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TOTALLY TAE KWON DO

Issue 9

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November 2009

The Free Global Tae Kwon Do Magazine

**XVI ITF World
Championships
14 Page Special**



Plus

Father & Son - A Tae Kwon Do Journey

Tae Kwon Do's Plan A & Plan B

Real Altercations For Better Training

Bullying - Going The Extra Mile

Dan 'The Beast' Severn Seminar

Religion & Martial Arts - Do They Mix?

S.W.A.T. Is The Best Self Defense

Tae Kwon Do & The Three Bears!

Plus Much More Inside



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

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Editorial

Issue 9 - November 2009

Welcome to issue 9 of Totally Tae Kwon Do magazine. To start with, we have some great news for those in the ITF, firstly Grandmaster Trần Triêu Quân (ITF President) sent an email of support for the magazine and further offered his own personal support (by way of articles for the magazine) and that of ITF itself. Following this, the ITF

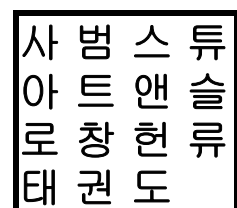


led by Professor Chang Ung (President) is also supporting the magazine as you will see from our mega report of the World Championships they recently held in Russia. So that's 2 out of the 3 ITFs supporting the magazine, which in turn benefits anyone that reads it. In fact, with even more ITF articles in this issue as well, one may well believe that this is the place for all things ITF - but you are wrong, as it's the place for ALL things Tae Kwon Do and as such, I am hoping that perhaps this will encourage other Tae Kwon Do organisations to follow suit and not just Ch'ang Hon based ones, but Kukki/WTF based ones or other groups as well. A few individuals moan on forums from time to time about the lack of WTF articles, but there are only a few Kukki/WTF based writers submitting articles on a regular basis to the magazine so what do you expect, in fact virtually all WTF based news comes via Ray Terry of Dojang-Digest fame (many thanks Ray) who compiles it via various resources himself and if it wasn't for him there would be no WTF news at all because we don't go searching sites for big organisations news - they need to send it to us! So, if your organisation is not appearing in these pages - blame them, not us!

One thing we have started is a new initiative to get other writers involved in the magazine. You will see what it is one page 24 (check it out) and feel free to send more suggestions to the magazine.

Finally, we have some good articles waiting to go out that need accompanying pictures, so please show you support for the magazine by emailing us a few snaps of yourself and/or your students (stating we have permission to use them) - you never know, we might make you famous!

Stuart Anslow
Editor



Issue 9 Contents

| | |
|--|-----------------------|
| <i>Totally TKD News</i> | <i>Page 4</i> |
| <i>Mrs Choi Takes In Her 1st World Championships</i> | <i>Page 9</i> |
| <i>Black Belt: Myth & Reality - Putting It Into Perspective</i> | <i>Page 11</i> |
| <i>The TKD Clinic</i> | <i>Page 16</i> |
| <i>Ch'ang Hon Taekwon-do Hae Sul 9 - Debunking TKD Myths</i> | <i>Page 17</i> |
| <i>Hard & Soft: Tae Kwon Do's Plan A & Plan B</i> | <i>Page 21</i> |
| <i>Totally TKD Magazine Wants You! - Chip Townsend!</i> | <i>Page 24</i> |
| <i>S.W.A.T. Is The Best Self Defense</i> | <i>Page 27</i> |
| <i>Bullying: Going The Extra Mile</i> | <i>Page 30</i> |
| <i>XVI ITF World Championships</i> | <i>Page 33</i> |
| <i>Most Rated Books Survey - Follow On!</i> | <i>Page 47</i> |
| <i>Tae Kwon Do & the Three Bears: Lessons from Goldilocks</i> | <i>Page 53</i> |
| <i>Real-World Altercations For Better Training</i> | <i>Page 56</i> |
| <i>What's the Point</i> | <i>Page 59</i> |
| <i>Father & Son: A TaeKwonDo Journey</i> | <i>Page 61</i> |
| <i>Religion & Martial Arts: Do They Mix?</i> | <i>Page 63</i> |
| <i>Dan 'The Beast' Severn Seminar</i> | <i>Page 67</i> |
| <i>48th ITF International Instructors Course Report</i> | <i>Page 69</i> |
| <i>Submission Guidelines</i> | <i>Page 74</i> |
| <i>Where To Download Totally Tae Kwon Do</i> | <i>Page 75</i> |

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Totally TKD News

Support From Grand Master Trần Triều Quân, President of the ITF



Dear Mr. Anslow,

I read your good publications. I would like to congratulate you for your great efforts and passion to make them available on line as I know that is a huge work and the Tae Kwon Do people around the world need neutral, educational and professional means of communication!

All the best to you and your Totally Tae Kwon Do Magazine,

Gm Tran Trieu Quan
ITF President



Lopez Wins 5th World Championship Title

Sugar Land's Steven Lopez became the

first fighter to win five world championship titles at the Taekwondo competition in Denmark on Wednesday (14th October).

A statement released by the fighter's spokeswoman says Lopez, 30, won his first world championship gold medal in 2001 and has been undefeated at the biennial event ever since, winning titles in 2003, 2005 and 2007.

He also won two Olympic gold medals and one Olympic bronze medal in the last decade.

Lopez won this year's title in a fight against Spain 's Nicolas Garcia Hemme in the men's welterweight gold medal at the WTF World Taekwondo Championships in Copenhagen, Denmark.



Professor Ung Chang re-elected as ITF President

The current President of the International Taekwon-do Federation (ITF) Ung Chang was re-elected for another 4-year-term by a unanimous vote during the ITF Congress held today in Saint Petersburg.

The IOC Member Ung Chang does his best to promote taekwon-do (ITF) into the Olympics. The issue of uniting the two types of taekwon-do (ITF and WTF) is one of the top-priority activity areas of the Federation headed by Ung Chang.

During the ITF Congress it was decided to hold the XVII ITF Taekwon-do World Championships in 2011 in Pyongyang (North Korea).

Biographical information:

- Ung Chang was born on 5 July 1938 in Pyongyang (North Korea). Married; four children.
- In 1996 he was elected a member of the International Olympic Committee.
- On 22 September 2002 – elected as the President of the International Taekwon-do Federation (ITF).
- In 2007 Chang Ung was awarded Honorary Doctor's Degree of Physical Education at the Saint Petersburg State University for Physical Education and Sports named after P. Lesgaft (Russia).



ITF Merger Steams Ahead

The International Taekwon-Do Federation (ITF) under the leadership of International Olympic Committee Member Prof. Chang Ung met with representatives of the ITF under the leadership of Grandmaster Tran Trieu Quan to discuss the reunification of the two groups. The meeting took place in Vienna Austria on September 12, 2009. Those representing Prof. Chang Ung were Master Anto Nobile, President of the European Taekwon-Do Federation, Mr. Ri Yong Son, Executive Director General and Mr. Kim Chol Gyu, Treasurer. The representatives of Grandmaster Tran were Master Willem Jacob Bos, Secretary General and Master Juan Ferrando, Vice President. The discussions were very productive and afterwards the participants were invited to dinner by Prof. Chang Ung.



The Congress that embraced the good news of the merger talks

Master Nobile, who also is a member of the Merger Committee for talks with the World Taekwondo Federation made a complete report to the Executive Board on October 12, 2009 at the World Championships in St. Petersburg Russia. The report was well received by the Board. The following night the information was presented to the Congress, which was attended by 82 countries. Master Nobile expressed his great optimism for the scheduled future talks. He advised the entire Congress that Masters Bos and Ferrando would report to their respective Board and Congress in Argentina at their next scheduled Congress meeting on November 27, 2009 during their upcoming World Championships. Pending approval to move forward by that Body, a subsequent meeting has been tentatively set for the time frame of early December of 2009. This news was warmly embraced by the membership of Prof. Chang Ung.

When Master Nobile addressed the Congress he spoke of the long time friendships that many have developed over the years. He said these relationships had in many cases become like family. Grandmaster Rhee Ki Ha, the first person promoted to IX Dan by the Founder Gen. Choi Hong Hi and current Senior Vice President often states the ITF also means International Taekwon-Do Family. Master Nobile closed by saying we must bring our family together again.

The ITF suffered some fragmentation surrounding the passing of the Founder

Gen. Choi in 2002. Since that time this unfortunate division has resulted in each group hosting separate World Championships. With the preliminary plans outlined during the initial meeting, the World Championships will again become one event for all. Many of the newer students and those coming of age now deserve this and more. The ITF remains committed to this laudable goal.

While it is understood that complex negotiations take time and can be difficult, these preliminary plans address the need for open and honest dialogue over a period of time, along with a transition period to help the process develop. Like all difficult tasks that Taekwon-Do students often face, adhering to the tenets of Taekwon-Do will empower those tasked with this all important assignment to succeed.

We call upon all, those directly involved and every student that watches from across the globe as these discussions continue and evolve, to talk with honesty and integrity. To exercise self control and perseverance, no matter how difficult or challenging the talks become; and to demonstrate indomitable spirit by showing the courage to work towards a compromise that will bring us all together for the benefit of all. This is how we can best support, preserve and share the legacy of our beloved Founder. We eagerly look forward to another positive response to this preliminary plan on November 27, 2009, so these discussions can move to the next step.

The ITF was the first world governing body for Taekwon-Do. It was formed on March 22, 1966 in Seoul Korea. It relocated to Toronto Canada in 1972 to escape the political interference of a military dictatorship and to allow a more expansive growth as North America lies between Asia and Europe. In 1985 the headquarters was moved to Vienna Austria, which is located between the Eastern and Western Europe. It is also a politically neutral country allowing access to nations regardless of

politically ideology, including those of communist or socialist countries. This helped the founder of Taekwon-Do, Gen. Choi Hong Hi realize his dream of sharing Taekwon-Do to all the people of the world.



Mrs Choi, the widow of Gen Choi & the leadership including Prof Chang ung, GMs Rhee Ki Ha, Park Jong Soo & Leong Wai Meng, Master Phap Lu, Kim Ung Chol & Mr Ri Yong Son

Photos courtesy of the St. Petersburg Taekwon-Do Federation's Press Centre



(WTF) Taekwondo Unveils Electronic Scoring System

Competitors now wear a special sock to create a wireless signal when a point is scored. (ATR) A new scoring system in use at the World Taekwondo Federation is being met with near universal praise.

With the new system, fighters wear special electronic socks that create a wireless signal when they hit sensors on their opponent's vest. The change is done to promote fairness in the sport by taking away a subjective element of the judging.

Benaiah Torkornoo, a Ghanaian competitor in the lightweight division told Around the Rings he is in favor of the new changes. "It

eliminates human error" he said.

"Every fighter now can score their own point."

According to Torkornoo, the new system has already produced benefits. Referring to the match between Jung-ho Park of Korea and Malian, Oumar Cisse on Wednesday, Torkornoo said under the old subjective system of scoring, the human element may have caused judges to be biased in favor of Korea, the powerhouse of taekwondo. Without the electronic system, the judges' hands would likely have been trigger happy to score a point for Park and *"maybe the Mali guy wouldn't have won."*

How many points are rewarded was changed with the new system as well. Three points are awarded for a successful headshot. Previously just two were given. This was changed to encourage more acrobatic kicks with the goal of making the sport more dynamic. Live scoring was also introduced at the world championship.

Torkornoo said *"the sport has been lacking"* that dynamism because fighters were reluctant to aim for their opponent's head. The new rule *"is more rewarding as an athlete"* he said.

While the new scoring system encourages more flair in the sport, coaches apparently don't want their fighters to make a dramatic change in their style.

Australian coach Jemal Hasan tells ATR *"if you are trying to change your strategy straight away then you make [your fighters] disadvantaged."* His advice on how to adapt to the new system? *"Let them do what they are doing [well] for years, and they'll still be getting the points."*

Even if his athletes won't have a dramatic change in technique or strategy, Hasan said the new system makes taekwondo "more professional." He added that he hasn't heard any complaints about the new

system.

"You have no one to complain, you have to complain to yourself because you have to get the point."

Also being unveiled is the use of video replay. Coaches can appeal a referees judgment on penalties or points.

Torkornoo is in favor of the use of video replay, pointing to its success in the American National Football League. He thinks video replay makes taekwondo "more competitive."

Five fights can take place at one time during the World Taekwondo Federation world championships.

Even administrators seemingly are in support of electronic scoring. USA Taekwondo Chairman Kevin Padilla told Around the Rings that as a former competitor *"the evolution of body protectors is great."*

"It's definitely going to change the dynamics of the game."

He added the new rule of two points for a spinning kick is *"nice for the sport of taekwondo"* because competitors will take greater risks and make the sport more appealing to audiences.

Padilla could only find two faults. No sensors are on the helmets which means the three-point-kick is still at the mercy of a subjective referee's decision. Additionally, he complained that the foot sensors must hit the chest sensor, which he said with a laugh, *"it is equally unfair to both people. Its survival of the fittest, its survival of the smartest guy."*

He said he thinks much like adapting to any new technology, the fighters will learn how to control their bodies to hit the correct part of their opponent's body to score.

"It is human nature, we learn we evolve."

Newly re-elected WTF President Chungwon Choue said he hopes to make taekwondo more transparent and dynamic. There was consent that these new technologies would help achieve those goals.

The Ballerup Super Arena is the venue for the world championships. *"A spectator at home watching this, it has to be exciting to them"* Padilla said.

"Taekwondo, you can't compare it to track and field or swimming, or gymnastics, but I hope one day we will be in that place."

