

# TOTALLY TAE KWON DO

Issue 7

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

September 2009

Free Global Tae Kwon Do Magazine

**Special Needs  
Tournament  
Success**

**Matthew Cadle**  
**ITF World Champion**  
**Interview**

**Plus**  
**Taekwon-Do In North Korea**  
**When Is Kodang Not Kodang?**  
**TKD & MMA**  
**Most Rated Books Survey - ITF Results**  
**Making The Defenders Happy**  
**Three Models of Tae Kwon Do**  
**Teaching & Learning Front Snap Kick**  
**Sine Wave Theory - Should We Test It or Just Accept it?**

**Plus Much More Inside**



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

Produced and Published by:  
Harrow Martial Arts  
in association with  
Rayners Lane Taekwon-do Academy

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# Editorial

## Issue 7 - September 2009

Welcome to this months edition of Totally Tae Kwon Do magazine. Once again we continue with the *Totally TKD Most Rated Books* survey, this month covering the top ITF/Ch'ang Hon books.



We have a great interview with *Matthew Cadle, ITF World Champion* and the *TKD Clinic* covers the universal issue of tight hamstrings and calf muscles.

I must offer my congratulations to regular writer Michael Munyon who was recently inducted into the Masters Hall of Fame for his years of dedication to the martial arts - read more in the news section. Also in the news section is the chance to train with noted martial arts authors Grandmasters Richard Chun and Master Doug Cook, as well as a Taekwondo essay competition with \$1000 up for grabs!

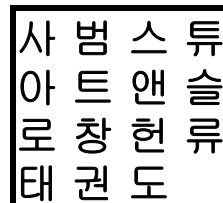
This month we have two articles relating to North Korea and Taekwon-Do, one directly in '*Taekwon-Do In North Korea*' and one indirectly in '*When Is Kodang Not Kodang*', which co-insides a bit with another article titled '*Why Are They Constantly Changing Things*' and new writer to the magazine, David Winter, brings the sine-wave debate back to the fore with his article on '*Sine Wave Theory*' asking should we test it or just accept it!

Taekwondo author Simon O'Neill concludes his three part series from his excellent book where he describes the '*Three Models Of Tae Kwon Do*' that came from the arts history and Earl Weiss gives instruction and advice on '*Teaching And Learning Front Snap kicks*'.

*The Hae Sul* series this month discusses *Do-San tul* and shows how much more meaning there is behind the patterns than the two or three lines of text usually given and Paul O'Leary heads up the applications side of patterns this month with his excellent '*Whats The Point*' series.

Best of all, check out the report of the Special Needs Martial Arts Tournament, with this months cover picture being specially designed by Liam Cullen to congratulate the students and organisers of this event on their success.

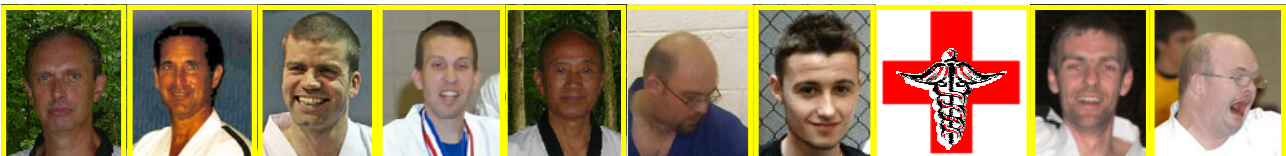
All the best,  
*Stuart Anslow*  
Editor



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***Contributors:*** Glenn Smits, Simon O'Neill, Earl Weiss, Paul O'Leary, Michael Munyon, David Leider, Doug Cook, Matthew Cadle, Michael Clune, Philip Hawkins, George Vitale, Robert McClain, J.D. Haglan, David Winter, David Sims & Stuart Anslow

# Totally TKD News

## Taekwon-Do Master Inducted into Masters Hall of Fame



On Saturday 8 August 2009, Mr. Stace Sanchez and Taekwon-Do Master Michael Munyon teamed up for a photo shoot at the Korean Friendship Bell memorial located in San Pedro, California. Mr. Stace Sanchez is the owner of the world wide recognized Kickpics and travels all around the USA and the UK taking pictures of martial artists in all systems and styles. People at this location were amazed at the kicking, striking and HapKiDo techniques being demonstrated in front of the Korean Friendship bell. Family members sat on park benches and laid in the grass watching Mr. Munyon execute traditional martial art techniques for three hours straight. One of the high lights was the Korean people and children who were there coming up to Mr. Munyon to shake his hand with smiling faces.

Later that evening at the Hyatt Regency/ Long Beach Convention Center, Master Michael Munyon was inducted into the Masters Hall of Fame for his many years dedicated to the martial arts. Hanshi Daniel R. Hect, CEO, Soke David A. Dye,

President, Sifu Lyn Walker, Senior Vice President and Grand Master Robert Parham presented Master Munyon with the "Pioneer Award" in front of over 300 martial artists ranging from color belts to Grand Masters. Guest speakers included Don "The Dragon" Wilson and Orange County Sheriff Stanley Sniff.

*Other inductees at this event included:*

- The late *David Carradine* (martial artist and Movie Star)
- The late *Hilio Gracie* (Founder of Gracie Jui-Jitsu)
- *Jeff Speakman* (American Kenpo Master and Movie Star)
- *Taimak Guarriello* (Star of the hit movie "The Last Dragon")
- *Ed Parker Jr.* (Son of Ed Parker Sr., Founder of American Kenpo)
- *Stace Sanchez* (Owner of the world famous Kickpic website)

Also in attendance was *Sifu Eric Lee* (Kung Fu legend, actor and fight choreographer) and *Benny "The Jet" Urquidez* (Kickboxing Champ and Movie Star).



During the banquet and award ceremony the Masters Hall of Fame awarded two young martial artists college tuition money to help cover their college expenses. To receive this money these young men and women had to write a paper on the martial arts and the top two winners received



money for their education; another example of martial arts giving back to the community.

For more information about the Masters Hall of Fame go to

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



*All photos for this report were taken by Stace Sanchez and Kickpic's*



### **2009 Taekwondo Essay Contest**

From 1st August 1st until 15th October the Korean Culture and Information Service is running a Taekwondo Essay contest. The title of the essay should be about *what does Taekwondo mean to you?* and based on either of the following topics: "*Taekwondo and I*" or "*Taekwondo and the*

*Olympics*". All essays must be in English and between 700-1000 words in length. Submissions must be received by Oct 15, 2009.

The five winning essays will be selected in each of three age groups; K-5, 6-12, college & adults. 1st place will receive \$1000, 2nd place \$600 and 3rd place \$300, participation awards (2) will also receive \$200. All winners will also receive an Embassy Certificate.

Essays to be submitted to the Korean Embassy's Culture and Information Service, KORUS House, in person, online ([www.Dynamic-Korea.com](http://www.Dynamic-Korea.com)) or at the following address:

*2009 Taekwondo Essay Contest  
Korean Culture and Information Service  
2370 Massachusetts Ave. NW  
Washington, DC  
20008  
USA*

### **Taekwondo Stays In The Olympics Until 2016**

The International Olympic Committee (IOC) Executive Board (EB) proposed today the list of 26 core sports and 2 additional sports, golf and rugby, to be included in the 2016 Olympic Programme. The proposal will be submitted to the full IOC for a final decision at its Session in Copenhagen in October, where golf and rugby will have the opportunity to present.

This means that Taekwondo will be safe for another 2 Olympics, the 2012 London Olympics and the 2016 Olympics. While some may lay claim for taekwondo's inclusion as a success for the sport, it is really the success of all 26 core sports that contributed to this. Taekwondo still has a lot to do to keep its spot permanent, especially after the adverse publicity at the Beijing Olympics where 2 major incidents tarnished its image considerably, where in one, the Cuban player (2000 Olympics male heavyweight champion) kicked the

referee and attacked the other judges, and in two, where the Chinese female 2000 and 2004 Olympics heavyweight champion was ruled lost after a protest overturned the initial result because 2 points were not being scored for a head kick..

Seven sports — baseball, golf, karate, roller sports, rugby, softball and squash — were seeking to enter the Olympic programme. The secret ballot vote by the EB followed an extensive evaluation by the Olympic Programme Commission of the potential added value to the Games from each of the seven sports.

“All seven sports made a strong case for inclusion, and the EB carefully evaluated them in a transparent and fair process. In the end, the decision came down to which two would add the most value,” said IOC President Jacques Rogge, who elected not to take part in the vote. “Golf and rugby will be a great addition to the Games.”

The key factors in determining a sport's suitability for the Olympic programme include youth appeal, universality, popularity, good governance, respect for athletes and respect for the Olympic values. “Golf and rugby scored high on all the criteria,” Rogge said. “They have global appeal, a geographically diverse line-up of top iconic athletes and an ethic that stresses fair play.”

During the 119th Session in Guatemala in 2007, the IOC approved a simplified voting process for new sport to enter the programme. The IOC members also requested guidance from the EB in the selection of the new sports, and entrusted it to make a proposal based on the work of the Olympic Programme Commission.

All seven sports had a chance to make their case to the Olympic Programme Commission in November 2008 and to the IOC EB in June 2009. Federations were also able to review their section of the report submitted to the EB.

The IOC EB also added women boxing from the 2012 London Olympics, making all 26 sports now having both male and female divisions.

*News courtesy of [www.kidokwan.org](http://www.kidokwan.org)*

## **Chosun Taekwondo Academy Hosts Training With Grandmaster Richard Chun**

*Report by Master Doug Cook*

WARWICK – He may not be as well known to the general public as Chuck Norris or Bruce Lee, but to those in the martial arts community Grandmaster Richard Chun is a true pioneer with thousands of students worldwide. A ninth-degree black belt in the Korean discipline of taekwondo, Chun along with Master Doug Cook of the Chosun Taekwondo Academy, taught a two-hour seminar on Sunday, August 2<sup>nd</sup>, at the Warwick Town Park in upstate New York. The grandmaster, focused on basic technique, self-defense strategies, kicking drills and the classic forms, or *poomsae* that give tae kwon do its unique character.

The training session was attended by a mixed group of seventy students originating from schools in Orange County and as distant as Kings, Ulster and Westchester Counties. Master Doug Cook, owner and head instructor of the Chosun Taekwondo Academy, best-selling author and a columnist for TaeKwonDo Times stated, “Given the inclement weather, we were fortunate indeed to attract so many talented students, masters and grandmasters to our event. The large attendance is truly a testimony to the dedication of those who study traditional tae kwon do with passion.”

Ignoring heavy rain, many participants commented on how fortunate they felt to have a martial artist of Grandmaster Chun's stature visit the community since it is rare that he teaches outside large metropolitan areas. One of the original five international master instructors to immigrate to America in the 1960's, Chun and his family were forced to flee their home and settle on





***Chosun Taekwondo Academy students are joined by guests from area schools***

Cheju Island when Communist forces invaded Seoul during the Korean War. Later, Grandmaster Richard Chun studied at the famed Moo Duk Kwan or Institute of Martial Virtue in Seoul under Chong Soo Hong. He is the author of five books and currently serves as president of the United States Taekwondo Association. Like his mentor, Master Doug Cook has authored three best-selling books on tae kwon do and has been awarded high honors from Korea and many domestic martial arts organizations.

Master Cook and Grandmaster Chun are in the process of planning their fifth Korea Training and Cultural Tour to be held in July of 2010. Those interested in joining them on their journey can request information through email at [info@chosuntkd.com](mailto:info@chosuntkd.com) or by calling (845) 986-2288.

## **Totally TKD Forum**

The TotallyTKD forum has been tweaked and updated by forum moderator Liam Cullen and is now in a funky black and blue colour scheme. Growing steadily since inception, it IS the place to discuss the various topics and articles within the magazine. If you haven't checked it out yet, have a look at

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

It is also linked from the main magazine site.



***Grandmaster Chun and Master Cook***



# Making The Defenders Happy

By Michael Munyon

As a member of the Air Force Security Forces we are charged with defending military installations both stateside and overseas. We are trained in tactics, firearms, communications and much more. Upon being stationed at Offutt, AFB located in Nebraska my

current commander has made it mandatory to train in Krav Maga (Israeli Martial Art system) twice per week.

This is an ok program for non-martial artists who have to learn some techniques in a short amount of time. We do a lot of combatives, bag work, weapon defense and more. The problem I've been noticing is that many of the troops are not liking this program mostly due to having to work a 12-13 sometimes 14 hour shift and then having to do this training. Morale becomes low and the effort on behalf of my fellow "Defenders" is pretty sad.

One of the Krav Maga instructors is a good friend of mine and we decided that I'd be allowed to teach a class. My fellow Defenders know that I've been training in the martial arts for a long time so a percentage of them were excited and curious as to what I had in mind.

Some of the strikes in Krav Maga consist of "Hammer Fist strikes, straight punches, elbows and palm strikes." I decided to bring in some rebreakable boards and have the defenders see what it takes to



break boards.

I began by giving a quick briefing on power. Theory of power....eyes-breath-hands-feet working together and dallyon. Also, I did a few demonstrations on speed, power and technical breaks. I want to say about 3/4 of them had their eyes popping out

of their head.

What made sense to me was to have them test out the power of the techniques taught to them in Krav. The defenders did hammer fist strikes, palm strikes and elbow strikes. One guy did a punch and needless to say....he needed some paper towels to clean up his hand.

The energy of the class rose higher then it ever was before. The Krav instructor looked at me and gave me the thumbs up because everyone was enjoying the board breaks and learned the evolution of training. They saw the difference between doing techniques in the air...then to a bag.....and now to a board.

Two individuals broke through three boards which equalled 5 boards total. Everyone cheered them on and they walked away with pride and a sense of accomplishment. My goal is to slowly show them the benefits of TKD training.

Currently my flight is going through two weeks of training which covers a lot of different fields of what we do in the



Security Forces. Just a few days ago I was teaching P.A.R.T (Physical Apprehension Retention Techniques). These are a series of techniques that we can utilize to apprehend, take down, detain, control and escort individuals with. Just like most things in life, if it's something we are "made to do" or something we do on a frequent basis we often find it boring. So, to spice things up I took the Air Force syllabus and added some Taekwon-Do H o s i n S o o l



techniques. Training in the martial arts for 30 years definitely gave me tons of ideas to help these defenders improve their officer safety training. The class lasted for about 3 hours with approx 40 students in attendance. Some of which were in the Navy.

Today (30 Jan) we started our day with our mandatory Krav Maga training (Pad/striking drills) and then moved onto weapon retention/disarming techniques. Due to my squadron spending a lot of money on the Krav Maga training and certifications we had to cover a lot of the Krav weapon disarming techniques. After about 2 hours of training one of the Krav Maga instructors who is a good friend of mine asked if I wanted to

instruct the group on anything I felt that could be improved or worked on more in depth. I gladly took the opportunity to teach a few weapon disarms. Most of the folks there were very impressed with my techniques. I had to depart to bring my wife to the hospital to have some physical therapy done. Upon my return I asked the Krav instructor what I missed. He stated the troops wanted to work on the P.A.R.T. material I taught a few days ago. This was indeed a compliment and I was happy to hear they were excited about the training.

Later in the day, I was approached by my commander. He stated that he was watching me during my flight's Krav Maga training. One of the things that caught his attention was someone yelling out Kihaps

while they were striking the pads (Yes, it was me). He said I have the best "round kick" that he's ever seen. This was definitely a product of my ITF Taekwon-Do training. He then asked me if I was interested in attending the next Krav Maga instructor course which would be paid for by the base. I was flattered by this compliment and accepted.



I guess the morale of the story is that ITF Taekwon-Do has

allowed me to teach and train the troops in ways that other instructors and self defense systems cannot. It also gave me an opportunity to teach and receive training and certification in another self defense system paid for by the US Air Force.

To be continued.....



**Note:** In the Security Forces career field and throughout the Air Force....Security Forces members are called Defenders due to our Latin logo on our berets which states: *Defensor Fortis...Defender of the Force*.



## Get involved with UNICEF

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

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# Special Needs Martial Arts Tournament Success

Report By David Leider

The first annual *All-Star Specially Challenged Martial Arts Championships* were held July 25<sup>th</sup> 2009 in Tomball, Texas. This first ever AAU sanctioned Special Needs event was hosted by *All-Star Martial Arts* and *Inspiring Possibilities*, both AAU Taekwondo clubs.

65 specially challenged martial artists from around the country (TX, CA, WI, AZ, KY, GA) participated in forms, weapons, board breaking and sparring (including wheelchair). This championship was for special martial artists with disabilities including but not limited to: Autism, Down-Syndrome, Cerebral Palsy, mental retardation, parapalegic, dwarfism, ect. This was not a tournament that just added a division for special needs; it was designed solely to celebrate the accomplishments of these individuals. While some of the competitors were highly competitive others were



excited just receiving a medal and support from the crowd. All competitors, while receiving their medals, were given hugs by the judges and cheers from the spectators. 20 AAU Taekwondo certified officials from Texas judged the competitors while their hearts melted as each competitor performed.

Many individuals and corporations made financial donations to help make this event possible. Also to help make this event a success 32 students of ALL-STAR MARTIAL ARTS participated in a Break-A-Thon on May 2, 2009. Students raised in excess of \$3000. The boards broken at the Break-A-Thon as well as those at the tournament were graciously donated by Plymouth Pine of Middleboro, MA.

In attendance providing motivation and autographs were Master Karen Eden (a well known martial arts author) and the First Family of Taekwondo (The



Lopez Family- Jean, Steven & Mark) of Sugarland , Texas. Also volunteering at the event were AAU National TKD team member, Andrea Kovacs, and Region 9 director Mark Giambi's competition team, G-Force.

