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TOTALLY TAE KWON DO

Issue 8

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October 2009

The Free Global Tae Kwon Do Magazine

Master Robert
Wheatley
Art Of Martial Arts



Dan Hardy
Interview

Plus

Don't Do It. D.U.E. It!

Knife Self Defence

10 & A Half Tips For Martial Arts Conditioning

Most Rated Books Survey Results

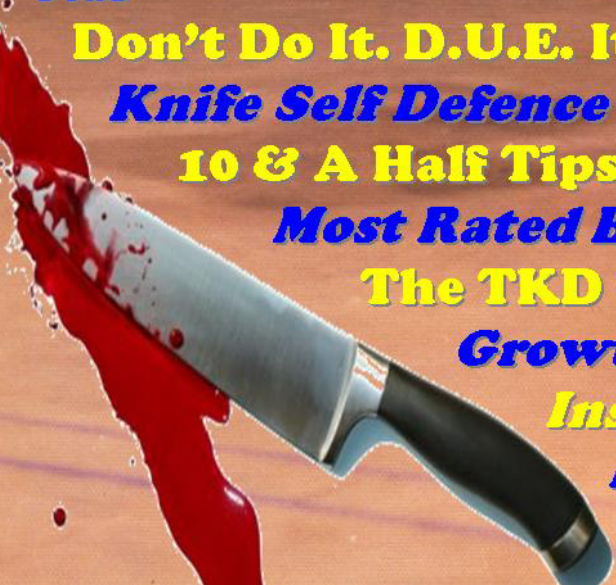
The TKD Clinic: Swine Flu

Growth Plate injuries In Children

Instructor Profile: Mr Robert Gill

Independent Or Affiliated?

Plus Much More Inside



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

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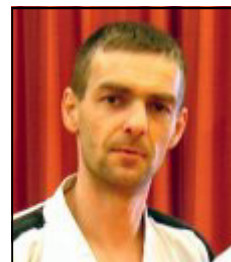
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Editorial

Issue 8 - October 2009

A funny thing happened to me at class tonight. Dev Patel and Freida Pinto (stars of Slumdog Millionaire) popped in to say hello whilst in the UK. They are pretty big stars now and it was nice that Dev did this and dragged poor old Freida along as well. It made me think of a quote from this months article from Michael Munyon (I'll let you work out which one) and how many Tae Kwon Do organisations or clubs sometimes slag off members when they leave, or worse, when in fact they should be wondering why they left in the first place, as all things considered, people don't just leave stuff that's good for them and it's a chance for organisations and clubs to examine themselves and work to correct the issue for the future.. Alas they don't seem to do that!



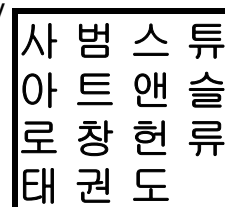
Anyway, this months issue has many great articles, from reviews of training aids and books, profiles of great instructors, training tips and much more. Be sure to pay attention to Glenn Smits TKD Clinic this month, as it could potentially save you a world of hurt and heartbreak!

I was chatting with Andrew Morrell, head of the CMAA today as well, about the previous UKCC scare. A storm in a tea cup to be sure, but those under Sports England (ie BTC and BTCB members) should check into it, as though it doesn't affect the rest of us, it does affect you! Things are change in the UK, so please ensure your organisation keeps you apprised of these, as if not, you could find yourself in hot water very quickly, what with the vetting thing coming in, CRB checks for every adult that may assist in classes becoming compulsory and other things happening in the UK.. Funnily enough, this reminds me of the same quote in Michael Munyons article!

Also, congrats to Mr Chris Snow (LTSI) for running one of the fairest tournaments in the UK which allowed me to see possibly the best performance of Moon-Moo tul ever by Nick Gardener.. Greart stuff Nick.. Well done.

Anyway, check out the TotallyTKD forum (linked from www.totallytkd.com) for our new mission on the TKD front and enjoy this months issue, many thanks to our fantastic writers.

Stuart Anslow
Editor



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Contributors: Krystal Armstrong, Earl Weiss, George Vitale, Glenn Smits, Michael Munyon, David Simms, Paul O'Leary, Carol De Groff-Van Zile, Alwyn Cosgrove, Dan Davis, Keith Yates, David Price & Stuart Anslow

Totally TKD News

Letter To The Magazine

Dear Sirs,

I want to thank you for your article on GM Kim Kwang Sung. I had the privilege of training under GM Kim from 1981 to 1984 in his Bay ridge Brooklyn, school. Master Kim's instruction remains the benchmark to me on training in TKD, I was privilege to attend a school that generated instructors such as Master Vitale and Reuben Lopez. I left Master's Kim's school a Brown belt and 20 years later obtain my 1st Dan in ITF/Bill Wallace kicking boxing school, in the interim I have been to countless seminars and several schools but none have matched training that I saw and received at Master Kim's, to this day I have yet to see someone with the grace and ferocity of Rueben Lopez. It was truly an honor to be a student of Grandmaster Kim.

I am now a second Dan in ITF Tae Kwon do and have been attending the Gary Hernandez School of Martial arts in Zephyrhills, Florida, My son Daniel age 15, has just been promoted to 2nd Dan this September in ITF TKD. Tae Kwon do continues to be an important part of our lives.

Regards,

Brian Reilly

ITF & WTF Elections

This month, October of 2009, both the International Taekwon-Dp Federation (ITF) and the World Taekwondo Federation (WTF) will hold elections to decide the next presidents of the respective federations. The ITF, the first world governing body of Taekwon-Do, founded in Seoul Korea in March of 1966 will hold their elections at their Congress meeting at their upcoming

World Championships in St. Petersburg Russia. The WTF formed seven years later in May of 1973, also in Seoul Korea will hold their elections at their General Assembly at their upcoming World Championships in Copenhagen Denmark. Make sure to check back in next month's issue of TotallyTKD.com for the results.

SK Government denies Backing WTF Candidate

By Kang Seung-woo (Staff Reporter)

The South Korean government is denying rumors that it is covertly backing a candidate for the upcoming World Taekwondo Federation (WTF) presidential election, saying the accusations are groundless.

"The Korean government has nothing to do with the WTF election," an official of the Ministry of Culture, Sports and Tourism told the Hankook Ilbo, a sister paper of The Korea Times.

WTF Vice President Nat Indrapana of Thailand, who is one of four applicants for the top job, stirred up controversy at the British International Taekwondo Tournament in Manchester, which came to an end on Aug. 29, after saying that he and Yoo In-chon, the culture, sports and tourism minister, had reached an agreement that the main office of the WTF would be built in Seoul if Indrapana, a member of the International Olympic Committee (IOC), is selected to the position.

"The minister never made a promise like that," the government agency stated.

Four candidates — current President Choue Chung-won, WTF Vice President Park Soo-nam, Athanasios Pragalos, the president of the European Taekwondo

Union (ETU), and Indrapana — have been campaigning for the election, scheduled for Oct. 13 in Copenhagen, Denmark.

At this point in the race, Choue is reportedly running away with the lead over his rivals.



World Taekwondo Federation (WTF) President Choue Chung-won and three other candidates are running in the WTF presidential election, scheduled for Oct. 13 in Copenhagen, Denmark. The South Korean government was rumored to be supporting one candidate but it has denied the allegation.

A remark made by Hong Joon-pyo, the head of the Korea Taekwondo Association (KTA), gave the rumor new life, further adding fuel to the fire.

“A non-Korean should take charge of the WTF,” said the former floor leader of the governing Grand National Party (GNP) during a banquet for the Korea Open International Taekwondo Championships last month.

Hong, 54, reportedly added that the president was also on the same page on the issue.

But after his words became a hot issue of discussion, the KTA attempted to put its own spin on the comments, saying, *“What the president said means that taekwondo should be further globalized.”*

In addition, Hong, who took over the position in July 2008 after former chief Kim Jung-gil's sudden resignation, appointed former WTF President Kim Un-yong to the

post of the honorary chairman in August.

The former WTF President, 78, was arrested on charges of bribery, embezzlement and other irregularities in 2004, which forced him to step down as an IOC member and WTF head, and Choue stepped in to fill the vacancy.

*News courtesy of the Korea Times via
www.kidokwan.org*

8th Master Zubairis Taekwondo Cup 2009

Over 600 colour belts participants took part in two day mega event.

The 8 th Master Zubairi Taekwondo Cup 2009 was held on 18th – 19th May 2009 at P.E.C.H.S Karachi Cadet School hall under the auspices of Pakistan Taekwondo Council.

The event is officially sponsored and approved from Zubairi Martial Arts And Sports Federation-International. The international council for martial arts cum sports learning, teaching and friendship.

Master Zubairi has specially demonstrated the Ho-Shin Sul techniques for boys and girls for prevention and safe guard them from different attacks.



Master Zubairi being interviewed for Geo-TV

On second day at prize distribution ceremony Master Zubairi has specially

award International certificate to Shabbir Hussain for his out standing contribution and promotion of Taekwondo in Youth. The International Sports Award has also been awarded to Abdul Majid Bhatti. Others official will receive shield of honor Faraz Jeffery, Rehman Shah and Shaikh Zahid Hussain.

Grand Master Oh Kum Yul from South Korea, Taekwondo GM Richard from USA and Grand Master M.I.Tianero from Saudi Arabia send special messages to Pakistani Taekwondo players and officials for their contribution and development of Korean martial Arts among youth.



Kyroggi Winners



Poomse Winners

Grandmaster Tran Seminar

Freedom Taekwon-Do located in Prince George, British Columbia, Canada, hosted the 2009 Technical Seminar with

Grandmaster Tran Trieu Quan, President of the International Taekwon-Do Federation (ITF), from August 21st to August 23rd.

The event started on Friday, August 21st with a seminar for black belts only. Saturday's seminars were for all belt levels and consisted of the technical aspects of patterns, sparring techniques and drills, self-defense not only the techniques but the psychological preparation. Sunday's seminars focused on competition training, conditioning the body and a discussion on the theory of "The Do" as well as the ITF's plans for the future. There were 99 participants aged 7 to 69 from 17 different schools around the provinces of British Columbia and Alberta. All participants received an official certificate of participation from Grandmaster Tran himself. The event was a huge success thanks to Mr. Kurt Ottesen (Head Instructor of Freedom Taekwon-Do) and his students. It was an unforgettable experience and honor to have been taught from the ITF President himself.



2009 World Taekwondo Championships in Copenhagen, Denmark to Highlight

Taekwondo's Dynamic New Image

The 2009 WTF World Taekwondo Championships are scheduled for Oct. 14-18, 2009 in Copenhagen, Denmark. The

championships are expected to show the world a new image of taekwondo, as they will feature electronic body protectors, an instant video replay system and a new scoring system, under a revised WTF Competition Rules.