The world championships last until the 18th of October. They are taking place in the 1500-seat Ballerup Super Arena just outside Copenhagen. 1000 competitors from 140 countries are participating.

The next world championships are in 2011. The host will be determined at the next WTF General Assembly in Cairo.

Written by Ed Hula III.
News via The Dojang Digest



ITF Announce Junior World Championships

The International Taekwon-Do federation (ITF) wishes to announce the 9th Junior and 4th Veterans World Championships will be held jointly in Minsk, the capital city of Belarus in September of 2010. The Junior World Championships were first held by the ITF in Moscow Russia back in July of 1993. This was 3 full years before the World Taekwondo Federation (WTF) held their first Junior Championships. The players, both boys and girls must be between the ages of 14 and 17. They can compete in patterns, sparring, power

(breaking) test, special techniques (flying breaking) and pre-arranged self defense routines. There will be both team and individual categories. The Veterans are for both male and female competitors. They compete in the same categories and are further separated by ages 40 to 50, 50 to 60 and above 60 years of age. This is the 4th time Veterans world championships have been held. They were first held in Malaysia in 2004, followed by Bulgaria in 2006 and Tashkent last year. The WTF still has not held this type of world championship tournament.

Competitors must qualify through their respective National Governing Body (NGB). Those interested should contact their NGB or visit the ITF website www.itftkd.org for more details as they become available. Make sure to also check future issues of TotallyTKD.com for more information.

Olympic Committee Threatens Taekwondo Brothel Owner

Going to the Olympics is a very expensive thing. For guys in lesser-known sports, like New Zealand Olympian and taekwondo practitioner Logan Campbell, the cost of going to the Olympics will work out to be about \$150,000. To go to the 2008 Beijing Olympics, Campbell depended mostly on his parents. For the 2012 Olympics, his fundraising idea was simple: open a brothel. The New Zealand Olympic Committee isn't too keen on that idea, and is currently threatening to sue Logan's pants off.

In New Zealand, owning a brothel is perfectly legal. Using sex as a fundraising effort is also pretty ingenious, and has worked for breast cancer research, among other things. However, the issue is associating the Olympics with the prostitution. Campbell can run his pandering business, but the IOC isn't too keen on having its brand associated with paying for sex, legal or not, and since the Olympics is a trademarked and copyrighted legal entity, they're within their rights.

Mrs Choi Takes In Her 1st World Championships

By George Vitale



The Taekwon-Do World Championships held in St. Petersburg Russia from October 14th to the 16th 2009 had a very special guest. This was the first time Mrs. Choi Chun Hi, the widow of the Founder of Taekwon-Do General Choi Hong Hi made an appearance at the world championships. She did more than just make an appearance however. Mrs. Choi participated in the 19th ITF Congress, addressing the body and thanking Prof. Chang Ung for his work after the passing of her husband. She also attended both the opening and closing ceremonies, viewed several events, including the finals held on Saturday October 17, 2009. Mrs. Choi also shared dinner regularly with the participants, attended the farewell party and enjoyed sightseeing around the beautiful and historic city of St. Petersburg with various ITF officials.

Mrs. Choi was accompanied by Mr. Eum Joon Shik, a long time special assistant to Gen. Choi and his wife Mrs. Eum. While at the world championships Mrs. Choi accepted the award and certificate honoring her husband Gen. Choi, the founder of Taekwon-Do, induction into the Tae Kwon Do Hall of Fame. Gen. Choi was officially inducted posthumously at an awards banquet held last April 2009 in New Jersey USA. Mrs. Choi was most thankful for the honor and commented very favorably on the high skill level of the world championship's competition.

During her time in Russia, Mrs. Choi was also presented with a copy of the first book ever written on Taekwon-Do. It was authored by her husband Gen. Choi in 1959. This book is indeed very rare and Mrs. Choi had not seen it for some time, as much had been lost or misplaced due to the upheaval of moving the family several times and in waves, as a result of the political pressure by the military dictatorship of Park Chung Hee. The book also contains a rare photo of Gen. Choi in military uniform with 2 stars as a major general. She commented how young he was and how grateful she was to receive it.



Mrs Choi being presented with an award by the ITF, with Prof. Chang Ung, Mr Ri Yong-son, Mr Kim Chul-gyu & Grandmaster Rhee Ki-ha

Above two photographs courtesy of St. Petersburg TKD Federation

This book was preserved by Master Nathan Doggett, a Kukki Taekwondo black belt instructor from Michigan in the USA. Master Doggett saw fit to make an agreement to transfer the original to Grandmaster Jung Woo Jin of Taekwondo Times, a special assistant to the ITF president. This will help to insure the safekeeping so that future generations of Taekwon-Do students can forever appreciate this work.



Presenting Mrs Choi with copy of the 1st book ever written on Taekwon-Do, (1959 author General Choi)



Accepting the TKD Hall of Fame induction certificate & award on behalf of her husband General Choi, founder of Taekwon-Do



Mrs Choi with Grandmasters Rhee Ki-ha & Park Jong-soo - 2 long time beloved students of General Choi & 2 of only 7 in the world promoted to 9th degree by the

The Black Belt: Myth & Reality

Putting It Into Perspective

By Grand Master Trần Triều Quân,
President of the ITF

As you probably know, in recent years the value of the black belt has been diluted because a few martial arts organizations have lowered their standards. Others issue very impressive black belt certificates based on nothing more than the payment of a fee, often selling them by mail or over the Internet. Investigations by journalists have resulted in warnings to consumers that not all black belt certificates have the same value. Unfortunately, these actions have had a negative effect on the credibility of all martial arts organizations.

What can the ITF do about this situation? The answer is education and communication. We need to demystify the black belt and explain what it really should mean. This is why I have chosen to write about this important subject.

What do outsiders think a black belt means?

I started practicing Taekwon-Do at a young age and I was fifteen years old when I earned my 1st degree black belt. Being rather shy, I didn't tell very many people about it. When eventually they did find out, people seemed to think having a black belt made me dangerous. They would say things like: *"I'll have to be careful around you."* or *"We'd better not make him angry!"* The perception seemed to be that a black belt holder was a kind of superman, and this is the way many people still think.

Of course it is natural for people to think that way, since their perceptions have been shaped by the media, primarily by what they see in films that concentrate on spectacular martial arts action and a lot of violence. This perception has evolved in recent years. With more people practicing martial arts and achieving black belt status -- including an increasing number of women -- it is no longer seen as so unusual.

On the positive side, people do seem to recognize that a black belt holder is someone who has acquired certain skills, knows how to defend himself, is confident, and has achieved a goal.

How is the black belt perceived in the martial arts world?

The black belt is a relatively recent development in the martial arts world. Apparently the inventor of the black belt was Grandmaster Jigoro Kano, the founder of judo, who awarded the first black belts in the 1880s.

In the martial arts world, a black belt holder is viewed as worthy of respect. Those who practice any of the martial arts know that one must meet certain standards to earn a black belt. The ITF is not the only Taekwon-Do organization and we should not refuse



to recognize that their black belts have value, when they are based on solid criteria. To be fair to those who have earned black belts from other organizations and who now wish to join the ITF, we have established criteria for the recognition of their black belt degrees.

However, there is no international standard for black belts in all the martial arts and, because there are so many styles of martial arts and a large number of organizations, there never will be.

*More than ten years ago, we did a study here in the Quebec City region in collaboration with Laval University, asking Taekwon-Do practitioners and their entourage this question: “**What makes a black belt holder different?**” This study involved a relatively small number of respondents and it was certainly not exhaustive; never the less, the results are interesting.*

We learned that only 5% of those who begin to learn Taekwon-Do go on to earn a black belt.

The personal characteristics of those who did were identified as:

- *They know how to persevere (training and exams);*
- *They are active people (physically and mentally);*
- *They show good judgment;*
- *They are leaders;*
- *They are polite and respectful;*
- *Parents noticed that their children became more confident;*
- *At school, teachers remarked that children practicing Taekwon-Do showed leadership and better judgment.*

What does an ITF black belt mean?

To earn any ITF color or black belt, the student must meet the specific criteria for that level. A belt is not awarded simply for a certain number of months or years of training.

The ITF system of color belts (six colors) has evolved over the years. I remember General Choi describing the system; he compared it to a tree. (At that time there were four colors.) He explained:

- The **white belt** is like the roots of the tree, where it all begins;
- The **yellow belt** represents the color of the soil, which is required for the development of a strong root system, a solid foundation for the tree;
- The **green belt** is like the new growth just pushing out of the soil;
- The **blue belt** (the color of the sky) means that the tree is continuing to grow;
- The **red belt** – when the tree has reached a good size but the wood is still green – means danger. This is when the student must pay attention to more than physical training. It is a time to reflect about your personality and your control of Taekwon-Do techniques.

Earning a **black belt** means the student has acquired a certain expertise. The color black is the combination of all the other colors and signifies the achievement of maturity. There is a certain prestige attached to wearing the black belt, but we must point out that there are different degrees of black belts and the difference from one level to the next level up is substantial.

Some years ago, I was with General Choi at a seminar when he was asked about the meaning of the black belt. **General Choi said it meant that person was capable of defending himself.** I would add that the holder of a black belt has reached a certain level of skills and is now autonomous for his training.

Earning an ITF black belt

In principle, almost every student can earn an ITF black belt. The question is how long it will take.

Each student has his or her strengths and

weaknesses. Some have to deal with special challenges such as physical disability or mental illness. We want to give our students the opportunity to progress and achieve the benefits of applying Taekwon-Do principles in their lives. So, although we will insist that the techniques be correct, we do recognize that a student's performance may be affected by his circumstances. For example: a student may use the proper technique for a kick but may not be able to reach the same height as another.

is sort of like mountain climbing. Earning the color belts can be compared to the preparation stage: learning the theory of mountain climbing, practicing the techniques, working to improve your physical conditioning, and gathering the necessary supplies. By earning your 1st degree black belt, you move to the next level, like mountain climbers setting up a base camp part way up the first mountain. Only then are you ready to attempt to climb mountains. In the case of Taekwon-Do, those "mountains" are the advanced black belt degrees.

There is a requirement for a minimum number of hours of training. However, there is no set timeframe for earning an ITF color or black belt. If a student progresses very well, he or she could earn a 1st degree black



Picture courtesy of Mr. Dag A. Ivarsoy

belt in approximately three years. To move from 1st degree black belt to 2nd degree takes a minimum of one and a half years, while the next step, from 2nd to 3rd, takes a minimum of two years. The time required increases at each level. In fact, to earn a 9th degree black belt takes a minimum total of 36 years.

Obviously, earning your 1st degree black belt is only the beginning. And you can't be in a big hurry! The process of qualification for successive black belt degrees is not a race or a competition.

Earning a black belt = Climbing a mountain?

We could say that earning your black belt

Minimum criteria for each exam

One of the ITF's goals for the next few years is to define detailed criteria for qualification for each level and to offer advanced training for all ITF examiners.

This will help

ensure uniformity and reinforce the value of an ITF black belt degree.

A black belt degree exam cannot be simply a formality. In a competition match, the opponents are compared to each other, but during an exam the candidate must be compared to the minimum criteria established for the degree. Examiners have a duty to make sure the candidate meets the ITF criteria.

If a black belt degree is not awarded based on competence, it will be absolutely worthless. To maintain the credibility of the organization, we must ensure that ITF black belt certificates have a recognized value, and this is particularly true for 4th

degree and higher.

If a candidate has not mastered the skills required, the examiner should not give a passing grade or award a degree. The examiner should identify for the candidate the points he or she needs to work on. Then the candidate will know how to prepare better for a second try. Neither the candidate nor the examiner should look at the awarding of a black belt degree as a privilege that the examiner has the power to give or withhold. The examiner must evaluate each candidate objectively.

Another important point is that the examiner must avoid any conflict of interest. If there is any possibility that the examiner could be perceived to be in conflict of interest, it is always better that he or she step aside and let another examiner evaluate the candidate.

Encouragement & motivation

It is very important to encourage students and help them motivate themselves during the qualification process.

An example:

Recently I visited an ITF Taekwon-Do school in the U.S.A. where they had posted on the walls a very official-looking certificate for each color belt student, yellow belts and up.

The certificate showed:

- *the current level of the student,*
- *each step of the qualification process to the 1st degree black belt,*
- *the month and year in which the student could earn the 1st degree black belt, if he or she continued to progress well.*

Seeing their progress posted on the wall and knowing what they had to do to reach black belt status helped the students to set goals and work to achieve them step by step. Such a program can provide a lot of encouragement for students.

I mentioned above that General Choi had identified the red belt level as a danger zone, because it represents a transition period requiring each student to reflect seriously on the role Taekwon-Do should play in his or her life. The period immediately after earning the 1st degree black belt can also be difficult. When qualifying for the color belts, the student is evaluated frequently. However, the interval between black belt degrees is longer, and it increases with each successive level. It is important to help the student to adjust to this new reality so that he will not become discouraged.

General Choi said students need direction. I would add that teachers can provide direction by demonstrating the benefits of Taekwon-Do in our lives: the opportunity to acquire new skills, to help others, to live a successful and active life. According to the student's abilities and preferences, the teacher may consider steering him or her toward teaching or competition. Remember, there are ITF competitions for all levels, not just for the elite.

For example:

A number of years ago, I became very concerned when I noted that in my region we were losing many students after they had earned their 1st degree black belts. Many of them would seem to lose interest at this stage.

We did a study and found that because of the longer interval between exams, students had a tendency to put off training and study, thinking there would be plenty of time to catch up. Unfortunately, when it was time for the exam, they were not ready.