Mark Giambi said *"It was a great event and that has great potential for growth. There is a need for events such as this. Everyone participating had fun and were winners; competitors, officials, VIP guests and spectators. I can see possibilities of this developing into a National event for the AAU some day."*

The host David & Christy Lieder deemed the event a huge success and are already planning the 2<sup>nd</sup> annual event in the summer of 2010. With the support we have received through the AAU this event is sure to be even bigger and better every year. It is our desire that more martial arts schools open their doors to allow special individuals such as these to experience the many benefits of the martial arts and to be able to demonstrate at events such as this.







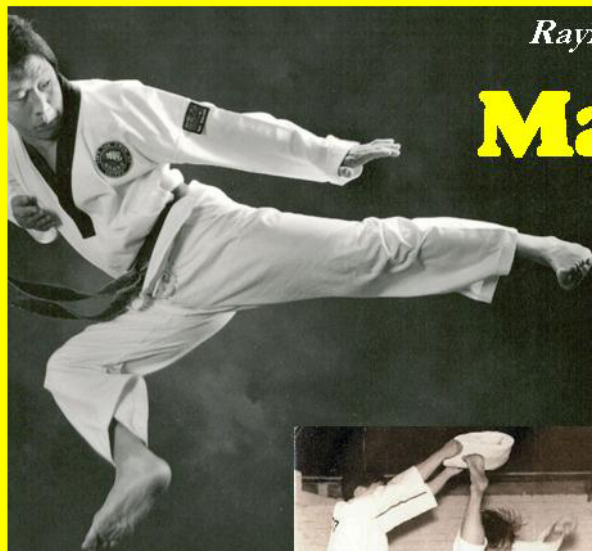


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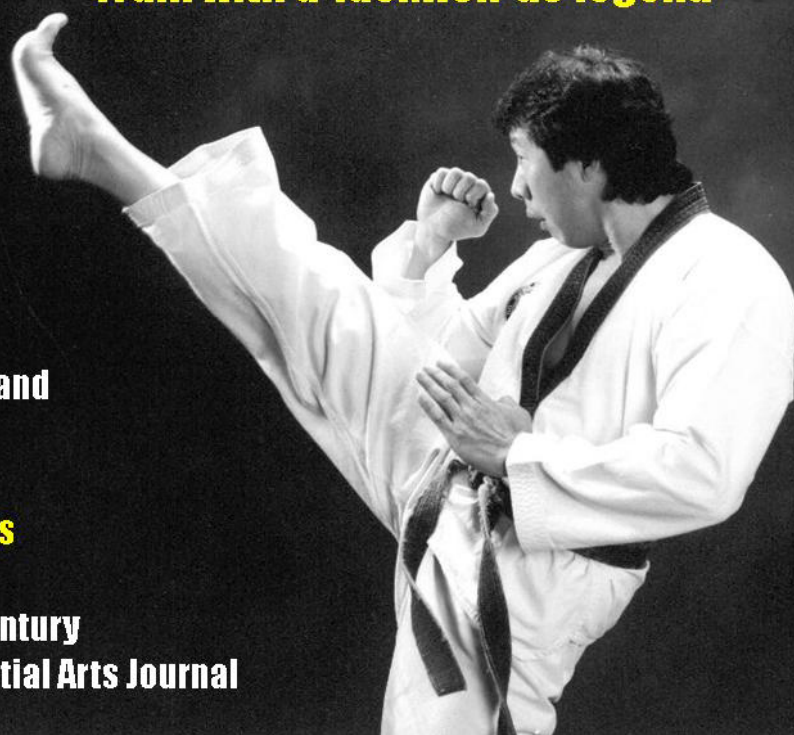


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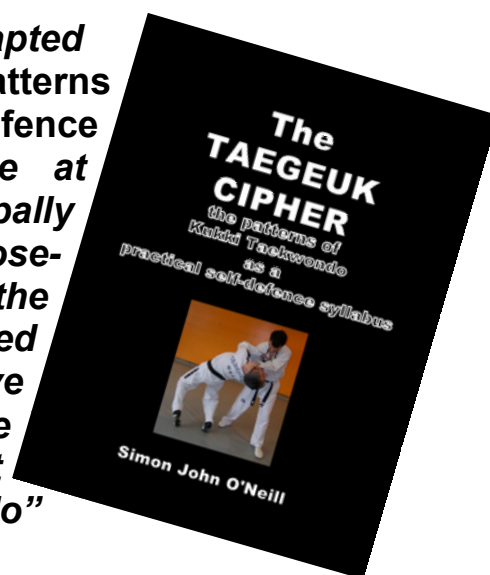
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# Three Models Of Tae Kwon Do

By Simon O'Neill

*This article is the last 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.*



Today's Tae Kwon Do usually follows one of two common models, although it is frequent to find elements of one incorporated into the other. To these two models we will add a third, which is the one that concerns us principally in this book. The three models are hard-style Tae Kwon Do for self-defence and physical education; sport Tae Kwon Do for tournament fighting and physical education; and pattern-based Tae Kwon Do purely for self-defence.

## Hard Style Tae Kwon Do

The hard style of Tae Kwon Do, largely superseded today by the sport style, is the one which most closely resembles the art taught by the original kwans, and it remained the basis of Tae Kwon Do all over the world well into the 1980's. Early Tae Kwon Do consisted mainly of power striking and hard blocking methods, backed up by rigorous drilling and conditioning. Percussive techniques were favoured as a means of destroying opponents with powerful hand strikes and kicks, while grappling and vital point manipulation were somewhat neglected, and the offensive and defensive strategies employed were relatively simple and direct.

Great emphasis was placed on the

repetitive practice of individual techniques in order to achieve optimum form and maximum power, with a strong insistence on exact positioning of the shoulders, hips and feet. The basic striking methods were considered of primary importance, particularly straight punching, used to smash the ribs or xiphoid bone (under the sternum) or produce a knockout by striking the face, and the knifehand and hammerfist strikes used for attacking the neck, throat, jaw and collarbones. Kicking in this incarnation of Tae Kwon Do was an altogether more rudimentary affair than it is in modern tournament style, concentrating on the front kick, the side kick, the round kick and the reverse spinning side kick, with a focus on power and little of the intricate footwork of the present-day art. Hard blocking techniques were used to damage the opponent's attacking limbs and to clear his defences in order to apply a knockout strike.

This form of Tae Kwon Do was greatly influenced by the development and promotion of the art in the Korean military under General Choi's guidance. Although the modern ROK army uses Tae Kwon Do mainly as a means of physical conditioning and instilling the indomitable spirit rather

than as its preferred hand-to-hand fighting style, the South Korean armed forces of the 1950's and '60's were instructed in Tae Kwon Do as a "combatives" method, and gained a fearsome reputation in the Korean and Vietnam Wars as a result. Military hand-to-hand combat requires simple, direct methods relying on gross motor skills, conditioning and raw aggression, which can be effectively drilled during a soldier's basic training and successfully applied under stress. Favoured techniques included straight punching, knifehand strikes, power kicks aided by heavy army boots, attacks to the throat, neck breaks, eye gouges and groin maimers, all of which are present in abundance in the first few of Choi's Chang Hon patterns.

Contemporary civilian Tae Kwon Do inherited many of the characteristics of the military style, although naturally less emphasis was placed on the killing techniques. Straight punches and knifehand strikes continued to be the fundamental techniques, along with the basic kicks, and Tae Kwon Do could be characterised by a fighting strategy based on aggressive forward motion. Sparring was seen as a means to test the efficacy of weapons rather than as a recreational or sporting activity, and serious injury was common. Conditioning of the hands, feet, forearms, shins and other striking or blocking surfaces was an essential part of training, and much emphasis was placed on board breaking in order to test power, focus, conditioning and technique. Tae Kwon Do classes were also well known for their harsh discipline.

The hard style of Tae Kwon Do was relatively common up to and throughout the 1980's both in ITF and WTF schools, and could be observed in some dojangs even later on. However, the 1990's saw a new dominance of the sports sparring styles and an overwhelming emphasis placed upon tournament training on the part of both major federations, signalling

the decline of the hard style.

## **Modern Sport Tae Kwon Do**

Today's Tae Kwon Do differs considerably from the hard style described above. Most obvious is the art's transformation from self-defence or combat method into tournament activity and spectator sport. Another change is the significant increase in the proportion of kicking to hand techniques. These changes are largely due to the active policy of expansion promoted by the ruling federations.

In 1966 the KTA put into action a methodical internationalisation process via the ITF in order to raise international awareness of Korean culture – and to promote Choi's personal vision of his martial art. Korean masters were sent to countries all over the world to establish Tae Kwon Do as a major player on the international martial arts scene. Other masters, wishing to dissociate themselves from the KTA, emigrated of their own accord – particularly to North America – and taught their arts to earn a living in their new countries of residence. After 1973 the internationalisation effort was intensified by the competition between the WTF (as the KTA's new international organisation) and Choi's now independent ITF.

The internationalisation policy was prompted by the authorities' desire to portray the Republic of Korea as a country with a strong national identity and to foment nationalist pride among South Koreans, and by Choi's personal agenda. It also required that the art be properly exploited on a commercial level in order to provide income for Korean instructors abroad and for the federations themselves.

In order to compete in the martial arts market, it was necessary first to catch the public's attention and second to show an art that was different from any other on offer at the time. Early Tae Kwon Do displayed notable similarities to Japanese Karate, especially to the undiscerning eye



of the non-practitioner. Although new original pattern sets were introduced in the mid-1960's, these were not so different from the Okinawan/Japanese forms previously practiced as to mark Tae Kwon Do as a separate art. The obvious card to play was the wide variety of kicks already existing in Korean martial tradition, with its roots in Taekyon. Thus, Tae Kwon Do was promoted as a kind of super-Karate, taking full advantage of its spectacular kicks, jumps and spins. Training sessions and sparring afforded ample space for these techniques, and tournament fighters like Chuck Norris – who had learned Tang Soo Do in Korea – were effective ambassadors. By integrating this more dynamic fighting style into a sport context, the stage was set for Tae Kwon Do to become a tremendously popular tournament style.

An important by-product of the internationalisation process and the move towards sport was the need for safety. Westerners would tolerate the possibility of serious injury in training less readily than the original Korean practitioners. The ITF approached this problem by establishing a semi-contact format for sport sparring, later introducing protective headgear, gloves and kick boots. The WTF, while maintaining the full contact mode, over the years began to use more robust protective gear including shin guards and chest protectors, although many national federations resisted the use of headgear well into the '80's. Dangerous techniques such as knifehand strikes and – in the case

of the WTF – punches to the face were suppressed.

Tae Kwon Do's transformation into a tournament sport was completed through the struggle for Olympic recognition. While the WTF would eventually triumph, leading the ITF to perform an about-face and bill itself once more as "traditional" Tae Kwon Do, both federations were initially intent on participating in the Olympics, and the public exposure of Tae Kwon Do as a whole was enormous.

A major result of the WTF's Olympic association was that its Tae Kwon Do moved further and further away from the art established in the original kwans, at least in its sporting version, becoming what amounted to a separate style.

The present-day ITF semi-contact sparring format is generally in line with the one prescribed by the international sport Karate organisations, and its tournament style has become virtually indistinguishable from those of many Karate

and Kung Fu schools which follow similar competition rules. The WTF continues to spar full-contact and has introduced a full range of protective equipment in order to safeguard the physical integrity of competitors, while its practitioners have developed what is essentially an entirely new martial sport based on spectacular kicks, intricate footwork and very little hand technique.

Both the ITF and WTF sporting models are now far removed from the art taught in the



original kwans in post-war Korea, and even from the Tae Kwon Do which was common outside of Korea until relatively recently. The fact that it is the sporting aspect of Tae Kwon Do and other arts which has propelled them to international popularity means that in the eyes of the public – and of each new generation of masters and practitioners – Tae Kwon Do *is* the sport. In fact, it is not unusual for dojangs to dedicate the bulk of their training time to tournament technique, reducing patterns training and “traditional technique” to the status of formalities for passing gradings, and self-defence training as an occasional novelty.

### **Pattern-based Taekwondo**

The third model of Tae Kwon Do is one which has been lost to the general public and to recent generations of Korean instructors alike, and in fact has never been openly taught. It is a pure self-defence model, devoid of sporting adaptations, based on the concepts and techniques shown in the patterns. However, the true methods taught by Tae Kwon Do's poomses and hyungs are far removed from the unrealistic applications propagated by the federations and generally accepted today. In reality they form a hard-hitting, no-nonsense and often brutal self-defence style designed to safeguard the practitioner against violent attack at close range under unfavourable conditions.

The patterns are a standard item on the syllabus of most Tae Kwon Do schools, and one that is almost invariably poorly understood. The majority of clubs dedicate a certain amount of time on a weekly or fortnightly basis to the perfection of these forms, and at very least they are a requirement for belt advancement in all conventional Tae Kwon Do associations, but in the vast majority of cases both students and teachers are merely going through the motions without knowing why.

For some, forms practice is a boring obligation to be endured because “it's

traditional”. For others it is an aesthetic choreography or performance art, sometimes even set to music. Others see the forms as callisthenics routines useful for improving balance, coordination, strength or concentration. For yet others, the forms are sequences which show traditional self-defence technique, qualified nevertheless by observations such as “but in a real fight it would be done like this”, and followed by a comprehensive modification of the techniques.

Meanwhile, students are constantly made to endure the affirmations of masters and instructors that “patterns are the fundamental basis of Tae Kwon Do”, despite learning to spar in a fashion that has more to do with kickboxing than what is seen in the patterns, and perhaps some unconvincing one or three step sparring every now and then. No further clarification is generally forthcoming on exactly *how* the patterns are essential to the art. This creates in the student – not to mention the instructor – a kind of insecurity which is usually never overcome.

Why are we told that the patterns are the essence of the art and embody traditional self-defence technique, while we are taught to fight in an entirely different way? Why do the forms teach such impractical habits as retracting one hand to the hip when using the other, or blocking twice then turning away, when to do these things would be highly dangerous in a fight? Where do the poomses and hyungs that we practice come from, and why are they put together the way they are? What are the real strategies and tactics that the masters who composed the patterns encoded into them? This pattern-based self-defence model, which bears little resemblance to the “hard style” and “sport” models, is the principal focus of this book.

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).



# An Interview With Matthew Cadle ITF World Champion

By Philip Hawkins © 2009

***All of us have wonderful hindsight. A few of us have foresight. Many years ago a good friend of mine, Simon Harrison, remarked that he had a talented youngster training with him named Matthew, who, if nurtured correctly, could be a successful TaeKwon-Do tournament competitor - even a world champion!***

Normally I would not have paid too much attention. However Simon was not one to make outlandish statements. Fast forward 10 years and I picked up a phone message from that very same Matthew - he had just become ITF world champion. Here is his story.



2007 ITF World Championships

## BEGINNING

Like many parents with a young energetic boy Matthew's parents encouraged him to be actively involved in sports - primarily football - and although Matthew enjoyed training he recalls that on match days he spent more time sitting on the subs bench than actually playing. He therefore decided to try other sports - one of which was martial arts. He began training along with his father at a local independent TaeKwon-Do club. The instructor was Simon Harrison a man with a strong ITF TaeKwon

-Do background. Matthew recalls:

"I was eight years of age when I started training with Simon. He was amazingly fast. His powerful kicks combined unbelievable agility and flexibility. Simon encouraged me endlessly. He became my idol. My father and I continued to train with him

for a number of

years until unfortunately the club closed due to Simon's work commitments and the fact that the hall was no longer available. I learned a lot technically - especially how to train and spar. Simon put me on the right path, for which I will always be grateful. He also continued to give me sound honest advice in the years that followed".

After this, I then began training at the local TaeKwon-Do club, instructed by a Mr Delaney which I enjoyed. Eventually, I

graded for my black belt with the UKTF/ITF. During my time as a coloured belt I still wanted to compete as I remembered watching Simon compete. Therefore, Matthew began competing regularly in both sparring and patterns winning numerous events and recalled winning his first ever competition the BTC championships in the blue belt division as well as UKTF and other titles.

Having achieved his black belt Matthew continued to compete, but concedes it was a big jump from coloured belt to black belt competition. He admits that in all honesty, after his first competition experience it took a while to make the transition before success came along. To further broaden his knowledge he was also competing in semi-contact kick boxing, but was continually disqualified for excessive contact! He admits that this was good experience, however, he realised that to fulfil his dream he would need to focus primarily on TaeKwon-Do.

## DEVELOPMENT

At this point Matthew concedes he had to make a decision:

"I realised that if I was to achieve my dream of being an ITF world champion then I

needed to broaden my training within the spheres of ITF TaeKwon-Do. I therefore looked for instructors who had not only competed in competition but could also coach me and assist with my development"

Matthew therefore began to train with Master Jim Hogan and Tom Dennis. This he did alongside the training and gym work he was already doing. All of this hard work and effort was to be later rewarded.

Now training solely in TaeKwon-Do - this desire took Matthew to TaeKwon-Do summer camps in both Slovakia and Poland, where he trained under Master Jerry Judet. Matthew explains that:

"Mr Judet teaches you to not only use your hands and feet but also your brain. These camps were great for my development. I would train alongside the other students, three times a day over a period of two weeks. I thrived on it! The learning curve was steep but I loved every minute!"

Matthew had also started to compete internationally at this time. His first competition was at the 2006 Polish Cup, which was by invitation only. He competed alongside competitors from Poland, Sweden, Russia and the Ukraine. This was





great experience and although he did not get out of the group stages he again felt that he had undoubtedly progressed. Matthew's only regret at this time was that he had not had the opportunity to compete as a junior black belt internationally.

### HEARTBREAK

In 2006 he felt he was in with a chance of selection for the ITF England team, competing in the ITF world championships which were to be held in Germany. Having always fought at (-) 63kg he was finally selected at (-)71kg for the individual sparring. As Matthew explains:

"At all the big tournaments you weigh-in usually one to two days prior to your event. So in reality the fighters who weigh-in at (-) 71kg on the day are in fact fighting at 75/76kg. I was about 66kg, which was a disadvantage. I felt I didn't do my self justice."