The 2009 WTF World Taekwondo Championships in October will be a milestone in the history of the sport, which is now assured a place in the 2016 Olympic Games.

The championships, scheduled for Oct. 14-18 in Copenhagen, Denmark, will herald a new era of fairer and more transparent competition, greater appeal for spectators and commitment to the Olympic values.

A number of measures taken as a result of five years of reform by the sport's governing body, the World Taekwondo Federation (WTF), will ensure the championships are the most successful ever and aid taekwondo's development.

President Chungwon Choue, who has driven continuous change and innovation since his election in 2004, stresses that taekwondo must continue evolving as an Olympic sport.

"The sport must be exciting and the judging scrupulously fair. This is the philosophy that underlines our continuous efforts to modernize," he said. "It's why we have changed the competition rules and introduced new elements such as an instant video replay system and electronic protectors."

President Choue also emphasizes the importance of making taekwondo appealing to young people.

"We strongly support the Youth Olympic Games. Taekwondo goes beyond being a sport: it has a noble mission as a tool for youth education and a powerful force for peace," he added.

Key points of the modernization:

- Improved fairness and transparency of judging

New competition rules mean competitors wear electronic body protectors which register points scored. Instant video replays of matches allow judges to make impartial decisions in order to avoid controversial incidents. Both innovations have had extensive trials at previous international competitions. Referees have undergone improved training and selection procedures.

- More dynamic and exciting competition

The competition area is smaller, keeping the competitors closer together. A new scoring system encourages greater use of advanced technique, such as turning kicks, kicks to the head and 'come from behind' victories. Passive competitors are penalized and matches shorter, enhancing spectator entertainment.

- Increasingly universal appeal

The development of a non-contact version (poomsae) alongside the traditional sparring version (kyorugi) has widened appeal to all ages and fitness levels. It is estimated that over 70 million people worldwide are taekwondo practitioners. Disabled practitioners are actively encouraged. Great importance is given to women's participation including welcoming Muslim women wearing the hijab. The WTF Taekwondo Peace Corps has taken the sport and its Olympic values to developing countries.

- Global expansion

The WTF has a global membership of 189 countries and is striving to increase this to more than 200. It has expanded its office in Lausanne to complement its headquarters in Seoul, which will enhance the potential for marketing, international relations and communications.

News courtesy of the WTF, via The Dojang Digest

The TAEGEUK CIPHER

the patterns of Kukki Taekwondo as a practical self-defence syllabus

by Simon John O'Neill

- step-by-step analysis of the eight Taegeuk patterns
- striking, clinching and throwing solutions to real attacks
- designing a realistic pattern-based syllabus for self-defence
- history and development of the patterns of Taekwondo

book available at
www.combat-tkd.com
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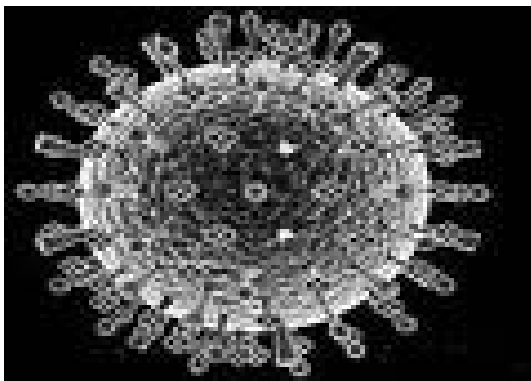
With Glenn Smits



Given the global concerns about swine flu, what kinds of precautions would you recommend for the Dojang? Should there be specific kinds of cleaning routines for the floor and equipment? Should students - and parents of students - be warned about flu symptoms? Any thoughts you have would be welcome.

***Ira H.
USA***

Hi Ira and thanks for the question. I think this is rather timely since we in the Northern Hemisphere are just at the beginning of our flu season and there is great concern about the H1N1 virus, often referred to as the "Swine Flu". And no, you can't catch it from eating pork, so go ahead and enjoy those pork chops and ham!



A little background might be in order as to what a virus actually is. The word virus comes from the Latin and means "toxin". They are among the smallest biologic entities on earth being about 1/100th the size of a bacteria and can infect anything from bacteria and plants all the way up the food chain to man. They can be very difficult to destroy and the majority of antibiotics that may work very well on bacteria do not touch them. Fortunately, in most healthy adults a viral infection is self-limiting. In other words once infected, the disease will run its course and the patient



will get better in time. The most common virus that I'm sure everyone is familiar with is the common cold or rhinovirus.

The problem is when someone is already in some way immunocompromised. In other words their immune system, that in a normal, healthy human is quite well equipped to fight off most disease, for some reason is not functioning up to snuff. This could be due to many things like age, disease, certain medications, pregnancy etc. In these groups it is not always the virus itself that is fatal, but the virus can weaken the body further so another opportunistic infection like pneumonia could take hold and be fatal. We would call the pneumonia a superimposed infection since it came in on top of the viral infection.

Let's talk about how the H1N1 virus is



spread and then we can understand and talk about some very simple and effective means of prevention. Viruses are spread via many routes but in the case of H1N1 it is spread primarily via what is known as “droplet transmission”. This means that it can be spread from one subject to another if an infected person sneezes or coughs and someone who is not infected breathes in the infected droplets. You can see from the accompanying photograph what a cloud of droplets can be spread from a single sneeze. The other common mode of transmission is by touching an object that the droplets have settled on and then touching anywhere around your mouth or nose where virus can then have access to your respiratory system.



OK, with that knowledge in hand, what can we do to prevent the spread of the disease? Instructors with an active school need to pay particular attention to what I’m about to say since you will probably have a fair number of individuals (students, visitors, spectators) coming through your schools

on a daily basis and by the nature of the beast be in very close contact with one another. First, you need to let your students and parents know that if they or their child is sick, especially with fever, they need to **STAY HOME**. Do not come to train if you are sick. It is not fair to the other students and you will most likely delay your own healing time or may get sicker. Prevent the spread of droplets. If anyone has to sneeze do not cover your mouth with your hand, **SNEEZE INTO YOUR SLEEVE** or into the crook of your elbow. If you get droplets on your hand you become a transmission machine. Everything you touch if you are infected will be contaminated with the virus. Wash hands frequently. The accompanying photo shows how to properly wash hands. Turn on the water, soap up your hands and wash thoroughly by briskly rubbing your hands under water for at least 20 seconds. This is about the time it takes to sing “Happy Birthday” to yourself twice. Tell your young students this is what they should do. Turn off the tap with a paper towel and dry your hands with a **DISPOSABLE** paper towel. In the absence of a sink, an antimicrobial alcohol based hand gel will do fine. Alcohol and bleach kill this virus.



School owners need to ensure that wash areas are kept clean and that ample soap and disposable paper towels are available for student use. Encourage your students to wash hands frequently and make sure they are covering their faces properly with their elbows when they sneeze or cough. Empty the garbage on a daily bases to get rid of all of the paper towels used that day. It would also be a good idea to wipe down all public surfaces like sinks, toilet handles and doorknobs with a chlorine based household cleaner. This will only take a few minutes and should be done daily. Additionally I would also encourage - no, insist - that your students wipe down their safety equipment after use especially if there has been face contact during sparring. Your students and parents will appreciate the extra steps taken on their behalf and your concern for their health. I will not discuss the pros and cons regarding vaccination or whether or not it is a good idea. This is a complex issue and beyond the scope of this article. It is something that should be discussed with your personal physician who can help you make the best decision concerning this. The information provided here, however, will go a very long way in keeping both you and your students healthy this flu season.

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**

TKDClinic@totallytkd.com

ensuring **"TKD Clinic"** is in the
subject line

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

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

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

The Art of Martial Arts

A Profile of Master Robert Wheatley

By Carol De Groff-Van Zile

'Martial Arts' are the study of military technique and the art or perfection of it. The martial arts are growing and changing around the world today, which encourages us, as well as brings us, to question the purpose and reason for martial arts. Each style of martial art whether it's Karate, Kung-fu, Aikido, Taekwon-Do, or another style, has its own strength and weakness. It has a philosophy that lead to its development and a reason for its stances and techniques, as well as its code of conduct.

Just as the color red, with its many hues and tones in it, is red; it's not blue, or yellow. So, too each martial art has a quality that makes it unique and different from another. If you mix all the different colors together, seeing how beautiful each is, thinking you'll get a better color you only get brown. You may be able to mix a little color from another and get something different but you lose the depth and quality of each individual color. So too if you don't see the depth and beauty in your martial art and mix it with many others you lose the efficiency and beauty of your own particular art.

Over many years Irish born Master Robert Wheatley has been promoting and introducing students around the world to

the Korean art of Taekwon-Do. Living in Reno, Nevada, where he runs a number of successful full-time schools, Master Wheatley is constantly traveling instructing seminars and gradings. An 8th degree black belt, which was announced in 2004 in Daejong City, South Korea, this year alone he has traveled to Australia, New

Zealand, France, Germany, Mexico, Switzerland and Canada. As well as this he has cross-crossed the USA to teach seminars in Philadelphia, Pennsylvania and California, and has even found time to return home to his native country to teach in Dublin, Cork



and Tipperary.

In the 1970s Master Wheatley became fascinated with the kicking and flying techniques of the Korean art and began a study of General Choi, Hong Hi's Taekwon-Do at that time in Ireland under one of General Choi's top instructors. In 1979 he founded the successful Greystones School of Taekwon-Do in Co. Wicklow. The dojang became known throughout Europe for its high standard of technique, super fighters, national champions and huge membership. In 1982, in a report, one of the Irish newspaper said Master Wheatley was "one of Ireland's most physically active and

respected martial artists". He has maintained that high level of respect worldwide to this day. Since then he has also, as an adult, judged at many national and international tournaments from Russia to England.

Master Wheatley travels regularly to Ireland promoting his chosen art and in March, 2009 returned there visiting the Dublin and Wexford area. From there it was then on to Edmonton, Canada in April, and Brisbane, Australia in May. As a student of General Choi's ITF Taekwon-Do he understands that there's so much more to the art than just kicking, blocking, and punching. Although these are basic elements in the martial arts the effective execution and delivery of such is the 'art'.

Unearthing and coming to a deeper understanding and correlation amongst the techniques in Taekwon-Do has been Master Wheatley's mission. He says that it's important to the 'art' of Taekwon-Do that the techniques taught are performed and executed correctly developing their full potential for self defense. Teaching the

move and development of 'sine wave' and hip motion to achieve each techniques full power and purpose is a key element of each of his seminars. He believes that

there is a distinctive 'look and way' of Taekwon-Do that will look the same no matter the age, or shape, of the student. Using these techniques, as developed by the art's founder, allows the tiniest person to achieve a power that is in present-day Taekwon-Do.



