do not know what defence is going to be used, they do know a defence is coming and often compensates in readiness, again nullifying some of the effects that an application can produce. This final part can be solved, to some degree by instituting a form of pattern based sparring as detailed below, though this is not without its difficulties as well. We can see there is no 100% ideal way of training many applications full out, with full speed, full power and full intensity, though in training, we should try and get as close as we safely can by utilizing both pattern drills, hosinsol and sparring.

**4. Pattern Based Sparring:** *'Pattern Based Sparring' is the Taekwon-do equivalent of 'Kata Based Sparring', introduced by martial artist and author Iain Abernethy in his many books on Karate techniques and their hidden applications. It bridges the gap between solo pattern practice, self defence and sparring, enabling the student to utilize applications from within their patterns, in a free, resistive, flowing, sparring environment.*

*'Pattern Based Sparring'* not only includes the kicks and strikes from Taekwon-do, but also the throws, sweeps, locks and take downs found within the patterns and with the exception of safety considerations, is limitless. As Iain states "The most difference is intent. The aim of sport sparring is to win tournaments, the aim of 'Kata Based Sparring' is to enhance and improve real combative skills."

A student does not have to jump in at the deep end with regards to 'Pattern Based

Sparring', as it can be done in stages until we reach the ultimate level of freedom, where all techniques and applications are allowed. It is whilst performing this type of sparring that a student is able to test which applications best suit them, how to utilize them quickly in order to ensure they are successful and how important certain elements of the overall techniques are, like leverage, use of the reaction hand and stances.

Of course, it goes without saying that *'Pattern Based Sparring'* should be properly supervised and safety considerations made for dangerous techniques. For example, in our school, three heavy blows to the mats next to our opponents face is equal to being 'punched out' and the fingers lightly pressing on the eyes indicates an eye gouge and partners must respect these parameters for everyone's safety.

## **Do-San Tul**

Do-Sans sees the student introduced to inside blocks, the straight finger-tip thrust, 360 degree spinning motions and their purposes. It also introduces the students to split second counter striking and starts to teach the student how to use techniques that flow into each other via the use of body mechanics rather than shifting stances. This pattern is split into combinations, mainly of two or four (2 x 2) movements and allows defences to be practiced to both sides. This pattern seems to concern itself chiefly with releases from wrist and arm grabs, followed by fast counter strikes. Do-San tul starts from the ready posture Narani Junbi Sogi (*Parallel Ready Stance*). Though there is no record of this ready posture having any significance, some believe it signifies a man in hand cuffs. However, subsequent patterns with the same ready posture (Yul-Gok, Choong-Moo etc) have no mention of the figure they describe being imprisoned so the reason is tenuous at best. Nevertheless, it remains a nice way to describe the posture.

# Applications From Do-San Tul

Do-San tul starts from the ready posture  
Narani Junbi Sogi (*Parallel Ready Stance*)

We begin Do-San using the following techniques:

- **Nopunde Bakat Palmok Yop Makgi**  
*High Section Outer Forearm Side Block*
- **Kaunde Bandae Ap Joomok Jirugi**  
*Middle Reverse Fore Fist Punch*



We will utilize the first set of combinations as a release and counter attack from a wrist grab. Though these releases can be used if grabbed by either hand, we will use the first set to show the effect from a cross grab and the second for a *same side* grab (i.e. left hand to left hand or vice versa).



From the ready posture the attacker grabs the students left wrist with their left hand. The student immediately pulls the wrist to the chambered position (inside of the reaction arm) and then drops into the walking stance whilst performing the block. When applying the technique, the students arm is brought up beyond the attackers arm (the chamber) to enable the lock/release motion and then sharply put into place. I refer to a lock as if the attacker doesn't release, the arm becomes locked (the attackers arm can also be clasped if needed). The chamber position not only raises the arm to the correct point to apply the release/lock, but also has the effect of nullifying an incoming strike by sharply twisting the opponents shoulders and thus, throwing the opponents right shoulder backwards, taking power away from the opponents other arm in case an attack was imminent.

Chambering may also have the effect of actually making the attacker pull harder (which helps the application flow even more smoothly) but even if not, the fact that its high section when applied means we are in the correct position to apply it anyway. The reason we chamber inside of the reaction hand is because we do not use it as a grab or pulling motion and to chamber the block in another way restricts both the height and the angle plus it is also free for the next movement to be performed quickly. The actual blocking motion either releases the grip from the students arm or locks the opponents arm across their own body, nullifying a second attack and in most cases locking their elbow joint. The



following reverse punch can be used as a vital point strike to the opponents floating ribs, under the arm pit, the jaw or even to attack the elbow joint if it is locked straight.

There is the second side block and reverse punch combination, but We jump ahead to the knifehand guarding block and straight fingertip thrust.

The next set of movements we see:

- **Kaunde Sonkal Daebi Makgi**  
*Middle Section Knife-hand Guarding Block*
- **Sun Sonkut Tulgi**  
*Straight Fingertip Thrust*
- **Dung Joomok Nopunde Yop Taeragi**  
*Back Fist High Side Strike*



The pivoting motion we use from the previous movement sees us turning 90 degrees straight into the next movement (rather than foot to foot or stepping).

The fact that we are using a knife-hand rather than forearm block leads me to believe we are moving away from our original opponent, rather than grabbing and breaking their neck (which we could do with this block – see *Won-Hyo*) but the direction and angle of the knife-hand would possibly require more body motion to generate power for a throw using only the head. Plus, the fact that the block chamber doesn't start from a forward position first means we are not using the chamber as part of the block, but the end motion to strike into our opponent (of course, you can simply block if you want).

This knife-hand can be used as a release from a grab or to nullify a strike like a hooking punch. So, for this next application we see the knife-hand guarding block used to strike the pressure point on the bicep of the incoming opponent.

#### **This has 6 effects:**

1. It allows us to nullify the attackers main attacking tool (the arm – possibly his strongest)
2. In the process it causes a pain sensation, momentarily covering us for the next movement of what we are going to do in the next split second
3. As the brain focuses on the pain it causes a break from a secondary attack so disorientates what could have been multiple attacks (i.e. two punches)
4. As we strike close to the opponent, most of the momentum is taken out of the attack,

making it easier to stop i.e. it doesn't drive through our block due to the generation of force on the outside arc of the attack

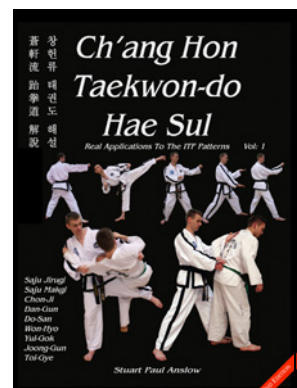
5. If a secondary attack does come, we are close enough for it to have *m i n i m u m* effect
6. It also opens the opponent for the next movement (the straight fingertip thrust)



The following motion, Sun Sonkut Tulgi (*Straight Fingertip Thrust*) is used to slip under the opponents arm, under the armpit, with the palm of the left hand used to brush the arm aside if needed. The release motion (the way we turn the hand and move our feet closer together) gives us some idea of what comes next and can also be used to *drill* our way through, though this is unlikely to be needed. The hand turns 180 degrees, the feet come close together in classic throwing position and we pivot 180 degrees + 180 degrees (360 degrees in total) in the course of the next movement. The left arm is closed/clench to a back fist meaning we grip onto our opponent (the arm), as well as using the chambering motion of the right arm to grip at the front, rising up around our opponents arm/shoulder, as we perform a shoulder throw before proceeding onwards, the back fist being kept up to avoid being clobbered by anything as we continue.



*Next month we'll continue with more applications from Do-San tul as well as revealing there's much more behind the names of patterns than what most students are required to learn off their syllabus sheets.*





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# Totally Tae Kwon Do Most Rated Books Survey

Over the last few months, Totally Tae Kwon Do magazine has run the '**Totally TKD Most Rated Book Survey**', with subscribers rating the books they own, not based on price, but on content. This allowed us to pit books that have been out for quite sometime against more recent releases from the last couple of years or even months! The survey included every Tae Kwon Do book in the amazon.com top 100, plus a quite a few more that either I or the magazine readers could think of, including a few books that are hard to come by these days.

The aim of the survey was not to pit WTF books against ITF books (or others styles), but rather to see simply, what readers thought were the most beneficial books for the various subsets of Tae Kwon Do and as such, the survey was divided up into 3 sections - *WTF*, *ITF* and *Other* (for books that covered both ITF and WTF or were simply neither specifically). Some books could in theory go in the 'Other' section, such as Simon O'Neills '*The Taeguek Cipher*', as much of his work can be utilised by all, but as a WTF stylist, he went into the 'WTF' section and so it was with many books (including my own, that went into the ITF section).

In order to be fair, books required at least 10 different people to vote on them, so as to gain a fair assessment from a decent range of votes, however, some books are harder to get hold of than others and those that received less than 10 votes are marked with an asterix (\*). All votes, both good and bad went towards the finally tally that made up these charts.

Finally, it should be noted that, though I have a pretty decent martial arts book collection, I don't own all these books and a consequence of which is that some ended up in the wrong sections initially, meaning they may have been missed by some voters who simply by-passed one of

the sections, my apologies for that but as I said, some were hard to categorise without actually owning them and of course, many thanks to everyone that enabled us to put them in the correct section eventually. That said, they are now (we believe) all in the correct section for their type and all books have been correctly categorised for future surveys.

We had considered removing a couple of books (from the charts but still mentioning their popularity) to make the survey fair amongst independent authors. Books such as *Kukkiwon Textbook* or General Choi's *Encyclopaedia or Taekwon-do* (which is actually 15 books) and its condensed version were up for consideration simply due to the fact that they should be No.1 as they are officially endorsed by either the WTF or the ITF as 'THE' manual to own, however, strangely surprising results meant they were left in unabated.

Each month we will list the Top 20 of each category as the aim is to highlight the good books and this month we look at the:

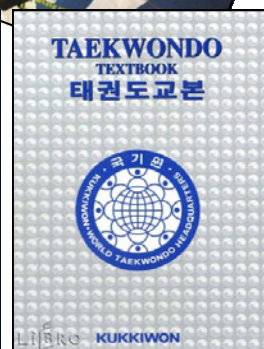
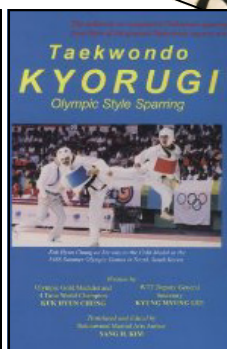
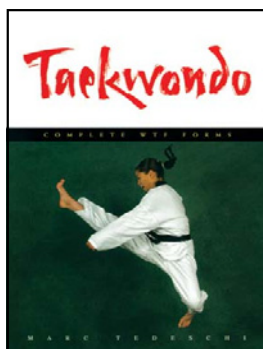
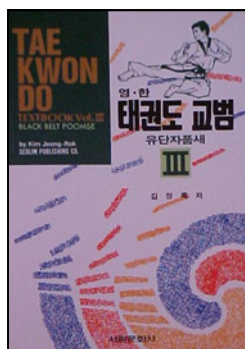
## **Top 20 Most Rated WTF Books.**

Over the page you can see the top 10 and which is (un)officially the most rated WTF Taekwondo book of all time! Flip the page and see the rest of the top 20.