The solution was to break up the longer interval into separate steps. This way, the student can concentrate on completing one step at a time and, when he has completed all the steps, he is ready for the exam.

It is logical to split each interval between

the early black belt degrees into three stages, because for each degree from 1st to 4th degree, students work on three patterns. There is an evaluation at the end of each stage, and students can only present themselves as candidates for promotion if they have successfully completed the three evaluations.

This program has been very successful.

As you can see from these examples, the key is to identify the root of the problem and then make changes that will help solve the problem. The changes do not have to be major, but they do have to be tailored to the problem.

Another example:

Children who start learning Taekwon-Do at age six may reach the 1st degree black belt level at age nine. This is very young, and because they do not have the physical or mental development to move to the next level, their progress is stalled.

We created a program with extra levels before the black belt especially for young children, so that they can continue to learn and progress. This type of program also exists in some European countries, and it really does work!

I have suggested to the chairmen of the ITF Technical and Instruction Committee and the ITF Masters Promotion Committee that they study the possibility of proposing a similar program for approval by the ITF Board of Directors. We would then be able to implement this program everywhere, thus meeting the specific needs of Taekwon-Do practitioners under the age of twelve.

For some martial arts, the requirements for a black belt are set so high that it seems almost impossible to attain. Some say that you have to give up everything else in your life and devote yourself only to your martial art.

Isn't it better to adapt our teaching so that we encourage our students? After all, the purpose of ITF Taekwon-Do is to help practitioners become better people and have a happier life, so that they can contribute to making a better and more peaceful world. Students who are successful are motivated to continue to train, to learn, and to progress. If our students become discouraged and drop out, they will not receive the benefits of Taekwon-Do.

What is the value of an honorary black belt?

In the past, the ITF has awarded honorary black belt degrees to honor individuals who have made an exceptional contribution to the development of ITF Taekwon-Do.

We are currently working to develop a detailed policy for the awarding of honorary black belt degrees. Our purpose is to ensure that the ITF honorary black belt retains its value and that it be used to motivate those who have useful resources or contacts to help the ITF. An honorary black belt degree from an organization that has credibility and positive goals will be perceived as a real honor.

Importance and responsibility of high ranking black belts

According to the traditions and rules of the martial arts, a martial artist owes respect to his master and to those who are his seniors in the organization. Rank and date of promotion are the key criteria in determining seniority.

Furthermore, the responsibilities that the ITF delegates to officials to conduct the tournaments and the promotion tests are based on the rank.

Therefore, it is very important for the ITF, as a worldwide martial art organization, that all promotions be based on competence, experience, and involvement in ITF Taekwon-Do. That is why the ITF Board of Directors approved By-law No. 1

and the two policies concerning promotion, which clearly set out the requirements for promotion and for the recognition of black belt degrees granted by other organizations.

To all ITF black belt holders:

Earning an ITF black belt does bring with it a certain prestige, but it is important to keep in mind that it is just one step in a lifetime of practicing Taekwon-Do.

Remember that you are ambassadors for the ITF and for your school. You must live up to the prestige that goes with your black belt status, demonstrating not only the technical skills you have mastered but also that you apply ITF Taekwon-Do principles in all facets of your life, and that you are working to build a better and peaceful world.

In the future

I believe that the ITF system of black belts is already good for the technical requirements. What is missing is an evaluation system for the Do.

General Choi wrote that the study of the Do had been neglected and that he hoped his successors would put more emphasis on teaching the Do. This is why the ITF has put a lot of effort into developing a program for teaching the Do. We have already started giving seminars for Level I,

while the course structure for Levels II and III has been defined. Eventually we will define a method of evaluation.

For example: One tenet of Taekwon-Do is courtesy (politeness and kindness). Therefore, the evaluation method will have to assist the examiner to evaluate how the candidate understands and applies this facet of the Do in his life.

It is my hope that my lasting contribution to the ITF will be the realization of my vision of the future of the ITF: a wonderful future, with an ever-increasing number of high-quality black belts in countries around the globe – black belts who are model citizens, working to build a better, happier life and a more peaceful world!

All the best to you,

Yours truly,
Master Trần Triều Quân
ITF President



ITF Black Belt holders: Always remember that you are an ambassador for your school and for the ITF.



The TKD Clinic

With Glenn Smits

Sadly, there is no TKD Clinic this month as we have received no questions relating to it! The TKD Clinic section is a valuable resource to all readers of this magazine, both now and in the future - so if you want to see it continue, please send health related issues/questions to:

[**TKDClinic@totallytkd.com**](mailto:TKDClinic@totallytkd.com)

ensuring "TKD Clinic" is in the subject line

Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 9

Debunking Taekwon-do Myths

'A story gets bigger by the telling'

In this month's article we are going to take a look at Ch'ang Hon Taekwon-do and debunk some of the myths and misconceptions that many have about the art; not just students of other arts, but those that actually practice Taekwon-do themselves.

There are many preconceived notions on 'what is' and 'what is not' part of the Ch'ang Hon system of Taekwon-do. These are brought about by instructors or associations teaching what and how they want, which is not in itself wrong, but it does confuse the student sometimes or by students only being exposed to certain elements of the art and then believing other areas are non-existent.

Taekwon-do Is Mostly Kicks

Taekwon-do is often cited as being mainly a kicking art, but in actual fact it has many more hand techniques than kicks, at a guess I would say the hand techniques outnumber the leg techniques by around 8 to 1 (I once read there are over 2000 hand techniques, but I've never actually counted them to verify this).

W.T.F. (World Taekwon-do Federation) Taekwondo helps proliferate this argument, with its competition format scoring on virtually kicking techniques

alone. I.T.F. competition does the same thing although it scores hand techniques more readily, kicks score more as they are considered harder to perform. I.T.F. competitions want to promote this spectacular side of the art as it often looks better than a slug fest using just the hands and shows part of the technical expertise and grace that many Taekwon-do performers have. There is nothing wrong with this and in the main I agree with how I.T.F. based competitions are run, as I too enjoy seeing the kickers perform. However, this *is* competition and many students and

especially those who do not train in Taekwon-do can't dissimilate '*this is competition*' from '*this is Taekwon-do*'. Other connotations about Taekwon-do due to its sport side are abundant, mostly from other ill informed martial artists, but if we do nothing to change their views, including via our training methods and they do not delve deeper than



Competition gives rise to Taekwon-do's underserved reputation as a kicking only art

what they see in a magazine or on a video,

this misrepresentation will persist, as its up to the instructors not the student.

Taekwon-do Is Touch Contact

This is a fallacy born from the semi-contact form of ITF based competition. In ITF competition sparring, contact is *suppose* to be controlled, though in many of the competitions I have been in as a black belt, the contact levels have varied between medium, to hard, to occasionally full contact. The difference is the rules. The actual rules for ITF competition state 'light contact' and it is really up to the judge to enforce it. I have never gone into a fight in an ITF based tournament and deliberately gone in with heavy contact. The problem stems from the referees not enforcing rules properly and thus, if an opponent went heavy on me and the referee didn't pull them up, then I had no choice but to give as good as I got.

Those outside of Taekwon-do simply see ITF based competition, with two opponents skilfully controlling their techniques (and it is a skilful opponent that can fight fast and intensely and still control their techniques, as those less skilled rely simply on brute force) and summarize that this represents Taekwon-do as a whole. The fact that in many dojangs, competition sparring is the *only* sparring helps further promote this.

My good friend from Poland, Piotr Bernat, has told me that most



Polish competition sparring is heavy and full contact and unlike WTF sparring, allows punches to the head (Competitors wear the same protective equipment as in any standard ITF based tournament) so even in competition, its not strictly true.

Competition aside, in training I have had many heavy contact sessions with fellow black belts. Seniors in my classes spar from light to medium to heavy contact and are also allowed to use take downs, sweeping, low kicks, trips and throws at the same time, depending on the type of training we are doing.

Hosinsol is often performed with techniques at full power, but stopped short to avoid injury. Obviously one cannot strike full contact to a vital point as it would cause major damage to a fellow student, however the strikes are thrown at full speed and intensity and blocks are often utilized at close to full power unless hitting a joint or vital point.

The pattern applications show the full contact state of Taekwon-do. Techniques are designed to maim, kill or destroy an opponent and without full power, this cannot be achieved, hence why patterns practice and more so, patterns practice with visualization, is so essential to maintaining this element.

Taekwon-do Contains No Low Kicks

Another fallacy born from competition only

sparring. Students are geared to think they must always kick above the waist. And whilst this is a good criteria for children, beginners and junior grade students, due to their lack of targeting skills and control, it is not such a major issue to a more skilled student who can chose when to hit hard, where to strike and when to pull a technique for safety. The problem exists and many clubs these days are so competition orientated that they are never allow to blossom into this area which is vital for a full rounded arsenal of techniques. The patterns themselves contain low kicks, so students should be allowed the freedom to train in area's that overlap. Patterns, sparring and hosinsol (self defence) all overlap onto each other forming what is really Taekwon-do, as each on their own are just parts of the whole.

Taekwon-do Doesn't Allow Sweeping



Again, another myth perpetrated by competition and further enforced by schools that only concentrate on competition sparring. Sweeping is as much a part of Taekwon-do as kicking is. Again, even in controlled sparring, sweeping can be practiced by more senior students.

Again, the patterns incorporate sweeping techniques, some which are obvious and other which are not so obvious.

Taekwon-do Doesn't Contain Locking Techniques

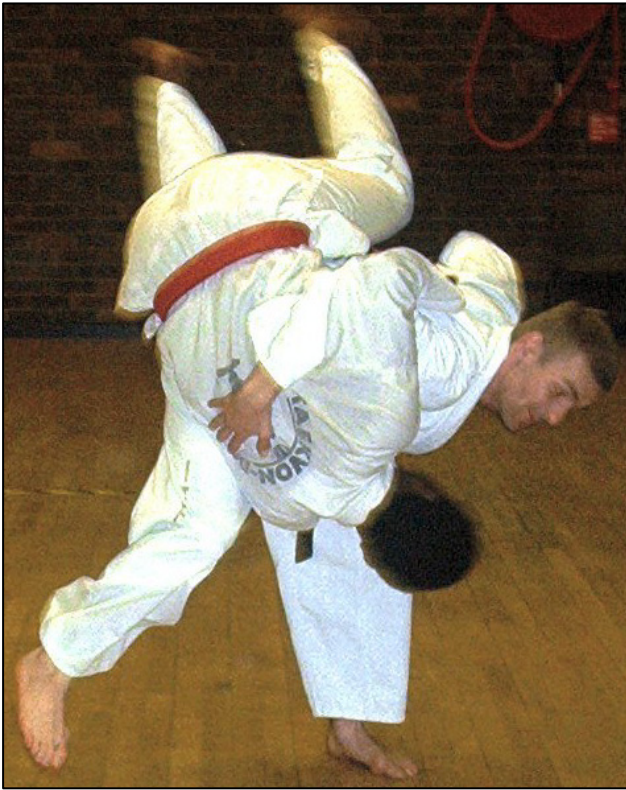


The author explaining basic joint locking to students

Taekwon-do contains many locks (and breaks) if we study properly. Early in its development Taekwon-do incorporated elements of another Korean art, Hapkido, including many of its joint locks. However, someone deemed much of them either too long, too complicated or not instant enough so they were discarded and those that were kept centred around being quick to apply or causing a break and not just a lock¹. Many locking techniques can be found within the patterns.

Taekwon-do Doesn't Contain Throws

The encyclopaedia of Taekwon-do published by General Choi contains a whole section on throwing and falling. This section contains throws such as hip throws, body drops, even the classic inner thigh throw. If its not being taught to the student, its not because it is not part of Taekwon-do. Deeper inspection of the patterns also reveal many throwing techniques as you will discover.



Sorry, but throws are as much part of Taekwon-do as the kicks & strikes!

Taekwon-do Contains Weapons

Contrary to what you may see in some Taekwon-do schools, Taekwon-do contains no weapons. No weapons training and no weapons patterns. These are extra parts brought in from the outside by instructors, some as a means of enhancing their students knowledge in martial arts, but often as a means of hiding their lack of deeper knowledge and often as is the case these days, simply to charge the students more money.

Taekwon-do was an art designed for

soldiers and soldiers carry guns. Taekwon-do was there if they couldn't use their gun (rifle or bayonet) for one reason or another, they didn't carry poles and sticks just in case they dropped their rifles. However, Taekwon-do contains what I like to term *'anti-weapons'* techniques and training. These are techniques and applications specifically designed against weapons such as knives, clubs, sticks, poles, bayonet attacks and even against pistols². Many *'anti-weapons'* applications are found within the black belt patterns though a student gains an introduction unwittingly as early on as Joong-Gun tul.