On his return home he was given an honest appraisal of his performance by Simon, his first instructor, who had travelled to Germany to watch Matthew compete. Simon pointed out 2 main problems –firstly, that Matthew was allowing his opponents to dominate the fight, and second, and more importantly, he was losing his concentration when he was winning and he had ultimately paid the price. The advice was heeded.

Then in 2006 Matthew was selected for the European Championships held in Romania.

In the second round he was drawn against the Romanian, F Birlut. Matthew unfortunately lost out to his opponents on this occasion. Birlut went on to be the European champion.

Again Matthew analysed his training and again added to his already heavy routine, which he did in an orthodox way. As well as attending the usual TaeKwon-Do classes, gym sessions and regular squad sessions under Philip Lear and Tom Dennis he started to train regularly with his friend Soyfur Rahmann who was training one on

one with his father. They would spend hours together sharpening their speed and practicing techniques with different sparring drills under the guidance of his father Habib Rahmann who would regularly be padded up for them to hit.



*Flying Reverse Turning Kick  
with his father*

What makes this unusual is the fact that Habib had never trained in TaeKwon-Do before, but as Matthew explained 'it was his eye' for what they were doing together, as well as his enthusiasm and belief that helped. Obviously this raised a few eyebrows, but Matthew was comfortable with this extra training and by now had enough experience to know that it was benefiting both of them. This seems to have been confirmed by the fact that Soyfur became Junior -58 World Champion in Canada. Matthew points out, that they also have a developed a close friendship between the three of them.

If this seems strange then just think of Seb Coe/Joe Calzage, and their fathers' experience prior to training them and the end result.

## **SECOUND CHANCE**

When the time for selection for the 2007 world championships arrived the selection for the ITF England team was to be decided on placings at the world cup, held in Spain and the English selection competition held in Crawley Sussex. In Spain, Matthew went out in the second round to a Polish fighter. He admits he was caught in the final seconds by a turning kick to the head. Next, in the English competition, he reached the finals where Matthew believes he dominated the fight. However, it went to an extra round, as Matthew explains diplomatically:

"I honestly believed that I had won, but I guess people see different things"

Then with just two months to the World Championships to be held in Canada he was told he would again be in the (-)71kg division, as well as in the team for sparring and patterns. However, after much soul searching, he decided to decline the (-)71kg slot, as he believed that someone else could better justify that weight division. However he still believed that he could make an impact at (-)63kg and felt that he had more than proved himself at that weight as he had won or been placed at numerous competitions. His only disappointment was the 2007 Viking Cup held in Sweden, where he had battled his way to the final – only to miss out on taking part in the final itself - as his return flight to the UK left before the final took place.

But there was a turn of events as Felix Kelly who was originally chosen to fight at (-63kg) but had to pull out due to university commitments. So Matthew was finally selected at his preferred weight and he firmly believed he could finally do himself justice.

## **DREAMS COMES TRUE**

Finally the time arrived for the World Championships in Canada. Matthew arrived with the rest of the ITF England team and he felt both joy at having been selected and also a debt to all those who had invested their time in him over the years. He did not want to let any of them down.



On the day of the weigh-in Matthew felt confident in both his weight and preparation. When the draw was made it was pointed out to him that he had been drawn in the harder section but as Matthew said:

"I had to meet them at some stage if I was to win"

## **ROUND ONE**

Matthew was drawn against the former Polish 2001 world champion M Moskaluk and although they had

fought three times before, with Matthew winning twice, Matthew was still considered the underdog.

The first round was fairly even. England coach Philip Lear told Matthew to step it up for the second round, which he duly did. Matthew remembers:

"I felt that I had dominated the fight. I could see his frustration growing as he continued to rush in and then in the final seconds I caught him cleanly with a winning shot. It's



always good to get the first fight out of the way as it helps calm your nerves! I felt good - sharp, focused and conditioned."

## ROUND TWO

Matthew fought J Zuger from Switzerland. A strong fighter and another former world champion. At (-)54kg, Matthew recalls:

"Again, he seemed to rush forward a lot of the time. I felt relaxed after the first win against Moskaluk. I also felt I controlled the fight - picking up points with strong kicks. Keeping both relaxed and concentrating throughout. However, in the last few seconds I fell and jarred my elbow, but was again awarded the decision, which was a great boost to my self-confidence!"

## ROUND THREE

This time the opponent was C Hancock from Wales. Matthew states:

"In his previous round Hancock had looked really strong. I again used my lead leg side-kick to control the fight together with plenty of hands. I tried to create a threat and then capitalise on it. I believe that it was not a particularly exciting fight to watch - but hard

nevertheless. I was again awarded the decision."

## SEMI FINAL

The semi-final saw Matthew up against F Birlut from Romania. This time Matthew made no mistakes. He was driven on by the memory of his defeat at the European Championships in 2006:

"Concentration was the key - it had been my Achilles heel for the last few years"

Again, as would be expected, it was a hard fought affair. However, Matthew picked his opponent off with plenty of head shots and was awarded the decision.

Some of the finals had been held back until the evening –

"Luckily my final fight was not delayed until that evening. I felt confident and ready to go. I didn't want to have to leave and then come back later that day."

## THE FINAL

In the final Matthew found himself drawn



2007 World Champion Matthew Cadle

the moment.”

“This was by far my hardest fight. He used his side-kick for reach. I responded with strong turning kicks to his body, immediately followed by another technique - be it hands or feet. It was a fairly close 1<sup>st</sup> round but I felt I edged it. In the second, I was picking up many points throughout, then in the final seconds he scored with a turning-kick, however I believed that I had done enough to win. “

As the interview drew to a close Matthew said: "Philip, every time I fight I think of Simon. Above all he was my biggest inspiration"

man. At present he is training hard for the ITF World Championships, which are to be held in Argentina in November 2009.

“It felt surreal. Amazing! My dream had come true. I jumped into my coach, Philip Lear’s arms! My emotions were hard to explain. It was the climax of everything I had worked towards and I wanted to savour

*Both the author and Matthew wish to dedicate this article in memory of the late Simon Harrison, who sadly passed away before Matthew became world champion.*

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**Stock Photo's:** Many have great articles in writing, but are a bit camera shy. If you have some good pictures of Tae Kwon Do - standard photo's or funky Photoshop ones, send them to us and we'll keep them for when an article needs prettying up. If we use them, you will of course be credited.





# Taekwon-Do In North Korea

By George Vitale

**Taekwon-Do was introduced to The Democratic People's Republic of (north) Korea in 1980. That was 29 years ago this month.**



By that time, the International Taekwon-Do Federation, founded in The Republic of (south) Korea in 1966 was down to approximately a dozen south Korean instructors. When General Choi Hong Hi, the principle founder of Taekwon-Do and first president of the ITF spread his style of Taekwon-Do to the north, it forced more of his loyal instructors to leave him and resign from the ITF. The trip to The D.P.R. of (north) Korea was supposed to be done in conjunction with a trip to south Korea. However, the military government of south Korea did not give the ITF Team permission to enter the country. As a result, some of the few remaining instructors left the ITF, as it was still against the law for a south Korean to visit the north.

This exodus continued the trend that started once the World Taekwondo Federation was formed in 1973. Reported pressure from the military dictatorship that ruled south Korea from the coup that took place on May 16<sup>th</sup> 1961, gradually resulted in most of his followers leaving the ITF.

Introducing Taekwon-Do to the D.P.R. Korea eventually gave the ITF access to many talented Korean instructors who eventually helped spread this original military style of Taekwon-Do around the world. Over time, Korean instructors from the north were dispatched to other communist and socialist countries, as well as countries around the world that they maintained Embassies in. Gradually, the D.P.R. Korea supported the ITF, in some ways similar to how south Korea supported the WTF, including printing the 1<sup>st</sup> edition of the 15 volume "Encyclopedia of Taekwon-Do" there.

The first class of instructors was taught by Master Park Jung Tae. Master Park was then the Secretary General of the ITF and Chairman of their Instruction Committee. He was responsible for teaching seminars and international instructor courses around the world. He is also credited with teaching the first students in Japan and China. Master Park personally tutored by Gen. Choi went to the D.P.R. Korea and taught

a special 7 month course. These initial students were made up of experienced and talented martial artists.



*General Choi, his son Grandmaster Choi Jung Hwa & son-in-law Mr. Michael Cormack reuniting with long separated family members in 1980*

We know little about the practice of martial arts in north Korea, since the Japanese occupation period ended when Japan lost World War II. We do know that Korea had their own form of martial arts prior to the 20<sup>th</sup> Century. It was 30 years ago in 1979 that a Major General, a founding member of the ROK Army and later an Ambassador, Choi Hong Hi first returned to his birthplace, reuniting with long separated family members. Gen. Choi who was born in what was physically the northern part of a unified Korea reports being introduced to Taek Kyon by his calligraphy teacher Han Il Dong. We also know that north Korea practiced martial arts after they became a separate nation and they called it Kyok Sul, among others like Judo. This is according to an official member and spokesman of the Korean Taekwon-Do Committee, the national governing body for the ITF in the D.P.R. Korea. Kyok Sul instructors were also dispatched to some Eastern Bloc Countries, including Poland.

The course began in the middle of February of 1981 and ended at the end of September. Gen. Choi and Master Rhee Ki Ha came over prior to the end of the training. Gen. Choi spent a couple of days reviewing the results and adding his input as the course wound down. A formal

evaluation grading was held and presided over by the 2 masters. As a result 19 of the 44 were promoted to 4<sup>th</sup> degree black belt level, with the remaining 25 being certified as 3<sup>rd</sup> degree black belts. Gen. Choi was so very pleased with the work of Master Park Jung Tae that he promoted him to 8<sup>th</sup> Degree.



*George, with John Christakos and Grandmaster Park Jung Tae at ITF Headquarters*

After the graduation was over, the newly promoted ITF black belts performed their first three demonstrations. The graduates included Ri Yong Suk, Kim Ung Chol, Pae Nung Man, Hwang Ho Yong, Pak Chol Min, Hong Chol Sung, Choe Dae Yong, Han Dok San and Pak Hyok Chol. The exhibitions took place in Pyongyang, Nam Po and Chung Jin. They were very successful and this continued the spread of Taekwon-Do throughout north Korea. Over the years the National Taekwon-Do Team of the D.P.R. Korea would play a vital role in helping Gen. Choi continue to spread his Art worldwide.





*left to right - (Tashkent) Chon Dae Yon, Kim Ung Chol, George Vitale, Hwang Ho Yong, the senior graduates of the 1st course February '81 to September '81*

The next important demonstration the north Koreans did was in June of 1986. The Team accompanied Gen. Choi to China where they introduced Taekwon-Do there. In 2007 two of the original graduates were living there and teaching Taekwon-Do to the Chinese. They are 8<sup>th</sup> Degree Masters Pak Chol Min and Chon Dae Yong.



*General Choi greets the 1988 demo team in Budapest Hungary, the first time North Korea performs on the world stage*

In 1988 the Team appeared on the world stage at the 6<sup>th</sup> World Championships that were held in Budapest Hungary. They amazed the crowd, including myself with their spectacular exhibition. The north Korean players also did quite well in continuing their outstanding performance in the competition arena. Ms. Han Yun Ok was the overall female winner. The year before in Athens Greece, the players from

north Korea competed for the first time. They edged out Canada for 1<sup>st</sup> place and Ms. Kim Un A was the overall female winner.

Gen. Choi and the Team then went on to the former Soviet Union and introduced Taekwon-Do there as well. Demonstrations took place in Moscow, U.S.S.R. years before GM Jhoon Rhee set up Tae Kwon Do in Russia. In February of 1990 Gen. Choi started to dispatch instructors there and a total of 17 seminars were conducted in 3 years. This resulted in a high standard of technique in the Soviet Union, which carried over into Russia and the former republics.

The first large scale opening of Taekwon-Do in the D.P.R. Korea to the world took place in 1989. It was a year after Seoul hosted the 1988 Summer Olympics which featured Taekwondo as a demonstration sport. The D.P.R. Korea made a bid to co-host the Olympics by holding some sports in the north. The IOC refused and the world watched Taekwondo take the stage in the Olympics. The WTF put together a massive demonstration during the opening ceremonies that was very impressive.

When Pyongyang hosted the 13<sup>th</sup> Festival of Youth and Students in July of 1989, an estimated 30,000 people from approximately 180 countries came to north Korea. I was lucky to be one of them. Master Charles E. Sereff, President of the U.S.T.F. and a member of the 7<sup>th</sup> ITF Demonstration Team that introduced



*(left) George with Master Chon Dae Yon in 1989 and again, 19 years later in 2008 (right)*

Taekwon-Do there in 1980, decided not to go. So he and Gen. Choi asked me to take the US Team. I was at the time the Vice President of the U.S.T.F. So I acted as the coach and the head of the USA Taekwon-Do delegation to an event that would become a highlight of my life.

Travelling to the D.P.R. Korea at the time was pretty nerve racking. The Berlin Wall was still intact. The "Cold War" was at its height. Our Country, the USA did not have diplomatic relations with the north and had no offices for support services for Americans traveling there. In fact, we had to drive through "check point Charlie" to pass through from West Berlin to East Berlin. From there we fly to Moscow, then onto Pyongyang. However we were treated well by our friendly hosts, making friendships lasting to this day, some 20 years later.



The opening ceremony took place in a 150,000 seat stadium, filled to capacity. Thousands of school aged children sat in sections while they changed colored flash cards that depicted large scenes of Taekwon-Do and Korean life for the audience. While this was going on there were some 1,500 black belts on the field doing the largest mass Taekwon-Do demonstration in history. They concluded with a record breaking domino sequence of breaking hundreds of wooden boards.

At this event 23 countries competed, including those that were represented on the 1980 Team, the USA, Canada, the UK,

Greece and Yugoslavia. In addition both parts of Germany, East and West were there, but not The Republic of (south) Korea, as it was still against the law for a south Korean to travel to the north. This was the first time an international Taekwon-Do tournament took place in north Korea. I was privileged to be part of it. It was also the first time a training seminar took place there for outsiders. It was here that Gen. Choi said to me, now we have to get the north Korean team to come to the USA.

The support The D.P.R. Korea gave to Taekwon-Do and to the ITF culminated in 1992 when they hosted the 8<sup>th</sup> World Championships. The venue was a brand new gymnasium was called the "Taekwon-Do Palace". It was named by Gen. Choi and built by the north Korean government. The building is approximately 200,000 square feet and 100 feet high. The gym floor itself is about 21,000 square feet and includes stages that elevate. The "Palace" contains training rooms, where local and international players can train, a pool, showers and saunas. It houses a Taekwon-Do museum, meeting and banquet rooms.

The year 1992 was also when the north Korean Team was to tour the USA for the first time. They were going to participate in the Goodwill Tae Kwon Do Festival, along with demonstration teams from south Korea and the USA. The event was postponed according to Taekwondo Times magazine because of the cancellation of the south Korean team. I don't think many knew at the time that the postponement would last 15 long years.

North Korea also hosted the 5<sup>th</sup> Junior World Championships in September of 2000. Some 354 competitors from 34 countries participated. On the 15<sup>th</sup> of June in 2002, Gen. Choi passed away in his homeland of northern Korea. He flew there from his adopted country of Canada in the last days of his life. Reportedly a request was made to both Koreas asking for him to be buried there. North Korea answered



affirmatively and he is buried in a National Patriot's Cemetery in the capital City of Pyongyang, recognized for both being the founder and a hero in the fight against the Japanese and their brutal occupation of Korea.



**George with Mrs. Choi at 5 year Memorial service**

The International Martial Arts Games Committee, an Olympic type event for the martial arts held their first two championships at the Taekwon-Do Palace in 2004 and 2006. In 2005 The D.P.R. Korea in conjunction with Taekwondo Times magazine hosted a tour in honor of the 50 year naming of Taekwon-Do. In 2006 they joined together again to celebrate the 40<sup>th</sup> Anniversary of the formation of the ITF. The ITF ironically was formed in Seoul, The Republic of (south) Korea. In 2007 the Korean Taekwon-Do Committee and the ITF held a 5 year memorial service for Gen. Choi. This was also the first time an American film crew was allowed in with the express purpose of filming in north Korea. LUV Films is currently working on 2 documentaries. One movie is on the role that Taekwon-Do is playing in the unification movement of Korea and the other is a feature length film on the History of Taekwon-Do. For further information visit their website at: [www.luvfilms.com](http://www.luvfilms.com). Just this summer the KTC again hosted Taekwon-Do visitors for a 7 year Memorial Service for Gen. Choi.



The Korean Taekwon-Do Committee reported that by 2005, the north Korean Team had performed in 60 countries around the world. This included demonstrations in The Republic of (south) Korea in 2002, which sadly was just a couple of months after Gen. Choi passed away, never realizing a long held dream of his. This dream was to see his original Taekwon-Do return to the Country he helped to build. The Chosun National Team performed then again to sell out audiences in south Korea in 2007

However the year 2007 probably contained the most significant series of demonstrations to date. This was of course the goodwill tour through 5 cities of the USA, from the west coast of California to the east coast of Georgia. This was the longest tour or cultural exchange between the 2 nations. Taekwon-Do serves as such an appropriate vehicle for exchange between the countries as it is both the national martial art and sport of both Koreas. This martial art is the most popular one in the world, with the largest number of practitioners being located in the USA.

The tour took place in October, starting in Los Angeles. From there they flew to San Francisco and then on to the heartland of America, Cedar Rapids Iowa. The Team then drove to Louisville Kentucky and then drove down to Atlanta Georgia. The 20 north Koreans saw much of America and were so well received at all the sold out venues. It is estimated that some 13,000

people witnessed history in the making. To see videos, pictures and more of the tour visit: [www.usnktkd.com](http://www.usnktkd.com).