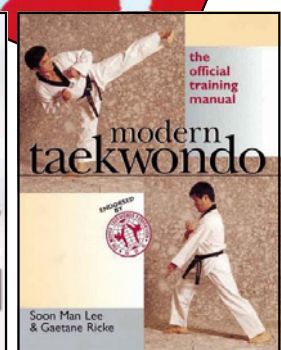
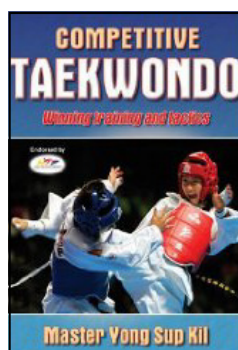
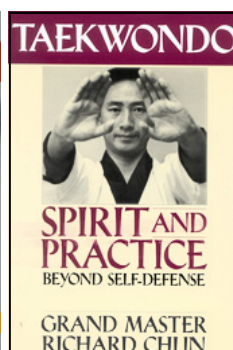
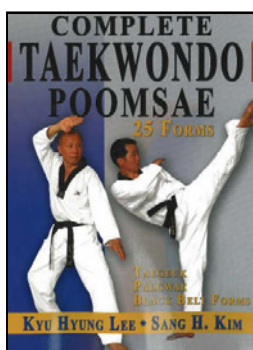
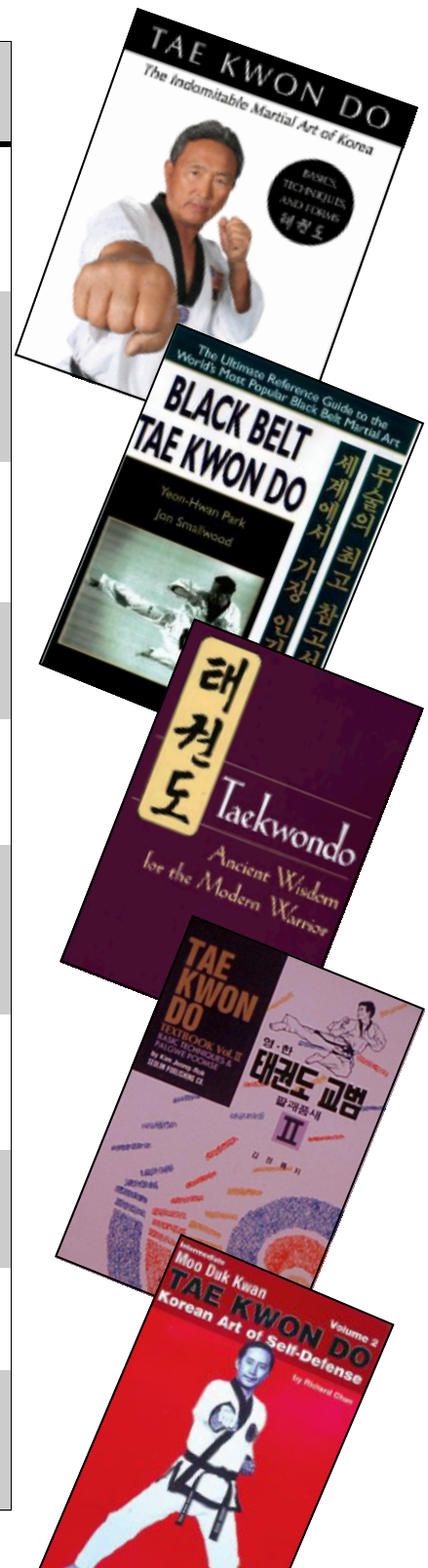


# Top 20 Most Rated WTF Books

Rank	Title & Author/s
<b>1.</b>	<b>The Explanation of Official Taekwondo Poomsae</b> <i>by Kang, Ikpil and Song, Namjung</i>
<b>2.</b>	<b>Tae Kwon Do: The Korean Martial Art</b> <i>by Richard Chun</i>
<b>3.</b>	<b>The Textbook of Taekwondo Poomsae</b> <i>by the Kukkiwon</i>
<b>4.</b>	<b>*Taekwondo Vol. 1: Basic Techniques &amp; Taeguk Poomse</b> <i>by Jeong Rok Kim</i>
<b>5.</b>	<b>Taekwondo: The State of the Art</b> <i>by Master Sung Chul Whang</i>
<b>6.</b>	<b>Taekwondo Vol 3: Black Belt Level Poomse</b> <i>by Jeong Rok Kim</i>
<b>7.</b>	<b>Taekwondo: Complete WTF Forms</b> <i>by Marc Tedeschi</i>
<b>8.</b>	<b>The Taeguk Cipher</b> <i>by Simon John O'Neill</i>
<b>9.</b>	<b>Tae Kwon Do Kyorugi: Olympic Style Sparring</b> <i>by Sang H. Kim</i>
<b>10.</b>	<b>Kukkiwon Textbook</b> <i>by the Kukkiwon</i>



Rank	Title & Author/s
11.	<b>Tae Kwon Do Basics, Techniques and Forms: The Indomitable Martial Art of Korea</b> by <i>Dong Keun Park</i>
12.	<b>Black Belt Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Black Belt Martial Art</b> by <i>Yeon Hwan Park</i>
13.	<b>Taekwondo: Ancient Wisdom for the Modern Warrior</b> by <i>Doug Cook</i>
14.	<b>Taekwondo Vol. 2</b> by <i>Jeong Rok Kim</i>
15.	<b>Moo Duk Kwan Tae Kwon Do, Vol. 2</b> by <i>Richard Chun</i>
16.	<b>Complete Taekwondo Poomsae: The Official Taegeuk, Palgwae and Black Belt Forms of Taekwondo</b> by <i>Sang H. Kim</i>
17.	<b>Taekwondo Spirit and Practice: Beyond Self-Defense</b> by <i>Richard Chun</i>
18.	<b>Competitive Taekwondo</b> by <i>Yong Sup Kil</i>
19.	<b>Advancing in Tae Kwon Do</b> by <i>Richard Chun</i>
20.	<b>Modern Taekwondo: The Official Training Manual</b> by <i>Soon Man Lee</i>





# Out With The Octagon

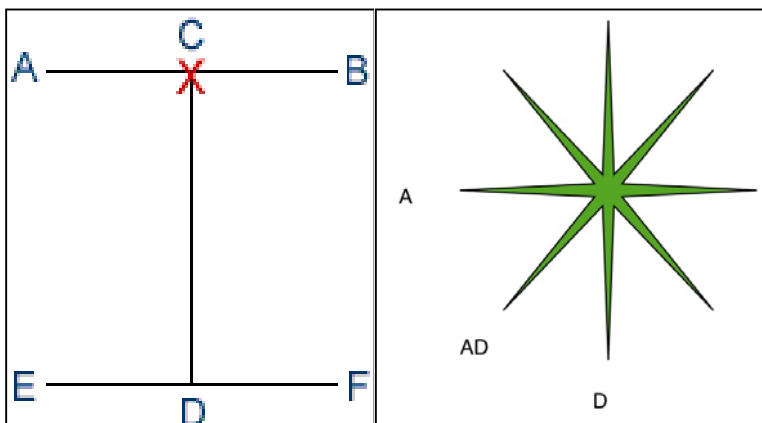
By F. M. Van Hecke

There is a tendency for TaeKwon-Do practitioners to think too rigidly about the meaning of the base coordinates A, B, C, D, E, F, G and H, and their derivatives AD, AC, BD, and BC, CE, CF, DE, DF, etc. While the former base coordinates invariably refer to the dominant

direction of movement of a stance (unless tied directly by stating so to direction of technique), the latter four refer to a range of possible directions of the derivatives contained within the extremes of the coordinates.

Thus, one could define, for example, AD, as "not A and not D but between them." This is a different concept from that of an "octagon" of equidistant coordinates.

The first pattern in which this becomes evident is Do-San. In movement 13 one is told, "Move the left foot to CE, forming a left



*In an "idealized" octagon, which the author would criticize as providing a poor model for the patterns, the exact bisectors would be the points designated as, for example, "AD." (See above.) The author argues for an interpretation such that while "A" is exactly "A," "AD" would lie in a direction on any point between "A" and "D."*

the CF direction. Analyzing these techniques and the totality of the pattern makes it readily apparent that the direction of movement of these techniques are not forty-five degrees from the E to F baseline but, rather, closer to 70 degrees from that baseline (or 20 degrees from the D to C baseline). We base this not only from observing the pattern performed by

walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm." Subsequent movement and techniques are said to be in the CE direction and, commencing with movement 17, the same are said to be in

the CE direction. Analyzing these techniques and the totality of the pattern makes it readily apparent that the direction of movement of these techniques are not forty-five degrees from the E to F baseline but, rather, closer to 70 degrees from that baseline (or 20 degrees from the D to C baseline). We base this not only from observing the pattern performed by excellent practitioners but also from its internal logic - all patterns return to their starting position.

There are numerous other instances where the idea of a pure octagon of directions can lead to fallacious



*Paul Hebein (left) and Brian Nusslock (right), the author's students, hit synchronicity in pattern Juche.*



conclusions, but nowhere more patently than in pattern Yoo-Sin.

Starting with Yoo-Sin's movement 8, stepping to BD, the angle relative to the A to B baseline is analogous to that of movement 13 in Do-San, 70 degrees from the A to B baseline (20 degrees from the D to C baseline); this is "echoed" in movement 12. Proper pivots into sitting stance for the scooping block/middle front punch sequences thereafter can be relatively pure in aiming to the 45 degree angle from either baseline. This also enables the student to pivot properly for movement 16, which calls for a left walking stance toward BC, and for movement 18, which calls for right walking stance toward AD.

[Here, the Encyclopedia, Fourth Edition, is confused, calling for movement 18 to be right walking stance to BD. This contradicts its own stepping diagrams and the internal logic of the pattern. The U.S.T.F. Patterns Handbook (Revised, 2005) is correct in this regard, as is the Fifth Edition of TaeKwon-Do (The Korean Art of Self-Defense). I do not here address the matter of the direction of hand technique in this sequence, which is another controversy.]

If we are to follow the internal



*The author performs palm pressing block in a pattern.*

will be approximately 15 degrees to the "A" side of the C to D line. This is also dictated by the necessity to follow these verbal coordinates without disintegrated walking stances.

"O.K. Sir, he said, I got what you said about ousting the octagon in principle, but if you are going to argue that movement 16 of Yoo-Sin takes your stance assumed to BC approximately 15 degrees to the "C" side of the A to B line, how do you interpret



*Mr. Ed Girdaukas and Mrs. Caren Johnson, students at the Sheboygan Falls WI Academy of Martial Arts, nail a pattern.*

logic of the sequence 16, 17, 18, 19, then, the front punch in sitting stance in each instance (17, 19) will again be on a relatively "pure" 45 degree angle from the A to B baseline. The pivots into walking stances at 16 and 18, however, will aim the walking stances very close in direction to the A to B and the C to D lines,

respectively. Thus the stance assumed to BC at 16 will be approximately 15 degrees to the "C" side of the A to B line, and the stance to AD at 18

what would appear to be a comparable sequence at movements 5, 6, 7 and 8 in pattern So-San? After all, the first stance is formed to BC at 5, following by a front punch to BD in sitting stance, followed by a walking stance oriented directly to D. If I were to follow your logic

as to Yoo-Sin, should not the latter walking stance be oriented not to D but to AD?"