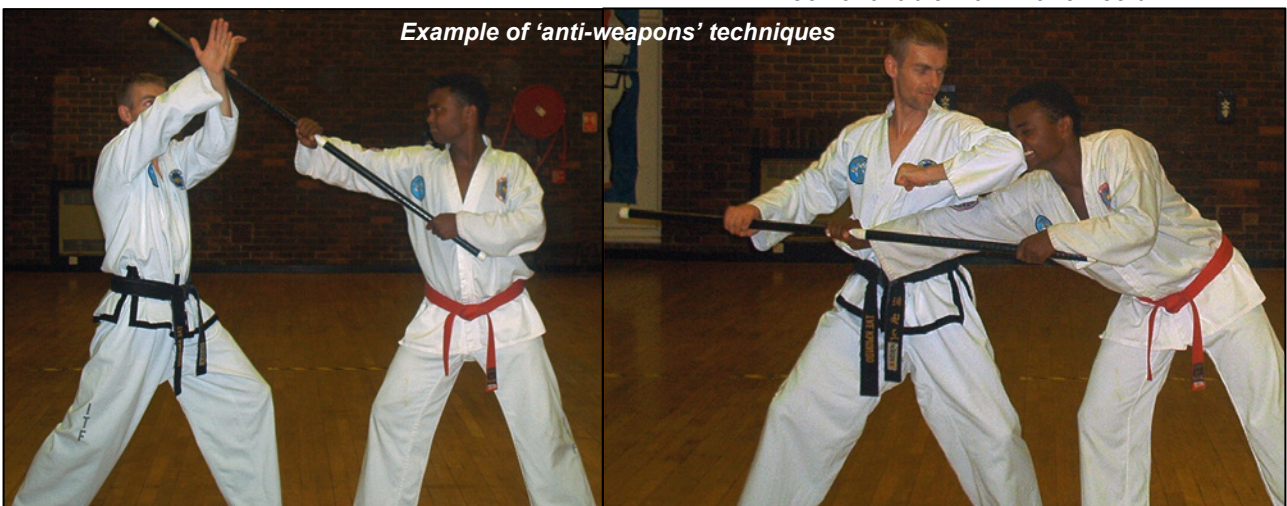
All the above *'Taekwon-do doesn't contain...'* myths are due to a lack of knowledge in certain areas by instructors or simply because instructors left whomever they were with before gaining a full appreciation of the art. Many modern Taekwon-do books further support this myth by not showing or even mentioning them.

¹ Many joint locks simply have to be delivered with more power or followed through to turn them from a joint lock to a joint break

² The book 'Taekwon-do', published in 1965 by General Choi references self defence *'against pistol'* as Tae Kwönch'ong

Next month we challenge the belief that patterns are simply an exercise rather than part of Taekwon-dos self defence system.

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Example of 'anti-weapons' techniques

Hard And Soft

Tae Kwon Do's Plan A & Plan B

By Simon O'Neill

This month I would like to look at two key areas of Tae Kwon Do whose relationship I feel is often misunderstood. I have been involved in several conversations recently in which the functions of what is generally considered to be the core syllabus of Tae Kwon Do and what is usually referred to as *hosinsul* or “self-defence” were discussed without any satisfactory conclusions being reached. I believe that a significant majority of both students *and instructors* lack sufficient understanding of the way these components fit together, and that this is extremely detrimental to the effectiveness of the art.

The key aspect of this confusion is the apparent separation of “self-defence” from the rest of the syllabus. On the one hand we apparently have the techniques which, it seems, are most readily identified as Tae Kwon Do; that is, the “hard” striking and blocking methods. On the other we have the Hapkido-like techniques – joint locks, sweeps, throws, takedowns – which we label *hosinsul*; these are rarely practiced in most of the modern *dojangs* that I have observed. I have heard several explanations of why these two skill sets are kept separate, most of them along the lines of “punching and kicking is for sparring; *hosinsul* is for the street”. To my mind, this does not acceptably address the issue. After all, is Tae Kwon Do in its entirety not an art of self-defence?

Let us establish an initial frame of reference. Most fighting methods consist of (a) a core syllabus, which defines the identity of the particular art and is its most visible face, and (b) a secondary syllabus, which could be referred to as a “support system” and addresses needs which fall outside the scope of the core syllabus. This occurs in the majority of martial arts: western Boxing once contained many wrestling and throwing techniques; primarily grappling arts like Jujutsu or Aikido contain numerous hard percussive

techniques, although these are not their main focus; weapons arts like Arnis will often include empty hand methods, although they prioritise the use of tools.

Tae Kwon Do is no exception to this model. Its visible face is that of an unequivocally “hard” percussive art which uses striking methods to dispatch an attacker. However, it also contains numerous “soft” grappling techniques, as mentioned above. It is worth examining these two categories in greater detail, and specific to the contexts of Tae Kwon Do and self-defence.

The Core Syllabus

The core syllabus of Tae Kwon Do is essentially a method for beating people up, or for maiming or killing them with the bare hands. Now, in anticipation of a flood of outrage from certain quarters – *Tae Kwon Do is primarily about defeating the greatest enemy: yourself! Tae Kwon Do should never be misused! Tae Kwon Do is all about self-control! If someone gets hurt in the dojang it means that someone is doing things in the wrong spirit!* – bear in mind that I am referring specifically to the technique set and the intentions with which Tae Kwon Do and its predecessors were taught in the 1950's and '60's, rather than the physical education-oriented, Little Tigers-friendly version which is popular

today.

The main method which Tae Kwon Do proposes for dealing with an attacker – its “Plan A”, if you will – is to drive forwards, with relatively scant regard for defence, and smash the individual down with power strikes until he no longer poses a threat. It is not just the “attacking” techniques such as punches and kicks that are applicable here. We must also take into consideration as attacking tools the techniques usually considered blocks; bear in mind that closed fist forearm blocks generally make better hammerfist strikes than blocks, and that knifehand blocks are often more practical as knifehand strikes.

This aggressive approach – greatly influenced by the appropriation of Tae Kwon Do and its predecessors by the military and law enforcement sectors in post-WWII Korea for lethal force applications, strike-breaking and political intimidation, among other things – has its advantages and its limitations. On the plus side, it is a simple and effective way of summarily destroying an adversary in a life-and-death situation. The downside is that (a) it requires the user to already have detected/evaluated the threat and to initiate the conflict, and (b) it is a rather “all or nothing” response which cannot be effectively used without risk of inflicting considerable injury.

This core syllabus is the aspect of Tae Kwon Do which is addressed by sparring. Free sparring was originally a format in which the “offensive” portion of Tae Kwon Do could be tested against a resisting opponent. Imagine for a moment modern Kyokushin Karate sparring with added head punches and knifehand strikes. This, I am sure you will agree, makes for an excellent methodology for the “beating people up” approach that I mentioned earlier.

Naturally, this kind of sparring is not readily compatible with the expansion of the art as

a commercial physical education activity – there are reports of deaths caused by “hardcore” training in post-war Korea – and so a more innocuous format was devised using some of the movements from the martial art of Tae Kwon Do. This became the basis of the game known as modern competition sparring, in its various guises, and is very substantially removed from any self-defence application.

Summing up, then, the percussive core syllabus of Tae Kwon Do is the art’s preferred method for dealing with a threat when this threat can be anticipated and pre-empted, and when the nature of the threat warrants a potentially fatal response. This approach is as much *hosinsul* as the other skill set more commonly identified by this label.

The Support System

When the average Tae Kwon Do practitioner hears the terms *hosinsul* and self-defence, he or she will usually picture a number of sequences which depend heavily on joint locks and which also employ some sweeps and throws, generally applied to an adversary who has already established a grip on the defender. In the previous section we established that the percussive core syllabus is itself part of Tae Kwon Do’s *hosinsul*. The “soft” techniques conventionally considered “self-defence” are merely the other side of the coin, the support system, the “Plan B”.

While the core syllabus tends to use primarily strikes, backed up with the occasional grip or takedown, the support system is based on manipulative techniques complemented by some strikes. This manipulative syllabus comes into play when

- (a) we have lost the chance to dominate the exchange using the core percussive syllabus
- (b) when the adversary has already attacked with a strike or a grab
- (c) when we have been surprised by the aforementioned attack

- (d) when we need to get out of a sticky situation fast, or
- (e) when, for whatever reason, we simply do not wish to beat our opponent up.
- (f)

In this sense, the support system is indeed more defensive than the core syllabus. It is also rather more flexible. It allows different degrees of application, from full force – every bit as devastating as the percussive option, but resulting in broken joints, massive impact against the ground or other immovable objects, unconsciousness through strangulation – to relatively innocuous control and restraint techniques. Its priority is that of dealing with an attack and getting out of harm's way, rather than the necessary destruction of the attacker. It can be considered generally more humane, less obviously violent in the eyes of witnesses and therefore less open to legal complications.

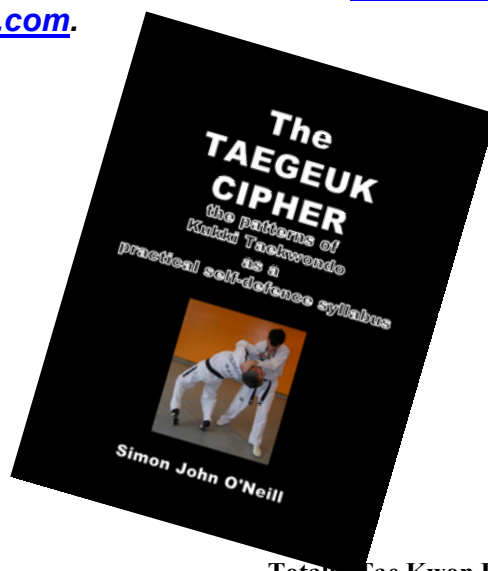
Where is this manipulative content to be found? While it is not my intention to go into the origins of Tae Kwon Do's manipulative content (I have done so in detail elsewhere, and it would be outside the scope of this article to attempt to do so again here), it is worth briefly introducing a couple of points upon which to reflect.

Many practitioners of Tae Kwon Do believe the “soft” material to have been borrowed from Hapkido; indeed, General Choi Hong Hi is known to have worked with the Hapkido master Chung Ki Tae when preparing the 1972 edition of his Encyclopaedia. However, other sources also report a manipulative *hosinsul* content already present in the Kong Soo Do (Tang Soo Do) *kwans* of the 1950's, considerably predating General Choi's association with Hapkido and independent of his lineage. Personally, I believe that the chief purpose of the various pattern sets used in Tae Kwon Do and its predecessors was to catalogue this “soft”, manipulative “Plan B”, but again, that is a matter for another article. Whichever the origin, the material exists and must be addressed.

I have often heard Tae Kwon Do and its parent arts criticised as incomplete: well-suited to the long- and medium-range exchange of blows, but ill-prepared for close-range work and, by extension, the reality of violence. I would argue that the arts themselves are not incomplete – as we have seen, they all contain both percussive and manipulative elements, both long/medium-range and short-range strategies and tactics. Rather, they are most often *taught* in an incomplete and/or imbalanced fashion, or their components are not presented with an appropriate structure, organisation and sense of priority.

I believe that it is of utmost importance for instructors and students alike to gain a clear perspective of the components and functions of their art. If your focus is primarily a sporting one, be sure to educate your students on the relationship between this element and the others, and – crucially – on how distant sporting methods are from self-defence. If your primary focus is that of self-defence, allow for the art's basic preference for the aggressive, percussive approach, and allot sufficient time and resources to acquiring the secondary manipulative skills in a meaningful fashion.

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





Totally TKD Magazine

Wants You! - Chip Townsend

By The readership

This new section of the magazine is to try to entice certain Taekwondoists into submitting articles to TotallyTKD magazine.

We put a request on a couple of forums asking members to email names of Tae Kwon Do authors who they have read good articles by in the past. Now that request is expanded to the whole readership of the magazine.

All you to do is have a think about Tae Kwon Do people (of any org, style or system) that you remember has written some good TKD related stuff. This can be in magazines, association news letters, association web sites or their club/personal web sites.

Then, when you think of someone, please do the following:

1. Find a photo of them on the web
2. Email me (editor@totallytkd.com) their name, organisation + the photo or a link to the photo

The magazine will then put their picture in an issue, in the hope that it will motivate them to send some good stuff for publication in the magazine! Remember, articles can be ANYTHING TKD related.

If you send something, we wont print your name (so no-one can get in trouble because of politics) and it may prompt them to take action and a win win situation occurs - the magazine gets good articles and they and their organisation gets great publicity!

Please note: We don't just want a list of TKD people you like, or people you may want interviewed etc. (though feel free to take that gauntlet up - that would be cool), but those who you recall wrote stuff that interested you, even if you cant quite remember what it was exactly.

PPs. Remember - Name, org and picture



CHIP TOWNSEND

5th degree Black Belt, 20 + yrs training, owns three successful schools in Texas and Oklahoma. 14 times ISKA breaking champion, past Texas State forms and sparring champion. Chip and his wife Glyn Ann have dedicated their lives to training and teaching traditional TKD.



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S.W.A.T. Is The Best Self Defense

By Earl Weiss

As with my previous article *Just D.U.E. it!* (In issue 8 of *Totally Tae Kwon Do*) this article should be viewed as concept specific rather than technique specific. As a famous man once said: *“If I teach you one hundred techniques, you may understand a single concept. If I teach you a single concept, you may understand one hundred techniques.”*

The acronym S.W.A.T. stands for: *Select Weapon, Attack Target*. As far as I know, I am the only one using this acronym. If you run across it somewhere else, then they probably stole it from me.

When it comes to real world self defense the only certainty is uncertainty. What good is planning for a big looping right punch if the attack is with the left hand? What good is planning to kick the legs if there happens to be a small piece of furniture in front of the attacker’s legs?

Following the wisdom of Mick Jagger: *“You can’t always get what you want. You get what you need.”*

We can formulate an effective strategy for Self Defense. I teach the strategy by using a drill I call “Street one Steps.” This is

contrasted with the formal exercise of ITF one step sparring which has a great emphasis on following formal parameters of techniques and is pre arranged.

Street one steps are not pre arranged and the emphasis is on Practicality, Efficiency, and Effectiveness. (I considered using an acronym for Practicality, Efficiency, and Effectiveness, but thought it inappropriate.) Defense consists of an effective Block, Stop, Dodge or parry. Counter attacks simply Select a weapon (or weapons) and attack a target (or targets).