Another aspect in Master Wheatley's training that he emphasizes is the necessary development of both sides of the body to perform techniques. During breaking students use both left and right side with kicks and hand techniques, Master Wheatley personally demonstrates the aspect he's trying to bring out in the students and then works with the students to develop the power and strength in their moves.

During his classes and seminars Master Wheatley explains the composition and cycle of the art starting with the fundamental exercises to develop basic skills. These

exercises involve drilling particular moves and combinations to teach and discipline the body. The drills, steps and movements that are performed are not necessarily going to be what we'd immediately use if we needed to defend ourselves. 'Sine wave', waist twist, knee spring and settling of the body weight can be somewhat strange concepts and we often don't understand why we're doing them. However, you will learn and understand all of these concepts and drills when you hear and see Master Wheatley explaining the mechanics of breaking during a seminar.

Master Wheatley says that breaking has to do with developing the maximum result from a technique. The beauty is in its purpose, getting the maximum power out of your body if someone were trying to kill you. Another part of the cycle is the patterns or 'tul', where students learn about attacking by moving backward as well as forward, how a block becomes an offensive tool, and the where and why of blocking and kicking.

There is no movement as powerful as when the movement is in motion. When you are moving (your whole body) into the

attack or the block, you'll get much more power. Master Wheatley works with the students on power development within the patterns, learning how to utilize the hips, push pull, and sine wave to develop a powerful technique that becomes a superb fighting style. One needs to understand the sine wave movement (which is a type of kinetic motion) when you're going forward and down at the same time with every technique ending together. With this you're making use of kinetic energy.

The importance of the push-pull along with the rise and drop in using the body's weight to its maximum as well as its mass and speed comes the real power in TaeKwon-do when all aspects of the attack finish at the same time. Master

Wheatley explains the importance of the load and delivery of a block to its target using comparisons to things most people can identify with such as a hammer to a nail in explaining a blocks execution. His





ability to verbally communicate a visual picture through mundane items, and demonstrate what he is saying is a key to the novice and black belt understanding and learning how to develop their power. The next part of this cycle is sparring. There are many different steps in the development of sparring. He looks at the area of sparring from the choreographed steps, to the different levels of free sparring, and foot sparring. Students work on how to move efficiently in sparring using different ways to move in combat through utilizing stepping, dodging, and shifting; learning to avoid a strike rather than absorbing your opponents blow. Rather than having a deep low stance for strong, forward straight-line movement, to overpower the opponent with strength, General Choi's TaeKwon-do

style utilizes a higher stance. It is practiced for quick movement forward, backward and side-to-side dodging and moving away from an opponent's blow. This is ideally suited to the smaller person fighting a larger or more powerful opponent. Included in this cycle is the hands-on self defense, the when and how these techniques and skills are used to protect yourself against a bigger and stronger opponent.



This August Master Wheatley hosted an International Instructors course in Reno, Nevada, USA where students came from Ireland, England, Venezuela, Canada and the USA to work specifically on the development of power in their patterns and techniques.

Understanding the purpose of each technique and the proper execution within

the patterns and for self defense was the major drive of this course by Master Choi, Jung Hwa. The need to drill individual techniques and combinations of techniques to develop them fully was emphasized. It was pointed out that so often we go through the pattern only to learn the moves for the next rank with out fully understanding the techniques purpose or how to generate the power needed to use the techniques in the pattern correctly to defend ones self. Going back to the beginning patterns and drilling on the basic moves making them stronger and more effective was part of the first day of the seminar, by the end of the course the results were evident in the higher patterns. This necessity of drilling and practice was brought home quite effectively through seeing the results after two days. As martial artists we cannot forget the basics are the foundation of our art.

The last component of the 'composition and cycle of Taekwon-Do' is the 'dallyon', or maintenance of yourself and care for your personal health. This is the care, not only of your body, but also your mind. Forging yourself into a weapon may be part of developing a martial artist but so too is the development of the art of the inner being, the mental and spiritual aspect. Because Taekwon-Do doesn't claim a religious base, the spiritual aspect is sometime overlooked. As one reads the

moral culture as written in the 'Taekwon-Do Encyclopedia' you'll see many facets of developing a whole person and not just the body and ones fighting ability. If we look at Taekwon-Do as purely a fighting art we'll produce bullies and miss the deeper aspect of 'art' or 'do'.

When speaking on the 'do' of Taekwon-Do to students Master Choi, Jung Hwa and



Master Wheatley have also spoken about the importance of humility and character in martial artists. The higher the rank the more humble they should be, where e g o a n d arrogance must be put aside. Assisting and helping the younger students attain the best they can be is also vital. This area is one that seems to be forgotten in the martial arts all in the quest to be

the best fighter, the highest jumper, the strongest kicker or breaker. When teaching Master Wheatley demonstrates the need for the high ranks to give back in teaching by having the high ranking students share with the seminar participants their areas of expertise toward the end of a seminar.

When we look at Korean history it's full of fantastic stories of men who won major battles such as Admiral Yi Soon-Sin, Yon Gae Somoon, and Ul-Ji Moon Dok. However, in the history there's not a single example of its military ever invading or attempting to conquer its neighbors or other countries. Its military was always

used for self defense. From its foundation Taekwon-Do was to be used only for self defense and to protect those unable to protect themselves.

This mind set runs deep in Taekwon-Do with its code of conduct for the students and instructors. Before each class the students and instructors recite the tenets of the art, and a student oath. The tenets of

T a e k w o n - D o consist of courtesy, integrity, perseverance, self-control, and indomitable spirit. Doing this first brings to the front of ones thinking, the need to put others first. General Choi has written: "This moral culture is uniquely tied in with Taekwon-Do, not only for the eventual attainment of the highest goals in Taekwon-Do and the promotion of power, technique and self-confidence, but

also for the cultivation of character. Without this, the instructor would be guilty of imparting a devastating force to those who could eventually become so enamored of their newly found techniques they might very easily become bullies or use this knowledge as a means to achieve their personal ambitions."

Great damage can be done to a student when they're forced to suffer under immaturity and selfishness from an arrogant egotistical instructor. A martial artist must be humble and take the responsibility to care for those under their care and to prevent them from being taken

advantage of. If this duty is violated, the martial artist has failed his or her students and brought disgrace upon the art.

When a martial artist strives to perform and live by these tenets they become a true black belt and martial artist. There's a legacy in being a martial artist and we need to understand what it is to 'be' a martial artist rather than just to have the

rank of a black belt. The reputation of the martial artist is of a warrior of, not only the body, but the mind and spirit as well. A black belt should signify not just physical maturity but mental maturity as well.

R e s o u r c e s : 'Taekwon-Do (The Korean Art of Self Defense)' by General Choi Hong Hi; 'The Legacy of the Black Belt' by Matthew Van Zile; ' H i g h e s t Teachings of

TaeKwon-Do' by Dr. Ron Shane.

Carol DeGroff-Van Zile lives in Sylvania, Ohio USA. She is a 5th degree black belt in Taekwon-Do, with the USITF & ITF under Master Choi, Jung Hwa. She runs a Taekwon-do school in Sylvania, Ohio and has produced World Champion students and teams. She has also been an international competitor and medalist herself. She has a Bachelor of Education Degree and has taught Physical education many years in the private and public schools. However now she dedicates herself to the teaching of Taekwon-do and promoting the art as well as practical self defense for women. You may contact her through e-mail: carol@greatlakestaekwon-do.com web site: <http://www.greatlakestaekwon-do.com>



Product Review

The Stretch Loop

By Dan Davis

The primary reason I've continued to train in martial arts since the age of four is because I love kicking people in the head. Sure, the other aspects offer benefits – patterns, breaking, step-sparring, self-defence, and so on. But during training, nothing makes me smile more than tapping my opponent on the side of his head with my foot. As such, I've always been interested in flexibility training, which includes trying every stretching device on the market.

At the time of writing this article I was recovering from a full hip replacement. The original joint wore away due to bad alignment of my knees and hips, which occurred as a direct result of an injury I sustained while I was in the army. Normal physiotherapy exercises will teach me to walk unaided, but they will not suffice if I wish to kick people in the head again.

This is where the Stretch Loop comes in. As a rehabilitation tool it has been nothing short of phenomenal. Its design has enabled me to assume positions in which I can maximally develop strength and flexibility for kicking. Flexibility is specific to the position, speed and range in which you exercise – hence why traditional floor stretches and typical strength exercises (squats, etc.) will not help me recover my ability to kick high.

One example of an exercise I perform with the Stretch Loop is to assume a high side kick position (see image below) and hold it for 30 seconds. I concentrate the tension on my so-called “kicking muscles” – abductors, hip flexors, glutes and obliques. This also provides a great stretch for the

hamstrings of the supporting leg, but best of all I am able to maintain total control throughout the entire exercise. (Note: I am holding onto a chair for support because I haven't yet developed the strength to do the stretch fully unsupported – this photo was taken just 10 weeks after surgery.)

I am not yet strong enough to hold my leg above my head unsupported, however my physiotherapist is amazed at the results I've achieved thus far

with the aid of the Stretch Loop. Even if you're not recovering from an injury, the Stretch Loop would be a great addition to your stretching toolkit. For example, my wife has been out of training for some time due to studying but is able to maintain her flexibility using this device.

The Stretch Loop is simple to use and stores away easily. It is also very well priced and I've found the staff at MT Creates to always be courteous and professional. If you're serious about improving your kicks I would strongly recommend trying this product.



Don't Do It. D.U.E. it!

By Earl Weiss

Recent articles in Totally Tae Kwon Do and other publications have referenced unrealistic expectations and instruction when it comes to releases from various grabs or holds, as well as application of joint locks.

Instructors and students must recognize a couple of fundamental principles:

1. *Against a larger and stronger resisting opponent it will be difficult to achieve a release or joint lock.*
2. *There is no perfect solution for every situation. Even if everything is done perfectly, disproportionate size and strength may negate even the best techniques.*

With those principles in mind, please note that this methodology will not change bad technique to good technique, nor will it

make every technique 100% effective. It will make good technique better. Every situation is different and some situations may not be suitable for application of these principles.

The acronym D.U.E. stands for; Distraction, Unbalance, Execution. (As far as I know, no one else uses this acronym, so if you encounter it elsewhere, in all likelihood they stole it from me.)

Before executing the technique, be it a release or joint lock; do something that will distract your enemy's focus from the initial attack and from your ultimate response. (Note use of the term "Enemy" and "Attack" as opposed to an opponent involved in some sort of sporting arrangement governed by rules.)



Example of a double collar grab defense performed without the Distraction and Unbalance.

George Paweleck III being attacked by Craig Wilke II.