"Well, I get your point," I responded, "and it shows great intelligence on your part to have even raised the question, but let me solve your problem with a question: Who says the punches in sitting stances at 6 and 8 in So-San are to the same 'perfect' 45 degree bisector of B and D?"

Assume, instead, that these punches are both approximately to a 30 degree angle from the A to B baseline and the stance at movement 5 to BC is not 15 degrees to the



*Hebein and Nusslock again on the same page*

"C" side of the A to B line but 30 degrees to the "C" side of the A to B line. Try it, and you will keep the integrity of all stances including that to D (movement 7). Anyway, that's my two cents."

*F.M. Van Hecke, Seventh Dan, commenced his studies in Taekwon-Do in 1967 under*

*Grand Master Son, Duc Sung in New York City. He heads the Association of Academies of Martial Arts, an alliance of schools in Minnesota, West Virginia, Wisconsin, Michigan, Minnesota and Illinois and is a member of the United States Taekwon-Do Federation.*



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# How To Teach A Back Kick

By Earl Weiss

I intended to write about the Back Piercing kick but have generalized this item to suit non Chang Hon stylists. Please note that if your system specifies certain parameters for a classic kick, this methodology can probably be adapted to those parameters.

The thrust of this article is to facilitate Back Kicks as used in a sparring, self defense or board destruction as opposed to classic parameters required for certain systems, combat or pattern application. A classic application whereby the "Back Piercing Kick" is intended to attack an opponent positioned to the rear is in pattern Moon Moo. Unlike sparring, patterns can help understand angles and directions needed for combat where there may be any number of opponents positioned anywhere around you. The Moon Moo pattern application is basically done with shoulders "Rear Facing" to the direction of the Kick. The Kick is immediately followed by a punch to the front. In sparring, there is only one opponent and they are usually in front of you. The direction is usually where your lead foot is pointing (unless you fight out of a sitting / horse stance.) There is little need for a rear facing stance in sparring and it would most likely have adverse consequences. However in combat where you have multiple opponents, one to the front and one to the rear, the rear facing stance may provide an acceptable tactic.

Far be it from me to dictate how to teach. I have found the following method to be effective and help students avoid errors or overcome difficulties when learning this technique. I pass this along with the hope that it will help students and teachers learn and teach more efficiently.

First and foremost this article assumes that

the student has a thorough understanding of the side piercing kick and be able to form it fairly well. The mechanics of the side piercing kick can be transformed into a back piercing kick using the following method.

The methodology should be followed at a comfortable speed with the emphasis on good technique. Proper technique will lead to speed and power. Speed and power alone will not lead to good technique.

## I. Breakdown

The technique must be broken down into its Basic Elements. Each element should be taught and learned prior to moving on to the next part. Learning is like eating. It is easier to understand small bits of information just like it is easier to swallow small pieces of food. Although the elements are stated as separate parts, in very short order they will flow together as a single combined motion. One critic felt that teaching in parts will lead to staggered execution. I can only state that this has not been a problem. Students are always eager (sometimes too eager) to make fluid motions.

### **Basic Elements:**

**A.** The support foot pivot

**B.** Rotation of the Kicking side hand / Shoulders/ Hips

**C.** Kicking leg motion including Chamber / Extension / retraction.

On the next page is a typical fighting stance from which the back kick motion can be initiated. (Yours truly pictured.) I like to keep my lead fist between my nose and my opponent's nose, denying the straight line attack to the face. The rear hand is positioned to deny the hook to the head and is in a position to take the defensive



position of the lead hand if it is used for an attack.



*The author demonstrates a typical fighting stance*

## II. Methodology

**A. Pivot:** The Support foot should pivot on the Ball of the foot so that the heel is now pointing toward the opponent. This is typically a 180° rotation. (Keep the heel of this foot off the floor during the pivot.) Students should initially rotate with the ball of the foot on the spot where it is placed before the kick commences. Later, the pivot foot may step forward or rearward to adjust distance. However, students who unintentionally acquire a habit of stepping a certain way with the lead foot will find it difficult to make adjustments later. The unintentional step may also signal to opponents what technique is coming. (Students with joint issues may need to remove the torque on the joints by lifting their foot, turning it and then setting it down.)

Above right is the initial pivot of the lead foot. Notice how the heel of that foot is off the ground and that the foot has pivoted

with the ball of the foot at the corner of the red lines.

Pivoting on the ball of the foot minimizes the contact surface between the floor and foot reducing friction and making the pivot easier, reducing stress on the joints.

### **B. Rotation:**

Rotate the head quickly visually acquiring the target while rotating the shoulders. To

make certain the shoulders are rotated, the Kicking side hand / fist should point toward the target so that the fist is in a direct line between the kicker's nose and the target. Pointing at the target with the fist insures shoulder rotation to the correct point and assists these other functions as well:

**1.** It facilitates accuracy since the kicking leg will travel in the direction the fist is pointing.



**2.** Often students will let the kicking side arm, as well as the other arm trail (as shown above), leaving the head exposed for a counter attack. The method I describe above keeps the kicking side hand in a



good protective position for Blocking / parrying / follow up attack. This hand position will be further refined as set forth below. (Ryan Swing I Dan Pictured)

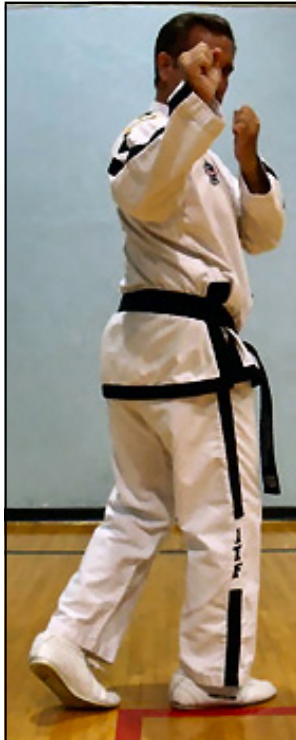
3. At this point, the kicking side foot has not left the ground. A student asks: "how far the kicking foot will move from the original position as you rotate?" My answer was that it will depend on body type / range of motion. The floor position of this foot will be discussed later under "Refinements". At this point, let the student find their comfort level.

To the right is a photo of the rotation explained above. The kicking leg has moved to a comfortable location. The support foot heel is still off the floor. Both hands have moved to the protective ready position.

Below is a photo showing the extended kick with the hands remaining in the protective ready position.

### **C. Kicking:**

Chamber, extend and retract in the same manner as a side piercing kick. Be sure the kicking foot does not swing to far out from the support knee. This will led to an elliptical kick allowing an opponent to "Get inside" the kick more easily.



Make certain that the upper body moves in the direction of the kick for maximum power. For counterbalance, students will often move their shoulders in the direction that is opposite to the direction of the kick. This may be OK if done consciously to try and keep the head away from a counterattack or if needed to perform multiple kicks at various levels.

The photo to the right shows the student leaning too far away from the direction of the kick. (Ryan Swing I Dan Pictured)



However, it is a bad habit since moving the upper body away from the direction of the kick will detract from its power. To facilitate proper body motion I stand behind where a student's upper body will be as they extend the kick, placing both hands on their shoulders and tilt the upper body slightly in the direction of the kick. This photo also shows the basic Kicking side extended arm position.



Although I teach the retraction, for beginners, I make sure they step down with the kicking foot in the direction of the kick rather than try to balance on one leg and return the kick to the starting position without putting it down.

### **III. Refinements**

Refinements should only be taught once

the basic elements are performed correctly. The student can only focus on a limited number of things. You do not want them focusing on refinements and neglecting the basics.

**A. The Push off:** After the rotation is complete, beginning kickers (and this applies to many types of kicks) will wait until their weight shifts to the support leg before using their leg and hip muscles to lift the leg to the chamber position. Instead, try to have the kicking foot positioned on the floor as the rotation is completed so that it is on the ball of the foot with the knee slightly bent. (Side note: It is easier to teach this if students have already followed this format for simpler kicks like a Front Kick.) Have them think of how a sprinter is positioned in starting blocks and pushes off with the rear foot. Now, instead of lifting the foot to the chamber position, have them push off the floor with the foot to and thru the chamber position until it reaches extension.

The photo to the right shows the Right foot with the heel off the floor so that it can push off the floor to the chamber position, instead of lifting to the chamber position.



**B. Pivot foot set down:** Under item A above I noted that the pivot should be on the ball of the foot with the heel off the floor. I have found that some students have strength and balance issues standing on one foot and supporting their weight on one foot positioned with the heel off the floor. These students may need to do some exercises to facilitate this. Pivoting flat footed puts undue torque on the ankle, knee and hip joints.

Students should attempt to coordinate the dropping of their pivot foot so that the heel touches as the leg reaches full extension. This will add some extra oomph to the kick since your weight is now dropping down and toward the target at impact. (This can be used for lead and rear leg side kicks as well. I have found that some students do this naturally, without being taught or thinking about it. They typically tend to be good kickers. )

### **C. Hand Position:**

1. Kicking side hand. Instead of having the elbow straight, and having the arm "Point" at the target, the elbow should be bent with the forearm almost vertical. I tell my students that they should "Keep the kicking side hand between their nose and their opponent's nose as much as possible." This denies the opponent the straight line attack to their head. By extending the elbow the student can easily follow the kick with a Punch or Backfist.

2. The position of the non kicking side hand should have the elbow bent, pointing as much forward as possible with the hand at about the ear level. This protects that side of the head from elliptical attacks and allows for a follow up hand attack with that hand. Students often develop a bad habit of allowing that hand / arm to trail directly behind them rendering it useless for both





protection and quick follow up.


#### IV. Training Tips

**A.** Kicking the heavy bag is invaluable, but it can be intimidating and provide a certain amount of discomfort if the student does not kick it correctly. The heavy bag should not be used until after the student has developed a basic level of competence with regard to executing the basic motions. Large human held "Kicking Shields" are a good training tool.

**B.** Fatigue levels need to be monitored. I tend to limit exercises at beginning levels to 10 repetitions per side. Once a certain level of fatigue sets in students will find it more and more difficult to improve their technique. At this point a drill or exercise using different muscle groups should be used.

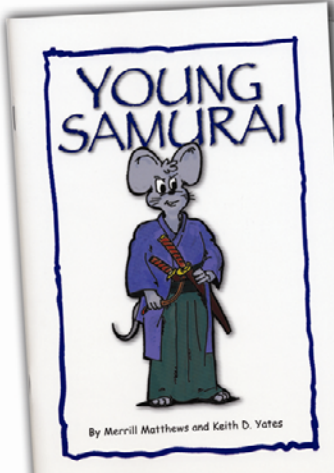
Happy Kicking!

**Note:** *The above should not be thought of as having been endorsed or approved by any group or organization. It only reflects the author's opinion. You can contact the author at [EWeisstkd@aol.com](mailto:EWeisstkd@aol.com). Other articles by the author may be viewed at <http://www.geocities.com/ustfregion5/index.html>*


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## "The TKD Clinic"

Each month Glenn Smits will be able to answer selected questions on health, well being, physical training and advise on the treatment of Tae Kwon Do sustained injuries.

**Please send your questions to Glenn via**  
**[TKDClinic@totallytkd.com](mailto:TKDClinic@totallytkd.com)**  
ensuring "TKD Clinic" is in the subject line

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

While there can be no guarantee that every question will be addressed, Glenn will attempt to answer two or three questions each month that he feels will be the most informative and beneficial to readers.