As a side note, I do not rule out the need for pre emptive strikes as a means of defense. How, why and when you should use pre emptive strikes is beyond the scope of this article. So, please, when reviewing the following examples, do not



EXAMPLE 1 - From left to right.: Ryan Swing attacks George Paweleck with a right hand, stepping forward with his right foot. Mr. Paweleck raises both hands in a flinch reflex, selects the left leg shin weapon and attacks the right leg (Common peroneal nerve) target and follows up with an elbow to the head.

think for a moment that I intend for you to eliminate pre-emptive strikes if deemed necessary.

Example: The attacker throws a right punch to the head with their right foot forward.

You follow your “flinch reflex” and raise both arms to protect the face. (This automatically protects the face from a 1,2, or right / left combination or any manner of multiple punches.) Immediately using a Bruce Lee popular theory of “Closest Weapon to closest Target” you Select your left leg Weapon to Attack their right leg Target. You then Select your right elbow Weapon and Attack the head Target - see *Example 1 pictures*.

But, what happens now if you have ingrained this scenario as a “Plan” and instead of stepping forward with the right leg, the Attacker steps forward with the left leg?

Well, you would probably be lost in the mud, and the blood and the beer. (Thanks Johnny Cash.)

However, if you follow S.W.A.T. ; simply adapt your choice of weapon and / or target. You may still Select your left leg

Weapon, but you now Attack the left leg Target. Due to the new orientation, you may Select your left elbow Weapon and Attack the head target - see *Example 2 pictures*.

Similarly, what might be a S.W.A.T. Scenario if by Chance you are able to move to the outside of the right punch? - see *Example 3 pictures*.

So long as the S.W.A.T. strategy provides practical efficient and effective counter attacks, the goal has been achieved.

The above examples are the beginning of this type of training, not the end. It is important that this training be done under the supervision of someone who can constructively critique the S.W.A.T. processes employed.

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>



EXAMPLE 2 - From left to right: John Firmiss attacks Thomas Uliana with a right punch but steps forward with his left leg. This time the defender selects the left foot weapon but attacks the left leg (femoral nerve) target, following with a left elbow to the head.



EXAMPLE 3 - From left to right. Craig Wilke attacks Chris Imig with a right punch stepping forward with his left leg. The defender manages to move to the outside using the flinch reflex and selecting the left knee weapon to attack the abdomen target following up via kick to the attacker's knee.

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Bullying: Going The Extra Mile

By Krystal Armstrong

In October of 2008, my oldest daughter came home from school one day and started to cry. When I asked her what was wrong she told me that she did not want to go to school anymore. This statement was very upsetting to me because she loved school. She told me that a classmate of hers had threatened her several times to beat her up after school. I was shocked when I heard this.

Shocked that at 7 years old my daughter was being bullied. I didn't think this kind of thing would start at such a young age. The next day I approached both her teacher and principal about what had happened and they were very supportive in dealing with it. The teacher discussed bullying in the class and it seemed to have helped. About

one week later my daughter was at a birthday party which this other child attended as well. Again she was threatened about being beat up and this time was physically pushed. Now my attitude was "Enough is Enough". My husband and I approached the parents and they were very receptive in dealing with it and it has now stopped. I have to admit that I had many sleepless nights over this. I felt so upset for my own daughter who I could see was not only afraid but also stressing out because of it but now I was feeling upset for all the other children and families who have been dealing with this for not only a week but for months and years.



Krystal, with her brave daughter Hayleigh

After this incident occurred I took it upon myself to become more educated on this issue. I went on the internet and came across the website www.bullying.org. This site was founded by a classroom teacher Bill Belsey from Cochrane, Alberta Canada. The site provides so much information on what bullying is, how you can deal with it as well as provides real life stories from

children and adults all around the world. I also discovered that there was an online course for parents and educators to take. I enrolled in the online course for parents and was provided with excellent information and resources on bullying. I have completed this course and feel I have a much better understanding on this issue which is

something I feel everyone needs to have.

Through bullying.org I learned about Bullying Awareness Week (www.bullyingawarenessweek.org) which starts this year from November 15th - 21st and marks its 7th year. The whole idea for this week is not to focus on the bully or the victim but on the bystanders. These are the ones that see this type of behavior going on but do nothing about it. In fact, 85% of bullying occurs within the context of a peer group. I went to the school's principal and told her about this week and how it would be great if the school could participate in this. She was all for it! I felt good about myself. I was hoping that if we brought more awareness to bullying that maybe I

could help at least one child or family who is dealing with this. A fire started to burn inside me. I found myself on a mission... great that I had my daughter's school support on this but what about the rest of the community. As I have come to understand, bullying is a community issue and is happening to adults and even senior citizens. I contacted the local radio stations and they agreed to broadcast a public service announcement for the week of November 16th – 22nd that I had gotten from the Bullying Awareness Week website. In addition, I presented in front of my city council for a proclamation for Bullying Awareness Week which they approved. November 16th -22nd, 2008 was officially proclaimed in Kamloops, British Columbia Canada, Bullying Awareness Week. I contacted the local newspaper about my efforts in hoping again that I would be able to bring more awareness to this issue and maybe help someone. They published an article on me on November 10th, 2008 titled "Mom takes action against school bullying". After this article came out, there were a few letters to the editors. A couple were from adults who were bullied as children and how it made them feel even now as adults. As well a grade 7 girl wrote a letter on how she has been bullied for the past 3 years and even though the school is aware of it, nothing has been done to stop it. 3 years? This letter really touched my heart. I responded to that letter and again stressed that in order to prevent this type of behavior we needed to be better educated on it. I commended her on the courage to write the letter and hope it has helped her. I think about her often.

I had many parents come up to me and tell me that they saw my article and that I should be very proud that I did something about it. I also had some tell me that their

children are being bullied or have been bullied and how traumatic it has been. A couple of moms came up to me and thanked me for doing what I did which I replied "no problem, you're welcome". WOW! How could the efforts of one person affect so many? It amazes me. Training in martial arts has done so much for me not only physically, but mentally and spiritually as well. It gave me the self-empowerment to do what I did. The way I am today is because of my martial arts training. It gave me the courage to believe in myself. For me, presenting to city council was a bit scary. However helping others and bringing more awareness to an issue that needed it was far more important than my own fears. I feel so blessed to be able to train in martial arts and to have my daughters train also. Martial arts teaches not only self-defense but respect for ourselves and others. Respect is something that is lacking in today's society. Bullying is certainly a community issue and addressing it at a school level is only part of the solution. Us as parents need to step up and be a positive role model for our children so that they can be part of a strong and happy community.

For now everything seems okay. My daughter loves school again and her classmate that once bullied her is now nice and friendly to her. However she is only in grade 2 and has many school years ahead of her. If I continue to address bullying, maybe, just maybe, one day this kind of thing won't happen. I have to think positive anyway.

I am so proud of what I accomplished and have realized that if we go the "extra mile" in our everyday life like we do in our martial arts training, we can get so much more out of it.



The TAEGEUK CIPHER

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

by Simon John O'Neill

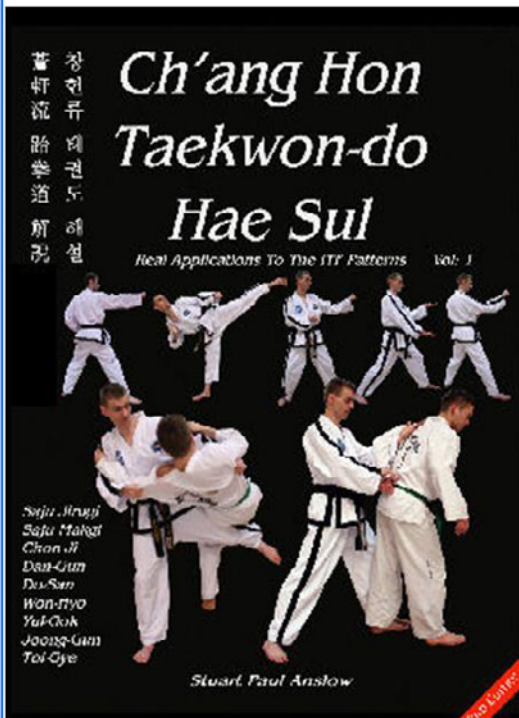
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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

Not only does this book detail applications for the motions within these patterns, it also explores the background to each form and, perhaps most importantly, it also details the thought process that gave rise to the applications shown.

Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

Ch'ang Hon Taekwon-do Hae Sul should be in the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!

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



**"The most important book published on TKD since the encyclopaedia."
- John Dowling, 3rd degree, ITF**

XVI ITF World Championships

By ITF Tournament Press centre, *compiled by S Anslow*



President of the International Taekwon-Do Federation (ITF) Professor Chang Ung has announced of awarding of taekwon-do orders for merits in the development of this martial arts to the Chairman of the Government Vladimir Putin, the Minister of Sports, Tourism and Youth Policy Vitaly Mutko, Governor of Saint Petersburg Valentina Matvienko, and the rector of the Saint Petersburg National State University of Physical Education, Sports and Health Vladimir Taymazov.

Day 1: 14th October

The Opening Ceremony of the XVI ITF Taekwon-Do World Championships was held today at Yubileyny Sports Complex under the direction of the People's Artist of Russia Oleg Orlov.

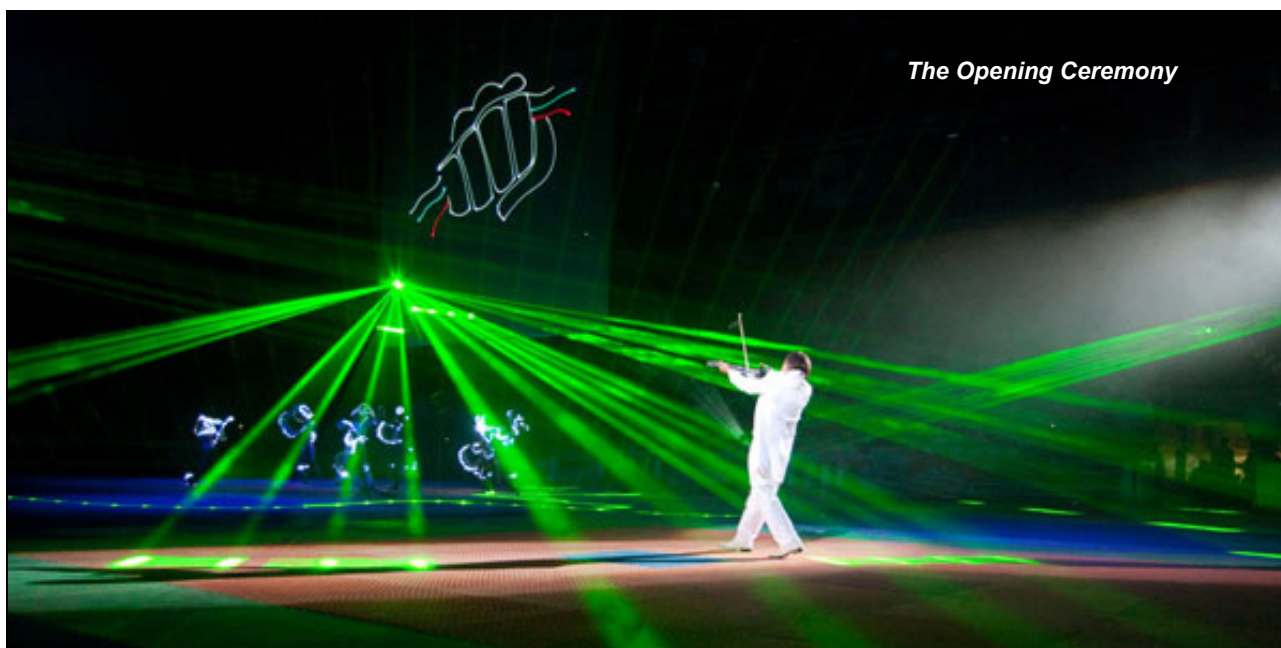
The guest and the citizens of Saint Petersburg were welcomed by:

- *Professor Chang Ung* – ITF President, IOC Member
- *Pavel Novikov* – Deputy Minister of Sports, Tourism and Youth Policy
- *Alexander Vakhmistrov* – Vice Governor of Saint Petersburg

Present at the Opening Ceremony was the widow of the founder of taekwon-do Mrs. Choi who came to St. Petersburg especially for the World Championships.

The guests and participants were congratulated by the crew commander of the ISS Gennady Padalko and onboard engineer Roman Romanenko in a video clip shot on board of the International Space Station.

The ceremony was concluded with a great taekwon-do performance of children under the direction of the Vice President of the





Saint Petersburg Taekwon-Do Federation Andrey Beletsky. Over 300 young athletes demonstrated simultaneous performance of taekwon-do technique.

Team DPR Korea – 10 of 10 gold medals

The first competition day of the ITF Taekwon-Do World Championships ended today at the Yubileyny Sports Complex. All the 10 gold medals in men and women individual and team pattern competitions were taken by the representatives of the DPR Korea team.

Team Russia-1 takes second place after the first competition day with three silver and three bronze medals. *Team Tajikistan* is currently the third with two silver and three bronze medals.

Taekwon-Do practitioners from 13 countries won medals on the first day of 2009 World Championships.

Day 2: 15th October

Anna Savinskaya - World Champion in self-defense routine

The first gold medal of the second

competition day at the ITF World Championships held in Saint Petersburg was taken by the representative of team Russia-1 Anna Savinskaya who turned out the best in self-defense routine.