***On stage at CBS TV Studio Center in Hollywood California after the 1st demo by a North Korean Team in US History***

The Team was headed by 8<sup>th</sup> Degree Master Pae Nung Man. Master Pae was a student of the first training course in north Korea in 1981. He also taught in Austria, Mongolia and Czechoslovakia. The coach was 5<sup>th</sup> Degree black belt Mr. Won Yong Nam. He was a champion from both the 9<sup>th</sup> and 10<sup>th</sup> World Championships in 1994 and 1997. He has also taught in both Russia and China. They were assisted by the Secretary of the KTC Mr. Kim Hyong Rak. The performers were III Dan Kim Chol



***Media frenzy at LA international airport upon arrival of the North Korean Team to the USA***

Nam, a 5 time national champion and Junior World Champion in 2002, III Dan Ri Sun Gum, national champion, 2000 Asian Champion and member of the Team that performed in Greece during 2003, II Dan Kim Jin Song, a 3 time national champion and 2000 Junior World Champion, Ri Chol Rim, Pak Song Ho, Jong Chol Ho, Kim Ok

Chol, Kim Won Chol, Pak Jin Myong, Kim Myong Guk, 16 year old Jin Hak Min and Kim Sun Hui.



***George talking with General Choi***

In July of 1989 Gen. Choi told me personally, now that an American team went to north Korea, we must invite them to the USA. In 1992, GM Jung Woo Jin, owner and publisher of TKD Times got involved in trying to make this happen. Grandmaster Jung, one of the most wonderful people I have ever met, never gave up and along with the dream he shared with Gen. Choi, finally made this happen in October of 2007. His efforts show real Taekwon-Do perseverance. He was a great supporter of Gen. Choi and continues to support the ITF and Taekwon-Do all around the world. In 2011, Pyongyang and the KTC will host the ITF World Championships. For more information visit: [www.itftkd.org](http://www.itftkd.org)



***George with Grandmaster Jung***

To comment on this article or offer any relevant information, especially the 2 feature length documentaries please contact the author, Master George Vitale at: [tkd.research@yahoo.com](mailto:tkd.research@yahoo.com)

Information for this story came from interviews and discussions with General Choi, and numerous individuals met along the way, including many TKD pioneers in 35 years of TKD, in over 40 countries around the world, as well as the various written works.



# Martial Arts Classes In The Public School System

**An Interview With J.D. Haglan who has pioneered a for-credit class at Mooresville High School, North Carolina**

**By Robert McClain**

On May 23 approximately 300 high school students at Mooresville City High School assembled in their gymnasium to witness an important event for martial arts in the field of education. Along with Principal Todd Wirt and Superintendent



*Grandmaster Kim Soo and J.D. Haglan in Mr. Haglan's office at Mooresville High School.*

Dr. Mark A. Edwards, these students came to see a martial arts exhibition to celebrate the addition of a martial arts class as a health and physical education option for high school credit.

The 45 minute martial arts exhibition featured a martial arts system called, Chayon-Ryu. Meaning "Natural Way", Chayon-Ryu is the program selected to pioneer these classes due to its emphasis on non-violence. Students of the Mooresville classes learn the normal curriculum and requirements of Chayon-Ryu, which includes education in karate, chuan-fa, hapkido, bong-sul and taekwondo. As the students exceed the minimum number of classes, time at their

current rank, and get permission of their instructor they are allowed to take the formal promotion exam for rank advancement. This exam includes the student's demonstration of physical skills and a written exam covering terminology, history, and technical

questions about techniques.

The man pioneering this effort at Mooresville High School is Counselor J.D. Haglan, who also holds the rank of 2<sup>nd</sup> degree black belt in Chayon-Ryu. Mr. Haglan was a football coach at the collegiate level for 10 years, high school coach for 3 years, and is no stranger to the world of academic education. He has both a teaching certificate and a counseling certificate in the State of North Carolina. We had the opportunity to visit with Mr. Haglan to find out more about implementing martial arts into the school system.

**RM:** *How did you get the idea for a martial*



*Students in the Mooresville High School Chayon-Ryu P.E. Program demonstrate Basic Form Number 5 (Kibon Hyung Oh Jol) during the May 23, 2009 exhibition. This form was created by Grandmaster Park Chul-hee, co-founder of Kangduk-Won in the 1950's.*

*arts class in a formal academic setting?*

**J.D. Haglan:** I had taught at Mooresville high school since 2000 and was training in Chayon-Ryu with Master David Mitchell. I thought about it a bit during that time. But, it wasn't until 2003, when I received my 1<sup>st</sup> degree black belt that I gave it serious consideration. I approached Master Mitchell and asked what he thought about teaching Chayon-Ryu at Mooresville high school.

**RM:** *What did Master Mitchell think about it?*

**J.D. Haglan:** He thought it was a great idea and that I would be a good teacher. But, he stressed that I needed to request permission from Grandmaster Kim Soo. Grandmaster Kim Soo and I talked and he granted permission.

**RM:** *When are the classes held and what type of credit do students receive?*

**J.D. Haglan:** The classes are held on Tuesday and Thursday, 2:30-4:30pm with grades 9-12 in the class together. In North Carolina, high school students are required to complete 1 credit of physical education/health education per school year. This class fulfills that requirement.

**RM:** *When did this program get started?*

**J.D. Haglan:** The first class started in Fall of 2004 with 30 enrolled students and finished in May 2005 with the normal school year. Unfortunately, I



*(left to right): J.D. Haglan, Master David Mitchell, Grandmaster Kim Soo, Dr. Mark Edwards, Superintendent of Mooresville Graded School District.*



was diagnosed with cancer at that time and had a difficult time keeping my energy up with the chemotherapy. But, we have a selection of qualified instructors in our martial art system nearby that could help fill in when I was sick from therapy. Master Bobby Knott, then faculty at Catawba College, helped continue the classes in Fall 2005. But, he got busy with work and preparation to move to Japan and couldn't help after December 2005. So, the classes temporarily stopped at that time.

**RM:** *You kept the program going through a battle with cancer? That must have been very difficult.*

**J.D. Haglan:** It was horrible and I eventually had to stop the program for awhile. Master Knott couldn't continue and other instructors had to make a living with daytime employment. So, daytime instructors were difficult to come by. You have to understand that I wasn't expected to live. I had chemotherapy treatments and was fed by a tube in my torso for two and a half years. But, I always had the dream to show everyone how beneficial a martial arts program, like Chayon-Ryu, could be for students. It has things that aren't

taught in traditional academic classes.

**RM:** *Such as?*

**J.D. Haglan:** Such as teaching a proper attitude towards fellow students and community, fostering leadership qualities. These are all things found within a daily class. We don't allow egos in my class and students must adhere to proper etiquette in and outside of the classroom. We recite the training hall oath (Dojang Hun) at the start and end of each class. This is a promise all students make to be a student. Our Dojang Hun is: Seek Perfection of character, Live the Way of Truth, Endeavor, Be Faithful, Respect others, Refrain from violent behavior. While other academic courses in high school teach students about subjects needed to be successful in continuing education or certain professions, Chayon-Ryu teaches students about themselves and the world around them.

**RM:** *When did you resume to program?*

**J.D. Haglan:** I started getting better and the feeding tube was removed. I got a clean bill of health from my doctor. I approached Principal Wirt in Spring 2007



**Students in the Mooresville High School Chayon-Ryu P.E. Program demonstrate Staff Form number one (Bong Hyung Il Jol) during the May 23, 2009 exhibition. At the 9th Gup (Orange Belt in Chayon-Ryu) level, students are required to know Basic Form 1-5, Palgwe Il Jang, and Bong Hyung Il Jol as forms requirements for rank advancement.**

and told him I was ready to continue the program at the school. So, the class was added to the course registration list and we resumed the program in the Fall 2008 semester. We have 30 students taking the class this academic year.

**RM:** *The students already get high school credit for this class. Do they receive ranking in Chayon-Ryu as well?*

**J.D. Haglan:** They do if they pass the formal examination, which is a physical requirements and written exam. To be eligible, the students must complete or exceed the minimum class Gup Orange belt exam at the end of the first semester, and the 8<sup>th</sup> Gup Yellow belt exam at the end of the second semester. Ranks after the 8<sup>th</sup> Gup yellow belt take longer than one semester to meet the requirements.

**RM:** *Why do you think you were able to promote a martial arts credit course in an academic setting when others have tried and failed?*

**J.D. Haglan:** I have both counselling and teaching certificates in the State of North Carolina and was already established in the public school system. I believe my credentials and established experience in education allowed me to make this happen. I don't think an instructor promoting their school or someone just off the street would have success getting something like martial arts accepted in a public school without this background in public education. It is likely this was the key for the program being considered in the first place.

**RM:** *Thank you for meeting with me today. I would like to follow up with you and your program in the future.*

**J.D. Haglan:** It has been a pleasure speaking with you. Please let everyone know they can contact me if they want to know more about the program at Mooresville High School.

Mr Haglan can be contacted via email: [jd Haglan@mgsd.k12.nc.us](mailto:jd Haglan@mgsd.k12.nc.us)



*Following the exhibition. Group photo of the students in the Mooresville High School program, plus some students from the local Chayon-Ryu dojang. Seated (left to right) is Master David Mitchell (pioneer of Chayon-Ryu in North Carolina, in black dobok); Grandmaster Kim Soo, founder of Chayon-Ryu; Master John Stephens). Standing to the left, just behind Master Mitchell is J.D. Haglan in the black dobok.*

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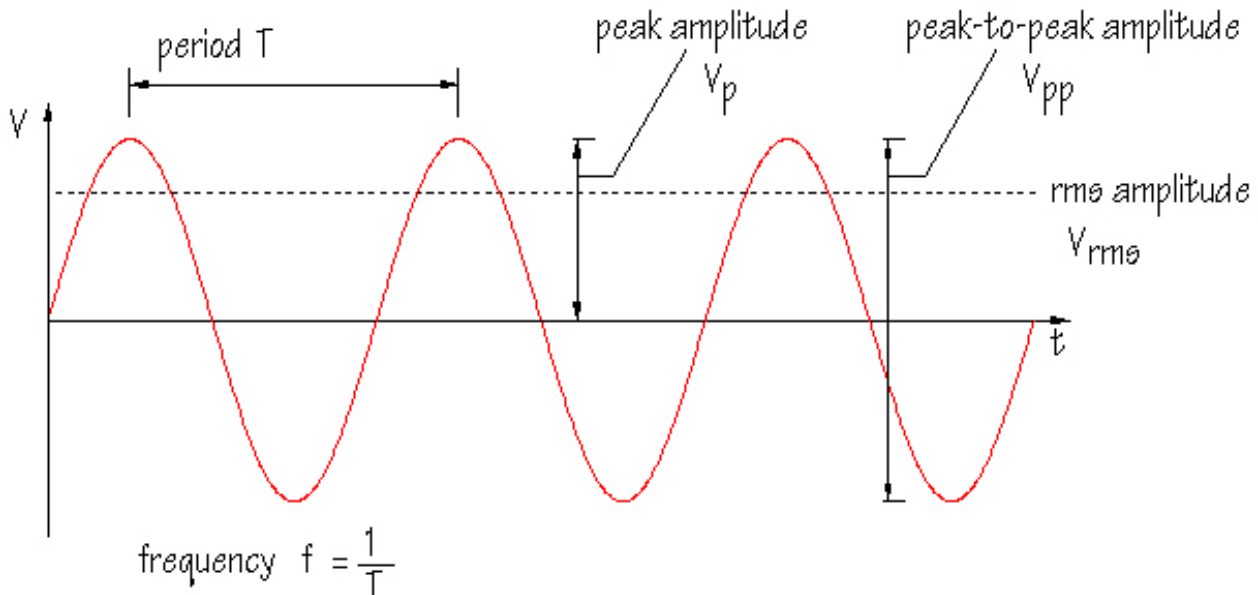
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# Sine Wave Theory - Should We Test It Or Just Accept It?

By David Winter



Recently, I came across a webpage with a pair of articles on the Sine Wave Theory as it applies to Tae Kwon Do ([http://www.raynerslanetkd.com/section\\_1.html](http://www.raynerslanetkd.com/section_1.html)). As a practitioner of Tae Kwon Do almost 30 years, I am familiar with the concept, but these articles made me step back and re-examine what I was taught and thought I understood.

One challenge to Tae Kwon Do around the world is to honor our forefathers without deifying them. General Choi was a great pioneer who strove to resurrect the traditional Korean Art and led a committed charge to bring it back to the people. We have all benefited greatly from his work. That doesn't make him infallible, and his teachings are open to interpretation by later generations. Mr. Anslow's point about Gen. Choi's description of the use of sine wave and how it has subsequently been practiced is a good illustration of this. On just one theory, we have tremendous diversity on whether it works and even how

it works.

The simple experiments of the second article on the same page were actually quite well thought out, and it would be interesting to pursue them further. One point that most people don't appreciate is that physics and biology are often at odds. The sine wave theory is like the introductory physics lesson about a mass moving across a frictionless plane. Practical application in the real world must be tempered by physical properties. The same is true for the sine wave- nice theory, but our bodies don't move or react according to simple equations.

In the end, Mr. Murphy circumvented the entire theoretical argument and tested the desired outcome- transfer of energy over time (punches). Even though he only used two test subjects, I thought that the results did not provide any support for the sine wave movement having a positive effect. Notice I didn't say the experiments proved

or disproved the theory. To disprove the sine wave theory or to turn it into a natural law would require more rigorous testing. In face of Mr. Murphy's experiments, however, I propose that the burden of proof lies with those who support the theory.

But please consider this- Remember that energy moves in linear vectors- energy you gain while dropping does not translate 90 degrees to be delivered horizontally. Do you want to try an experiment to test this? Stand on a chair in front of a kick bag. Carefully step off the bag without any forward motion. Just as you land, deliver a middle punch to the bag. Do you think that you delivered more force to the bag? Now visualize (please don't try it) dropping 10 meters (or yards) the same way and delivering middle punch right as you land. Do you see that you are not delivering any more power to the punch? You have increased your downward velocity by about 35 km/hr (22 miles/hr), but you haven't increased your horizontal velocity at all. Energy moves in along a linear vector. (We can deal with why spinning increases the power of your attack in another article on centrifugal force)

I can understand why many people believe in the sine wave theory of movement in Tae Kwon Do. An example outside of the Art may suggest why so many people still agree with it. I used to coach a competitive paddling team (dragon boats- check them out!). One of the hardest behaviors for new paddlers to break is pulling the paddle way back past their hip on each stroke. It feels like you are really slamming the paddle home and driving the boat forward. In actuality, it only feels like you are making progress because your paddle did all the work in the front half of the stroke. By the time the paddle has traveled past your knee, it has accelerated the water so much that your paddle is just riding the wave past your hip. But it feels like you are really pulling water fast. The same may true for someone using a sine wave form. Dropping down makes it feel like you are

really driving power into the technique, even if it has little or no real effect on the delivery of power. What it will certainly do is use up more of your energy with each motion.

There is a reason we "study" Tae Kwon Do - there is much to learn and to discover. It is what makes this path to the Art much more exciting than the codified Japanese Arts. Tae Kwon Do has definitely changed since I started training in 1981, and as I have traveled around North America and Europe, I have seen and learned many different variations on the same theme. I plan to continue to learn as long as I can.

Thanks to Stuart for putting these articles up- I will refer my students here in Siena, Italy to them.

David Winter  
3<sup>rd</sup> Dan  
Centro Studi Arte e Movimento  
Siena, Italy





# Ch'ang Hon Taekwon-do Hae Sul

## *Real Applications To The ITF Patterns*

By Stuart Paul Anslow

### *Part 7*

**This month's article takes a short break from the actual pattern applications themselves and looks at the naming of the patterns as its becoming more common for instructors to try to get students to perform a pattern '*in the spirit*' of whom it was named after!**

As far as I'm aware, this is something past downwards from General Choi, but sadly I think this is a nigh on impossible task for the average student. First of all they have the 'competition' formats to think about and how a pattern needs to look to win medals which as we've already read, effects patterns in a major way, leaving little room for free-thinking, but more so, even in a class environment where they may be allowed to perform the pattern with this '*spirit*' there is little to no information available that is of much help to enable them to do this, even though it was something the founder wanted.

However, hopefully the information in the book can perhaps help to change this area as well, as I found researching the pattern meanings in much more detail to not only be very interesting, but in some cases enlightening, as they offered much better glimpses into the whole patterns themselves and in turn explained things about the pattern which enables their practice to be in context with the '*spirit*' of whom the patterns were named after.

One of my favourite pieces of research so far concerned Joong-Gun tul, as to me it explained so much about the pattern and the reason for the multiple movements as well as being an inspirational story in its own right. However, as the applications in last month's article concerned Do-San tul, we will take this time to look at this pattern meaning. What we find is not only an in-depth history of this historical figure, a

more probable link to why it has 24 movements, links into western television but also an error that has never been corrected – read on!

99.9% of students are given the following meaning for Do-San (which paradoxically comes from General Choi's manuals) with which they are expected to use to base the spirit of the pattern performance on:

***Do-San is the pseudonym (pen name) of the patriot Ahn Chang Ho (1878 - 1938)<sup>1</sup> who devoted his entire life to furthering the education of Korea and its independent movement.***

Here is a more in-depth version from the book:

### **Do-San Tul**

Do-San is indeed a celebrated figure in Korean history as he played a major part in Korea's independence, but was imprisoned by the Japanese and remained there until his death in 1938.



The 24 movements of this pattern are said to represent Ahn Chang-Ho's entire life

devoted to the education of Korea and its Independent movement. However, as Ahn Chang-Ho's lifeline dates are given as 1876-1938, this means he was 62 (or 60 – see footnote) when he died, which can be a little confusing. Some feel the 24 movements are in reference to General Choi stating that the 24 patterns of Taekwon-do represent *'One day in the universe or an entire lifetime'*, which many now include in the short descriptions of Do-San tul, stating *'the 24 movements of this pattern represent his entire life which he devoted to furthering the education of Korea and its independence movement'*, however, when Do-San was formulated there were only 20 patterns of Taekwon-do and the added *'24 hours represent..'* (in reference to Do-San) was not included in any descriptions until around 1983 - so this cannot be the original reason. I feel (initially at least) the 24 movements were in reference to the age at which Ahn Chang-Ho became nationally recognized as a leader of his countrymen, something which occurred not in Korea, but actually in the United States of America.