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

# The TKD Clinic

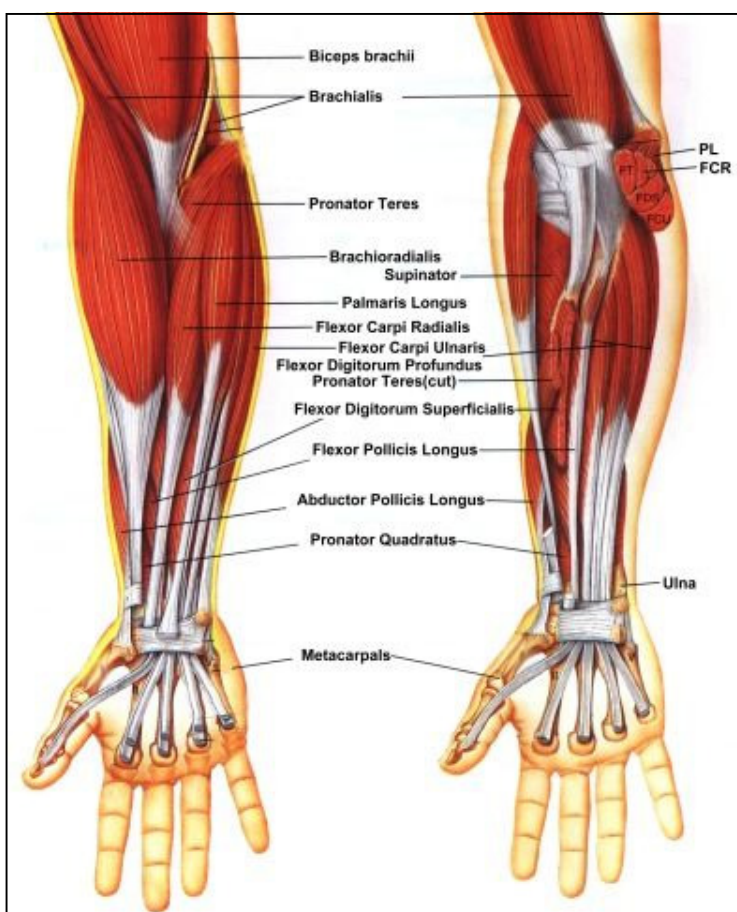
With Glenn Smits



Being so brilliant at TaeKwon-do that I rarely get knocked down - actually for "*brilliant*" read "*cowardly and run away a lot*" - I've never mastered the gentle art of falling on my backside stylishly. About 18 months ago I was dumped unceremoniously on my rear and landed badly with my left hand out, palm down to the floor, resulting in a painful sprain. I'm still having problems with the tendons (I assume) of my forearm and experience an intense burning pain just north of the wrist if I do anything like riding a bike, or carry a heavy pile of books. Any tips and suggestions - other than giving up TaeKwon-do would be gratefully received. I should add that as an old man of 45 years I am somewhat crumbly, and tend to break like cheap glass.

Andy, UK

Thanks for the question Andy and just for the reader's edification in an additional correspondence you explained to me that the pain was on the palm side of the forearm which is referred to as the volar aspect anatomically. This side of the forearm contains the flexor muscles of the forearm and hand and yes, it sounds as if you do have a recurring tendonitis (inflammation of the tendons) when they are overused. First let's discuss a bit of what a tendon is. A tendon is tough elastic tissue that attaches muscles to bone. They are different than ligaments, which are much denser tissue that attach bone to bone. A muscle or tendon tear no matter how small or large is referred to as a *strain* and a tear of a ligament is referred to as a *sprain*. These types of injuries are referred to as *soft tissue injuries* to differentiate them from bone injuries. The type of injury you describe is rather common after a fall whereby



trying to catch yourself you caused a traumatic over-stretching of the forearm tendons near the wrist causing some tearing. You can see in the accompanying

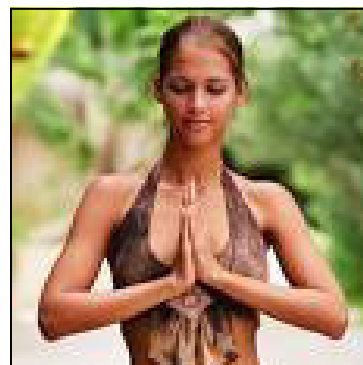
picture how the forearm flexors are thickest nearest the elbow and then end as elongated tendinous structures toward the wrist and into the hand.

After an injury such as this the body goes through three distinct phases of healing. The first is the initial inflammatory process or acute phase of injury. This is where swelling, redness, pain and some loss of function of the affected body part are most prevalent. The area will probably also be warm to touch. This initial phase will normally last 3-5 days and the area should be protected from further movement and possible injury, allowed to rest and elevated above the level of the heart, and most Western physicians would also advise the area be wrapped and iced to prevent further swelling. If you do use ice you should never apply it directly to the skin and not leave it on for more than about 20 minutes each time. If you wrap the area the wrap or bandage should just be snug, not uncomfortably tight. The acronym for this is PRICE (protect, rest, ice, compress and elevate). After the first 72 hours most practitioners would then recommend application of heat to increase circulation. Again, never apply directly to the skin and only for about 20-30 minutes at a time. Taking anti-inflammatory medication such as ibuprophen or aspirin may also be helpful. Always follow the recommended dosages and times on the product label or seek advice from your physician.

The second phase of healing is called the sub-acute or fibrinoblastic phase. This phase starts 3-5 days after the initial injury and can last about 6-8 weeks. During this phase the body rallies its forces and starts to repair the injured tissue. Special blood cells called fibroblasts (hence the name) start to advance to the area of injury and lay down a substance called collagen in and around the injured tissue. This is the body's own superglue or cement, if you will, that patches up the torn tissue. Essentially this is a process of scarring. It is very

important to move the injured body part, even if all you can do is some gentle range of motion. If not, and depending upon the size of the injury, scarring in the form of adhesions (aberrant connective tissue formation) can get out of hand, and the joint can become painfully restricted. A prime example is a condition called adhesive capsulitis. It is seen sometimes after shoulder surgeries that are not properly rehabilitated and the common name for this is frozen shoulder. Further surgery then is sometimes needed to break up the scar tissue so the joint can function. So, start with range of motion exercises, then progress to some stretching and then finally strengthening exercises about four weeks into this second phase to prevent the body part from further injury. If this is not done properly then the injury can enter a third phase, which is the chronic phase of injury.

So Andy, this sounds about where we are with you. Your original sprain/strain has probably never gotten to heal properly and when you stress the tendons for any length of time or perform a task they're not up to the injury gets exacerbated and you have what is considered an acute exacerbation of a chronic injury. You basically go back to square one and the whole healing process has to re-run its course.

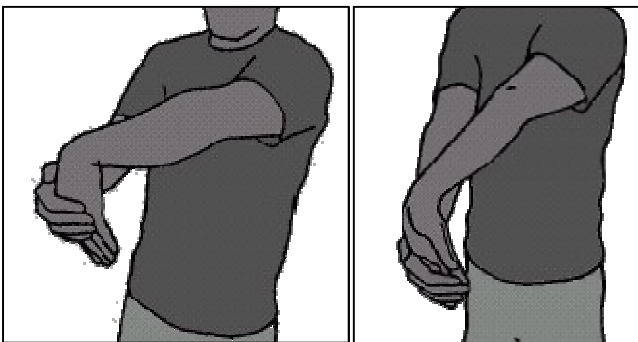


If you are not presently symptomatic I would advise the following:

- 1) Try to avoid doing anything that you know will exacerbate the injury again, at least for a while.



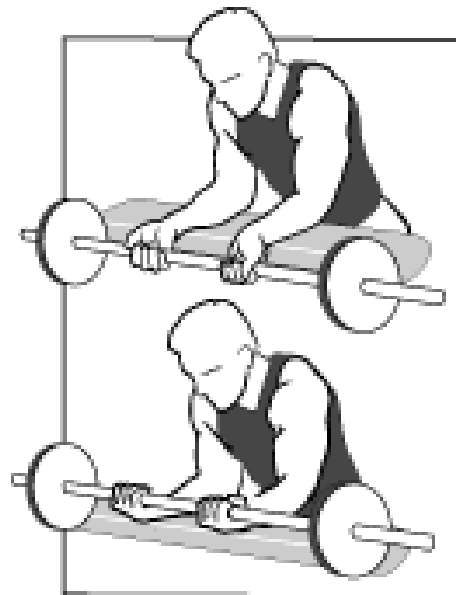
**2)** Start stretching the flexors of the forearm. I'm sure there is a lot of information on the internet, but two stretches that come to mind would be to place your hands, palms together in a prayer or Namaste position in front of the chest and lower the hands (keeping palms touching!) as far as you can until you feel resistance and hold. The other would be to simply extend the arm either palm up or palm facing away from you and with the other hand grasp the fingers of the affected limb and pull them back towards your body until you feel the stretch. Hold all stretches about 30 seconds and repeat several times. This will help keep the tendons flexible.



**3)** Strengthening. This is of paramount importance if you wish to rehabilitate this injury. Very simple. Using a very lightweight dumbbell (3-5 lbs or 1.5-2.25 kg) perform isolated wrist curls for about 2-3 sets of 20 repetitions. Start with light weight like this to perfuse the injured tendons with blood to promote healing and remove any toxins that may be irritating the surrounding tissue. When tears occur, substances like potassium, which is primarily an intracellular electrolyte, can leak out and cause local irritation. As your



arm feels a bit better you can increase the weight slowly, drop the repetitions and do three to four sets every other day.



If you are symptomatic, rest and ice the injury as I described in my explanation of the acute injury phase. After 3-5 days apply heat and do range of motion and gentle stretching. After another week or two light resistance exercises. Bands are also excellent to use in lieu of weights if you have them. A great resource for any type of stretching is "*Stretching*" by Bob and Jean Anderson. Now in its 20<sup>th</sup> year of print it is considered the bible by many athletes, trainers and physical therapists and should be part of every Martial Artist's library. It gives detailed explanations of stretches for each body part and even has sport specific routines towards the back of the book. Well worth the investment. Consulting a health care professional who specializes in sports medicine is always advised as all I can present here is some general information. I hope the information is helpful and wish you good luck in getting that arm back in shape!

Yours in training and good health,

Glenn Smits

# What's The Point?

By Paul O'Leary

Hello, in this issue I would like to look at the W-shaped block found in Chang Hon Tae Kwon Do pattern Toi Gye and Karate Kata Jitte.



Often this is shown as blocking a staff or grabbing a staff and breaking it with the other arm. Some styles have removed the kick or just made it a knee lift. It really does not matter how your style performs this sequence once you understand the basics of the defence.

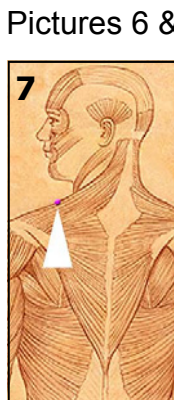
Pictures 1 - 2: Shows the movements as performed in solo practice.

Picture 3: Attacker grabs the arm in a high position "mirror" (same side) grab.



Picture 4: Defender moves in and pulls back on the arm that is grabbed swinging in their leg as in the pattern, striking with the heel on KD-10 on the outside of the calf, just below the rear fold in the knee.

Picture 5: Defender then drops his elbow onto the clavicle or the shoulder at GB-21 or whatever location is presented.