At the previous World Championships in Slovenia Anna Savinskaya took a bronze medal in this category. This time her Matrix programme performed to the soundtrack of the same-name movie conquered both the spectators and the judges. Artistry, precise work in team (a significant role in this discipline belongs to the “heroine’s” partners acting as the attacking) and fine technique are three main components of the victory of Anna trained by her Saint Petersburg coach Alexander Shirobokov.

Anna Savinskaya: “I felt a great responsibility since I performed at a home Championship. Many people came here yesterday to support me. They had been waiting all day but our competitions were rescheduled for today. But today I also felt their support and I am very thankful to them”.

Alexander Shirobokov: “It is not enough to make the right choice of costumes and music to win at the World Championships, the athlete must have his or her own image! And Ann’s performance has that image”.

The silver medal in self-defense routine was taken by the 2009 World Champion in individual pattern (III dan), 2007 World Champion in self-defence routine Jegal Un (DPR Korea). The bronze medal went to Sarah Fitzgerald-Holmes (Australia). Gold Medal in special technique was taken by the Russian Elena Ovchinnikova



The gold medal of the XVI ITF Taekwon-Do World Championships in special technique was taken by the representative of team Russia-1 Elena Ovchinnikova.

According to the results of the main part of competitions in special technique Elena Ovchinnikova and Ilona Tsvetkova of Estonia took 12 points each and the judges awarded additional jumps to define the winner. This resulted in the victory of the Russian athlete. It is interesting that a similar additional performance took place in the fight for the bronze medal – here Ilona Hambergova (Czech Republic) turned out stronger than Ri Chol Ok (DPR Korea).

Elena Ovchinnikova: *“I have been practicing taekwon-do since I have been 12 years old. As for the today’s competitions, the jump that was victorious for me in the finals was not very good during my training sessions and my coach told me about it. But today my desire to win was great and this helped me to do the jump and win. Today performance in another category – sparring awaits for me*



at this Championships”.

Evgeny Plyuschenko visited 2009 ITF Taekwon-Do World Championships.

On the second day of the XVI ITF Taekwon-Do World Championships held in Saint Petersburg Olympic Champion in figure skating Evgeny Plyuschenko who is currently preparing for the 2010 Winter Olympics in Vancouver at the training rink of Yubileyny Sports Complex visited the competitions.

“As a boy I dreamt of doing martial arts –



kickboxing, karate or taekwon-do. And like other boys I was much interested in the activity of the famous actor Jean-Claude Van Damme, loved watching his Bloodsport. To be honest, sometimes I rehearsed some of his kicks on pillows. Though unfortunately it was impossible to combine my figure skating practice with martial arts, I have retained however my interest to these sports till now” admitted Evgeny Plyuschenko.

- And what are your impressions of the competitions as a spectator?

- It is a strikingly interesting and spectacular sport! The first thing I saw as a entered the arena was a beautiful and precise kick struck by an athlete at the rival with spin – this shows the level of the championships participants. It is great that my favourite and beloved city hosts such wonderful competitions. And for me personally it is a great opportunity to charge with this energy and to tune in for the upcoming Grand Prix in October in Moscow.

Gold medals in male sparring competitions went to the representatives of DPR Korea, Russia, Bulgaria and Tajikistan.



On the second day of the XVI ITF Taekwon-Do World Championships in Saint Petersburg competitions in male sparring event were held in four weight categories. Alexey Evdokimov (Russia-2) managed to defeat Mahmud Akramov (Uzbekistan) in the weight category up to 64 kg only during additional time. Gold medals were also taken by Kim Un Hok (DPR Korea) in up to 50 kg weight category, Daler Sayfitdinov (Tajikistan) in weight category up to 78 kg and Nikolay Kehajov (Bulgaria) in over 85 kg weright category.

Alexey Evdokimov, World Champion (up to 64): I was sure about my victory in the finals but I did not expect that it would require additional time. I knew that my actions were successful and I managed good kicks. And the fight in the semi-finals against Alexey Mineev (Russia-2) was the most difficult for me. The attitude at the city

competitions were I know all the participants is completely different. While here each fight was for me like the last one.

Nikolay Kehajov, World Champion (up to 85): I have been practicing taekwon-do since I was 9 years old and I can say that this martial art is very popular in Bulgaria. Apart from taekwon-do I also do swimming





and skiing. I am very pleased with my performance at the World Championships in Saint Petersburg. As for my future plans, I am going to continue my career. Notably, there is going to be a very interesting event in December – “Russia against the rest World”.

Alexander Skripnik (silver medalist, up to 50 kg weight category): I am still disappointed with my defeat in the final. My desire to win was great though before the competitions I did not even think about winning. Second place is always very hurtful for a sportsman and my task for the future is hopefully to become a world champion.

Second gold medal in self-defense routine for Russian team

The winner and the golden medallist of the XVI ITF Taekwon-Do World Championship in male self-defense routine also went to the representative of team Russia-1 Timur Gabdullin. The theatrical costumed performance with Gabdullin as the hero started the competition in this category and set tone for the whole event. And the final

performance of Gabdullin impressed the judges more than the performances of the strongest representatives of Tajikistan, DPR Korea and the Czech Republic.

Timur Gabdullin: I have been doing taekwon-do since I was seven years old and this is my second gold medal today since I acted as an attacking man in Anna Savinskaya's programme. This is a





fantastic result, of course, especially at a home world championship where we all feel the support of the fans. In future I am going to improve in other taekwon-do categories – special technique and pattern.

Second day of 2009 World Championships: three top teams – DPR Korea, Russia-1, Bulgaria

Competitions of the second day of the XVI ITF Taekwon-Do World Championships in Saint Petersburg came to an end today with the finals in female sparring in weight categories up to 45, 57, 69 and over 75 kg and male special technique event.

Three gold medals in female sparring went to DPR Korea allowing the team to strengthen its leading position in general team ranking after two competition days with its 14 gold medals. While the



victory of Amalia Koleva in up to 57 kg weight category allowed the Bulgarian team with two gold medals to move to the second position in team ranking. Team Russia-1 with three gold medals is currently holding the second position.

Premysl Shestak (Czech Republic) became 2009 World Champion in male special technique.

Amalia Koleva (Bulgaria), World Champion in sparring in up to 57 kg weight category: The semi-final fight against the Korean Ri Hjan was the most difficult for me at this Championship. Winning a gold medal was my main task but I am not going to finish at this. Besides, I am also participating in team sparring event at this championship. Premysl Shestak (Czech Republic), special technique World Champion: Taekwon-



with any additional jumps, and the Czech team was again victorious.

Jaroslav Vomacka, the Czech team head coach: Our success in special technique may be explained by the hard work and much practice. We pay much attention to mastery of kicks and jumps. This is the whole secret. The Czech team now has 3 gold medals and we have good chances in power breaking on the last day of the championships. As for team sparring, it would be great to take any medal since the competition in this category is very tough.

*Day 3 of 2009 World Championships:
3 gold medals for DPR Korea and 2 gold medals for Russia and Czech Republic each*

Competitions of the third day of the XVI ITF Taekwon-Do World Championships finished today at Yubileyny Sports Complex. The evening programme featured six sparring finals – in three male weight categories and three female weight categories. The team of DPR Korea has strengthened its positions in team ranking winning 3 gold medals in this category – now it has 17 gold medals. The second place in team ranking is taken by team Russia-1 that has won so far 4 gold medals, the third position belongs to the Czech

Do is unfortunately not so popular in my country as football or hockey - commercially profitable sports. But I am very glad with my performance in Saint Petersburg. Besides, I would like to note the good organization of the tournament and the beautiful opening ceremony that impressed me much.

Day 3: 16th October

Both team special technique gold medals went to the Czech team

On the third day of the XVI ITF Taekwon-Do World Championships in Saint Petersburg there were competitions in team male and female special technique. Athletes of the Czech Republic were victorious in both male and female special technique category.

In female competition the teams of DPR Korea and the Czech Republic won 12 points each and it was only after additional kicks performed by the athletes could the umpires define the winner. The Czech team turned out the best this time. While in male competitions the winner was obvious



team with 3 gold medals. The Russian and Czech sportsmen took 2 gold medals each on the third day of the 2009 World Championships. The Russians were the best in sparring while the Czechs had no equals in special technique competitions.

The fight in the weight category up to 75 kg turned out the most dramatic today with Sa Ok Jin (DPR Korea) defeating Liubina Spasova (Bulgaria) despite her serious arm injury that forced her to call for medical help several times during the fight.

Volodymyr Nazin (Ukraine), World Champion in weight category up to 71 kg: I would like to dedicate my victory today to my coach Yury Rodozhan. My toughest fight at this championship was of course the fight against the Russian Nezvanov. This is not my first world championship and I can say that the organization level of the championship in Saint Petersburg deserves highest appraisal.

Alexander Bakirov (Russia-2), World Champion in weight category up to 57 kg: Before the competition I felt great

confidence and had great hope for a victory. Even in the match against a Korean fighter I believed in my ability to win and the support of the audience was also of great help to me. As for the future plans, I hope to repeat my success in Saint Petersburg at the next world championships.

Svetlana Metegina (Russia-1), World Champion in weight category up to 51 kg: I realized that I became a world champion about 30 seconds before the end of my final fight. I had no doubts then. I can say that at a home competition the audience helped me a lot, added more adrenaline. But this did not influence the judges – they always remained objective and honest. As for the toughest match, it was of course, the semi-finals since I had several fights in a row and had not enough time to rest. That was really tough.

Day 4: 17th October

2009 World Championships Day 4: gold medals won by representatives of DPR Korea, Russia, Canada and Moldova





The final day of the XVI ITF Taekwon-Do World Championships in Saint Petresburg featured six sets of medals in power breaking and team sparring categories.

Representatives of team Russia-1 performed in both team sparring competitions. In female team sparring the 2009 world championships hosts faced the representatives of DPR Korea who gained a confident victory – 6:2 giving up only one of four matches. The male team sparring final proved tougher with Russia (thanks to the actions of Andrey Krylov) defeating its rival Croatia only in the last match - 7:3.

In female individual power breaking Sa Ok Jin (DPR Korea) had no equals. She was the only one who succeeded in her task. For this reason it was decided not to award silver and bronze medals in this category. The winner in male power breaking is Vitaly Porcescu (Moldova).

Gold medals in team power breaking went to Greece (male) and Canada (female). Theodoros Kosmidis, head coach of Greek team: In power breaking our team had success due to two aspects: special training we had in this discipline and will to win.

Andrey Krylov (Russia-1), team sparring World Champion: I cannot say that the final

against Croatia was very tough; we had a considerable point gap during the match. Every one in our team contributed to this victory – even those who did not appear on mat. And my appearance in the last fight was a part of coach's tactics for the finals.

Vitaly Porcescu (Moldova), power breaking World Champion: What can one feel standing on podium? I have achieved what I have been striving for, but the joy lasted only during those seconds up the podium. And as soon as went down I felt the necessity to continue work. After competitions everything aches but all this fades against the victory.

Team classification winner of 2009 World Championships – DPR Korea

The main prizes were awarded today during the Closing Ceremony of the XVI ITF Taekwon-Do World Championships that ended today in Saint Petersburg.

The main Cup for the victory in team The Cup for second place in team classification was given to team Russia-1 (5 gold, 5 silver and 7 bronze medals). The Czech team is third best with 3 gold, 3 silver and 5 bronze medals.

The Cup of 2009 All-round World Champion (male) went to Daler

Sayfiddinov (Tajikistan) who won a gold and a silver medal.

The same Cup in female category was awarded to Sa Ok Jin (DPR Korea) who won 3 gold medals.

The all-round world champion male team is the team of the Czech Republic while the best female team award went to DPR Korea.

Pak Chonghyon (Japan) was announced the best XVI ITF Taekwon-Do World Championships umpire.

ITF President Professor Chang Ung:
“Organization of 2009 World Championships deserves highest appraisal”

Upon completion of the XVI ITF Taekwon-Do World Championships ITF President, IOC Member Professor Chang Ung summarized the results of the World Championship in Saint Petersburg.

This World Championship is held on a very high organizational and sports level and I, as the ITF President, am very glad about it. As for the organization, I can only thank the organizing committee of the tournament headed by the President of the Saint Petersburg Taekwon-Do Federation Mikhail Shmelev and all the organizations and authorities that participated in the organization process for their work. The tournament was held on a very high level. There were of course some small problems but you cannot avoid them even at the Olympic. On the whole, everything went just fine. From the point of view of sport, you can note that sportsmen from 80 countries came to the tournament to show their mastery, and their level was indeed high. This proves once again that taekwon-do is moving forward fast all around the world.

- A considerable share of gold medals was taken by taekwon-do practitioners from DPR Korea confidently winning in



team classification. Aren't you, as ITF President, embarrassed by this obvious domination of the representatives of one country?

First of all I would like to say that I am not responsible for medals allocation. This is not my business and I cannot interfere here. The other matter is that ITF is going to make any efforts to avoid the monopoly of one country for gold medals. But for this, we need to help the development of taekwon-do in different countries and on different continents. As an example we can remember the fact that there were more than 300 sets of medals at the Olympic Games in Beijing and athletes from 87 countries won them. We should probably aim at extension of competitive countries on the highest level.

- Simultaneous with the ITF 2009 World Championships WTF held its World Championships in Copenhagen. There have long been talks on the necessity to merge the two taekwon-do federations but so far they have not been successful. What are the perspectives

for this issue today?