1. **Attacker Grabs Defender.**
2. **Defender Swings left arm over continuing down on Attacker's Arms which also serves to protect from the "Head Butt". Note: this action is not a strength move but is accomplished by the momentum of the arm swing.**
3. **Defender Swings arm back executing an elbow to Attacker's head. (If the Attacker's arm length makes it impossible for the elbow to reach the head, you may need to substitute a backfist strike – See item 3B.)**

Next is the Unbalance portion of the technique. Where possible, a shift of your body position, which may or may not be accompanied by a push or pulling motion on your part, should be used to disturb the attacker's balance. This does not need to be an actual sweep, throw or trip. You just need to disturb the attacker's balance enough so that they will need to do something in order to regain equilibrium.

By performing the Distraction and Unbalance, your attacker has to focus on two things which divert concentration from maintaining an effective hold or resisting the joint lock.

While I show a specific example of how to employ the D.U.E. concept, you should be able to apply the concept to any number of joint locks and releases in your curriculum.

On the previous page is an example of a double collar grab defense performed without the Distraction and Unbalance.

Now let's examine how the technique is easily modified and becomes more effective using D.U.E.

One of my favorite "Distractions" is a swift kick to the attacker's shin. John Travolta's character Chili Palmer demonstrated it well in "Get Shorty". (I love educational video.) Anyone who has accidentally banged their shin can attest to how a relatively light impact generates a good deal of pain. It is an easy technique to apply, very fast, and difficult for the Attacker to see coming and defend against.

For this scenario stepping backward with the (right)leg on the opposite side of the arm that comes over while turning 90 degrees to the rear brings the opponent up on their toes and will require them to step forward to adjust their balance.

Additional distraction: As you bring your arm over let your fingertips graze their eye (s). CAUTION: When practicing, do not make contact with the Attacker's eye(s).



Example of using D.U.E..

1. **Attacker Grabs Defender and perceiving a serious threat Defender Kicks Attacker in the Shin. Note the red line on the floor which provides a reference for how the defender steps rearward and turns.**
2. **Defender throws arm across grazing the Attacker's Eye(s) (below left) while stepping rearward and turning 90 degrees while using the momentum to carry their arms across and down pulling the attacker forward.**
3. **Defender elbows Attacker in the head (Or if the Attacker had much longer arms a back fist may be used.) If timed correctly Attacker's body and head will still be moving forward as your elbow strikes them increasing the effectiveness of the strike. Back Fist variation shown on next page.**



Fore safety, stay at eyebrow level or higher. Light contact to the eye(s) will cause a reaction / distraction, and may cause injury. This additional distraction should be reserved for serious threats. Even the toughest, best conditioned MMA guys get the ref to stop the fight if there is finger to eye contact.

When it comes to teaching, learning and performing your locks and releases, (with all due respect to Nike), don't "Just do it", D.U.E. it!

Note: People following these tips assume all risk of personal injury to themselves and any training partners. 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. Other articles by the author may be viewed at <http://www.geocities.com/ustfregion5/index.html>

One more thing regarding my article last month (Tips for teaching and learning the Front Snap Kick). I was remiss with regards to my article by not mentioning that this teaching methodology was used by my first Tae Kwon Do Instructor Gregg Youstra when I was a white belt some 37 years ago.

As an instructor, I have now used it myself for over 35 years. I would like to thank Dr, Youstra for introducing me to this methodology and write this in order to give him the appropriate credit.

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Totally Tae Kwon Do Most Rated Books Survey TO DOY

Last month we revealed part 2 of our 'Totally TKD Most rated Books' survey results, covering WTF based books, and the previous month we had the first part covering ITF based books. This month we complete the survey with the Top 20 books that didn't really fit into either of the previous two categories or simply covered all Tae Kwon Do styles. We called this category the "Others"

As already noted, the aim of this survey was not to pit WTF books against ITF books or in this case against books that were neither ITF or WTF based, but rather to see simply, what readers thought were the most beneficial books for the various subsets of Tae Kwon Do.

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).


This month it's the 'Other' section, which encompasses all books didn't fit into the WTF and ITF sections, covered them both or were simply general Tae Kwon Do books, applicable to all.

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 a double asterix (**). All votes, both good and bad went towards the finally tally that made up these charts.

At this present time, the number 1 spot was easy to guess because Alex Gillis excellent book covers all Tae kwon Do styles and is not too old and is a great read (see the review elsewhere in this month's issue). Also interesting (and of note) is that a Karate practitioners book made the number 3 spot, however this is most probably because Iain Abernethy's books (and DVDs) transcend styles and are easy to cross-reference your own patterns or forms with.

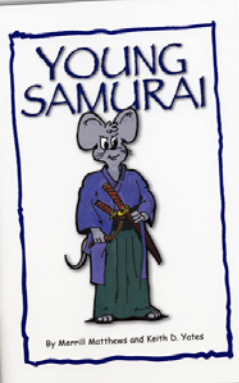
As a final note, it is a credit to get one book listed in any of the top twenty's so far, exceptional to get two, but one of the magazines supporters from day one and regular writer for the magazine, not content with having a book listed in last month's Top 20, has got not one, not two, but three books in this month's charts as well! Many congratulations Master Keith Yates, I think we are privileged to have you writing for the magazine.

Over the page you can see the top 10 in the 'others' category. Flip the page and see the rest of the top 20.

 "Grandmaster Yates has written another classic."

PERFECT FOR KIDS

Tells of a young mouse's journey in the martial arts as his wise sensei helps him deal with bullies and with life's frustrations.



By Merrill Matthews and Keith D. Yates

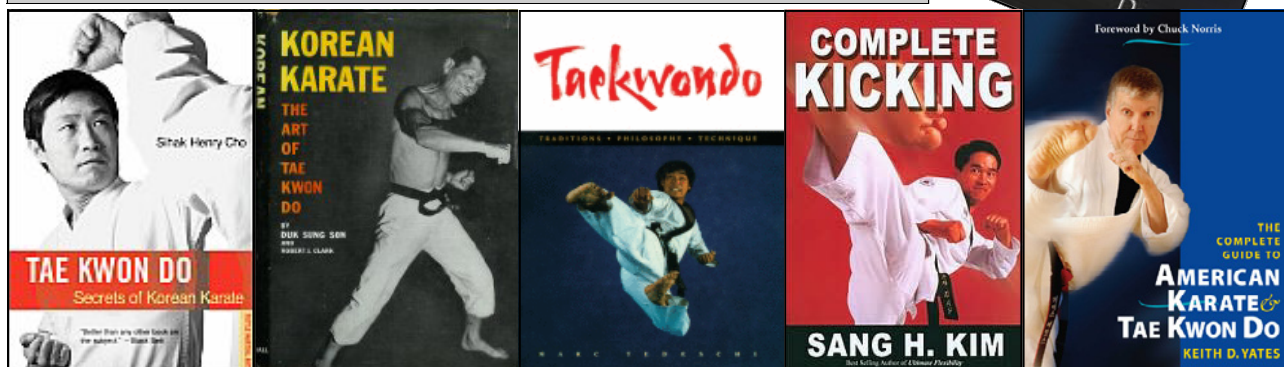


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Top 20 Most Rated *'Other'* Books

Rank	Title & Author/s
1.	A Killing Art: The Untold History of Tae Kwon Do <i>by Alex Gillis</i>
2.	Taekwondo: Traditions, Philosophy, Technique <i>by Marc Tedesch</i>
3.	Throws for Strikers: The Forgotten Throws of Karate, Boxing and Taekwondo <i>by Iain Abernethy</i>
4.	** Eastern Spirit, Western Dreams <i>by Woo Jin Jung</i>
5.	Traditional Taekwondo: Core Techniques, History and Philosophy <i>by Doug Cook</i>
6.	Tae Kwon Do: Secrets of Korean Karate <i>by Sihak Henry Cho</i>
7.	Korean Karate: The Art Of Tae Kwon Do <i>by Grandmaster Duk Sung Son</i>
8.	Taekwondo: The Essential Introduction <i>by Marc Tedeschi</i>
9.	Complete Kicking: The Ultimate Guide to Kicks for Martial Arts Self-defense & Combat Sports <i>by Sang H. Kim</i>
10.	The Complete Guide to American Karate and Tae Kwon Do <i>by Keith D. Yates</i>



Rank	Title & Author/s
11.	** Taekwondo : Philosophy and Culture by Kyang Lee
12.	** Tae Kwon Do Free Fighting : Dynamic Strategic Principles, Movements, and Techniques by Daeshik Kim
13.	** Taekwondo: Building on the Basics by C. Alexander
14.	** Black Belt Korean Karate by Grandmaster Duk Sung Son
15.	Tae Kwon Do For Kids by Keith Yates
16.	Chung Do Kwan by C. Alexander Simpkins
17.	** Taekwondo: Self-Defense by Axel Maluschka
18.	** Tae Kwon Do Basics by Keith Yates
19.	Freestyle Sparring by Woo Jin Jung
20.	Tae Kwon Do for Women by Jennifer Lawler



Independent Or Affiliated?

By Michael Munyon

It appears that these days in every country, state and city you can find a martial arts school or club. The martial arts are no longer an Ancient Chinese Secret, reserved for just the rich, military or secret societies. It is now available to any man, woman and child who wish to enroll. With that being said students have goals when joining a martial arts school. Also, instructors and school owners have goals as well. So, the question is how does having affiliation to a martial arts organization or being independent help instructors and students reach their goals?

Let's take a moment to examine what most students and instructors often set as their goals. The goals of many students are quite simple in nature. Most students wish to gain fitness, learn self defense, earn rank and if things turn out right, they might wish to become instructors one day. The goals of an instructor are simple in nature as well. Most wish to share what they've learned, build a school which will continue the art, promote excellent students and make a living doing it. The decision to be affiliated with a recognized organization may have both positive and negative effects on both parties' goals.

Being independent has its good and bad points as well as being affiliated. I've been doing martial arts for a few decades in several martial art systems and this is what

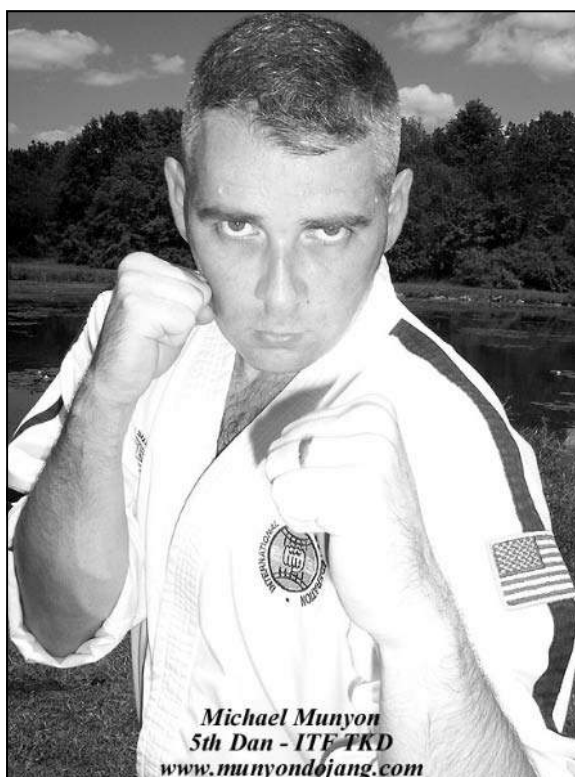
I've noticed. Many schools at local gyms such as a YMCA, community centers, youth centers, people's houses and garages are often smaller schools and are trying to make their way up the chain. In many cases, these instructors are independent and have the ability to teach whatever they want. Also, there is no "oversight" of what is being taught and the manner in which it is being presented. In

my time, I've seen instructors give a lot of "faulty logic" as to why we do certain things in the martial arts. In turn, this creates a rippling effect which affects their students and maybe even their student's students. Independent have limited access to training so their instructing potential will never really peak. The students of independent instructors will one day leave their school or club and try to find another school. When students train with an independent

instructor and then join a school that is affiliated with a recognized organization, the student might find themselves in one of two cases. Talented or sub-standard.