Pictures 6 & 7: Pressure points KD-10 and GB-21

Have a play about with this one and see what else you can get out of the sequence and targets presented. This defence will also work with a Cross hand grab where you will step to the outside of the attacker. Once you work with a sense of reality and practicality I bet you will find equally valid applications. See the video for this

article on my YouTube Channel at [www.youtube.com/jungshin](http://www.youtube.com/jungshin) under W-Shaped Block.

Finally I'd like to thank Sensei Niall Wright Head Instructor of FSKD Ireland, and fellow of ADK-Ireland for being the attacker this issue and for letting me use his Full Time Dojo in Kenmare, Co. Kerry for these pictures.

*Paul O'Leary is the Head Instructor of JungShin Mu Do Kwan and runs the Rebel Martial Arts Club in Cork City. He is also the National Coordinator for Prof Rick Clarks AoDenKouKai-Ireland. To host Mr. O'Leary or Prof Clark or to join ADK-Ireland please contact 086-3545032 or email [adkeire@gmail.com](mailto:adkeire@gmail.com)*

# ***A Field Guide To*** **Taekwon-Do Etiquette**

By Christopher A. Spiller

Etiquette is an important aspect of Taekwon-Do training. Students from a western background will often not understand this, having their initial ideas about martial arts formed from popular culture with movies where the emphasis is on things such as exotic training methods, the protagonist's conflict with an aggressor, etc. Such things are good entertainment but do not touch on some of the more important aspects of martial arts. At other times students will have questions regarding what to do in specific situations both in and out of the Dojang so that they can demonstrate proper etiquette. This article will attempt to address the importance of etiquette and its place in Taekwon-Do, as well as cover various specifics of etiquette with which a Taekwon-Doin should be familiar. This latter topic will, of course, be somewhat limited as there are more possible questions on the specifics than could be answered in an article.

## **Courtesy and Etiquette in General**

The tenets of Taekwon-Do are well known to practitioners of the art. Part of the Student Oath is to "observe the tenets of Taekwon-Do" and first on the list is courtesy. Master Terry Batch attended a seminar with Gen. Choi, Hong Hi who was asked by a student which of the tenets was the most important. His answer: courtesy. This might come as a surprise to students, especially since the remaining tenets (integrity, perseverance, self-control, and indomitable spirit) have what might be called a bit of panache to them. (Who wouldn't want to be known for their indomitable spirit, for example? One can easily be inspired by Gen. Choi's example in the Encyclopedia of Taekwon-Do about the 300 Spartans at Thermopylae). But

Gen. Choi states that courtesy can be understood as "an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can further be understood as an ultimate criterion of a mortal." Additionally, the sixth element of courtesy Gen. Choi lists is to "behave oneself according to etiquette."

Gen. Choi emphasizes the importance of etiquette (*ye jol*) when he says that "a high degree of etiquette should be observed by students both inside and outside the Dojang. This should be applied by lower ranking students to elder students outside the training hall and by all students when visiting other Dojang." He goes on to point out that it would be "poor taste for a black belt to slight a beginning white belt student who might very well be the instructor's senior in both age and station." Lastly, students who visit other training halls "must pay proper respect and observe the traits of modesty and courtesy at all times." These are clear indications of Confucianism influencing the philosophical underpinnings of Taekwon-Do.

Confucianism is a Chinese philosophy founded by K'ung-fu-tzu which focuses on ethics and the proper structuring of society. This is done by stressing harmony between various social relations. The five most important social relations were between father and son (characterized by affection and filial piety), between ruler and subject (characterized by righteousness and loyalty), between husband and wife (characterized by distinction in position), between elder and younger (characterized by respect), and between friends (characterized by trust and loyalty).



Confucianism teaches that a leader should be the most capable person for a position, that everyone in society has a role to fill and that if these roles are followed then society would be harmonious. This harmony, or *hwa*, was largely the result of following the etiquette appropriate for each social relationship and not contradicting Confucian ethics. The Koreans took to Confucianism strongly and their culture soon became more Confucian in its outlook than China. Even the Chinese invaders of the Korean peninsula in 109 BC remarked on how well Koreans followed Confucian rules about etiquette, speech and behavior.

Under Confucianism's influence, one's dignity (*wiom*) was maintained by following the dictates of etiquette. Part of this meant engaging in "face-saving" (*chae-myun*), which was based on avoiding injuring others' feelings through one's speech or behavior. These feelings are the most important influence on Korea's Confucianism based etiquette and are known as *kibun* (feelings or sensations). Hurting someone's *kibun* would be damaging their pride or dignity and thus bring about a loss of face. In order to prevent this from happening, *nunchi* (or "eye measure") needed to develop. *Nunchi* is the ability to judge someone's *kibun*, which means being able to read largely unexpressed feelings. In the Student/Instructor Relationship Gen. Choi seems to direct even instructors to act to protect students' *kibun* when he states that "students should be scolded in private and praised in public." Examples such as this can go a long way in protecting someone's *anshim* (peace of mind) and was the primary reason why the skill of *nunchi* was developed.

As can be seen, a high degree of propriety, defined as the proper code of conduct between people of various social standings, is expected. As an example of the importance of propriety (*ye*), Gen. Choi states that "unlike animals fighting over food, a courteous man would offer another

man a piece of bread even though both of them were starving, out of respect and good manners." The importance of courtesy is again emphasized by Gen. Choi with some examples from Mencius: "Honesty without courtesy can be rather ruthless. Respectfulness without courtesy can make the recipient rather uncomfortable. Courageousness without courtesy can be rather violent. Prudence without courtesy can be rather cowardish." It is courtesy, acting as an animating principle, which allows one to avoid exhibiting all of these negative attributes.

### Specific Examples of Etiquette

Now that we have looked at the reasons why etiquette is important in Taekwon-Do, let us examine some examples of the etiquette one should exhibit when faced with specific social interactions that can occur inside and outside of the Dojang. Students should bear in mind that in the Dojang the instructor has the final say over how etiquette is implemented. If they have a practice that is different than those listed here the student should follow their instructor's direction.

Many instructors will have a portrait of Gen. Choi hanging in the Dojang and will before and/or after class will have the students bow as a sign of respect towards the founder of Taekwon-Do. During bows to fellow students during the course of training it is common to say "Taekwon" as a stylized greeting but when bowing towards a portrait this is not the case as the person in the picture is unable to make any sort of reply.

Often times during a training session the instructor will direct the students to sit down while they discuss a specific technique. When directed to sit on the floor, the student should be careful not to sit with their legs straight out in front of them (i.e. showing the soles of the feet towards the instructor). Instead, students sit with their legs crossed (fig. 1) or they may kneel on both knees with their feet tucked under

them (which allows one to rise quicker than if seated cross legged, see fig. 2).



At times during training one's belt may become loose or undone or the jacket of the do bok may need to be straightened. If so, one should quickly turn away from the instructor and make the necessary adjustments. A turn to the side can be sufficient, the main thing being not to show one's back towards the instructor.

When shaking hands with someone who is your senior you should extend your right hand and have the left hand supporting the elbow of the right arm. The left hand can be either palm up or palm down, although

some instructors will have a preference for how their students perform hold the left hand (which should be followed as a sign of respect to one's senior). It is OK to perform a bow while shaking hands.

There are a few things to avoid when shaking hands with a senior, especially one you may not know. First, when meeting a senior, the junior should not extend his hand but should rather wait until the senior to initiate shaking hands by extending his own hand. Second, one should not have an overly strong grip when shaking hands. This can be considered a sign of disrespect on the part of the junior.

Bowing in Taekwon-Do will be practiced many times through the course of your training, both inside and outside the Dojang. In Taekwon-Do the bow is performed by having the heels of the feet together, the feet spread at a 45 degree angle; the hands are clenched in fists and are dropped naturally while bending the elbows slightly. The body bends forward at a 15 degree angle and eye contact is maintained during the bow (see fig. 3 and 3a; fig. 4 illustrates what not to do, i.e. break eye contact). The junior should begin his bow first and time it so that the senior rises up before he does so.





Both the angle of the bow and the maintaining of eye contact are obvious variation from bowing in wider Korea culture where the junior should bow deeper than the senior and eye contact should not be maintained.

When you are handing something to your senior the right hand should be used and, as when shaking hands, the elbow should be supported by the left hand. When receiving something from a senior both hands should be used, indicating that you are giving the senior your whole attention.

When an instructor hosts a senior for a seminar or International Instructor Course or some similar event the hosting instructor should act as an aide-de-camp or escort for the visiting instructor. He should also designate another senior black belt to fill this role when he is temporarily unable to do so. If there are other Master ranking black belts attending the event in question it would be respectful to make sure that they have their needs attended to as well, but only the person conducting the seminar need have an escort assigned to them.

When acting as an aide-de-camp, one should make sure that the doors are held open for the senior so they may enter a room first. When entering an elevator, this rule is followed with the addition that the

junior pushes the button and holds the door for the senior to enter. The junior gets on last. When the floor is reached the junior then gets off first so he can lead the way.

If your senior smokes and you offer him a light make sure to strike the match towards yourself, not in his direction.

Often times after a seminar, International Instructors Course or a Dojang function such as a promotional test there will be a banquet for participants. There are, of course, many aspects of dining etiquette to follow, a few of which will be covered here. (If the dinner includes Korean cuisine some western students with limited proficiency handling chop sticks may take comfort in the fact that Koreans traditionally use a spoon to eat rice.)

When waiting for dinner and a senior member enters the dining room the other students should stand if they are already seated. This is only the case if the person entering the room outranks all the other people. Thus, if an VIII dan enters the dining room and is the highest ranking person everyone else should stand. If, after the VIII dan enters a VII dan comes into the room there is no need to stand. If the VIII dan has entered the room and a IX dan enters later then everyone should stand again, of course.

One should always wait for the senior present at dinner to eat before doing so, even if your dish arrives first. Often times, a senior will urge juniors who have received their meals to begin eating. A simple assurance that you would prefer to wait is the proper response in such a situation.

There is also a specific etiquette for filling glasses when drinking. If dinner is after a seminar the host should fill the glass of the seminar instructor. This can also be done by the instructor's assistant. After this others may fill the glasses of those at the



table. This may be done by anyone but they should fill the glass of the senior member first and work down. The glass of the senior should never be allowed to get less than a quarter full.

When pouring some else's drink you should support the right elbow with the left hand. Likewise, if someone who is your senior fills your glass it should be either held or received with both hands.

When drinking turn away from your senior.

During a dinner or banquet there will often be a toast. If the event is done in conjunction with a seminar the host should be the one to offer a toast. After this initial toast there is no specified order for additional toasts (i.e. it is not done in order of seniority), but is usually limited to those at the head table. The visiting instructor will not usually make a toast but if he is traveling with an assistant the assistant may do so.

When toasting, the rim of the junior's glass should be held lower than the rim of the senior's glass.

There are many other aspects of etiquette in Taekwon-Do that

the student may expect to learn over time. Rather than being viewed as a burden, these things should be seen as ways to practice the tenet of courtesy. Likewise, most instructors are not going to berate a student for breaching etiquette by accident. If a student does fail to follow etiquette in a given situation, however, he should be quick to offer an apology. This signals to the instructor that they are aware of the breach of behavior and that no insult was meant. Courtesy goes a long way in smoothing out personal interactions both in Taekwon-Do and in life in general.