At the age of 18, Ahn Chang-Ho became a member of *Tongnip Hyophoe* (Independence Association); the year was 1894. In 1902, he emigrated to San Francisco in the United States with his newlywed wife, Lee Hae-Ryon and was one of the first Koreans to emigrate to the United States of America. It is said that as he arrived on a steamship approaching via Hawaii, he decided to call himself 'Do-San' (Island Mountain), resolving to *'stand tall above the sea of turmoil existing in Korea at that time'*

By the age of 24 (the number of movements in the pattern), Ahn Chang-Ho was known as a leader of his countrymen within the United States as he organized the *Kungminhoe* (Korean National Association) which inspired his fellow countrymen (in the United States) to hope for national independence. In 1906, he returned home to form an independence

group known as the *Shinmin-Hoe* (New Peoples Association) after learning of the Japanese Protectorate Treaty. A treaty which enforced the right of the Japanese to legally occupy his country. *Shinmin-Hoe* promoted Korean independence via the cultivation of nationalism in education, culture and business.

By 1910, the *Shinmin-Hoe* had grown in size considerably and soon became the focus of the Japanese occupiers attempts to close down such organizations as they threatened the occupation. In December of the same year a fake plot was fabricated



*Terauchi Masatake* <sup>2</sup>

of an assassination attempt on Terauchi, Masatake, the Japanese Governor-General of the time, who was due to attend a dedication ceremony of a bridge on the Amnok river. The Japanese used this fabricated plot as an excuse to arrest every one of the *Shinmin-Hoe* leaders as well as six hundred innocent Christians. One hundred and five Koreans were tried after horrific torture in which many of those arrested died. This incident and the fact that the charges and plot were obviously fabricated concerned the worldwide community so greatly that they applied international pressure on the Japanese which eventually allowed most of the defendants to go free.

After the assignation of Hiro-Bumi Ito (by Joong-Gun) Japan tightened its grip on Korea's leaders and Ahn Chang-Ho, was forced into exile in Manchuria before finally ending up again in America.

Whilst in America, he was elected chairman of the Korean National People's





*The 'Hungsadan'. Circa 1917*

Association which negotiated with the US government. During this time he formed the '*Hungsadan*', a secret organization of patriots. This and other organizations put pressure on the US President (Woodrow Wilson) to speak on behalf of Korean autonomy at the Paris peace talks in 1918. In 1919, Ahn Chang-Ho travelled to Shanghai to form part of a Provisional Korean Government and help draw up a Democratic Constitution for Korea but after two years, he resigned his post after becoming disillusioned with the provisional Korean leaders and their in-fighting.



*Paris Peace Talks - 1918*

On 1<sup>st</sup> March, 1919, the Provisional Korean Government declared independence from Japan, calling for a massive resistance from the Korean people. Though thousands were killed, arrested and tortured during unarmed demonstrations in which the Japanese police fired into the crowds, Ahn Chang-Ho was not deterred and continued his work in the US, even

creating a village in Manchuria for wandering Korean refugees.

Political unrest continued in Korea throughout Ahn Chang-Ho's life, which saw him arrested and released by the Japanese on a number of occasions until he passed away in Seoul on 10<sup>th</sup> March 1938, a national hero.



Whilst in America the first time, Ahn Chang-Ho's wife, Lee Hae-Ryon gave birth to their son Philip (29<sup>th</sup> March, 1905). Born in California, Philip became an actor and is well remembered for his famous role in the 1970's series '*Kung-Fu*' (starring David Carradine). Philip Ahn played Master Kan, the wise monk who was in charge of the Shaolin Temple and '*Grasshoppers*' mentor. Philip Ahn's acting career lasted over forty years until he passed away on 28<sup>th</sup> February, 1978.



*Ahn Chang-Ho Memorial,  
Riverside, California,  
USA<sup>3</sup>*

Do-San sees the student introduced to side 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.

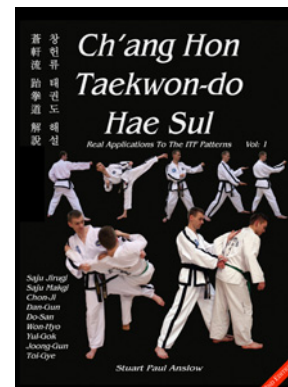
Next month we'll continue with more applications from the tul.

<sup>1</sup> The Encyclopaedia of Taekwon-do and countless other references are wrong, as Ahn Chang-Ho was actually born in the year 1878 (9<sup>th</sup> November) and not 1876. <http://www.ahnchangho.or.kr>

<sup>2</sup> Picture: Carl Prinz von Hohenzollern, *Meine Erlebnisse während des Russisch-Japanischen Krieges, 1904-1905*, Ernst Siegfried Mittler und Sohn, 1912

<sup>3</sup> Picture courtesy of the International Relations Council of Riverside, CA

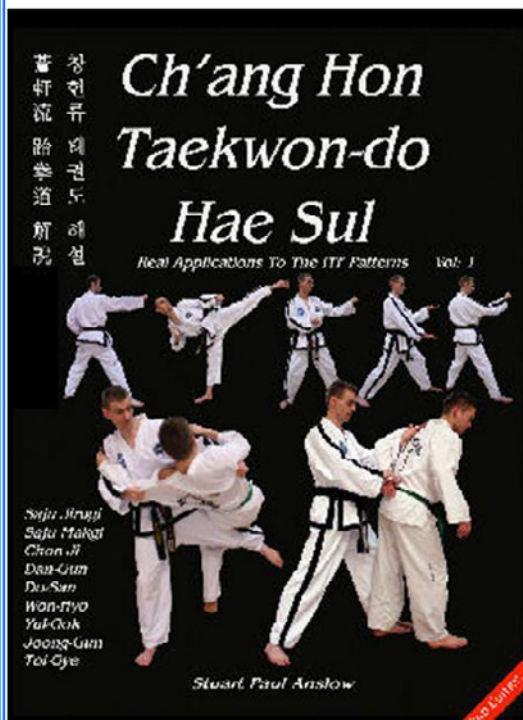
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**"Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns"**



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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, 3<sup>rd</sup> degree, ITF



# What's The Point?

By Paul O'Leary

When I sat down to write this article, I was stumped for little while. I have shown you many applications so far and have been trying not to go back over old ground. But then the simplest are the best and so I went with a simple one for this issue.

Taking the basic ready position for a traditional down block, many solid applications can be use for this motion. Here we enter the finger locking side of Ao Denkou Jitsu to set up a possible Knock Out shot.



**Pic 1** – The standoff and I mean this in a serious way. As to have this situation to happen the attacker has to be standing in a manner as in the picture, or they have moved to push you, or they are reaching to grab you.



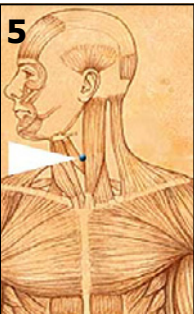
**Pic 2** – Defender moves their hands into the classic cross handed ready position for a low block. This presents us with an opportunity to place our right palm against the attacker's right palm and our left hand behind their knuckles.



**Pic 3** – By pressing the last two to three fingers of the attacker back and towards their arm pit we perform a very painful finger lock. This can be brought into many positions, we have taken it to our hip and locked it against the body so as to drop the attacker down into a vulnerable situation.



**Pic 4** – Striking out with the blocking movement, we can strike many points on the neck. But here I have chosen to hit ST-9.



**Pic 5** – ST9 (stomach 9)

Please be very careful when hitting ST-9 as it quite near to the windpipe. It also lies on a major artery to the brain and can make people feel sick, dizzy or make them pass out. Constant tapping on this point even in a controlled situation can lead to headaches and dizzy spells.

If you have any pattern/kata movements that you would like to see done, please contact me through the details below. Finally I'd like to thank Ciaran Floody for being the attacker in this article.

*Paul o'Leary is the Head Instructor of JungShin Mu Do Kwan Tae Kwon Do and runs the Rebel Martial Arts Club in Cork City. He is also the National Coordinator for Prof Rick Clarks AoDenKouKai in 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)*

# TKD & MMA

By David Sims, 2nd degree

Due to the huge growth in popularity of MMA or Mixed Martial Arts I have decided to write an article of how Taekwondo plays a part in MMA. I have been training with the Derby Cage Fighters for about 4 months now. When I first went down, at the request of Tim Doyle, the camps main man, I was thrust straight in the ring where my foot work and endurance made for a good impression with all at the club. I was really stunned with how good the sessions were at the camp and started to train there. I stopped running Chadd MMA, a local group I had set up and directed all the members to start training with Derby Cage Fighters as it really is Derby's premier MMA club. I have been helping out with classes and have just recently started to run classes on my own at the request Tim. He has asked if I would come on board as kind of a 'striking coach' and we have several fighters fighting in events over the next few months.

I have been interested in mixed martial arts, or cage fighting as it is sometimes incorrectly called, pretty much since its inception as a sport. MMA bouts are not always in a cage, some are in a ring and a few are on mats. MMA is often

described as having 'no rules', which again is incorrect as there are many rules. For example you cannot strike to the spine or groin. You cannot kick to the head of a downed opponent. Once a fighter can no longer intelligently defend themselves then the fight is over, likewise at the request of a doctor or indeed if the fighter gives up verbally, or by tapping out. I have

witnessed MMA evolve from style versus style, e.g Ju-Jitsu V Thai Boxer to what it is today. In the beginning Royce Gracie dominated his opponents with his Gracie Ju-Jitsu, which is usually referred to as Brazilian Ju-Jitsu. So everyone started to train BJJ because it worked!

Now you have to train in a combination of techniques taken primarily from wrestling, Thai boxing, western boxing and ju-jitsu amongst others, whilst always working on your strength and cardio.



*A young David with MMA legend Royce Gracie*



*A young David with Ian 'The Machine' Freeman (2005)*

A lot of people come into MMA without a lot of martial arts training; some come with some MA training and a few come with a dan grade in a martial art already. I believe that students who come into MMA with time served martial arts experience will usually pick things up better and naturally



have a head start on other new beginners.

More often than not students will come in that have attained a high level in Thai Boxing, Boxing or Ju-Jitsu and want to push themselves further. People who come from a predominately striking background tend to have much better timing and distance that those who do not. I now think that MMA is evolving once again and people that are standing out are the people that have trained in a martial art from an early age. You just cannot teach the sort of experience you will get from spending many long hours, over many years, training consistently at a good martial arts club.

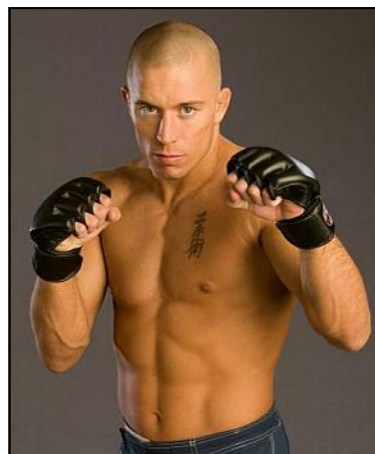


The best example of this is that of Lyoto Machida (pictured above), undefeated UFC Light-Heavyweight Champion of the World (15-0-0). He has been training in his father's Machida-Karate style way back when he was just 3. He earned his black belt aged just 13. He then started to learn BJJ at 15 and also earned his black belt in this art. Machida is probably the most elusive fighter going and has not yet lost a round in his UFC career. Just before his last fight a statistic was given that said he got hit an average of once every 2 rounds.

Just think about that for a minute. People just can't work this guy out and his counter striking is phenomenal. He uses a very unorthodox stance and In my opinion will dominate the UFC division that he is in. It

will certainly take a very cunning fighter to beat him.

George St Pierre(20-2-0), U F C Welterweight Champion of the World has also been trained in Kyokushin Karate since the tender age of 7, he is also a black belt in BJJ.



There are many fighters that have successfully taken TKD into MMA with much success. Mark Weir (19-5-0), former Cage Rage British Middleweight Champion, gained his black belt from GM Hee Il Cho in 1988



and won 2 World Championships in 1988 in the Light Heavyweight division and in 1991 in the Heavyweight division. His record includes 9 k.o's one being over in less than 10 seconds against Eugene Jackson at UFC 38. Zelg Glasic (9-4-0) is a certified 4<sup>th</sup> degree ITF black belt who beat Mark Weir at Cage Rage 19 - Fearless. He currently fights in the Japanese promotion DREAMS.

Dan Hardy (22-6-0 1 nc) is another one who has trained from young. He was 6 when he started WTF TKD and attained his black belt sometime after. I have followed his career for a while now and predict bigger things for him. He has already won Cage Rage belts at 2 different weight categories and fought in Cage Force and

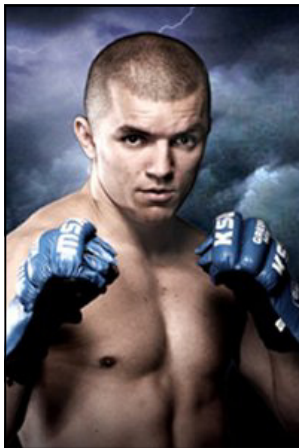
Cage Warriors, he is now contracted rightly so, in the UFC and has won his first 3 UFC fights.



lessons at the age of 10 by his mother and was undefeated with a professional kickboxing record of 22-0-0. He is due to be in the live-action Tekken film as Marshall Law, due to be released some time in 2009.

David Loesou (18-9-0) is a dan grade who did a sickening spinning back kick TKO on Charles Mcarthy at UFC 53: Heavy Hitters. Bas Rutten(28-4-1) earned his black belt in a year and is now a 2<sup>nd</sup> degree in TKD and a 5<sup>th</sup> Degree in Kyokushin Karate.

Lukas Jurkowski (14-9-0) is another good fighter who holds a dan grade in tkd as does Serkan Yilmaz who is notorious for his frightening use of spectacular, risky spinning TKD kicks that have knocked out some great opponents mainly in K-1, although he has fought one MMA bout against Caol Uno which he lost.



Probably the most famous TKD exponent and maybe one that is not thought of straight away, but is arguably the best pound for pound fighter in the world, none other than Anderson Silva (24-4-0 1dq). He started with TKD at age 14 gaining his black belt when he was 18. He also holds black belts in Judo and BJJ, although he is best known for his clinical Muay Thai style striking.



Cung Le (6-0-0) is probably best known for breaking Frank Shamrocks ulna bone in his right arm with a kick during a Strikeforce event forcing the stoppage, making Le the Strikeforce middleweight champion. Le was enrolled in Taekwondo

That is quite a few very good fighters that have been involved in TKD to some degree! Taekwondo techniques such as the spinning back fist, spinning hooking kick and spinning elbow have created some devastating knockouts in MMA events over the years. No doubt they will continue to as well. There is no doubt in my mind that more and more TKD exponents will enter into the MMA battlefield, and I predict big things for anyone that has a solid background in martial arts.



# The TAEGEUK CIPHER

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# Totally Tae Kwon Do Most Rated Books Survey

Last month we revealed the first section of our 'Totally TKD Most rated Books' survey results, show which books in the WTF range, were most appreciated and admired by readers. This month we release part 2 of the survey results - the top 20 Ch'ang Hon/ITF books of all time.

As noted last month, 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 Taeguk 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).

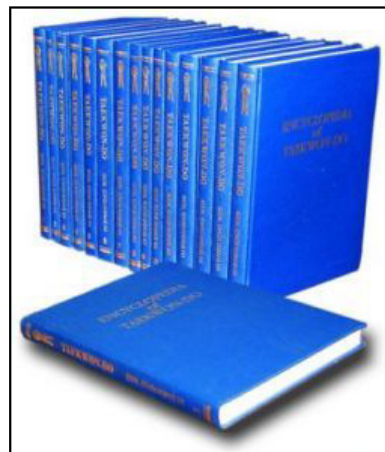
This month it's the ITF section, which encompasses all books for the ITF and Ch'ang Hon system of Taekwon-Do, including my own (which I am very pleased to say did very well).

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.

Also, as I said in last months section, 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 as we saw last month with the *Kukkiwon Textbook*, which I'm sure many were surprised to see only trailed in at number 10!

With that said however, this month we have left the *Condensed Encyclopaedia* in the charts, but disallowed the full 15 Volume encyclopaedia due to the fact that in reality, its not a single book but 15 books! This is to make the charts fair to other authors.



Over the page you can see the top 10 and which is (un)officially the most rated Ch'ang Hon/ITF Taekwon-Do books of all time! Flip the page and see the rest of the top 20.