Now let's examine the pros of being affiliated with a recognized organization:

- *It provides instructors and students with an Orthodox syllabus that can transfer into another organization affiliated school.*
- Many recognized organization's reputation is carried over to the instructors and students of the organization. If/when the student leaves



and joins another school the organization's reputation could allow that student to keep their current rank. This is not guaranteed with an independent instructor.

- *The organization can advertise your school and refer potential students in your direction.*
- Offer tournaments, seminars and gear at discounted prices.
- *Provide a network of mentors to help in business and instruction.*

Many organizations offer many benefits such as business ideas and concepts to help grow the school.

The following is a list of possible cons of being affiliated with a recognized organization.

- *Annual fees to the organization.*

Example :

Instructors may be required to pay a set amount per student (\$25/student...\$25 x's 100 students = \$2,500/year).

- Must purchase uniforms and gear from their suppliers
- *You are limited to teaching only that material approved by the organization.*
- Some organizations will not allow instructors to train in other arts.

My friend and instructor once made a comment which holds true even to this day. That is, *"Organizations are there to support its people".* The people are not there to support the organization." This was in reference to the funds organizations at times impose or require its instructors and members to pay.

In the end I feel instructors should allow

their students to make the decision as to whether or not to be independent or affiliated. If students wish to be independent then there is nothing to lose and nothing to gain. However, if the student wishes to be affiliated, it should be a service provided by the instructor.

Another quote by my friend and instructor is, *"All students eventually leave their instructors/school. We should do our best to ensure we gave them our best and our all before they leave."*



Alex Mize

Photo Courtesy of Kickpics.net - not related to article

"Also, there is no "oversight" of what is being taught and the manner in which it is being presented. "

- That is true to a point, however, organizations also set a base line standard and criteria, which they deem as

minimum requirements and this is often pretty low as it covers a wide band of students. The problem is, this *minimum* soon becomes the *norm* and even if affiliated instructors go 'above and beyond' that, it is not required at gradings and such like and the majority simply follow the 'minimums'. By being independent, the instructors/examiners can raise that '*minimum*' level much higher and demand more! Though of course, they can also go the opposite way!

"I've seen instructors give a lot of "faulty logic" as to why we do certain things in the martial arts" - I have seen faulty logic presented as well, time and time again within big orgs and this logic is followed because someone higher up the

chain says so. And because it has the blessing of a large organization it is taken as gospel and so the spread of the 'faulty logic' has much further reaching consequences.

"Independent have limited access to training so their instructing potential will never really peak." - Not true. There are many wonderful martial artists out there that teach to one and all, plus many orgs these days allow courses to be attended by all, whether affiliated or not (as it makes good business sense). In my old org, the only access to courses I got through them was the ones they run, which were 'technical courses', 'refereeing courses' etc. in essence their way of doing things. Other courses I attended were 'off the radar' so as not to cause political problems and since cutting those ties I have had the pleasure to meet and train with so many more knowledgeable instructors than I ever would within an org. Org courses create uniformity, openness creates and promotes true learning!

Furthermore, big orgs promote instructors to simply bolster their organizations revenue (ie. More schools), where as an independent better represents his own instructor and thus his own instructors reputation is carried onwards and in turn more effort is put into 'priming' the potential instructor adequately. As an example, my assistant instructor course is a weekly affair for a minimum of 6 months and free, most bigs orgs are half a day and teach 'their way' of performance and paperwork and of course they charge for it too! An IIC being a very good example of what is not an 'instructors course', but a 'this is the way we perform, so conform' course

"The students of independent instructors will one day leave their school or club and try to find another school." - Why? There's no reasoning for this, the same can be said of affiliated schools!!!

"When students train with an independent instructor and then join a school that is affiliated with a recognized organization, the student might find themselves in one of two cases. Talented or sub-standard." - An affiliation or not doesn't make the instructor, so I don't understand this bit. Going back to the baseline standards mentioned earlier, the majority of schools follow that totally and hence swapping from one to another may be seen as 'stepping backwards', consequently the same can be said the other way round depending on what standards and criteria each school maintains, as such, a student swapping schools can 'shine' or 'struggle' in either type. Most that come to my school from another struggle btw!

"Many recognized organization's reputation is carried over to the instructors and students of the organization." - The problem with this is that the affiliation is often used as a means of accreditation to hide poor standards ie. We are this group, they are big so that means we are good! Independents rise and fall on their own merits and have no shield to hide behind!

"Offer tournaments, seminars and gear at discounted prices" - Or at highly inflated prices, often only recognizing certain equipment simply because of the 'kick back' from companies, many of which the heads of are simply part of the organization as well!



Dan Hardy

Interview

By David Simms



Dan Hardy is a Professional Mixed Martial Artist from Nottingham England. He competes in the Welterweight division of the UFC. He is currently experiencing a 6 fight win streak, 3 of these victories have been in the UFC which is the number 1 MMA promotion in the world. He has fought and trained in America, Japan and Europe, including a stint with the Shaolin Monks. He spends half his time at RoughHouse Gym in Nottingham with the likes of Paul Dayley and half his time at Legends Gym, where he has received his blue belt under highly respected ju-jitsu instructor, Eddie Bravo.

When I first E-mailed Dan about doing an interview, he said 'Sure I'll reply straight away. The truth is I e-mailed the questions and he replied pretty much straight away!! The same day in fact, top guy!

Hi Dan, thanks for agreeing to do this interview. Let's start at the beginning, you were only 6 when you started your Taekwondo training. Could you tell us what style of Taekwondo you studied and who it was under? Also what grade did you get to?

I trained at a school called Eagle Taekwondo, with Michael Rowley. We competed in WTF tournaments mainly and I trained there for about 16 years. I received my black belt after 11 years and then started cross training.

When would you recommend someone starts researching and studying other styles?

Everyone is different, but for me it was after I received my black belt. I had studied other styles before but not with any real commitment, just because I was intrigued. Once I had my black belt, I wanted to see how my skills worked with other styles and

what I could add to my knowledge.

What do you think of Taekwondo today?

I think it is a great sport! It has changed a lot since I used to compete though, now you have to be very fast. I did the majority of my competing before it became an Olympic Sport, so it wasn't as point orientated. I was always more of a 'take a shot to land a shot' kind of fighter, I wouldn't be fast enough to compete now. I would have to take them down and choke them or something!

What would you say about the evolution of MMA? When it first started it was very much style vs style but now everyone trains BJJ, Boxing, Thai Boxing, Wrestling etc. However fighters such as yourself, Machida, GSP and Anderson Silva have trained from such an early age that you have something you can not train for, and therefore MMA is going back to its roots. Would you agree?

Everything goes full circle eventually; I feel this is just a stage in the circle. At the moment, the guys with a strong traditional



background are using their years of training to their advantage and using unorthodox (for MMA) techniques. With every UFC event you can see the sport evolving, its a wonderful thing. One day the athletes competing won't have a background in anything but MMA, but for now, we can still see the traditional styles coming through.

Expanding on that, would you agree that a martial artist that has time served experience would beat someone who just trains MMA?

It depends what type of competition! The beauty of MMA is that, there is nothing that is restricting its development. Everything is tried and tested and if it doesn't work, it isn't used. Traditional martial arts, to a certain extent, have become a little stagnant, because there has been no real evolution over the past few hundred years. To become efficient in combat in the shortest period of time, MMA is the best option, but nothing is substitute for experience and hours of training. In my opinion, 15 years of traditional martial arts training would put someone on the same combative level as a person that has been

training MMA for 5 years. That obviously depends on what school they train at, and the style of martial arts they study.

What aspects of your Taekwondo training have helped you in MMA?

There are quite a few things that have been useful to me, the speed of movement and the flexibility are the main things. I have the ability to move in and out fast and not get hit, a lot of that is down to all of the competitions I entered and all the tkd sparring I did. I still use high kicks a lot also, but I had to alter them slightly to suit my fighting stance.

What is your favourite TKD technique?

Jumping back kick, no doubt!

Do you still train poomse and can you remember them at all?

I don't have the time anymore, what with the striking, wrestling and submissions, along with the strength training and conditioning I have to do! I can still remember most of them though... I think!

What is next for the 'Outlaw?' You are ranked number 10 Welterweight in the

world on many internet rankings. Who do you want to fight as you make your way up the ladder? Anyone in particular?

There are so many tough challenges in the Welterweight division, I would be happy fighting any of them. For the most part, I just leave it to the UFC to pick the fights, I just make sure I'm ready when they come.

Can you see yourself fighting for the UFC welterweight title one day and will this be against GSP?

Definitely, not just yet though!

Having read your editorial in a magazine once, (MMA WEEKLY issue 1) I was very inspired. Can you give some advice to our readers?

There is no substitute for hard work, if you want something enough, it can be yours. Don't be afraid to go and get what you are looking for, I did and still do a lot of travelling to train at the right places and learn from the best. The only person holding you back, is you.



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Practical Karate for Real Combat



Iain Abernethy's approach to karate has revolutionised the training of thousands of people. Through his books, DVDs and seminars, Iain has shown how the traditional kata were created to be a logical and structured record of practical fighting techniques. Iain's fusion of old and new, east and west, is highly pragmatic, easy to adopt, and will only add to your current training and study. A member of the "Combat Hall of Fame", Iain also holds the rank of 5th Dan in Karate (BCA & EKGB) and is one of the few people to hold the position of "Coach" (the highest instructor rank) within the British Combat Association; one of the world's leading practical martial arts groups. Iain is in great demand on the seminar circuit and each year he teaches many popular and inspiring seminars in the UK, mainland Europe and beyond.