*Chris Spiller is a V dan in Taekwon-Do. He would like to thank several people for helping answer questions for this article: his instructors, Master Terry Batch and Mrs. Emily Batch for teaching him about courtesy and etiquette especially through their own example; Master Parm Rai, who took time from an exceptionally busy schedule as Assistant to Grand Master Choi, Jung Hwa to answer several questions; and Mr. John Johnson and Mrs.*

*Penny Miller who both gave important insights from their extended time living in Korea. Despite the able assistance of these people any errors that occur in the article are totally the responsibility of the author.*

**Fig. 5**



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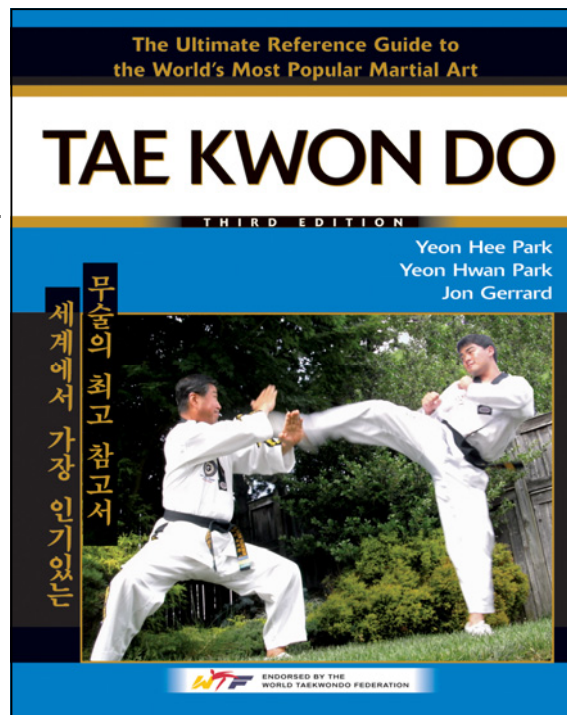
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# HONEST JOHNS PRODUCT REVIEWS

## ***"Tae Kwon Do: The Ultimate Reference Guide to the World's Most popular Martial Art"***

Living up to a title such as *The Ultimate Reference Guide to the World's Most Popular Martial Art* is never going to be easy. As you might guess, given that it's only 208 pages long this book will not be the only reference guide you'll ever need to study Taekwondo. Once you get past the overzealous title however, there is a lot within this book to recommend it having a spot within your reference library. Even if you won't be throwing out all your other reference books just yet.

It's worth noting that with its endorsement from the WTF this book is aiming itself squarely at Kukkiwon stylists, and the majority of the book focuses on the performance of the Taeguek patterns. The first chapter of the book is dedicated to warming up and stretching, and there are sections for both individual and partner assisted exercises. Movements are very easy to follow thanks to a combination of clearly written instructions and the high quality of the accompanying full colour images. The images both in this chapter and the rest of the book are well lit and shot, allowing readers to easily follow the



movements demonstrated.

The second chapter focuses on the more common motions of Taekwondo and cover the basic stances and strikes. Again, helped by the clear and well thought out photography, this section is easy to follow. The techniques shown within this chapter are all basic single kicks, blocks, or strikes. While these may prove a good reference for those new to the art,

more seasoned practitioners may find the limited range of techniques shown a little disappointing.

The book then continues onto the patterns, to which it devotes the majority of its pages. While the book's focus on the Taeguek forms might be a disappointment to anyone not studying Kukki Taekwondo, for those that do this is where the book shines. There have been a number of books recently that have focused on the realistic application of Taekwondo patterns. This book however does not concern itself with such matters. Instead it chooses to focus purely on providing a guide as to how to perform these patterns, a task it does admirably. The movements of the patterns

are written clearly and provided with a top down diagram of movement, allowing the reader to easily follow the direction in which they should be travelling. Each movement is also accompanied with its own large colour photo, clearly demonstrating the final position of the movement. It's clear a lot of thought has gone into presenting this chapter and it has paid off, future publications would do well to take note of its layout and clarity.

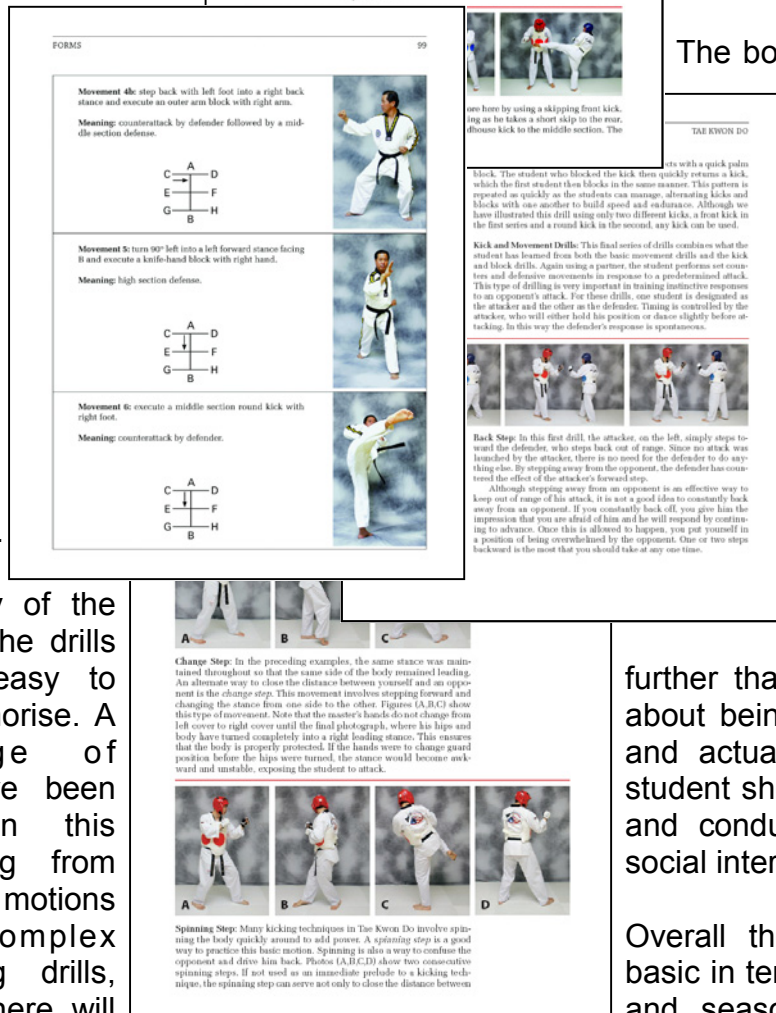
The fourth chapter of the book is devoted to sparring techniques. Whilst the drills within this chapter are geared towards WTF competition sparring a lot of the techniques and footwork could easily be applied to any style of sparring. Once again the size and clarity of the photos makes the drills makes them easy to follow and memorise. A broad range of techniques have been included within this chapter ranging from basic stepping motions to more complex counter kicking drills, ensuring that there will be something of interest to readers regardless of their skill level. It's also nice to see that the authors have chosen to include hand techniques within this section; an area often over looked when discussing competition sparring techniques.

There is a small chapter dedicated to *Practical Applications* which is actually refreshingly simplistic in its approach to real life confrontations. There are no head-height spinning kicks, or assumptions that an attacker will stand still after you land your first blow like a compliant partner in a 1 step routine. It's a brief chapter but it might hopefully spark an interest in new practitioners as to how they can practically apply the moves they learn in class.

The book concludes with sections dedicated to breaking, and the philosophy of Taekwondo. The breaking section mainly focuses on the correct way to hold boards and is unlikely to be of much interest to the majority of readers. The philosophy section goes further than the usual blurb about being a good person, and actually details how a student should act in society and conduct themselves in social interactions.

Overall the book is rather basic in terms of its contents, and seasoned practitioners

may find little here of interest. That said, the clarity of its images combined with its exemplary pattern layout means that it would make a fine study guide for newer students looking to progress in the art.





# May 2009

# Bill ‘*Superfoot*’ Wallace

## Seminar Report

By Andy Taylor

**Focus Martial Arts** invited a sporting hero, a film star, a best-selling author and one-time associate of Elvis Presley. All these celebrities were combined within a single extraordinary sporting legend, the American Bill “*Superfoot*” Wallace.

Wallace has on his shelf so many championship cups for Judo, Karate and kickboxing it's literally groaning under the weight of his achievements. With 23 consecutive professional championship trophies under his (black) belt he retired undefeated, and now devotes



himself to training the next generation of champion kick-boxers through his best-selling books and world tours.

He is known for his “hook kick” which was recently clocked at over 60mph, a manoeuvre so fast the full course of its journey is visible only when the tape is slowed down. It has been displayed in dozens of feature films starring the likes of Jackie Chan, Mickey Rourke and John Belushi.

He has Elvis Presley to thank for much of his success; after what appeared to be a career-ending injury, the singer summoned his private plane to fly in an acupuncturist to treat him at Graceland – and save his sporting career.

Bill Wallace retired as the undefeated Professional Karate Association (PKA) Middleweight Champion after defeating Bill Biggs in a 12-round bout in June 1980. The victory, Wallace's 23rd straight, signalled the end to an illustrious 15-year career in tournament and full contact fighting.

Being over a decade since Bill ‘Superfoot’ Wallace last held a seminar in the UK, there was a great deal of excitement for

*“Just wanted to thank you and your team for making myself and my guys feel very welcome yesterday. It had been a childhood dream of mine to meet Bill so I was honoured to be kicked in the head by him all day yesterday!”*

*"We enjoyed the seminar immensely. It is truly awe inspiring to meet such a legend with such amazing technical knowledge and skill, not to mention speed whilst well in to his 60's, truly amazing! Bill's user friendly style of teaching is so much fun whilst being simplistic and effective. Only last night I put a couple of things in to sparring with phenomenal success!"*



over 80 participants of the open seminar held on Sunday 17<sup>th</sup> May 2009 in Kingston-Upon-Thames. One participant flew from France in the middle of filming to attend, having to fly back as soon as the seminar was over, and we had a former Romanian Karate and Kick Boxing champion drive down from Cardiff.

The day was split into a seminar for children aged 6 to 13, and then adults from 14 upwards.

In the morning Bill worked with the children. Their beaming smiles and enthusiasm to practice the techniques shown, demonstrated how well Bill's style communicated to all ages.



In the afternoon Bill worked with the 'adults'. Participants ranged from white belts to 6<sup>th</sup> Dan black belts. The seminar covered stretching, hand and feet combinations and sparring techniques, and even at the age of 63 his speed, agility & delivery had us all open mouthed. He was truly amazing. Those that assisted Bill whilst demonstrating concepts and techniques had looks of disbelief & surprise written all over their face when despite being aware of the technique that

was coming, found Bill's foot tapping the side of their heads.

The content of the seminar was presented in his usual comical fashion which made the day both educational and good fun for all those who attended.

*"We all thoroughly enjoyed the seminar and would very much like to be a part of any more you have."*



*"It was a welcome breath of fresh air to see firsthand the respectful and friendly approach from Focus Taekwondo which sadly still divides many Martial Artists to this day."*

In both sessions students commented on what a fantastic time they had. In fact they asked 'When are you coming again'? Following are a few extracts from the numerous emails we received expressing peoples thanks for such a wonderful event.



A DVD of the open seminar will be available through Focus Tae Kwon-Do shortly. Please keep an eye on the Focus Tae Kwon-Do web site

[www.focustkd.com](http://www.focustkd.com) for the price and ordering information.