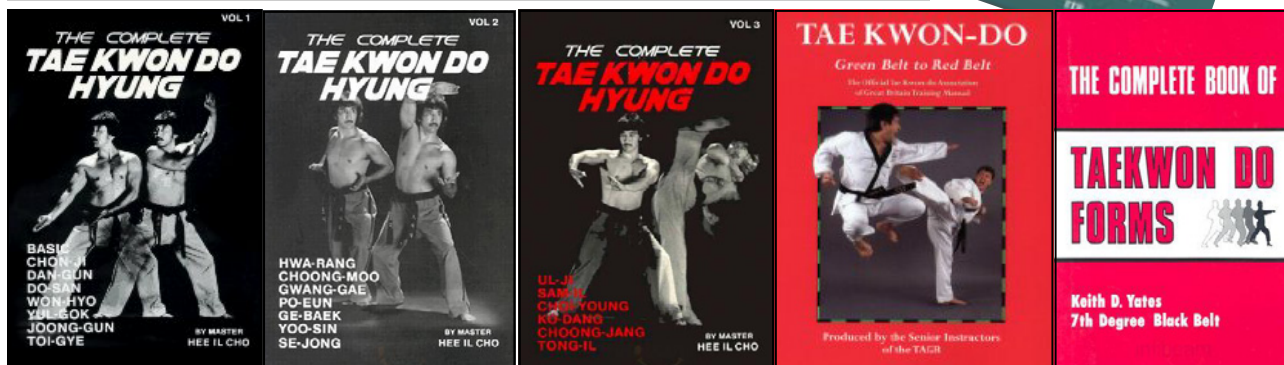


# Top 20 Most Rated ITF Books

Rank	Title & Author/s
<b>1.</b>	<b>Taekwon-Do, The Condensed Encyclopedia</b> <i>by General Choi Hong Hi</i>
<b>2.</b>	<b>Ch'ang Hon Taekwon-do Hae Sul</b> <i>Real Applications to the ITF Patterns: Vol 1</i> <i>by Stuart Anslow</i>
<b>3.</b>	<b>"Taekwon-Do" (1955/65 Edition or reprint)</b> <i>by General Choi Hong Hi</i>
<b>4.</b>	<b>The History Of TaeKwon-Do Patterns</b> by <i>Richard L Mitchell</i>
<b>5.</b>	<b>Practical TaeKwon Do: Defense Against Weapons</b> <i>by Kim Bok Man</i>
<b>6.</b>	<b>The Complete Master's Jumping Kick</b> <i>by Hee Il Cho</i>
<b>7.</b>	<b>The Complete Martial Artist Volume 1</b> <i>by Hee Il Cho</i>
<b>8.</b>	<b>Tae Kwon Do &amp; Early History</b> <i>By Grandmaster C.K. Choi</i>
<b>9.</b>	<b>The Complete Martial Artist Volume 2</b> <i>by Hee Il Cho</i>
<b>10.</b>	<b>The Complete Master's Kick</b> <i>by Hee Il Cho</i>



Rank	Title & Author/s
11.	<b>*Taekwon-Do Patterns: From Beginner to Black Belt</b> <i>by Jim Hogan</i>
12.	<b>Man of Contrasts</b> <i>by Hee Il Cho</i>
13.	<b>*Practical Tae Kwon Do</b> <i>by Master Y.D. Choi</i>
14.	<b>Moral Culture</b> <i>by General Choi Hong Hi</i>
15.	<b>TaeKwon-Do And I</b> <i>by General Choi Hong Hi</i>
16.	<b>The Complete Tae Kwon Do Hyung, Vol. 1</b> <i>by Hee Il Cho</i>
17.	<b>The Complete Tae Kwon Do Hyung, Vol. 2</b> <i>by Hee Il Cho</i>
18.	<b>The Complete Tae Kwon Do Hyung, Vol. 3</b> <i>by Hee Il Cho</i>
19.	<b>Tae Kwon Do Green to Red Belt</b> <i>by Tae Kwon-do Association of Great Britain</i>
20.	<b>Complete Book Of Taekwon Do Forms</b> <i>by Keith Yates</i>





# The TKD Clinic

With Glenn Smits



**“Hello, I have very tight hamstrings and calves. I am trying to stretch them over time but I'm wondering if my non-TKD exercises (cycling & running) will be helping or hindering this”?**

**Cheers,**

**Chris G, United Kingdom**

Hi Chris. Great question and probably one of the most common problems experienced by a lot of TKD practitioners. I have a secret weapon to improve flexibility in these areas actually that I'll share in a few moments but I first would like to discuss stretching in general. I still see and hear about instructors who use stretching as part of their warm up in the Dojang. Years ago, when I was less informed so did I. This is the backward way to do things and could even result in injury. You don't stretch to warm up, you warm up to stretch. I know I've probably mentioned this in a previous "Clinic" article but this bears repeating. There are three components needed to stretch properly, the "Three Ts" if you will and they are temperature, tension and time. To properly stretch a muscle it must first be warm. This means that the muscle is flush with blood and the vessels are dilated ensuring a good circulation. Once you are sufficiently warmed up (temperature) you can begin to stretch. Once you get into a stretch (tension) you must hold it (time) for a period of time, usually anywhere from 30 seconds to a minute and repeat several times. I'm not going to go into individual stretches here since I have more important things to discuss. Besides there are a lot of great books on stretching that can instruct you in how to do them properly. My favorite and a book I've referred to before in this

column is Anderson's "Stretching" now in its 20th year of print and still the best single volume of its kind on the market. Another good reference would be "Stretching Anatomy" by Nelson, Kokkonen, and McAlexander.

When you are referring to tight hamstrings and calf muscles I'm sure that you are experiencing some frustration in not being able to execute kicks the way that you would wish to. Without adequate flexibility, executing a high round, side, axe kick can be very frustrating. Even to execute these properly at mid to low level requires one to be limber. Most practitioners think that if they can't execute high kicks well that their hamstrings must be tight. This may be true. However, I doubt that this is the only problem. Whenever a kick is executed it is not only the leg muscles that must be supple but also the muscles in the hips, abdomen and low back. These muscles must also be very strong to be able to both support the body during the kick and to deliver an effective technique. Strong and flexible. We're asking for a lot here, aren't we?

OK, now we come to where I can talk about my secret weapon for building both strength and flexibility into the lower part of the body and legs. Want to know what it is? Weightlifting. That's right, weightlifting.

OK, before you hit “delete” stay tuned and hear me out. I’m going to specifically talk about a particular lift that will help anyone (if done correctly) achieve a degree of strength and flexibility that they would not think possible and that lift is the barbell squat.

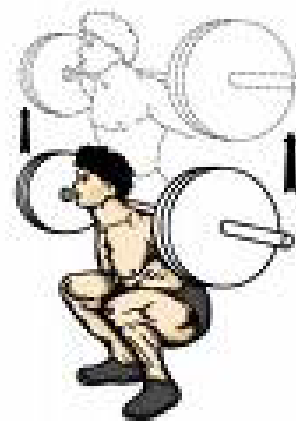
Ever watch an Olympic lifter perform a squat clean or squat snatch prior to standing up to complete the snatch or perform the overhead jerk? Notice that when they squat they can get their backsides all the way down to the backs of their calf muscles while balancing an incredible amount of poundage. To be able to do this requires a tremendous



degree of suppleness in the muscles of their legs and hips. Test yourself. See if you can squat all the way straight down keeping your heels flat on the floor, not leaning forward and stay comfortably like that for a few moments. If you can, you don’t need this article but chances are you can’t.

So how can weightlifting help achieve a better stretch? It’s really very simple. The weight itself forces the muscles to stretch to their full length during the lift. Lets talk about the squat first. The full squat is a very much misunderstood and maligned exercise. I heard myself that doing full squats would “blow out your knees and your low back”. This is absolutely not true and squats when done correctly are very safe. I want to state very emphatically here

also that the lifts I’m describing here today are to be done with a barbell, NOT any kind of machine. Lets talk about doing a good squat and what occurs when we do. First, you need to have access to a set of Olympic weights and a sturdy squat rack. The pins should be set so that when you load the bar onto your back your knees should be just slightly bent. When you straighten up the bar should clear the pins. Always perform squats with spotters. In other words partners should be available to take the bar from you should you not be able to complete the lift.



Start with just the bar first. ALWAYS start with just the bar and do a few warm-up repetitions. This prepares and programs your body’s neural muscular circuitry for the job at hand. Approach the bar. Place your hands a little wider than shoulder width. Do not wrap your thumbs around the bar. You want your wrists to be straight once you are under the bar and your elbows back. Wrapping your thumbs around the bar causes your wrists to cock back and also causes part of the weight to be supported on your wrists. This can be very uncomfortable and prevent you from eventually moving up to heavier weight. Once you have your grip, duck under the bar. Keep your shoulder blades pinched inward and push your chest out a bit. Point your elbows slightly up and back. The bar should be locked in place with the tops of your shoulder blades providing a nice platform for it. Straighten up and take one step back from the rack. Never take more



than one step away from the rack. You want to be able to rack the weight quickly should you become fatigued. Now, place your feet a little wider than shoulder width and point your toes slightly outward. Your gaze should be slightly downward focusing on a spot about your body's length away and on the floor. Don't look straight ahead or upward. This will add a curve to your neck and upper back and you want the entire spine in a flat, straight line.

Now you're ready to perform the lift. In the beginning you may feel awkward during the descent and feel as if you are going to tip forward. To allay this, curl your toes upward in the beginning. Do NOT ever place a block of wood or anything else under your heels. This defeats the entire purpose of using the lift to stretch your calf, leg and hip muscles. As you start to descend try to keep the weight on the heels and go down as far as you can. Try to get your backside to a level below your knees or where your thighs are below parallel. You may not make it all the way down with just the bar. That's OK. Do about ten repetitions and then rack the bar. Rest a minute and then add 10 or 15 lbs (4.5-7 kg) and do another 10 or so reps. Do this repeatedly until there is enough weight to force your behind all the way down. That's the weight you now want to stay at. Do as many repetitions as you can and repeat for another 3-4 sets. When you're coming up from the bottom of your lift, push through the heels and come straight up. You can do this several times a week along with your regular stretching routine.

Now, I just want to discuss briefly what happens at the bottom of the lift once you break parallel and why this is a great way to stretch and why it won't injure your knee. As you are descending your quadriceps are tensing and a lot of force is being generated against both your patellar tendon (the tendon that crosses over your kneecap and attaches to the tibia or lower leg bone) and the anterior cruciate

ligament, which along with the posterior cruciate ligament stabilizes the knee joint back to front. The tibia is pulled forward and this is called "anterior shear". If only partial squats were being performed, over time the wear and tear to the ACL (anterior cruciate ligament) would cause instability and pain and may even require surgery. You should therefore never do just partial squats. They will cause problems. Once you have gone below parallel (you can see what I'm talking about in the pictures of the Olympic lifters I've attached) your hamstring and gluteus muscles are engaged and start to stretch. The hamstring muscles which are also attached to the tibia start to pull it back toward the knee joint countering the upward pulling pressure of the quadriceps. The knee joint is now compressed tightly and very stable. As you go down as far as you can you will feel a pull in your gluteus and hamstrings that will make you feel as if you want to bounce upwards. This means that your gluteus and hamstrings have stretched as far as they can go and a "stretch reflex" has been initiated. This is the body's way of saying, "OK, that's as far as we go, back it up!" You can take advantage of this bounce to get you started upwards and go up as fast as you can. I always tell beginning squatters that they should go down on a four second count and up on a two second count.

Doing squats in this manner will eventually cause your hamstrings, calf and hip muscles to lengthen and your core muscles of the low back and abdomen will become very strong and stable. Add a little weight each week and try to squat a little lower. Always remember to warm up always start with just the bar and add weight for a few warm up sets until you are up the weight that you will perform your "work sets" with. You will be amazed how much more flexible you will be after just a few months. Doing other routines such as running or cycling should not be a hindrance at all. Want to be able to execute high powerful kicks? Want to be

able to spar for round after round without your legs starting to wobble and feel like you're wearing concrete boots? Do squats, the single best exercise to develop flexibility, and build strength and stamina! Finally I'm going to make a book recommendation and give a few internet resources. The best book on the subject of basic lifting in my opinion is "*Starting Strength*" by Rippetoe and Kilgore. Free information on how to perform the lifts properly can be found by going to <http://stronglifts.com/> and <http://www.crossfit.com/cf-info/exercise.html#Exer> The folks at crossfit.com have videos on almost all the basic lifts including the squat as well as numerous other exercises and workouts.

Good luck and lift safely!

Yours in training and good health,  
Glenn Smits



## "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

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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.

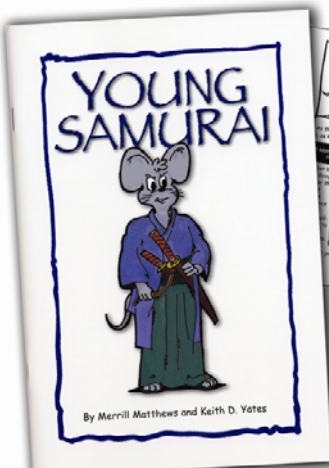
*Glenn Smits started his martial arts training in 1963 and started training in Tae Kwon Do ten years later. His one and only Tae Kwon Do instructor has been and is Grand Master Kwang Jae Lee. Over the last 30 plus years he has actively participated and promoted Tae Kwon Do as a competitor, instructor, 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.*



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# Tips For Teaching And Learning Front Snap Kick

By Earl Weiss

There are many different front kicks and ways to teach them. The following has proven to be an effective and efficient method of teaching. This article explains a front kick with the ball of the foot, but is easily adaptable to similar types of front kicks. Exercises described are not an exclusive or exhaustive list. They are a way to logically progress from simple to more difficult methods of execution. Target pads can also be used at any point to reinforce proper contact position. Targets, shields, and heavy bags may provide a certain level of intimidation and distraction. Their use should be appropriate to the student's skill level.

## I. Explanation & Demonstration

**A.** Students are shown what the ball of the foot is and the position as it makes contact with a target. To minimize distractions students are shown the contact position on the wall.



The importance of having the foot move in a horizontal plane during extension of the knee is shown using this method as well.

**B.** The kick is broken down into 4 parts and each of these parts are demonstrated. The basic parts are:

### 1) Up



*Joy Anderson, 6<sup>th</sup> Gup (left) and Wojciech Bielaszka, 4<sup>th</sup> Gup demonstrate the 'Up' part.*

### 2) Out



*Thomas Uliana - I Dan (ITF Student from Brazil/Germany training with me on while on temporary work assignment) demonstrates the 'Out' part.*

**3) Back** - Same position as number 1 "Up".

**4). Down** – Set kicking foot down next to support foot.

## II. Exercise & Correction

**A. On the wall:** Students stand with their shoulder toward the wall (Side facing to the wall), and for this example we will use the left shoulder toward the wall. The left hand is placed on the wall for balance assistance, while the right leg kicks.

**1. Four count exercise:** At the commands of “Up on one, out on two, back on three, down on four” students put their leg / foot in the position demonstrated previously for that number. This is repeated for 10 repetitions each leg. Once the position for each number is learned, only the number is stated for the instruction, i.e “1,2,3,4”. Fatigue (and boredom) levels need to be monitored, since it is not possible for a fatigued student to appreciably improve the quality of the technique.

**2. Corrections:** As the students follow each command the instructor has an opportunity to move down the line and provide tactile as well as verbal corrections.



*Craig Wilke II Dan helping Joy Anderson.*

**3. Variations:** “up on one, out on two, back on three out on two...” (Or “1,2,3,2,...”) This helps reinforce the need for retraction and plants the idea of multiple kicking. Having them hold number two position for a while helps build leg strength.

**a. Half speed exercise.** Once the students seem to grasp the elemental concepts, they are told to do all four parts without stopping. I find it useful to tell them “No Cheating” while I demonstrate and tell them. “I want to see all four parts. I don’t want to see (while demonstrating the wrong thing) “One, two, four” ; or “two four.”

**b. Full speed.** After achieving a reasonable level of success with the half speed exercise the students are allowed to attempt the kick at full speed, again cautioned to perform each of the four elements.

## III. Refinements.

Your style may dictate different positions.

A. Foot position for part 1.

1. Some styles use a position number 1 where the bottom of the foot is parallel to the floor or even slightly upward.



2. Some styles may use position number 2 Where the ball of the foot is pointed downward.

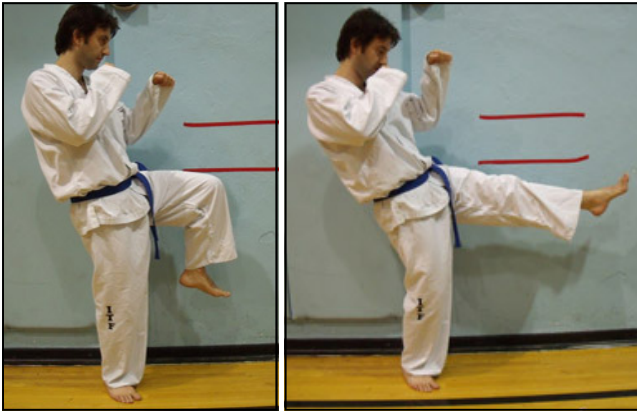


The relative merits of positions of III.A. 1 or 2 above are beyond the scope of this article. Whatever your preference, now would be the time to reinforce the position through additional corrections.

## III.B. Knee Levels for position 1.

1. Some systems may have the knee remain at a certain level as the leg extends from position 2 to position 3. (See over page for example).
2. Some may have the knee start at one





(Wojciech Bielaszka - 4<sup>th</sup> Gup Pictured)

level and drop slightly as the leg extends which reduces the natural upward arc of the kick to a more horizontal motion.



Once again, the relative merits of position III.B. 1 or 2 are beyond the scope of the article. Whatever your preference, make sure to reinforce it at this stage of the instruction.

#### IV. Off the wall.

Students can now be moved off the wall. This is a good opportunity to reinforce appropriate stance and hand positions. The exercises can also be done as multiple kicks without putting the kicking foot down. If needed, review the 1,2,&3 positions.

1. Spot kicking. Using the rear or lead leg, have students perform the kick and return it to the starting position. Of course this will be done with both the left and right side forward.
2. Kicking with the rear leg - Advancing. Students kick with the rear leg and

place it down to the front of the support leg.

3. Step in front. Example: Students start with the right foot to the rear. Student steps with the right foot, moving it past and placing it in front of the left foot. (Similar to walking.) Student then kicks with their left foot setting it down to the front just as they did without the step in item 2 above. This is a precursor to the next item.
4. Skip kicking. Example. Student starts with right foot to the rear. The right foot quickly skips forward as the left foot is raised, so that the right foot occupies the spot on the floor where the left foot was, as the left foot kicks. This can be done in a more advanced fashion by having the rear foot skip past where the front foot was.

#### C. Jumping

##### 1. Spot.

- a. Jumping straight up and kicking with the lead leg
- b. Jumping straight up and kicking with the rear leg.

##### 2. Advanced.

This can be an entire article if not book. Suffice it to say that the time to teach these types kicks is after the students have achieved a basic level of competence with the more basic kicks outlined above. Jumping includes;

- a. Covering distance. (Forward, backward and sideways)
- b. Maximizing height.
- c. Multiple. Same or both legs to the same or different directions.