"This guy's bunkai (kata application) isn't bulls#it!" – Marc "Animal" McYoung

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

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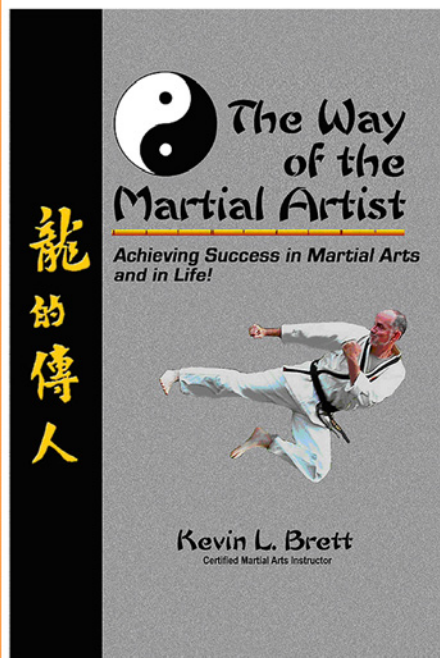
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Top 10 And A Half Tips For Martial Arts Conditioning

By Alwyn Cosgrove

Applying the principles of scientific training– I have come up with ten (and a half) training guidelines for the combat athlete that must be present to ensure competitive success.

1: Bodyweight before external resistance

Many athletes make the mistake of beginning a strength routine and going straight for the heavy weights. This usually ends up causing an injury. An athlete has no business using load if he/she cannot stabilize, control and move efficiently with only their bodyweight. So your strength program in the beginning stages may actually include no weights whatsoever. And it will work better and faster than a typical program that relies primarily on weights and machines in the beginning stages. In fact in my experience I'd suggest that some athletes cannot even work with their bodyweight so we may need to modify certain exercises.

Do not rush to lift heavy loads – muscle recruitment and control are far more important than maximal strength for any athlete. Without control – the strength is useless.

2: Train to the 5th Power

This is a concept I learned from Juan Carlos Santana – basically it refers to the following.

1st - Train in a standing position - GROUND BASED.

The majority of athletic training should take place in an upright position – standing. Of course there are exceptions to this rule, but in general, we always lose something when we go from a standing position to a seated or lying position.

2nd - Train with free weights (destabilized)

Any machine limits the range of motion and controls the movement. This is fine for beginners, but athletes need to be able to stabilize and control their bodies in all three planes of motion simultaneously.

3rd - Use Multiple Joints (the kinetic CHAIN is natural)

Single joint strength (e.g. leg extension machine, bicep curls) develops useless strength – A study was undertaken at Ohio State involving a knee extension test. The participants included:

- 3 World ranked squatters
- 1 World Record holder in the squat

The test results of the above subjects' averaged 180lbs of force on the Cybex leg extension machine.

However a local power lifter (ranked 15th in the state) broke the machine. He wasn't even number one in his state but he was stronger on this machine than the World ranked lifters. If there is a better example of the inability of single joint machine training to translate to real world strength then I'd like to see it. A guy who was only ranked 15th in the state can apply more single leg strength than a World Record holder. Nice. Pretty. But pretty useless. If that strength doesn't transfer then what's the point of having it?

Basically, despite the strength that individual exhibited on the machine, he

was unable to apply it in a real world situation – like squatting. And the elite squatters weren't that strong on the leg extension – showing it's not even a factor.

So leg extension machines are a waste of time. Unless of course you compete in seated ass kicking leg extension contests J

“How can anyone expect to possess co-ordination in active work when his muscles have never worked together in groups?”

– Earle Liederman 1924. Nearly 80 years ago and we are still having this argument today. Isolation machines have no place in the preparation of a competitive athlete.

“Single -joint exercises, such as leg extensions and leg curls develop movement patterns that will interfere with patterns you use in sport. Such exercises lead to inappropriate muscle recruitment patterns that can impair movement and lead to injury” - Thomas Fahey

4th - Train with explosiveness

Explosiveness as I see it can be defined as 'as fast as possible with control'. Some people seem to feel that explosiveness is somewhat dangerous. Sloppy training, uncontrolled movements? That's dangerous. Training explosively more closely mirrors what happens in sport and/or life.

5th - Train functionally - train movements not muscle groups

Again, isolated muscle group training, outside of rehabilitation has no place in athletic training. An athlete should focus on strengthening specific movements. True

muscle isolation is impossible anyway, so let's focus on using that body to work in an integrated fashion.

3: Train unilaterally and multi-planar

-the majority of training programs take place in the sagittal plane with bilateral movements. Sport takes place in all 3 planes simultaneously with primarily unilateral movements

4: Use all primary methods to develop strength

- *Max Strength method* - heavy loads
- *Repeated Efforts Method* - multiple sets
- *Dynamic Effort Method* - using relatively lighter weights and moving them at max speed (this is the least used method)

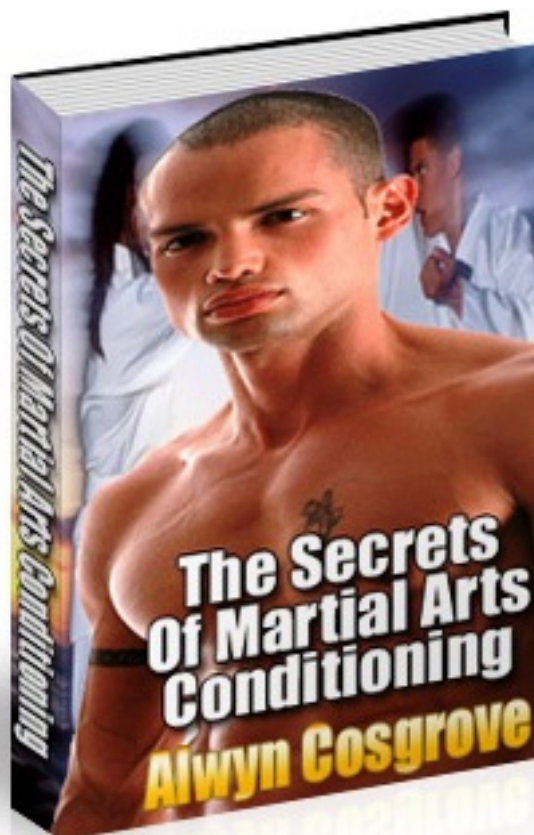
5: Variation

Everyone seems to understand that training load should be progressively increased. Few understand that the training stimulus must also be progressively and periodically varied

All programs have positive and negative aspects no matter how well designed or specific - too much time on one program and you'll habituate to the positive aspects and accumulate the negative aspects

6: Avoid mimicking skills

The role of conditioning training is NOT skill training. Loading a technique tends to affect the mechanics of the technique negatively.



7: Train with Balance

- Balance between motor qualities
- Balance between movement patterns (e.g. horizontal push-pull)

8: Focus on Rate of Force Development.

Either lift lighter weights fast, or heavy weights as fast as possible (intent is more important than actual speed)

9: Train the antagonists

The speed of a kick or punch is determined largely by the ability of the antagonist to eccentrically decelerate the joint action efficiently and prevent joint injury. If your body cannot safely and effectively – brake – the motion, then it will not allow you to achieve full acceleration.

If you are not training the antagonists eccentrically - you are not training deceleration. And if you are not training deceleration you cannot be training acceleration.

Think about it – how fast would you drive your car if you knew your brakes were not working at their best?

10: No Aerobic Training

Aerobic training is pretty much a total waste of time. There is nothing in any martial art that is done aerobically – it is done at high intensity, explosively and at full speed – usually without oxygen. Martial arts take place at the limits of the anaerobic threshold – there is no benefit to doing long slow training of any kind.

10.5: Use Undulating Periodization

When using linear models - we tend to lose the qualities we initially sought to improve. E.g. 6 weeks of hypertrophy, 6 weeks of strength. 6 weeks of speed strength

At this point it has been 12 weeks since we were exposed to hypertrophy methods - so we'll have lost portions of that quality A better method is to alternate accumulation and intensification phases.

Typical mistakes

1 - *Sacrificing Quality for Quantity:*

Don't do more of something until you can do it well. More is not better. BETTER is BETTER

2 - *Seeking fatigue / soreness*

The effectiveness of training is not determined by the amount of fatigue it produces but by the degree to which it improves the qualities and/or abilities you're trying to develop.

3 - *Excessive focus on loading*

Too much focus on the loads and not how it is being moved, and whether or not there is optimal transfer (standing split stance cable press v barbell bench press). Also the time taken to go from a 300lb squat to a 400lb squat may not be worth the return in the real world.

4 - *Lack of diversity*

Unchanging routines leads to staleness and overuse injuries

5 - *Lack of continuity*

Write programs not workouts - try to write 12-16 weeks at a time. Understand that certain factors may mean that you need to change your routines – that's ok. However – what I typically see is a situation where trainers and coaches do not write long term plans, they write single workouts. This leads to a lack of continuity and progress.

Remember the ironic rule of strength training for sport. The objective is not to get stronger per se but to improve athletic performance. Do not get caught up in the numbers game and do not confuse gym improvements with real world or sports world improvements. The greatest athletes in the world do not necessarily have the greatest bench presses in the world. The greatest athletes in the world have an ability to produce useable force on their field of play. Usable force is force that propels athletes towards the ball, knocks another athlete back or down, helps you

move at full speed, or throws the winning touchdown pass. Usable force is force properly directed in an unstable real world, unpredictable environment. The weight room, in general, is a stable environment whereas a field of play or the competition ring is a constantly changing place. A good strength and conditioning coach looks to improve athletic performances – not just gym lift numbers

- Excerpted from The Secrets of Martial Arts Conditioning

Alwyn Cosgrove is one of the most in-demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA.

For the past seventeen years Alwyn has been committed to achieving excellence in the field of fitness training and athletic preparation.

Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training. Alwyn has been a featured presenter at several national conferences in the fitness industry and has produced several training manuals and educational DVD's.

In addition to being a featured in several national magazines, Alwyn is a columnist for Men's Health magazine and has authored two books - The New Rules of Lifting and The New Rules of Lifting for Women (a sequel to the best-selling original - New Rules of Lifting) with Avery Publishing.



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A Killing Art:

The Untold History Of Tae Kwon Do

A Book Review By George Vitale

A Killing Art: The Untold Story of Tae Kwon Do by Mr. Alex Gillis is a must read for every student of Tae Kwon Do. In fact all martial artists will enjoy reading this book as it shines a very bright light on the murky and controversial history of Tae Kwon Do. As many know, the real history of Tae Kwon Do is clouded with different versions, o f t e n depending on the self interests of those telling “their story.” This fact and the underlying reasons for not only the shading of the truth, but the wholesale elimination of certain people and the roles they played, and the replacing of these omissions with made up stories and fantasies connecting the Tae Kwon Do of today with 2,000 years ago, makes for an e n j o y a b l e and interesting read for anyone who picks up the book.