## Intensive Workshop

Prior to the open seminar, Bill Wallace spend three intensive days with many of the Focus Tae Kwon-Do instructors and black belts to teach his 'Superfoot System' to them. The three day workshop included:

- Bill Wallace's stretching methodology
- The Superfoot System kicking techniques
- Hand techniques
- Sparring techniques
- Psychological aspects of sparring

### The Superfoot Syllabus

It was an intensive 3 days, with a great deal of information taught by Bill Wallace. Bill spent time with each participant refining his/her technique and explaining the theory behind each concept. At the end of the three intensive days each participant was graded in the Superfoot System.

With the many synergies between traditional ITF sparring has with the Superfoot System, offering the Superfoot system as a Freestyle Taekwondo system will be perfect for those people who are looking for martial arts without the patterns and terminology, but who want to take advantage of Taekwondo's dynamic kicking with a proven, simple and





effective system pioneered by Bill 'Superfoot' Wallace. Should Freestyle students then wish to explore ITF Tae Kwon-Do there is an easy cross-over into traditional ITF Tae Kwon-Do.

Focus Martial Arts are now proud to announce the first Superfoot System instructors in the UK, and in conjunction with Superfoot UK will be shortly opening schools to teach the Superfoot System. The first Superfoot accredited school is due to open shortly in **Kingston-Upon-Thames**.

The time spend with Bill was both educational and enjoyable, and it's very refreshing to meet someone so accomplished who is friendly and down to earth.

For any enquires regarding the upcoming DVD, future UK 'Superfoot' seminars, current 'Superfoot' accredited schools, or becoming a 'Superfoot' school, please contact Focus Tae Kwon-Do via email ([superfoot@focustkd.com](mailto:superfoot@focustkd.com))



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by Simon John O'Neill

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- designing a realistic pattern-based syllabus for self-defence
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*"This guy's bunkai (kata application) isn't bulls#it!"* – Marc "Animal" McYoung

*"It was really interesting to see how kata applications are truly meant to work and work effectively"* – Peter Consterdine 8th Dan

*"Iain Abernethy brings Karate back into the Real Arena"* – Geoff Thompson 6th Dan

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# More On Adrenal Stress Training

By Malcolm Jones

The last article gave you lovely readers an insight into the early history of adrenal stress training, with its pioneers Matt Thomas, Bill Kipp and Peyton Quinn.

We now move forward a decade or two to how FAST defence came to the UK. My initial reason for learning martial arts was for self defence, and indeed in the early 70's the vast majority of clubs were geared more that way as opposed to today where the Mcdojo syndrome is all too clear, in those days children were normally 10 yrs or above. 5 year olds training would have been frowned upon. The percentage of children compared to adults was approx 20% kids 80% adults, these days it's completely the other way round. So the emphasis was on 'hard school' training, minimum two hour sessions, no sparring equipment, pretty brutal stuff!

This type of training was what I enjoyed, and as stated was why I took it up because it was more appropriate for learning self defence. I remember being scared of training with the bigger lads and the men, Judo was my first love and to be honest if I had more time I'd love to train again, indeed one of the best seminars I've attended recently was with Judo great Neil Adams, I was like a kid in a candy shop for two hours.

Anyway I digress, my interest in martial arts has always been focused around self defence, not about fancy movements or nice stances but effective techniques and mindsets that help the average Joe when the 'proverbial hits the fan' So in 2001 myself and two other colleagues went out to the states to train with Bill Kipp to become 'Bulletmen' Chris Wood who is a great friend of mine had been to a course in Ireland with a guy called John Brawn who was hosting a seminar with Bill. John is Ireland's longest established self defence Instructor, with years of work on the doors behind him, John like so many others had researched Bill and quickly realised that he was the leader in the field of adrenal stress training, hence his visit to Ireland.

To cut a long story short Chris said to me 'Malc you've got to do this' So we headed out to Colorado in Feb 2002 to meet Bill and stay At Peyton Quinn's RMCAT centre in the Rocky mountains. Bill met us at the airport and right from that first point of contact, I liked the guy! Bill's not your stereo typical American he has a very





European sense of humour and is very down to earth, not sure what the temperature was that night but I had the benefit of sitting in the back with Bill's giant Husky dog named Bo he was much warmer than



Bill's heater!! Colorado Springs airport to RMCAT is approx an hour so Bill kept three very tired Brits entertained with stories of FAST. Eventually we arrived at Peyton's and boy were we in for a shock, the guy talked and talked and talked, from the moment we arrived to a week later when we left. Eventually we got some sleep.

The following morning we got into Peyton's dojo which was absolutely freezing and went about the process of learning to be Bulletmen. Firstly because I hadn't done the course in Ireland it was important for me to feel what it was like to face a Bulletman So Bill suited up, and first of all gave me several verbal attacks, then a couple of fights, Boy was I shocked I thought I was an experienced martial artist with over 25 years behind me, how wrong was I within a few seconds Bill had reduced my skill levels to almost nothing, because he put me into that adrenalized state that I'd never experienced before. Several minutes later once I'd got my brain back to cognitive thinking I realised what Chris had spoken about, and how I had to get involved in this type of training.

The rest of that first day was taken up with us getting our custom made suits to fit us properly, this fitting process is vital to any future Bulletman as without the correct fitting the chance of visiting several

Accident and emergencies is quite probable. For those who are not aware the suit consists of the following:

1. Helmet
2. Chest guard
3. Groin guard
4. Hip and thigh pads
5. Knee guards
6. Shin guards

Pretty straight forward kit, you'd think, but believe me this kit is the best in

the world at taking the punishment that Bulletmen have to cope with my suit is nearly 8 years old but still protects me from the battering we take. Over the past 8 years I've seen hundreds of attempts at creating the perfect suit, but none come close to the original.

The two main components of the suit are the Helmet and the groin guard, the reason...well these are the two primary targets that we teach people to hit, however plenty of people will say, 'But what about the knees, surely this is a great target' Well yes they're right, however there is nothing that can protect the knees 100% Therefore we just wear skate borders knee pads.

The rest of the week was taken up with the basics of being a Bulletman and learning the methodologies of the various FAST courses that are available today, the various methodologies used are the corner stone to good Adrenal stress training, unfortunately people focus too much on the actual suit, when in reality in a 4 ½ hour basics course we're only in the suits for 50 minutes or so. This is why FAST has such a good reputation, because we take each student through a simple step by step process introducing them to various stress inoculations, of course there are occasions when it's 'horses for courses' if your hosting a course with 20 mild mannered

housewives then the fighting % of the course is going to be reduced, whereas if your in with 20 guys that want to rip your head off and tear you limb from limb, then we try to please and we up the anti so to speak!!!

I have to say now looking back on it, it was one of the best weeks of my martial arts career, to spend time with Bill who genuinely deserves all the praise he gets and get the tremendous honour of being the first people to take this stuff back to the UK was amazing, yes the training was hard, yes we were bruised and battered, yes we ached in places we'd never ached before, but boy we were very proud of our achievement.

So after 6 days of exhausting altitude training with Bill we headed back home tired but excited about what was to come. Initially the three of us trained together before we opened up the courses to the public, because it's one thing certifying in something, but it's quite a different thing actually getting punters to cough up £40 for a course, so there was a couple of months of polishing our skills before we took it to the masses.

To be perfectly honest I was shocked at the response of the students on the first public course in April 2002. They were mainly TKD students, but each and every one of them loved it, by nature I'm a bit of a sceptic, so I never 100% believe it when someone says something good about

something you've done or been involved with, but in this case we were blown away by the comments of 'Wow' 'Eye opener' 'Felt very real' and 'Brilliant'

We carried on hosting courses across the country in the following months, but then something happened to change my sceptical view on FAST defence. In August 2002 I got a voice mail from a Guy who I'd heard of briefly before called Lee Morrison. When I checked on the net I realised that this guy was probably one of the leading combative instructors in Europe. So I called him up, and low and behold he wanted to come to one of our course, I was totally gob smacked!!!, here's little old me teaching one of the greatest Instructors in the UK, Lee mentioned that he was a big fan of Bill's work and recognised him as the leader in the field of understanding adrenal stress and could he come along to the course. We did the course and Lee and a couple of his top students came along also, and to my amazement they were blown away just like everyone else had been, at that point I realised that what we were teaching was the real deal, to get praise and endorsements from a guy like that was good enough for a sceptic like me. Since that time Lee has hosted a couple of our course and trained with us again when Bill came to the UK in 2007

We'll travel to anyone who wants to host us, we've had courses with the marines down in Plymouth ouch!! Muay thai fighters in Mansfield double ouch!! Doormen in



Birmingham. It's been a pleasure to spread the word to as many people as possible and we're proud of the fact that 99% of the students have loved it.

In 2004 we took out another team of TKD Instructors to train in Colorado with Bill and it was at this time that he gave a couple of us the honour of teaching new Bulletman, since that time within Europe we must have trained 20-30 new staff.

In 2009 FAST defence is as strong as ever with Bill being sponsored by the

government of the Cayman Islands to teach in every town. I've just finished filming a TV series in the UK hosted by the footballer Ian Wright which will be aired on Sky 1 in the autumn, our part of the show was showing that there's an alternative to violence

For more info mail  
[kickboxingfish@tiscali.co.uk](mailto:kickboxingfish@tiscali.co.uk)

Till next time take care

Malcolm Jones

## Down's Syndrome Association

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



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

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

### Our mission is:

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

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

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# Evolving And Training

By Michael Munyon, 5th Degree, US-ITF

**Part 5**

Let's kind of fast forward a bit to a time in my military career when I've come to realize a few things about Martial Arts. We all can agree that martial arts have evolved and with it many people have either evolved with it or faded away into their own little place where they are content with what they know and where they are at.

Originally, I believe that martial arts was to help me defend myself against bullies in my neighborhood. Later it became a hobby. Today it's definitely a way of life.

Over the past 6 years alone I got to experience some things that have evolved or should I say shaped my training. I began training in HapKiDo under a Grand Master. I've always considered my Ho Sin Sul to be pretty good, but it wasn't until I studied HapKiDo that I began to see where there were huge gaps in my training. I also got to train in some MMA, which I discovered was much harder than I expected. I must admit, I'm not very good at it. It's not because it's different, but rather, it's not what interests me. My current commander at my



base paid to have folks certified as Krav Maga instructors so we are told we must train in Krav Maga at least twice per week. Some of the training is complete crap and some of it isn't all that bad. So, basically I do what they say and later add my own "sugar and spice."

My training has been shaped by a few other things besides being introduced to a few different martial arts. You could say that my job over the past 15 years has shaped my mind and body into something slightly different.



I'm in the Air Force Security Forces. I deploy to countries where people want to KILL you. I'm entrusted to lead troops, defend Air Bases, Convoys and work a Law Enforcement mission when stateside. My career has allowed me to travel to several state side locations along with foreign countries such as South Korea, Saudi Arabia, Iraq, Qatar and Kuwait. This lifestyle has moulded me into someone who must always be aware of his surroundings and be ready to make split

second decisions which could lead me to use Deadly Force.