Note that the above methodology targets the three basic types of learners; visual, auditory, and tactile, since you show them the technique, explain the technique, and manipulate their body to the correct position.

Students may neglect technical quality for what they perceive as speed. Reinforce; "perfect practice makes perfect." Be certain to monitor fatigue levels closely during the early stages of learning. You do not want to reinforce bad habits repeated due to fatigue.

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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# When Is Kodang Not Kodang... when Its Juche!

By Stuart Anslow

Some interesting situations are developing in the ITF world of Taekwon-Do, situations that in theory could be argued as limited to an organisation, but in fact have wide implications to the rest of the Taekwon-Do world and those that practice the ITF style.

In the current state of affairs we see three different ITF groups, similar large and small organisations (GTF etc.) around the world and a multitude of solo schools, all teaching the Ch'ang Hon system in one guise or another.

Different groups and organisations focus on the system of Taekwon-Do they had when perhaps they broke away from the ITF of yesteryear; there are differences, but to most these are minor. Even with the on-going sine-wave discussions still raging, most students are able to cohesively see past it all and train and compete together on a reasonable equal footing.

The average Taekwon-Do student would prefer unity amongst practitioners and the big organisations, as even though they may be in different federations they can continue to train and compete side by side.

However, an interesting development occurred last year within the ITF headed by Grandmaster Choi, Jung Hwa (herein known as ITF-C) when they changed the name of pattern '*Juche*' and renamed it to '*Ko-Dang*'. This was done without changing any of the moves (with the exception of the *Flying Reverse Dodging Kicks* which were changed prior to renaming the pattern), or the pattern definition (this was simply deleted so now, unlike all the other patterns in Taekwon-do it doesn't have a definition) or worse still it seems, without any consideration for the fact that there is already a pattern named '*Ko-Dang*' which is practiced by millions of Taekwon-Do students around the world already (albeit ones that aren't members of this particular ITF).

It's an interesting subject for discussion, more so by the way it's been implemented as well as some of the deeper facts involved in it all which is why I have written this article. However, first of all I don't wish to offend anyone, so ITF-C stalwarts should probably stop reading here.

As I said, it's an interesting occurrence, with far reaching



Statue of Cho, Man Sik at the Odusan (Unification Observatory). The hangul reads "Cho, Man Sik Teacher"

consequences, that affects thousands of students around the world, both from within the ITF-C camp, as well as those who still practice Ko-Dang tul or Ju Che from other groups.

Now, whilst I do not disagree with the renaming of the pattern Ju Che, I also do not agree with renaming it either and I will explain why later. Also, ITF-C are not the first to rename the pattern Ju Che as the ICTF (based in Canada) already did so and both utilised the same reasons which were of course due to the 'real' meaning behind Ju Che and the fact that the pattern was made to appease the North Korean dictator Kim, Il Sung. A fact not widely known maybe 20 years ago, but well known today by those who chose to look and certainly by those at the top of the ITF ladder.

The problem is that whilst the ICTF chose to pick a brand new name for the pattern and renamed it "*Chang Hon*" after General Choi, ITF-C have chosen to rename it "*Ko-Dang*" and Ko-Dang is already a Taekwon-Do pattern!

Their statement to their membership confirms this and reads "*Dear Taekwon-Do practitioners, Please be advised that effective immediately, the tul of "Ju Che" will be known as it was originally created by our founder General Choi Hung Hi as "Ko-Dang". Taekwon-Do, the Korean martial art was created by our founder to be free of religious and political ideologies. It was General Choi's wish to leave Taekwon-Do to humanity, free of any influence from religion, government and political influence accordingly, it was decided to revert the name to the original name chosen by General Choi.*

*As we make this change, the ITF reaffirms its desire to remain independent and true to the teachings of our founder. ITF Administration"*

ITF-C's Master Dalton wrote an extensive thesis on Ju Che/Ko-Dang which I recall reading a number of years back (I think it

was for one of his Black belt thesis, maybe for his 5th degree promotion) and this has been re-edited in more detail to support the change and it's an excellent piece in itself. It is being used to give some strength behind the name changing and it does describe the '*Ju Che*' philosophy and gives some good details on both Ju Che and Ko-Dang and makes for compelling reading (it can be found at <http://www.iutf-tkd.com/thesis%20-Mr.Dalton.html>).

However, despite being a great piece, it still doesn't give a decent reason for changing the name to Ko-Dang above and beyond the not liking of the ideal of '*Ju Che*', which is fair enough, but the ITF-C were technically formed in 2001, prior to the passing of General Choi and I am left to wonder why it has taken 7 years for someone to not like the connection of Ju Che! Furthermore, there are plenty of Taekwon-Do students who don't agree with the Ju Che ideal, but still practice the pattern simply because they consider it following the art of General Choi, the good and the bad!

The renaming of Ju Che can be seen as fair game considering what '*Ju Che*' really represents or more so why it was introduced as a Taekwon-do pattern, as well as the arguments put forth by Master Dalton, but there are a number of issues with not only renaming it "*Ko-Dang*" but also the reasoning given for renaming it by the ITF-C administration themselves and this is important for students of the art who are reasonably new to it or do not know the history of the ITF or the patterns.

First of all the statement is incorrect as it states "*..tul of "Ju Che" will be known as it was originally created by our founder General Choi Hong Hi as "Ko-Dang".* However, Ko-Dang is a different and separate pattern to Ju Che. Ko-Dang was never renamed Ju Che at all. Ko-Dang was dropped for reasons I'll discuss below and replaced with Ju Che in 1986. Furthermore, it is well known that Ju Che was actually designed by Master Park, Jung Tae in the



early eighties and not General Choi himself, though of course General Choi would have had the final say-so on it!

Secondly, and this is where an alienation issue comes in; there are millions of Taekwon-Do students around the world that already practice Ko-Dang tul, so renaming a pattern with the name of a pattern already practiced by millions seems ludicrous! Can you imagine a competition whereby two students are side by side and both called out "Ko-Dang Tul Sir" as their pattern of choice and then proceed to do two totally different patterns! At the very least I would have expected a bit more thought into what to actually rename it to!

Thirdly, they are using the reasoning that *"Taekwon-Do, the Korean martial art was created by our founder to be free of religious and political ideologies. It was General Choi's wish to leave Taekwon-Do to humanity, **free of any influence from religion, government and political influence accordingly**, it was decided to revert the name to the original name chosen by General Choi"*. If Taekwon-Do is to be changed to totally fit that reasoning, does that mean that Won-Hyo (religious), Joong-Gun (political) and So-San (religious) are all to be renamed as well, as technically, following that reasoning they should be, even Ko-Dang was a political activist! Furthermore, if this were so, Ju Che would never have been introduced in the first place! The above reasoning also contradicts the final part of the statement where it says *"As we make this change, the ITF reaffirms its desire to remain independent and true to the teachings of our founder."* as by changing it they are not really remaining true to the founders teachings, as he didn't change it!

Ju Che tul and the real facts behind it are a black mark in Taekwon-Do's history, however, it **IS** Taekwon-Do's history none the less and to wipe it out is not the answer, as without this part of Taekwon-Do's history it is doubtful Taekwon-Do would be

at the worldwide stage it is today! Furthermore, in years to come, thousands of students will not know of this point in Taekwon-Do's history, when they should! Wiping out the past to make things look more rosey is always a bad move. It should simply be accepted and taught as it really was!

Furthermore, *"human rights monitoring organizations and political analysts in several parts of the world continually report that the actual situation in North Korea bears no resemblance to Ju Che theory"* (quoted from [http://en.wikipedia.org/wiki/Ju\\_Che](http://en.wikipedia.org/wiki/Ju_Che)) so in fact the changing of the name by ITF-C is actually more to do with the terrible regime in North Korea (one I'm sure we all feel the same about) and not really the Ju Che philosophy at all once you read the quoted section, as experts state that though the North Korean government may tout it as fact, they are not actually using it anyway, which brings even more prominence to my final points at the end of this article.

## 주체 (主體)

*Ju Che in Hangul (and Hanja)*

Another interesting point I came across in my research concerns the actual Korean language itself. According to Mr. D.G. Nowling (VI Dan, Director of the Kido Kwan) the term *Ju Che* has its origins in the Chinese language and not Korean. In Hanja (Chinese) Ju Che simply means *"Master of the Body"* or *"Master of Self."* A n d a c c o r d i n g to Mr. Nowling it is a far cry from what from what Ju Che was originally meant to be according to the founder of Ju Che and has changed several times under both Kim, Il-Sung and Kim, Jong-Il. So to take it by its literal translation in the original language of Taekwon-do doesn't really go too much against the grain, though I guess it's really down to how

much you want to read into it!

Before I go onto the final points as to why renaming 'Ju Che' to 'Ko-Dang'; a pattern already in existence, is more than just an ill thought-out move, there is a slight error (in reasoning) in the thesis written by Master Dalton. In it Master Dalton quotes an ITF forum poster's words which finishes with *"The swastika has been known to symbolise many things such as Sun, Power, Strength, and good luck, throughout history. All of those concepts sound good, don't they? Well, that symbol is now tainted to the world because of the Nazi party of the mid-twentieth century and it's known now as an abomination. What once was good is now considered evil. My point? Ju Che is tainted in much the same way as the swastika. I, for one, find this to be sad. But it is a fact. Can you imagine the outrage if a martial art were to have a Swastika pattern?"* Though I agree that the Nazi's tainted this symbol in this way, it is incorrect to claim it is no longer in use because of it, especially in martial arts. Shorin-ji Kempo use a (reversed) swastika for one, the WTF uses a similar diagram for the poomse (pattern) Ilyo and the Hindu religion also uses it!

However, the main problem with simply renaming 'Ju Che' to 'Ko-Dang' is that by doing so it is very disrespectful to Ko-Dang himself!

Ko-Dang (the Pseudonym of the patriot Cho, Man Sik) was an original pattern formulated by General Choi as one of the first 20 tuls of the ITF. As most know, the patterns are named after famous Korean patriots and Ko-Dang tul is no different. Cho, Man Sik was a Korean independence fighter during the 1930's to 1940's who was in conflict with the communist movement in North Korea. As a political leader, Sik was in direct opposition to Kim, Il Sung. Though unconfirmed, it is widely believed that Kim, Il Sung executed Ko-Dang sometime in the 1950's!

The 'official' explanation for the removal of pattern Ko-Dang with pattern Ju Che was that General Choi was still developing Taekwon-Do and that new techniques needed to be added after the completion of the 24 patterns and these new advanced techniques needed to be incorporated via a new pattern. To retain the 24 patterns of Taekwon-Do one had to be replaced and Ko-Dang, being the most junior patriot, was chosen! However, by those who have studied this episode of Taekwon-Do history, it is generally agreed that 'Ju Che' was introduced to appease the North Korean dictator Kim, Il Sung in return for funding for the ITF, after such funding was refused by other countries. As pattern Ko-Dang was known to honour a rival of Kim and his regime, as well as the rumour that Kim actually had him executed for his beliefs, it needed to be erased from the ITF system or no funding would be forthcoming – so it duly was! Some see this as a pure business move on behalf of General Choi, others believe it was uncalled for, but whatever your thoughts, it is now part of the history of Taekwon-Do and especially the ITF!

Regarding the business move, I have heard an interesting snippet regarding the 'facing' of the pattern prior to starting. According to the ITF diagrams that use the A, B, C method, nearly all the patterns start on 'C' and face towards 'D' (or in the case of a cross type diagram, start in the centre facing 'D'). However, Ju Che starts on 'D' with its back to 'C' and rumour has it that this was as an insult for having to appease the North Korean dictator in this way! How much truth is in that I do not know and it may have been thought of in that way at the time, however Ul-Ji tul actually starts in a similar fashion, though there may be an entirely different reason for that!

You might believe that renaming 'Ju Che' to 'Ko-Dang' is actually the right thing to do, considering the murderous history of it all (though we won't mention Ge-Baek who murdered his whole family) and that it may

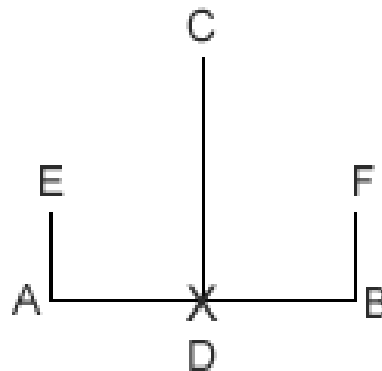


be righting a wrong and perhaps it would have been if the whole pattern were replaced with the original Ko-dang moves and all, but simply renaming it doesn't fulfil this as to keep the pattern, albeit with another name, dishonours the heroic freedom fighter Cho, Man Sik himself!

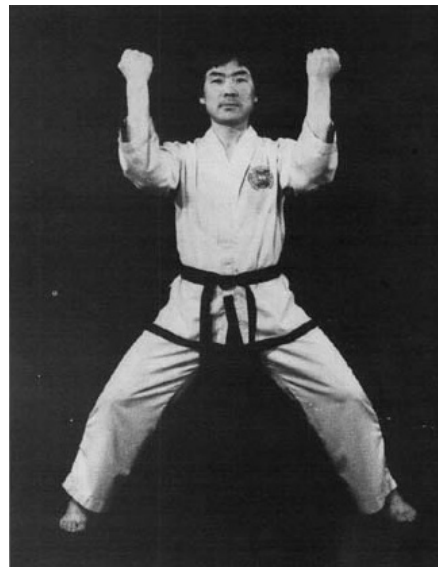
For a start, even the 'official' pattern meaning has reference to Kim, Il Sung and his warped philosophy and he is the man that is rumoured to have murdered Cho, Man Sik (Ko-Dang). Even if this is changed to the original pattern meaning for Ko-Dang (*Pseudonym of the patriot Cho, Man Sik, who dedicated his life to the Korean Independence Movement and to the education of his people. The 39 movements of the pattern show the number of times he was imprisoned*) the pattern diagram is a reference to the Baekdu Mountains, which in itself is a hidden reference to Kim, Il Sung and the birth of the Ju Che philosophy again, plus of course the number of movements will no longer correlate, though considering the rest, that is a minor thing indeed. In the autobiography of Kim, Jong Il (by Tak, Et Al) it is claimed that Kim, Jong Il was born on Baekdu mountain after his father defeated the Japanese invaders and had a "light-bulb" moment that formed the 'Ju Che' ideal.. and this is now used in the doctrine to the North Korean people, all of which is used to suppress and brainwash them and the main reason why ITF-C claim to want to change the pattern name. As a note, Kim, Jong Il was actually born in Vyatskoye, a small town near Khabarovsk, Siberia, in what was then the Soviet Union, where his father, Kim Il-Sung, commanded the 1st

Battalion of the Soviet 88th Brigade and fled to after a raid to avoid the Japanese army. His birth name was actually Yuri Irsenovich Kim (*Reference: "Under the Loving Care of the Fatherly Leader: North Korea and the Kim Dynasty" by Bradley K. Martin*).

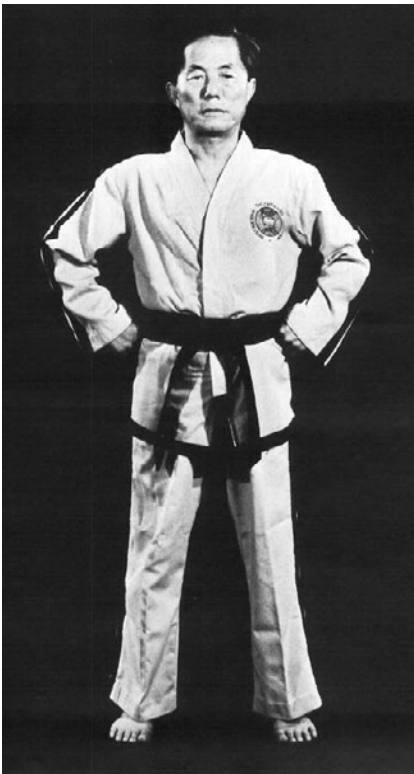
Furthermore, with just a little research, it is plain to see there are hidden references within the pattern that are connected to Kim, Il Sung; the most major one being the ready posture which many believe is an appeasement of the numerous statues found of Kim around North Korea. The 1<sup>st</sup> movement is also (some believe) a similar reference to the Baekdu mountains in the way its formed, again a hidden reference to the man rumoured to have murdered Ko-Dang or a human symbol similar to the symbol that represents the Ju Che philosophy! There may be even more, though I have not studied it that deeply to know and I guess only its creator, Park, Jung Tae would know and he is sadly deceased, though it was not an uncommon practice as before Ju Che came to be made, similar practices were used in the systems final pattern Tong-Il, with moves representing certain things!



The diagram of Juche and the first movement of the pattern.



To finalise, renaming the pattern because they do not like what it stood for is fine except that history should of taught us not to try to erase the past but simply learn from it. Renaming it Ko-Dang however, is either foolish or arrogant due to the fact that there is already a Ko-Dang tul, or ill thought through because of what the pattern also represents even without its name. As each pattern is meant to be performed in reflection of the person it was



**General Choi in the ready posture for Ju Che tul (left) and a statue of Kim in the Pyongyang subway in North Korea (right) - notice they are identical!**

created after, renaming it from Ju Che to Ko-Dang leaves it with an ambiguous identity at best, lacking in substance, historical relevance and fact!

If the ITF-C is really that bothered about it why not simply drop it altogether and enforce the practice of the original Ko-Dang tul, which seems to me a more fitting pursuit in purpose and the best way to make their point!