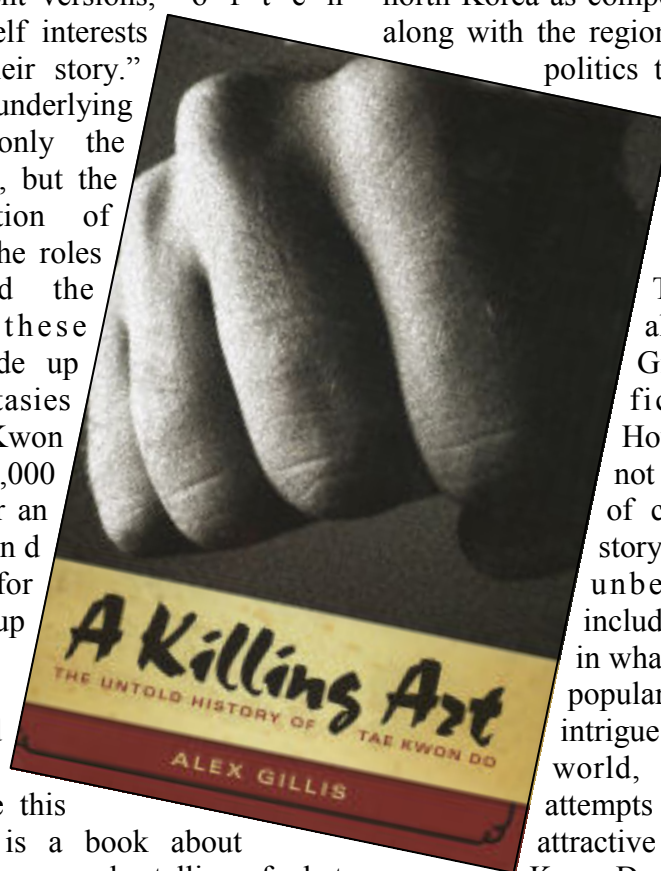
Martial artists and non martial artists alike will appreciate this book. Although it is a book about history, it is not written as a dry telling of what happened. Nor is it a book about techniques that may be a draw to a limited audience of practitioners only. Since Tae Kwon Do was born in a turbulent time, the telling of how it took hold, developed and was spread worldwide is made more interesting because of that same turbulent period that it occurred in.

This development was plagued by internal politics that naturally take place as people vie for leadership roles and make power plays and the ensuing jealousy that often results. In the

case of Tae Kwon Do, there were not only these internal battles, but also competition from the various factions that were in place and developing along their own unique lines. However more importantly and playing a more prominent role than these “politics” was the real life politics of Korea as a people, south and north Korea as competing government entities, along with the regional and international geopolitics that existed and exists to this day. These politics have shaped and continue to still shape Tae Kwon Do.

This political setting allows the book by Mr. Gillis to read much like a fictional spy novel. However in this case, this is not science fiction or a made of crime novel. It is a true story that actually occurred, unbeknownst to many, including those who participate in what may be the world’s most popular martial art. The political intrigue with bribery across the world, killings, assassination attempts and more, make this book attractive to all readers, not just Tae Kwon Do or history buffs like me.

Before one gets caught up in the political rhetoric of the fragmented and competitive world of Tae Kwon Do, pick up this book. Read it! You will be amazed and probably even enlightened or educated somewhat. I know I was. I had thought being a long time student of Tae Kwon Do and one who has a keen interest in the history of the Art I love, that I knew a lot of what happened. This book helped to open my eyes even wider, connecting many of the dots that appear along the timeline of Tae



The Author Mr. Alex Gillis with Master George Vitale of NYC, GM Richard Parris & black belt students at the book launch for The Killing Art Oct 27, 2008 Toronto Canada



Kwon Do's development.

For those that wish to dismiss this book as a one sided telling of history that we are used to reading or learning about, guess again. It is not! What it is the reader will find out, is an in-depth account broken down into 19 chapters with 481 footnotes, using 69 published sources, 89 written resources and 49 interviews conducted of major players in all groups over an 8 year period, spanning from 2000 to 2008.

The book is written by an investigative

journalist and university writing instructor. Mr. Gillis is also a student of Tae Kwon Do for some 25 years. He has trained in both ITF and WTF styles of Tae Kwon Do. His child also trains in a WTF or Kukki Taekwondo school. Being an investigative journalist, the writer follows the facts. Mr. Gillis uses this evidence to support the telling of what really happened. His work credits players on both sides of the Tae Kwon Do debate and also brings attention to their many faults. So in no way should this be seen as anything but a recording of what happened in Tae Kwon Do's development,



Author Alex Gillis is interviewed by George Vitale & film maker Luan Van Le of Luv Films in Ontario April of 2009 www.luvfilms.com

based on factual findings uncovered in an exhaustive investigation. Even his using the writing of Tae Kwon Do as such, as compared to the Taekwon-Do as written by the ITF or the Taekwondo written by the WTF, speaks to his even handed approach. I hope readers enjoy it as much as I did and also follow his interesting and informative blogs at: www.akillingart.com

This book review has been submitted by George Vitale of the Original Taekwon-Do Club, located in NY: The author has studied TKD since the early 1970s. He has been a certified International Instructor (#404), Examiner & Class "A" International Umpire (#380A) since 1987. He was also a defensive tactics instructor during his 24 year career as a police supervisor with the NY State

Troopers Bureau of Criminal Investigation. His assignments included investigations of all types of crimes & undercover roles in sensitive long term organized crime investigations targeting several of the 5 Mafia crime families in NYC. He has authored numerous graduate research papers on the martial arts & juvenile delinquency, on both the Master & Doctoral levels. He has traveled for TKD to some 40 Countries. He is an associate producer & research director for 2 feature length documentaries on TKD, drawing on both his criminal investigation background & his graduate research education. His efforts have been recognized by the TKD Hall of Fame. He may be reached at:

TKD.Research@yahoo.com

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Growth Plate Injuries In Children

What You Have To Know

By Keith D. Yates

What is a growth plate? No, It's not that growing mold on an old dinner dish in your refrigerator—it's the area of living, growing tissue at the end of bones in the body of an adolescent or child. Each long bone has at least a couple of growth plates (called physis), one at each end. This growth plate will determine the final shape and length of the mature bone. Sometimes during adolescence, the body's bones stop growing and these growth plates are replaced by solid bone.

Why is it important for you to know about growth plates? Because they are a common site of injury for kids and teenagers. In fact, almost 20% of all childhood fractures occur in this area. You see, the growth plate is the weakest part of the skeleton for children. A serious injury to this area could damage a growth plate and cause future problems.

According to the National Institute of

Health about half of all growth plate injuries occur in the lower end of the outer bone of the forearm (radius) at the wrist. Fractures can also occur in the lower bones of the leg and the upper bones of the ankle or foot.

Imagine a fall in your martial arts class (either accidental or caused by a deliberate take-down). If a young person does not know how to fall properly or if he or she is just caught off-guard, a wrist fracture is a common result.

Because growth plate injuries are serious in kids you should always refer them to a medical professional. How do you know when there really is a fracture and not just a jammed wrist or ankle? Severe pain (I know children often exaggerate the pain but you have to take them at their word when they say it hurts), an inability to continue activity, and visible deformity or swelling are all signs that you should head



to the doctor. Only an x-ray is going to determine the extent of the injury.

Usually growth plate injuries are treated with ice, pain medicine and a cast. In the worst cases surgery may be required. The good news is that most growth plate fractures (about 85%) heal with any lasting effects. But in those few cases a premature arrest of bone growth could be caused. That's why injuries in kids are something you must pay attention to.

By the way, growth plate injuries can occur in martial arts classes in more ways than the obvious fall to the ground. For example, what about knuckle pushups or punches on a heavy bag or makawara? First off, you should not have kids hitting a makawara board. There isn't enough give to protect their young, immature joints. Board breaking with the knuckles is also probably not a good idea for the same

reason. Kids can hammer-fist a single thin board with minimal danger but stay away from punching techniques.

As far as knuckle pushups are concerned they are fine as long as you don't have kids (or even adults for that matter) do "bounce" pushups on the knuckles. We used to do that in the 1960s along with other various types of knuckles torture and many old martial artists I know have arthritis of the hands because of it. Fortunately, times have changed.

Keith D. Yates has been teaching the martial arts for over four decades. He is a former adjunct professor of physical fitness at SMU and a current adjunct professor at Dallas Theological Seminary. He can be reached at www.akato.org.

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What's The Point?

By Paul O'Leary

In this article I would like to look at two movements for the Chang Hon Tae Kwon Do pattern Hwa Rang. Move 24 and 25 are my target here and they have brought me into a side of Self Defence I am always wary of working on which is anything to do with a knife!

For years I have seen Martial Arts instructors show their students knife defence in class which are dangerous and untested. An attack with a live blade can be sudden and brutal, with a serious amount of damage resulting from even a few slashes. Many times people do not train with the realistic intent of an attacker coming at them full on. This only gives the defender a false sense of achievement and can only lead to trouble if they have to use these techniques for real.

So even though this article is based on a knife attack, I by no means think that I am fully qualified in this range of defence. If you are really interested in learning about such things I suggest that you go to an instructor of a Filipino Martial Art, which are based on the real use and defence of blades.

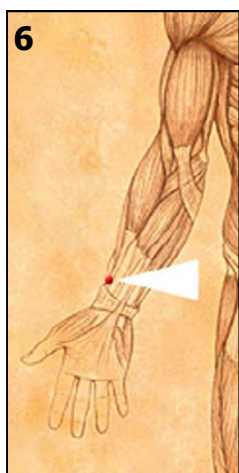


Picture 1 - Move 24 from Hwa Rang a low section x-block

Pic 2 – Move 25 having spun forward from your left 180 degrees, striking with a right side elbow.



Picture 3 – Attacker moves in with a thrust to the stomach. Defender steps forward to push back the attackers arm with a scissor motion, exposing only the back of the hands to possible cut from the blade. The defender uses the right ulnar bone at the end of the forearm to strike the attackers arm at LU-7.



Picture 4 – Defender steps in and guides the attackers arm out, while keeping contact.

Picture 5 – From this position many techniques can be performed and it is really up to the individual. But here I have chosen to shift my elbow to the face which can also be used as part of an armbar across your chest to release the blade.

Picture 6 – LU-7

Plenty to do with this one and I hope you have fun with it! You can see a video for this article on Youtube through my JungShin channel.

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-Ireland. To host Mr. O'Leary or Prof Clark or to get more information on ADK-Ireland please contact 00-353-86-3545032 or email adkeire@gmail.com

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Instructor Profile

Mr Robert Gill, 5th Degree

By Krystal Armstrong

In 1971 Mr. Robert Gill was diagnosed with Diabetes and has been a diabetic for over 33 years. Shortly after becoming a diabetic he began his interest in Martial Arts at the age of 11 years old. Trying classes in everything from Karate and Jeet Kun Do to Taekwon-Do. He joined the ITF system formally in 1978 and has been a student ever since. He has trained with Master C.K. Choi who was one of the originally masters under General Choi and has met General Choi personally. He currently holds the rank of 5th dan and is possibly the first diabetic in Canada to reach that level.