- The main problem, in my point of view, is that ITF is more ready for compromises in the negotiation process than WTF. I think that our partners in these negotiations are eager to demonstrate their readiness for merger rather than doing any actual steps in this direction. That is why it is difficult to say that the negotiations are successful now. Another problem is that ITF headquarters in Vienna and our organization is accordingly under the jurisdiction of Austrian laws, while WTF has its headquarters in Seoul and is regulated by the laws of South Korea. So for this reason the legal side of possible merger may have some difficulties.

Results

Female Individual pattern - 1st Dan:

1. Ri Chol Ok (PRK).
2. Tagaynazarova (Tajikistan).
3. Dimitriou (Greece), Grodova (Czech Republic).

Female Individual pattern - 2nd Dan:

1. An Yun Mi (PRK).
2. Klochkova (Russia-1).
3. Muhamedrakhimova (Tajikistan), Plecnik (Slovenia).

Female Individual pattern - 3rd Dan:

1. Jegal Un (PRK).
2. Kimura (Japan).
3. Javornik (Slovenia), Cardona (Columbia).

Female Individual pattern - 4th Dan:

1. Sa Ok Jin (PRK).
2. Fedorova (Russia-2).
3. Naraoka (Japan), Steel (RSA).

Male Individual pattern - 1st Dan:

1. Kim Il Gyong (PRK).
2. Sayfitdinov (Tajikistan).
3. Iakovlev (Russia-1), Pacheco (Argentina).

Male Individual pattern - 2nd Dan:

1. Han Song Min (PRK).
2. Son (Russia-2).
3. Shibata (Japan), Mineev (Russia-1).





Female Sparring - Up to 51kg

1. Metegina (Russia-1);
2. Batcheva (Bulgaria);
3. Orgill (England), Giselle (Argentina)

Female Sparring - Up 57 kg:

1. Koleva (Bulgaria).
2. Ale (Argentina).
3. Monier (Canada), Ri Hyang (DPR Korea).

Female Sparring - Up to 63kg

1. An Yun Mi (DPR Korea);
2. Gayfutdinova (Russia-1);
3. Konecna (Czech Republic), Khamidova (Tajikistan)

Female Sparring - Up 69 kg:

1. Kim Pom Mi (DPR Korea).
2. Panchelat (Croatia).
3. Trentcheva (Estonia), Lykousa (Greece).

Male Individual pattern - 3rd Dan:

1. Ri Hang Song (PRK).
2. Funamizu (Japan).
3. PixaeV (Russia-1), Liu Yang (China).

Male Individual pattern - 4th Dan:

1. Pak Chung Song (PRK).
2. Stepnyakov (Russia-1).
3. Titussen (Greenland), Nikolaidis (Greece).

Female Team Pattern:

1. PRK.
2. Russia-1.
3. Russia-2, Tajikistan.

Male Team Pattern:

1. PRK.
2. Czech Republic.
3. Tajikistan, Canada.

Female Sparring - Up 45 kg:

1. Kim Yong Ok (DPR Korea).
2. Nishanova (Uzbekistan).
3. Vasilenko (Russia-2), Baranova (Ukraine).

Female Sparring - Up to 75kg

1. Sa Ok Jin (DPR Korea);
2. Spasova (Bulgaria);
3. Kardanova (Russia-1); Ivas (Croatia)

Female Sparring - Over 75 kg:

1. Ri Chol Ok (DPR Korea).
2. Balagova (Russia-2).
3. Posingerova (Czech Republic), Dukova (Bulgaria).

Male Sparring - Up to 50 kg:

1. Kim Un Hyok (DPR Korea).
2. Skripnik (Russia-2).
3. Ishmakov (Russia-1), Samoshkin (Kazakhstan).

Male Sparring - Up to 64 kg:

1. Evdokimov (Russia-2).
2. Akramov (Uzbekistan).
3. Mineev (Russia-1), Oyunbold (Mongolia).

Male Sparring - Up to 78 kg:

1. Sayfiddinov (Tajikistan).
2. Mracek (Czech Republic).
3. Verner (Russia-1), Popa (Moldavia).

Male Sparring - Over 85 kg:

1. Kehayov (Bulgaria).
2. Bolotov (Moldavia).
3. Roukema (Netherlands), Chae Tok Song (DPR Korea)

Team Sparring - Female:

1. DPR Korea.
2. Russia-1.
3. Russia-2, Tajikistan.

Team Sparring - Male:

1. Russia-1.
2. Croatia.
3. Russia-2, Tajikistan.

Self-Defense Routine - Women:

1. Savinskaya Anna (Russia-1)
2. Jegal Un (DPR Korea)
3. Fitzgerald-Holmes Sarah (Australia)

Self-Defense Routine - Men:

1. Timur Gabdullin (Russia-1)
2. Bekshod Normutadov (Tajikistan)
3. Pak Chung Song (DPR Korea)

Power Breaking - Female:

1. Sa Ok Jin (DPR Korea) – 20.

Power Breaking - Male:

1. Porcescu (Moldova) – 48.
2. Enkhtur (Mongolia) – 21.
3. Juraj (Czech Republic) – 18.

Team Power Breaking - Female:

1. Canada – 14.
2. Czech Republic – 12.

Team Power Breaking - Male:

1. Greece – 28.
2. England – 25.
3. Estonia – 23.

Female Special Technique:

1. Elena Ovchinnikova (Russia-1) – 12 points (additional jump – 3)
2. Ilona Tsvetkova (Estonia) – 12 points (additional jump – 0)
3. Ilona Hambergerova (Czech

Republic) – 9 points.

Male Special Technique:

1. Sestak (Czech Republic).
2. Ganya (Russia-2).
3. Nuomerue (Bulgaria).

Team Special Technique - Female:

1. Czech Republic – 12 points
2. Estonia – 10 points
3. England – 6 points

Team Special Technique - Male:

1. Czech Republic - 12 points (3 + 3 additional)
2. DPR Korea - 12 points (3 + 0 additional)
3. Bulgaria – 6 points.

Overall Champion - Female:

Sa Ok Jin (DPR Korea)

Overall Champion - Male:

Faysiddinov Daler (Tadjikistan)

Overall Champion - Female Team:

DPR Korea

Overall Champion - Male Team:

Czech Republic



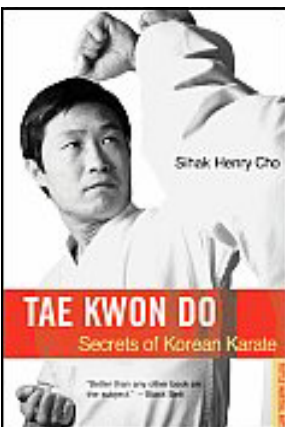
Totally Tae Kwon Do Most Rated Books Survey *Follow On!*

Just when you thought it was all over, there's more! To coincide with the recent book survey's we asked some of our regular writers to give us their *Top 3 All Time Must Read Martial Arts* books and say why? Unlike the survey, these were not strictly limited to books on Tae Kwon Do, but martial arts in general. Here is what they said:

**** Simon O'Neil ****

- **Gichen Funakoshi - Karate-do Kyohan.**

I think it's important for Tae Kwon Do people to recognise the immense contribution of Shotokan Karate to their art, and to focus on the similarities as much as on the differences. This book gives a picture of the art that many of the kwan founders studied in the 1930's and 1940's, and contains elements that can be reincorporated into modern Tae Kwon Do practice in order to make it a more well-rounded art.

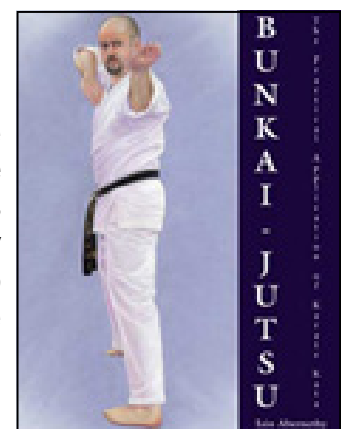


- **Henry Cho - Taekwondo: Secrets of Korean Karate.**

Henry Cho was one of the first to take Tae Kwon Do to the USA. This book is an interesting presentation of 1960's Ji Do Kwan Tae Kwon Do and shows a general approach and some specific technical aspects which have fallen into disuse in modern Tae Kwon Do.

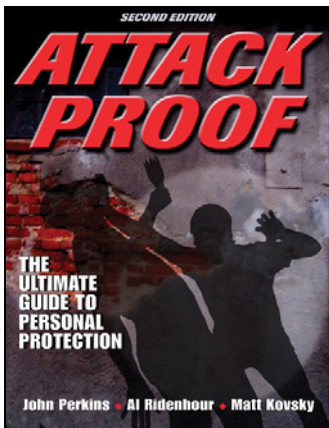
- **Iain Abernethy - Bunkai-Jutsu.**

This is an excellent introduction to form analysis for practical self-defence. While there are other works available on the subject, I think this one is particularly useful as it does not focus too much on any one aspect (such as pressure points), it is very well presented, and its subject matter is equally applicable to Karate and Tae Kwon Do, given the commonalities between the two arts.



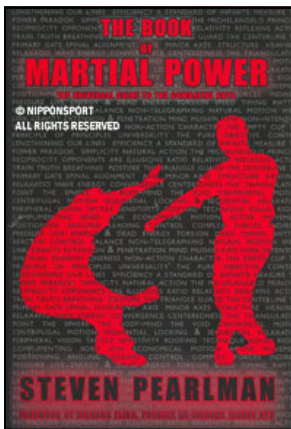
**** Keith D. Yates ****

I probably have three hundred or more books in my martial library so it is hard to recommend just three. But here I have picked three that I often tell my students to read.



- Perkins, Ridenhour and Kovsky - Attack Proof**
 I have always structured my teaching to focus on self-defense since most people begin their training to learn that very thing. This is an excellent book which explains why most martial arts systems are inadequate when it comes to actually preparing their students for a street fight. The authors talk about “guided chaos,” which, they say is what a real fight actually is. It even has some unique training tips which I have incorporated into my own teaching on self-defense.

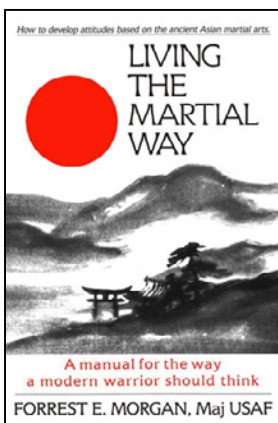
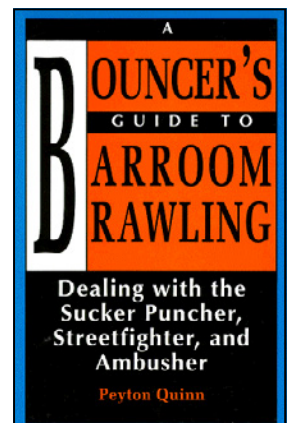
- Gavin De Becker - The Gift Of Fear**
 This isn't really a book about the martial arts but one on “empowerment” for people who find themselves in dangerous situations. The author was called “the nation’s leading expert on violent behavior,” by Oprah herself. He recounts many actual situations that had both good and bad outcomes and teaches the reader valuable lessons along the way. If you claim to teach self-defense, especially to women, you had better read this book.



- Steven Pearlman - The Book of Martial Power**
 This is another text I would advise black belts to read because it explains the concept of immutable “principles of combat.” The author has trained for years in several arts and he says that while there are many different “approaches” to fighting skills (with many adherents claiming theirs is the best) they all must fit within the framework of certain martial principles. He goes into a lot of detail about a lot of principles and it's way too complicated a book for beginners but advanced students can broaden their understanding and begin to see their training in a much wider framework.

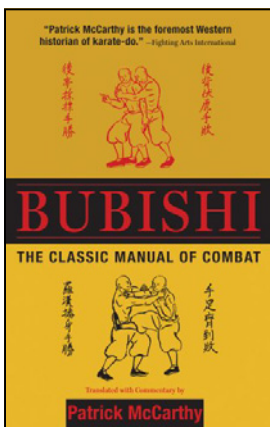
Earl Weiss

- Peyton Quinn - Bouncer's guide to Barroom Brawling & Real Fighting.**
 Good real world Self defense stuff. Easy to read. Published before the internet age, so now you can see if his contentions are correct by checking real world altercations caught on video. Covers, psychological, legal, tactical, and physical considerations of real world self defense.



- Paul Maslak - What the Masters Know**
 Good Strategy, funky title, but has lots of good stuff including strategies for a single person facing multiple opponents and a few individuals who are outnumbered. An easy read.

- Forrest E. Morgan - Living the Martial Way.**
 Good modern Day Philosophy. Skewers some of the current practices in Martial arts such as devaluing the title Master, by allowing those who have not completed the system's training syllabus to use that title. Thoughts and ideas geared toward modern life.

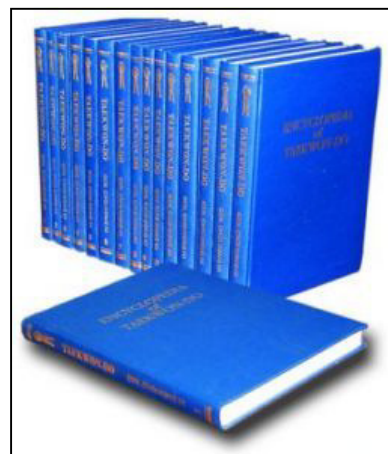


Of course , **"Bubishi"** is a must have as well

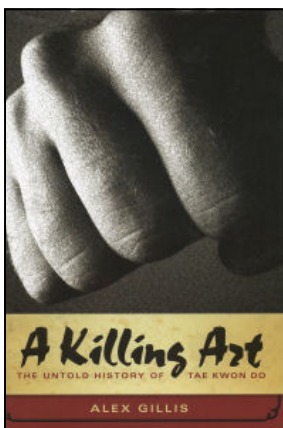
**** George Vitale ****

As a long time student of Tae Kwon Do I have given this request an awful lot of thought. As someone who has been to some 40 countries in a time span covering 4 decades for Taekwon-Do and a personal collection of some 100 books myself, I am not so sure it can actually be narrowed down to only 3, but I will do my best in a way that can actually sneak in a few more.