As an aside, whilst researching this article I came across many discussions concerning the change and very few felt renaming it "Ko-Dang" was a good idea. One set of postings asked *"If it were in your hands to rename pattern "Ju Che" what name would you chose and why?"* Various answers were given, from "Cho, Man Sik" to "Hong Hi", but (and without blowing my own trumpet) the answer I gave seemed quite fitting and that was because not only had I chosen a new and original name for the pattern, meaning the original Ko-Dang tul and meaning remained untouched, but I also devised a new meaning for the pattern, that was neither Ko-Dang's or Ju Che's but

still reflected this turn of events. I replied that the pattern should be renamed *"Jung Tae"* with the pattern meaning reading as this: *'Pattern Jung Tae is named after its designer, Master Park, Jung Tae. Formerly known as Ju Che, this pattern was devised in order to gain funds to further ITF development. The 45 movements of the pattern represent 45 degrees, the change in direction required at the time to fulfil the requirements of the time and the diagram represents the forked path taken!'* – Quite an interesting and fitting revision I feel, if it were to be made a reality. One I truly feel that ITF-C should consider and are free to use, with my blessing, should they be so inclined and fore-sighted!

If you have read this far and are enraged already by my arguments I strongly suggest you stop reading now, because there is a further twist to all this, one that perhaps sees this area of Taekwon-Do history coming full circle (at least it would have if Ko-Dang tul had replaced Ju che in its entirety, movements and all). In the 1980's Ko-Dang was replaced with Ju Che to help the ITF (as explained previously),



as no-one but the North Koreans would issue the funding required at the time. In 2008, this is reversed (in a way) and instead of changing something to appease North Korea, now it has changed to perhaps appease South Korea! You see it has been reported in many Korean news papers (and other sources) that Choi Jung Hwa (head of ITF-C) wishes to return to South Korea to live, as well as establish the ITF-C headquarters there, (which is the main reason given to those in ITF-C, with little or in fact no mention of the first reason, except for the Korean papers reports, though the two are obviously inter-linked). A noble wish for sure and one I hope he gets fulfilled as he is Korean, though more for him personally rather than the way it will elevate the ITF-C, which of course it will. But still, many are wondering if, like the removal of Ko-dang for the North Koreans, renaming Ju Che is a similar act of goodwill to appease the South Korean government in the same vein: hence full circle, or if it's for more personal reasons, as though the 'acts' of goodwill may seem similar, the reasons largely depend on the 'whys' and the 'outcomes' and whether, when it all adds up, it was a personal thing with a personal gain to be made (a thought of one forum poster) because thousands of people has been affected by it, or whether it is something on a wider scale for the benefit of ITF-C itself. I guess time will tell and history will decide on that, although uniting the ITFs or even working together in unity would be of greater benefit than claiming a large following in South Korea.

I have no axe to grind with any organisation, as I am not part of any of them anymore, however I do love Taekwon-Do with a passion and don't want to see it abused or used, as it has been so many times before and the ITF's carry much weight regarding Taekwon-Do and its directions and to me and others (the small fish in the big pond), this is a big thing and something to be addressed and discussed rather than just accepted 'as is'!

That said, I am left to wonder if perhaps there is more to all this than meets the eye! First ITF-C changed the Jumping Reverse Dodging kicks to hooking kicks in Ju Che (why didn't they change the name to ko-dang then out of interest!), the re-introduction of the Ki-haps, the ill-thought out renaming of Ju Che tul, the only Taekwon-Do forum on the internet that has very little outside influence due to the fact that non-ITF members would have to pay to be part of it (obviously most wouldn't due to the numerous other Taekwon-Do forums on the internet already that are free)! My point: Many will know of a certain American Taekwon-Do organisation that changed its Taekwon-Do to be so totally different from everyone else's that it was extremely hard for its members to 'jump ship' and I hope ITF-C isn't going this route as the Taekwon-Do worlds need unifying, not more barriers to keep us apart!

As a further interest, in an interview with the head of ITF-C, Master Choi, Jung Hwa (By Matthew Sylvester), just a few months before this was officially announced, none of the above was mentioned at all and with it being such a big thing I cannot think why not! The most significant change mentioned in this interview was that they were considering the removal of the belt system to curb ego amongst practioners, an interesting concept but something which has not happened yet and something I doubt actually will, perhaps for the very reasons he stated they wanted to do it in the first place. If it does happen, more power to them and it shows principles are more important than numbers of members or the fees that obtains.

Some will champion all the changes, others will agree or disagree but remain silent, whilst others, like me will question and discuss them and in the end, time will tell what happens and in time, the changes will be another chapter in the history of Taekwon-Do, I just hope the 2<sup>nd</sup> tenet was part of all these changes as history is something we should never forget.

# Why Are They Constantly Changing Things?

By Michael Clune, ITF 1st Degree

An excellent article by Master Earl Weiss entitled *'Is Your Technique On The Level'* in July's Issue (Issue 5) prompted me to write this one. I wanted to write, as a student, on the various terminology used by those who study Taekwon-Do (Chang-Hon). Specifically those who are members of ITF (I will just use ITF to include all 3 orgs for the purposes of this article). I will attempt to address possible reasons as to why fellow students and Instructors may use other 'incorrect' terminology as members of ITF.

Master Weiss excellent article deals with an issue that used to annoy me slightly a few years ago (through my lack of experience!) and I couldn't agree more when he states that it is important to use precise clear terminology or commands when instructing a class etc. As I have gained more experience the issue doesn't irritate me anymore as I understand possible genuine reasons as to why terminology confusion exists in the first place. I, of course, welcome feedback and corrections of this article in forthcoming issues and on the various fora out there from those with more experience than I, to enhance my knowledge.

After only 8 short years studying this art, and in my continual pursuit of knowledge, I have discovered that terminology, as used by some people, are actually errors if you practice Taekwon-Do as an ITF member. These are known by seniors but I as student wanted to figure out, not the errors themselves, but to try and find out why they are there in the first place. I will deal with some possible reasons later. A couple of years ago I was involved with my organisation's seniors in the development of a training manual for our national organisation's students. It was a very worthwhile and rewarding experience for

me as I learned so much more through research I conducted for the areas of the manual I was concerned with. I spent months on end researching my 1999 edition of *'Taekwon-Do (The Korean Art of Self-Defence)'* more commonly known as the 'Condensed' book and 15 Volume Encyclopaedia of Taekwon-Do, both authored by General Choi Hong Hi, to gain insight as to the correct terminology usage and methodology of the techniques.

Some examples of commonly misused terms for techniques, as used by ITF members, are:

## Height Levels and Sections

For example: High-Section Punch as oppose to High Punch. Please see Master Weiss article in Issue 5 *'Is Your Technique On The Level'* as this article explains this thoroughly.

## Kicks

### A. 'Axe' Kick

This is an often mistitled kick. It is known properly as a *Downward Kick (Naeryo Chagi)*. The 1999 edition of the 'Condensed' Book Page 271 states: ***Downward Kick (Naeryo Chagi)*** -This kick is useful for attacking an opponent by passing over an obstacle such as another

person. The back heel reaches the target in a downward line from the apex of the kick.



*Photo of 'Downward Kick'  
from Volume 4 of the Encyclopaedia*

### B. 'Hook' or 'Hooking' Kick

This is a very often mistitled kick especially when sparring (any form). Some ITF members state they perform a 'hook' or 'hooking' kick when they are actually performing a *Reverse Hooking Kick (Banda Dollyo Goro Chagi)* which is an attacking technique.

The 1999 edition 'Condensed' Book Page 274 states: **Reverse Hooking Kick (Banda Dollyo Goro Chagi)** - This is a variation of a reverse turning kick and has dual purposes; one is to kick, and the other to hook the opponent who moves in during the execution of the kicking.

A '**Hooking Kick**' does exist but it is a defensive technique. The 1999 edition of the 'Condensed' Book Page 315 states: **Hooking Kick (Golcho Chagi)** - The same method of hooking block with a back hand



*Photo of 'Reverse Hooking Kick'  
from Volume 4 of the Encyclopaedia*

is applicable to this technique. The target areas are the elbow joint and Achilles' tendons. The blocking tool is the side instep which reaches the target in an outward curve unlike a twisting kick.



*Photo of 'Hooking Kick'  
from Volume 4 of the Encyclopaedia*

### C. 'Split' Kick

Some ITF members state they perform a 'split' kick when performing Juche Tul, for movement 37, when they are actually performing a *Flying Two Direction Kick (Twimyo Sangbang Chagi)* of which there are 2 versions again. The version used in Juche Tul is more commonly performed in practice alone, then in the Tul and is known as *Flying Side-Twisting Kick (Twimyo Yop Bituro Chagi)* in which the attacker kicks one opponent in front with a



twisting kick and another opponent at the side simultaneously with a side piercing kick, while in the air.

The other seldom performed version is the *Flying Front-Back Kick (Twimyo Apdwi Chagi)* in which one opponent in front is attacked with a front kick and an opponent at the rear with a back piercing kick, simultaneously while in the air.



*Photo of 'Flying 2 Direction Kick (Flying Side-Twisting Kick)' from Volume 4 of the Encyclopaedia*

### **Jumping V Flying:**

This is very commonly misused terminology among some ITF members. Some state that we perform a 'Jumping Kick' or strike etc. As a member of ITF there is no such technique as a 'Jumping' kick or strike etc. These techniques are correctly known as '*Flying*' techniques.

Jumping (*Twiggi*) in ITF Taekwon-Do has only 2 purposes (1999 Edition '*Condensed*' book Page 362):

- 1). To cover a protracted distance in one motion.
- 2). To dodge a low swinging pole or sword attack.

The question, posed in the title of this article, is one I have heard many times at my school, at seminars and even at IICs (International Instructor Courses) by students and Instructors alike. I think the vast majority of students be they Colour or Black belt, who practice Taekwon-Do as ITF members, will not be aware of how the

structure of ITF or how the technical details of all aspects of ITF Taekwon-Do are disseminated to instructors then down to students. I wouldn't expect this as many attend to train and learn from their instructor, accept what they learn, attend competitions; the odd seminar which is fine. Then there are those, like me, who always need a fix of Taekwon-Do be it training or researching it more deeply! I think the audience for this magazine would also fit into that bracket.

Now I offer possible explanations as to why all this terminology confusion could happen:

**- Not using 'up to date' technical materials i.e. using older versions of the 'Texts' which may have advanced since thus still teaching the 'outdated' material.**

This is a prime candidate. I attended a seminar once where a movement of a particular '*Tul*' was being discussed. A senior checked his text and stated a technique, within the '*Tul*' movement, was at such a height, to which I knew straight away not to be the case. So I respectfully asked what text he was using and I discovered he was using an old edition. I, with courtesy, informed him that there was an updated text which contains the height of the technique as currently practiced. Around the time that I was assisting our group in the creation of our training manual I discovered, through research, that there are various editions of Taekwon-Do technical manuals (or Texts) written by General Choi such as:

- *A 1959 edition of a Taekwon-Do text book in Korean which I believe is extremely rare.*
- *An English edition printed in Seoul, Korea, called 'Taekwon-Do The Art of Self-Defence'. The 1st edition of this book is dated 1965. I am a proud owner of an original one of these. There is a new reprint of the 1965 text*

now available which I have seen and is a smaller copied version of the original.

- A 1972 edition of a text called **'Taekwon-Do (The Korean Art of Self-Defence) A Text Book for Beginning and Advanced Students'**. (A donation of a copy for my collection would be greatly appreciated!) This was nicknamed the **'Bible'** of Taekwon-Do which I gather had 6 editions & 2 reprints, the last edition of this dated 1986.
- 15 Volume **'Encyclopaedia of Taekwon-Do'** of which there are currently 5 editions, the 1st dated 1983 (wasn't published until 1985) subsequent editions are 1987, 1993, 1999 & 2008. The latest edition, 2008, printed in December 2008, is being sold by Taekwondo Times magazine. My understanding is the 2008 edition is basically a reprint of the 1999 edition with spelling corrections and an updated 'history' section.



Photo of 2008 Edition of 'Encyclopaedia of Taekwon-Do' currently available through Taekwondo Times magazine

My copy of this is only on the 'Legacy' CD-ROM series which I discovered, after contacting the original distributor of these, that it is the 1983 Edition of the Encyclopedia that resides on the 'Legacy' CD Series. (Again a donation of the 15 Volumes, 1999 or 2008, will be greatly appreciated!)

- Another manual exists called **'Taekwon-Do (The Korean Art of Self-Defence)'** more commonly known as the

**'Condensed'** book. This has 6 editions dated 1988, 1991, 1992, 1995, 1999 and 2004. Note: ITF under the Presidency of Grandmaster Tran Trieu Quan and ITF under the Presidency of Grandmaster Choi Jung Hwa regard the 1999 Edition as being the latest edition of this book whilst the 2004 Edition was published by the ITF group under Professor Chang Ung. (This 2004 edition, does not list 1999 Edition in it as a previous edition either!).

I have noted that throughout the editions that various 'Tul' movements, techniques etc have been modified or updated throughout the progression of the editions.

I offer an example of the confusion as noted Master Weiss in his article **'Is Your Technique On The Level'**. I had a look at my 1965 1st Edition book, whilst writing this article, and came across the below from Page 69:

**"High-Section Block: This is designed to intercept the opponent's striking point directed to philtrum, accordingly the fist or fingertip is about the same level of the eyes at the moment of block except the case of rising block."**

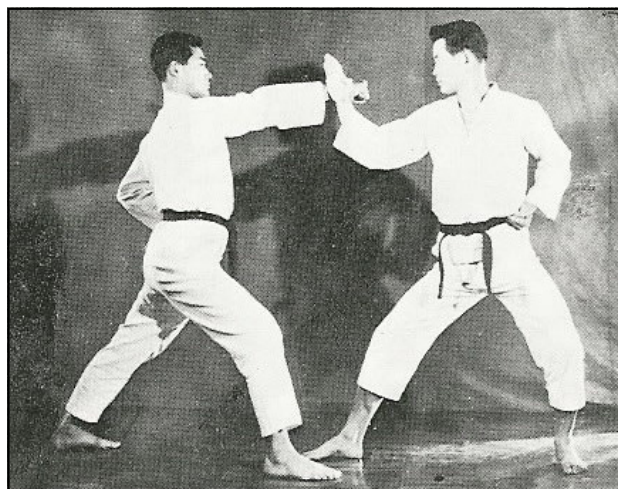


Photo of 'High-Section Block' from my 1965 Book

I note that attack techniques are addressed similarly, in the same book. Unfortunately I do not have later editions of the texts except to 1983 (CD-ROM) and my 1999 'Condensed' book which use the up to date terminology. Is it possible that this common incorrect terminology usage is a 'hangover' from the older editions?

#### **Other possible explanations for terminology confusion:**

- ***My Instructor was taught by someone who left one group and joined another.***
- ***My Instructor does not attend Courses held by his/her Seniors to keep 'up to date' with their organisation's training methods.*** A couple of times I have heard, to my surprise, that 'once you have attended one IIC you have seen them all'. I have attended 7, in total, so far and I have found that, yes, they do teach the same things. But as I mature with experience I find that, even though the same thing may be explained, I begin to understand the concept behind a technique that may not have been so clear before. I have even videoed parts of the IICs that I have attended and I view them constantly. I find myself understanding a new concept having watched the video even though I attended the IIC already. The only problem I would have is that they are too short and only concentrate on certain aspects, as oppose to IICs of past i.e. 1 week and 2 weeks long where everything was covered.
- ***My organisation left one style or group and joined ITF i.e. Went from WTF to ITF, A different way of training.*** I think my group falls into this bracket. We were with ITF in the past. An organisation broke away which we followed etc then we returned to ITF. I think this one is the

*number one reason as to why some members of our group have been asking why ITF were making so many changes when they actually weren't. It was the organisational transition and trying to adjust to the ITF way of training. Once, a comment was made to me 'we have become very technical in the past number of years'. I viewed 2 old IICs that were given by the late legendary GM Park Jung Tae in 1987 & 1989, who was the ITF Technical & Instruction Committee Chairman at the time, and they almost identical to what goes on nowadays, except their duration (2 weeks, 1 week long as oppose to 1 weekend). Those IICs were longer and covered far more material. The thing is, it was always technical, but we had been with an organisation that didn't see the need to go into that level of detail, then through circumstances, we changed back to an organisation that did i.e. ITF.*

- ***My instructor's interpretation of 'technical' information.*** Possible reasons for my Instructor mis-interpreting terminology could be as follows:
  - i) They mis-interpret technical documents of their organisation.
  - ii) My understanding is English is the official language of the ITF. At IICs, the IIC Instructors may not have English as their 1st language therefore the instructor may mis-interpret information given or may take it too literally without asking questions. I have witnessed this at IICs but usually people attending them are assertive enough to ask for clarification, but in some cases they may not be thus possibly leading to further problems. I
  - ii) General Choi's 1st language was Korean, from what I have been told, he also spoke Japanese and Chinese so English would probably have been his 4th language. Also, I understand,



that sometimes English terminology, as used by ITF, would at times conflict with the more common English usage of these terms therefore leading to further possible confusion.

- **My instructor cannot access or afford the up to date technical documentation or to attend courses.** In this case his Seniors are very important and the organisation should facilitate my instructor in getting the up to date information.
- **My instructor believes he is right and everyone else is wrong.** They are not open to change hence they possibly could be doing something incorrectly for 20 years which they believe to be correct! Also there is a possibility that my instructor keeps himself to himself and does not mix

with his peers and seniors or seek training outside his school.

I am fortunate, as a relatively new student to the system, to be surrounded by great resources to enable me to continually learn this art as oppose to seniors who, for years, would never have been fortunate to have the same exposure to such resources. I firmly believe that General Choi created an unrivalled Martial Arts resource in the 15 Volumes and Condensed texts. I doubt there is any other martial art with a resource that contains the level of detail of a system than these. They contain terminology specific to 'ITF' Taekwon-Do as very often some 'in-correct' terminology usage is a 'carry over' from other systems or styles. I feel it is important that we preserve our unique identity, General Choi's legacy, by using the correct terminology, as intended, in our system.

## Down's Syndrome Association

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



A Registered Charity  
No. 1061474

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

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

### Our mission is:

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

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

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

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3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
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7. Please send words in hangul or hanja/Kanji as Jpeg files
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and as soft as the world allows you to be"  
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**Issue 8: 1st October, 2009**

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