The year of 2009 started off difficult for Mr. Gill. His mother passed away suddenly in March and in May his father passed away as well. Through this whole ordeal he still came to the school and taught classes. I was so amazed and appreciative of him being there and expressed my gratitude to him. He stated to me that he had 2 families: his personal family and his Taekwon-Do family. He needed to focus on his Taekwon-Do family just as much. I have only been training with him a short time but I have absolute respect and admiration for this man. He lives Taekwon-Do and has so much respect for the art and for its founder General Choi. He teaches the techniques like they were meant to be taught from the encyclopedia set created by general Choi and takes no shortcuts. He preaches and demonstrates the principles that General Choi set out for all practitioners of Taekwon-Do to live by. There is no "his Taekwon-Do" just Taekwon-Do. Today, lots of martial arts schools are offering the Mixed Martial Arts and straying away from the tradition. Traditional teaching is looked at as "old school" but like Mr. Gill says it is not "old school" it is Taekwon-Do.



Technically in ITF Taekwon-Do, you are considered a Master once you receive your 7th Dan black belt and have the qualities of what a master must possess. In my opinion and I am sure in the opinion of many other martial artists who know Mr. Gill, the only requirement he is missing is his 7th Dan black belt. Mr. Gill possesses such great qualities as; modesty, helpfulness, respect and kindness. All his students respect him not because he demands it but because he shows us respect and is there whenever we need him. Nothing is put on with him. He is just a genuine and sincere individual who really cares about his students,



schools and community which he holds many self defense , confidence building and other seminars for groups in our area. He has told me that he may not be rich financially but he is rich in so many other ways.

With Mr.Gill's deep roots in Taekwon-Do, I know I am getting the best instruction



possible which will in turn make me the best martial artist I can be. I have found my path in martial arts and look forward to every challenge that comes my way. It is so nice to be part of a

“true” martial arts family that I can count on to be there for me when I need them.

This year marks his 37th year since his first Taekwon-Do class and his 23rd year teaching Taekwon-Do. Our dojang is going into a new location with 3000 square feet of training space which has been a dream of Mr.Gill's since he was 17 years old. Good things come to those who wait and I wish nothing but the best for this great man. Taekwon!!



Present Positions:

- 5th Degree Black Belt – International Instructor
- Current President for the International Taekwon-Do Federation of BC
- Provincial Director for the Province of British Columbia with CTFI
- President Thompson Valley Taekwon-Do Schools

Knife Self Defence

By David Price

Knife attacks are becoming more and more common in today's society. Seeing all the articles relating to knife attacks, and defending oneself against them, I felt it pertinent to give my own input on the subject.

To start with, let us just think about our martial arts training. Does this make us more able to deal with knife attacks? Certainly we are very able to defend ourselves against kicks and punches, but what of blades? Many students may say yes, as they treat a knife thrust in a similar way as a punch or strike, but the reality is totally different.

I thought much the same until recently, believing the weapon to be merely an extension of an opponents arm, and felt I could deal with a knife the same was as a punch or strike.

I discovered this was not the case when I attended a knife defence seminar, and was shocked by the savage nature of these sort of attacks. Our instructor for the evening, Master Ron Sergiew, 8th Dan, started by showing us the effects of a blade on a joint of meat. He demonstrated the ease with which a blade can slice through flesh or thrust deep into it, with little effort. It was blood chilling to imagine the blade sliding into my own flesh, cutting through organs and tissues.

Next the seminar moved onto the main difficulties with defending against a knife. The attacker simply rushes in cutting, stabbing and slashing

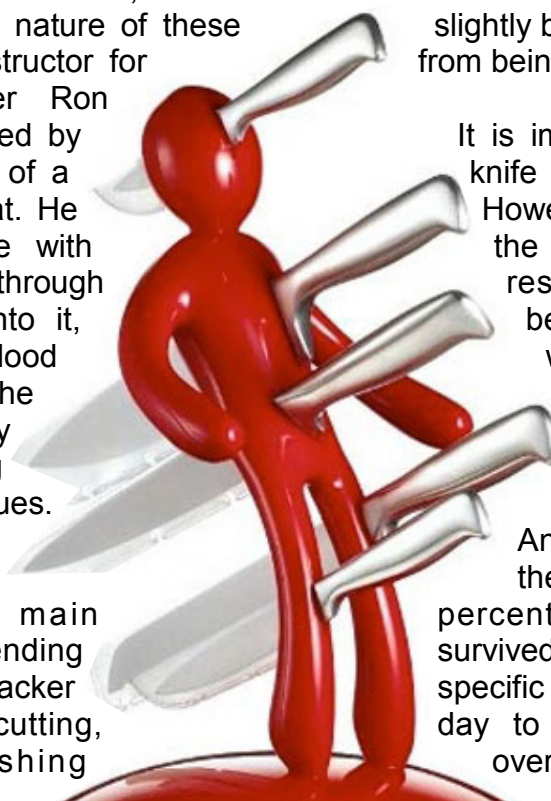
however they can. To simulate this we did a sparring exercise with washable marker pens. We tried to "stab" and "slash" each other with the markers and took stock afterwards of how many "wounds" we had. Needless to say, EVERYONE was covered in marker. It was shocking to see so many martial artists, many of them high Dan grades, so defenceless against a knife attack.

The first point we were taught was *"even if you survive the attack and fight off the attacker, you WILL get cut"*. If we tried to prevent ourselves from getting cut, moving backwards and trying to defend, we would be cutting our chances of escape and survival.

The best guarding position for defending against a knife is with the arms up, knuckles facing outward, this means the veins of the wrists are protected and can't be slashed as easily. Pushing the shoulders forwards and hips slightly back keeps the lower torso from being slashed or stabbed.

It is important to neutralise the knife as soon as possible. However, you should not fear the knife, too much fear will result in the defender becoming paralysed, and we will not be able to act – we will freeze, and as a result, we will be stabbed.

Another thing I learned on the seminar was that the percentage of people who survived knife attacks had a specific mindset. "Today is a good day to die"; rather than being overcome and paralysed by



fear, they understood they were going to get hurt anyway and dealt with the situation.

The secret here, as with any self defence situation, is to go from defending to attacking as quickly as possible. Once we have control of the knife, we must attack with maximum speed and aggression. If we don't do enough damage to the attacker to incapacitate them, they will become more angry and determined to cause us harm, and therefore they will be even harder to stop, as in any other self defence situation.

Another important point is the attacker won't just throw one thrust or slash, as we practiced in step sparring in Taekwon-Do, but rather, they will cut and slash their way in, then cut and slash back out again, in a savage frenzy. Though Taekwon-Do training will obviously be an advantage to some degree, as reactions will be quicker and we already know how to block, dodge and counter attack, but against a knife this is much harder, as you cannot block an actual knife blade without causing oneself serious injury.



Master Sergiew, 8th Dan

I hope this has report has been an enlightening read,



David Price, X-Knifehand Block

it is very important to understand that real knife attacks are very different from those depicted in films or on television. They are horrible, savage affairs and cause horrific wounds. My advice to anyone is, if you can, run, if you can't, avoid the knife as best you can and attack your opponent so aggressively that they do not get up again.

The picture in this article (opposite page) is actually a knife stand designed by Raffaele Iannello, and available from ThinkGeek.com



Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 8

In this month's article we take a look at some of the more obscure moves in some of the patterns with some alternative applications, as well as some of those moves and combinations that leave a lot of students scratching their heads!



Won-Hyo Tul: Gorboryu Junbi Sogi 'A' (*Bending Ready Stance 'A'*)

The chambering technique of Gorboryu Junbi Sogi 'A' is ideally utilized to sweep the foot of a close in opponent. Simply put your foot behind their lead leg and chamber. The forearm guarding block can be used to strike the opponent to help him on this way, or if grabbed, used to exaggerate the movement by adjusting the timing slightly so that you pull back at the same time as sweeping.



Won-Hyo Tul: Palmok Daebi Makgi (*Forearm Guarding Block*)



As detailed in more senior patterns, Palmok Daebi Makgi can be used to create an armbar or shoulder lock. From a defensive position our lead arm is grabbed. The student steps forward and chambers the block underneath the attackers arm. This pulls the attacker off balance slightly which covers the students intentions. As the rear arm of the block twists, it grips onto the attackers arm. The student then completes the block by dropping into it and striking the back of the attackers triceps with the lead arm. Or the student can apply the lead arm into the rear shoulder, as shown in the Joong-Gun tul applications.



The fist of the lead arm can further be used to enhance the technique by grabbing onto the opponents clothing to keep the lock secured.

This can be altered slightly for an elbow break (see right) by using more follow through or simply striking with the lead forearm directly to the elbow joint, as the rear arm and chambering may have straightened the attackers arm sufficiently to enable this.



Yul-Gok Tul: The following combination of techniques -

Wen Sonbadak Golcha Makgi

(Left Palm Hooking Block)

Orun Sonbadak Golcha Makgi

(Right Palm Hooking Block)

Kaunde Baro Ap Joomok Jirugi

(Obverse Fore Fist Punch)

Kaunde Baro Ap Joomok Jirugi

(Obverse Fore Fist Punch)



As per usual, this combination is repeated on the opposite side, however, this time we show it using another combination that's closer to what is the standard taught application for this movement.

The combinations of palm hooking blocks are used to parry a set of double punches, in this case a jab and a cross. The first punch is parried and held, so a second punch is thrown in frustration to release the first, this is also parried and held just like in the pattern. As per the pattern combination, we turn the first block (the left hand) into a punch and using our attackers bottom arm we punch over the top with it and place pressure



on their elbow joint, hopefully breaking their elbow. We then step forward and perform Kaunde Baro Ap Joomok Jirugi (*Obverse Fore Fist Punch*), to ensure we have finished them off.



Joong-Gun:
Kyockja Jirugi
(Angle Punch)
Sang Bandalson Digtja Makgi
(Twin Arc Hand Stick Block)

In the preceding movements we used *Sonbadak Noollo Makgi* (Palm Pressing Block) to lock our opponents arm behind her back. From here we slip our front arm out and turn into Kyockja Jirugi (*Angle Punch*) and choke our opponent (this is the reason it goes beyond the centre line; to ensure the arm is across the neck for



the choke). Our reaction arm keeps hold of theirs ensuring they cannot escape before using Sang Bandalson Digutja Makgi (*Twin Arc Hand Stick Block*) to discard our opponent once they have been choked out (or before if need be).

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

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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).



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