While at work I always find myself wearing heavy equipment such as a Level 3 second chance vest, Kevlar helmet, side arm, Rifle and much

more. My traditional Taekwon-Do training does not always allow me to react, move and perform the same as I would in a dojang or in street cloths. I have to think about things most folks don't have to worry about. Things like, "What if this person is armed? What if this person takes my weapon? Where is the best position for me



*Michael with the kids Class (USAKKA)*

to take cover if fired upon?" and the thoughts go on and on. My training and ability to survive and operate (ATSO) has caused me to blend other arts together to allow me to attack or counter attack with speed, power, stealth and without expanding too much energy.

I will let this be my last article about evolving and training. Each individual has their own reasons for training. Hopefully, everyone will continue to train hard, live free and do what they can to make their lives and those around them a pleasant and safe one. Taekwon!



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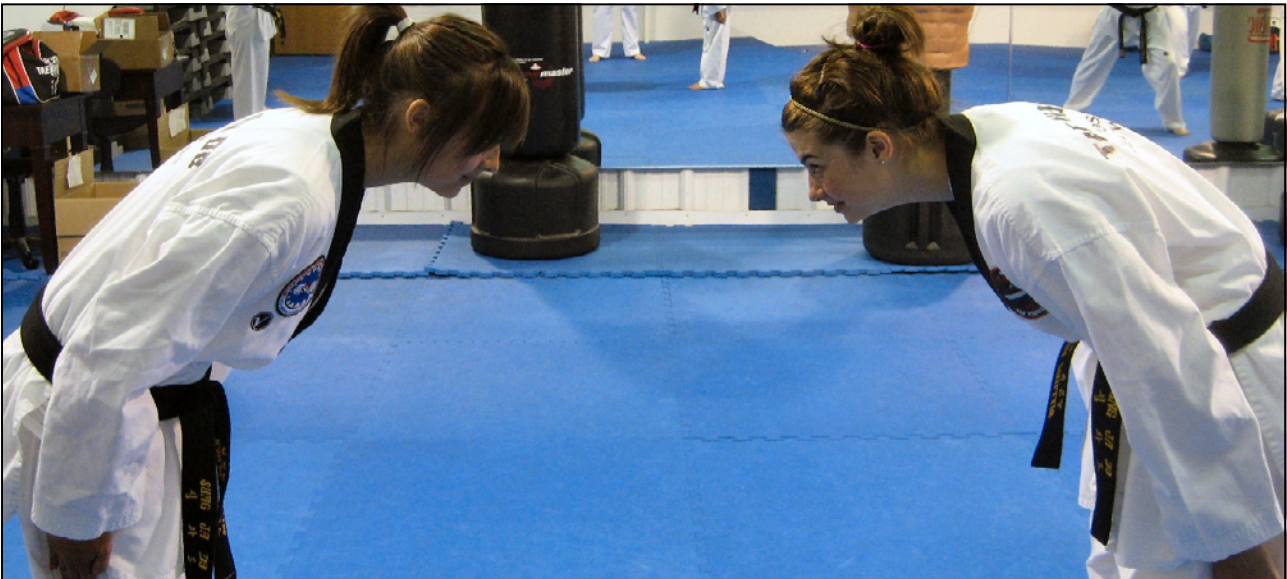
# Taekwondo Lessons For Life

## All I Really Need To Know I Learned As A White Belt

By Ira Hoffman, WTF 3rd Dan

*In 1986 Robert Fulghum published “All I Really Need to Know I Learned in Kindergarten”, a book of short essays. The essays included a list of lessons learned as a child that apply to all ages and stages of life.*

*I've tried to come up with a similar list - a list of the things I learned as a 10<sup>th</sup> geup that I've found valuable throughout my Tae Kwon Do training. And here they are: the lessons I learned as a white belt that I've found valuable for both Tae Kwon Do and life outside the dojang:*



*Bow.. Because it shows respect*

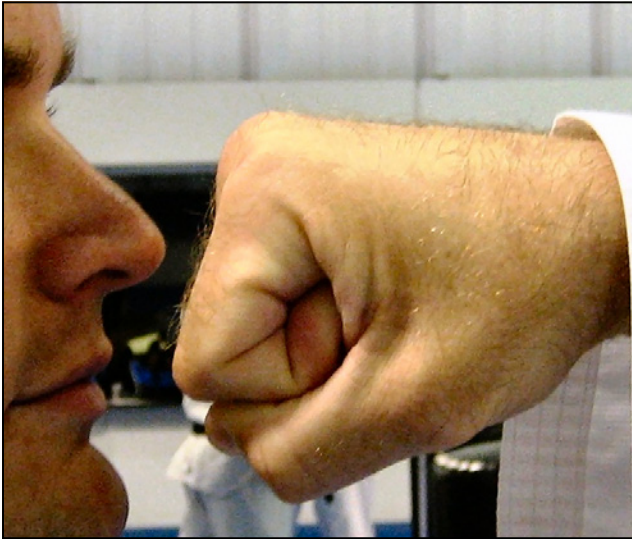
- Be respectful. You earn respect by being respectful to others.
- Work hard and be proud of your accomplishments.
- Be humble - there's always someone else who can kick higher, break more boards, and knows more poomse.
- Almost anyone can be taught to break a board with a kick or punch. But control - striking with full force, full extension, complete effort, and having your strike land just short of the board (or the student!) - that's martial arts. (I've cheated a bit on this one: this is a lesson I teach to white belts, not one I learned as a white belt)
- You can't build a structure without a good foundation. Learn the basics, get them right, and practice them. Then build on those basics to expand your skills.
- Don't come to the dojang with a dirty





*You can't build a structure without a good foundation*

- dobok. The way you present yourself matters.
- Practice, practice, practice.
- Effort doesn't always equal results - you need to couple effort with ability. But it's also true that you won't see any results without some effort. That doesn't mean you have to work yourself to the point of injury, but it does mean you need to work hard to accomplish your goals.
- Despite what you may hear from some students, a kihap is not a 10-second-long high-pitched scream that sounds like an angry cat. That's just showing off, and showing off doesn't help you break that extra board or get the poomse just right.
- Relax. You'll do better relaxed than if you're all tensed up, whether you're inside the dojang or outside.
- Self-discipline, respect, fairness, kindness, humility, and dedication
- aren't just words - they're ways to live.
- Listen when the instructor is speaking.
- Practice more.
- Respect doesn't start when you enter the dojang, and it doesn't stop when you leave.
- Being a little nervous is okay - it can help you stay focused. But don't let it overwhelm you.
- You learn more by doing than by watching.
- Pay attention to the details - they make the difference between just doing something and doing it well.
- Bow when you enter the dojang, and bow to black belts, but not just because it's a rule - do it because it shows respect.
- Don't worry about falling down.



**Striking with full force, full extension, complete effort, and having your strike land just short of the board (or the student!) - that's martial arts**

- Everybody falls down sometimes. The important thing is getting back up.
- Balance is important. Really, really important. In poomse, in techniques, and in how you live your life.
- Don't hit below the belt. Apologize if you do.
- Keep practicing.
- Don't blame someone else for your mistakes.
- It's better to fall down because you were trying too hard than because you weren't trying hard enough.

- Instructors - don't try to impress new students with how talented you are. If you're talented, they'll figure it out quickly. And if you aren't, they'll figure that out, too - even more quickly.

Finally, the most important lesson I've learned for myself:

- Doing your best doesn't mean being better than someone else. It means being better today than you were yesterday, and striving to be still better tomorrow.

Oh, and don't forget: practice a bit more.

*The author is a 3<sup>rd</sup> Dan with five years of TKD teaching experience. He trains with his wife Dorothy, also a 3rd Dan, at the Yats' Tae Kwon Do Club in Gladwin, Michigan. This article was written during a recent business trip to Mumbai, India, where the author followed his own advice and practiced forms, including the beginner ITF and WTF forms, nearly every day.*



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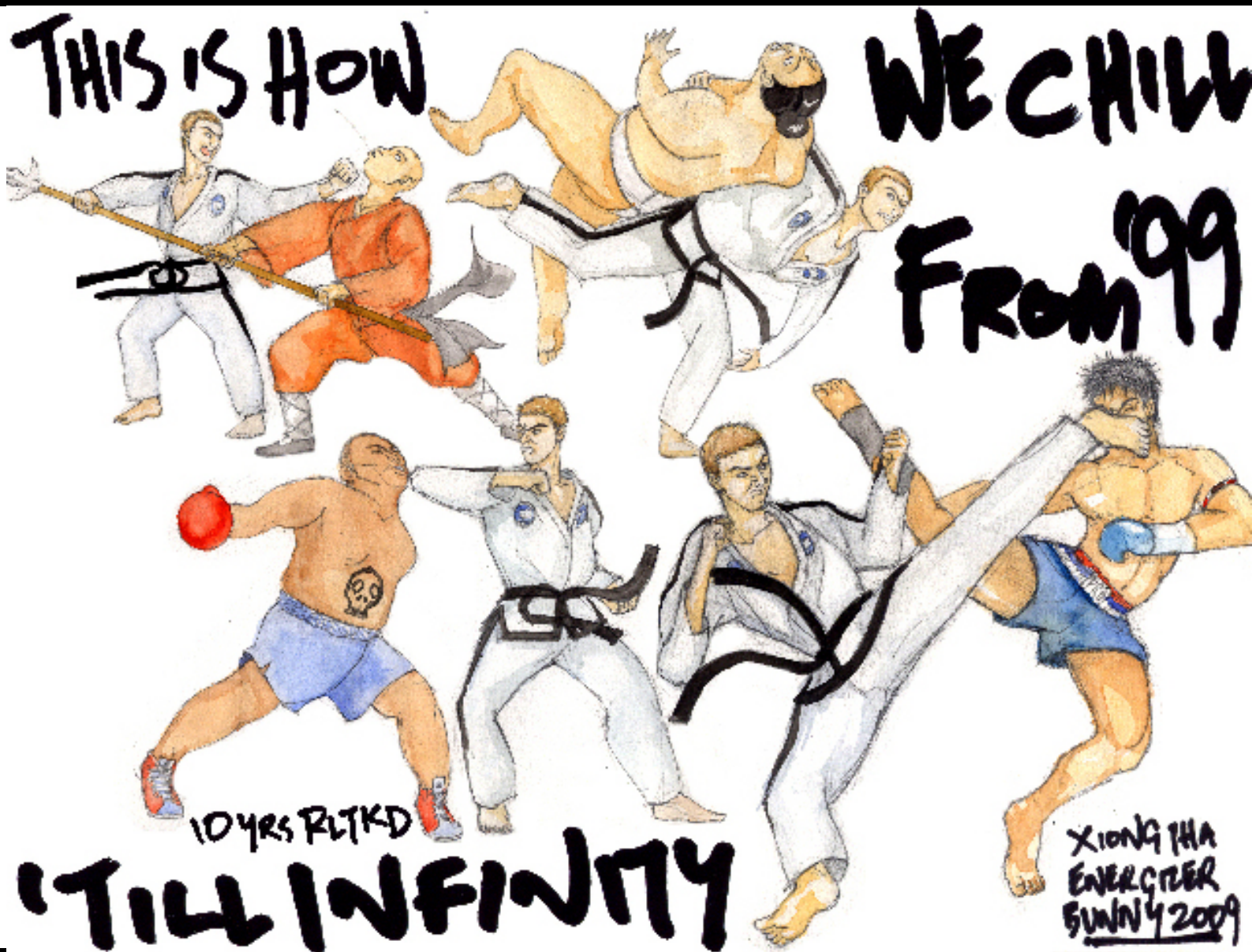
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# Issue 7:

# 1st September, 2009



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