Well first of all I would have to start with **the Encyclopedia of Taekwon-Do** written by **Choi Hong Hi**. This 15 volume set of books is to my knowledge unprecedented in the martial arts. This one of a kind training resource has some 5,000 pages with 30,000 photos. It covers every aspect of this wonderful Korean Martial Art of self defense we call Taekwon-Do. It includes everything from basics, conditioning, flying multiple kicks and self defense, including an entire volume on fighting, not for tournaments, as that is covered elsewhere as well. This is an especially must have if you practice the original Korean patterns, called Tuls, commonly referred to as the Chang Hon set or Chon Ji forms.

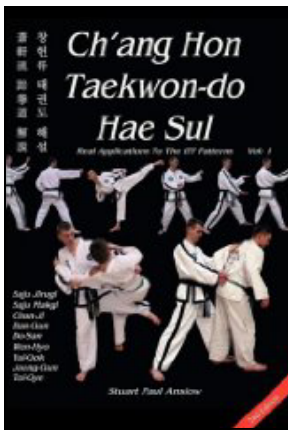


Now if the price tag is a bit out of your range, try getting the condensed single book version of same. The biggest difference is the amount of detail with the patterns, with several pages dedicated to each step within the 15 volume book set. For those that have this Encyclopedia there is an electronic version of the 1st edition as well as video in both DVD and VHS format that supplements this training aide very nicely.



All students of Tae Kwon Do should have some knowledge of what the history is for the Art they study. It is important to know that Tae Kwon Do is not 2,000 years old and that it came to be in the middle of the last century. Students should know how and why it evolved and the circumstances under which it developed. This knowledge is needed to not only insure Tae Kwon Do retains its original intent, self defense, but allows us to get back to the basics and the focus needed to produce strong self defense skills and capabilities. This is especially important given the large amount of controversy and seemingly increasing levels of doubt as to the effectiveness of Tae Kwon Do for protecting oneself. A recent book called **A Killing Art: The Untold History of TKD** by **Alex Gillis** is in my view the best one

available. Mr. Gillis' extensive work, back by numerous sources and references, all listed in hundreds of footnotes to back up his contentions makes this a must have. The book is written in an easy to read spy novel type format, rather than some dry historical listings of dates, times and places. But rest assured they are there as well. Those that are interested in the history of this Art should also get a copy of the 1st book on Taekwon-Do written in English. This book also written by Gen. Choi in 1965 shows the roots of our Art and when compared to his 15 volume set of Encyclopedias, it also clearly shows how far we have come.



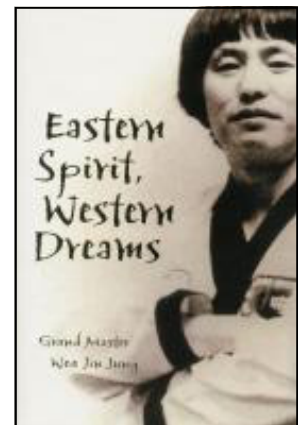
Finally since Tae Kwon Do was a martial art developed for self defense, students should seriously consider adding to their collection either **Chang Hon TaeKwon-Do Hae Sul by Stuart Anslow** or **The Taeguek Cipher by Simon John O'Neill**.

Mr. Anslow's book deals with the real applications of the ITF patterns, while Mr. O'Neill's breaks down the moves of the Kukki Taekwondo patterns utilized by the WTF as a practical self defense syllabus. Both are a must to have. If you can only choose one of the above, select that which examines the hidden moves of the patterns you practice. In

addition the authors do treat the history of Tae Kwon Do fairly and include much information on the definitions of the ITF patterns and when and who developed the Taeguek patterns.



Another great book on the hidden applications of Tae Kwon Do for self defense is **Eastern Spirit, Western Dreams by Jung Woo Jin**. Now you may say what does this have to do with self defense? Well remember I started this off by saying I have been a student of TaeKwon-Do for many years. Even through my long career in law enforcement as a state trooper with the New York State Police, I had to use TaeKwon-Do daily to defend myself, but not in a physical way. Even now, being retired for some 5 years, I still use it daily to defend myself. No it is not because I live in New York City, as it is one of the safest large cities in the world. Rather I use it daily to defend my honor, to build new friendships, to relate to others with courtesy and integrity, to strengthen my character and to have a better life. Mr. Jung's book tells of a poor Korean who grew up in a war torn developing country that had lost its identity for decades under the colonial rule of Japan. It tells the story of how a young Korean man came to the USA in 1971 with just \$35 dollars in his pocket and how he used the tenets of Tae Kwon Do to build a better world for himself, his family and those around him, while never forgetting his roots and where he came from. This story is just as important, if not more important to all students of Tae Kwon Do.

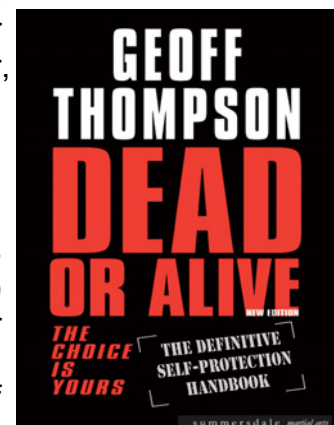


** Stuart Anslow **

I guess its only right that I list my top 3 books as well. I have a fairly extensive martial arts library with books ranging from the norm (for guys like me) covering Tae Kwon Do, as well as most other arts. However, though I find technique type books great, I like ones that captivate my mind and entice me to either think differently or to re-evaluate what I do. So, in no particular order, here are my top 3 books that all martial artists (whether Tae Kwon Do or otherwise) should own:

- **Geoff Thompson - Dead Or Alive**

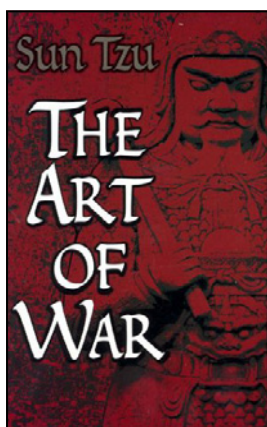
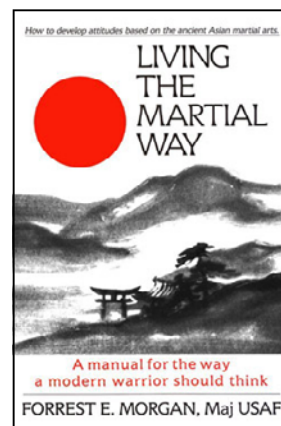
Known by many (including me) as the bible of self-protection this book changed the way I and countless others looked (and studied) our chosen arts. As far as I know it was the first of its kind to cover thing like 'pre-emptive striking', 'line-ups', 'fence work' and so much more. Originally (and the first copy I brought) it was titled 'Real Self



Defence' but was later updated enough to warrant this new title. If your serious about making your art 'street realistic' in these modern times, this is a must have manual.

- **Forrest E. Morgan - Living the Martial Way**

I know Master Weiss has already noted this one, but either way it would be in my top 3 books. It's a masterful piece of work and the book that can help anyone define what being a true warrior and thus a martial artist is really about. When I first read it there was so much that fitted my outlook of why I started martial arts and what I felt they should be about, sadly much of which is lost in the way modern martial arts are taught or delivered these days. It also defined key concepts such as 'Honour' from the perspective of the warrior mind and is truly insightful.



- **Sun Tze - The Art Of War**

The classic manual still used by the worlds militaries today has a place in the world of martial arts as the strategies and tactics found within its pages work just as well for individual combat as they do for tactical warfare. Apart from within my own martial arts training (and application of such) I have tried these tactics out else ware, from paintball games to computer games and they work, if applied correctly, every time which is testament to the texts value.

No matter how much you think you know, if you read any of my top 3 books you will double what you thought you knew already!

Down's Syndrome Association

www.downs-syndrome.org.uk



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

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

Our mission is:

- **To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.**
 - We strive to improve knowledge of the condition
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Can you help? As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site



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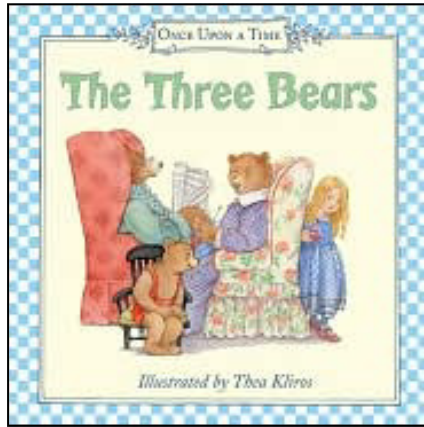
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Tae Kwon Do and the Three Bears

Lessons from Goldilocks

By Ira Hoffman, 3d Dan

Many of us are familiar with the story of Goldilocks and the Three Bears. Goldilocks is a young girl who wanders off and gets lost in the forest. She



finds the home of the Three Bears: Papa Bear, Mama Bear, and Baby Bear. The Bears are out for an afternoon stroll working up an appetite, so Goldilocks makes herself at home.

Hungry, she tries some porridge she finds at the table. Papa Bear's porridge is too hot, Mama Bear's porridge is too cold, but Baby Bear's porridge is just right. She finds Papa Bear's chair too hard, Mama Bear's chair too soft, but Baby Bear's chair is, again, just right. Finally Goldilocks finds Papa Bear's bed too hard, Mama Bear's bed too soft, and Baby Bear's bed is again just right. Exhausted from her long day of wandering off, trespassing, and stealing food, she falls asleep. The Bear family returns home, discovers her, and mayhem ensues.

As told to children, the moral of this story may be, "don't wander into in the forest", or "don't go into stranger's homes", or perhaps "taking food from hungry bears is a really, really bad idea". But there's another, more subtle lesson with direct application to Tae Kwon Do: the value of moderation and balance.

Consider the porridge: one extreme (too hot) is no better than the other extreme

(too cold) - but balancing those two extremes, using moderation, is "just right". Or the beds: one extreme (too hard) is no better than the other (too soft) - but right in the middle, a balance between the two extremes, is also "just right".



Too Narrow

Now consider Tae Kwon Do. Executing an ari makki (low block) in ap kubi (front or long stance), the feet are shoulder-width apart. If the stance is too narrow maintaining a solid, balanced stance can be difficult. If the stance is too wide it can be difficult to block an attack. But with the feet "just right", ap kubi becomes a solid foundation.



Too Wide

Or consider momtong jireugi, middle punch. Punch too high, or too wide, and you'll hit your opponent's shoulder to little effect. Punch too low and you might strike the middle of the belly, also to little effect. But if your target is the solar



Just Right

plexus, if you punch “just right”, the effect can be devastating.

Tae Kwon Do is all about balance, all about moderation. Moderation is a key to the self-control we teach all beginners, and of course many techniques require physical balance. And of the attractive features of Tae Kwon Do is the balance between different activities. One class might be devoted to poomse, another to sparring. One segment of a class might be purely for exercise, while another might focus on self-defense. Our training has not involved a focus on only one element of Tae Kwon Do to the exclusion of all else. There’s certainly little opportunity to be bored!

Of course, our experiences will not fit everyone. A martial artist training for a sparring match in the Olympics, or for a poomse competition, will certainly focus more on those specific elements of Tae Kwon Do. But for most of us are like Goldilocks: balance and moderation are the keys.

Now consider life outside the dojang. All too often we hear of those who are obsessed with one aspect of their life, often their work. The other elements of their lives - their friendships, their families, perhaps even their health - suffer. Eventually even the quality of their work, which they seem to value most highly, may degrade.

I suggest this is because of a lack of balance. Just as with Goldilocks and the bowls of porridge, and as with a proper Tae Kwon Do stances and blocks and strikes, balance and moderation are important in life.

How many of us know of the premier high school athletes who invest all of their time and effort into sports only to find they can’t quite succeed at the college or university level? Without the balance of a proper education, they may have difficulty

adjusting to, and succeeding in, a non-sports life.

How many of us know of college students who, failing to find proper balance, are overwhelmed with the freedom of the university setting? Oftentimes such students, without proper moderation, will ignore their studies and focus their energies, their time, and their efforts on less constructive activities. They may be unable to thrive - or even succeed - at the university level.

And how many of us have seen adults as I described above, so focused on one aspect of their lives that the other aspects suffer? Without balance and moderation in their lives, all the people in these examples might not find the happiness they seek.

I am a husband and a father. I have a career which has taken me to six of the seven continents. I am a Tae Kwon Do student and instructor. And none of these roles - none, with the possible exception of being a father when our daughters were babies - totally overwhelms the others. Balance among and between these priorities, and moderation in the emphasis on each of them compared to the others, is the key.

Balance is difficult - just ask anyone who has been told to hold keumgang-makki for more than a few moments! And I would not claim it has been easy for me, or anyone else, to search for the right balance. But it is essential. I do not believe I could be truly happy without some degree of balance in my life.

And how does this apply to us as Tae Kwon Do practitioners and instructors, both in the dojang and outside?

Our younger students may want to be involved in every possible activity, all the time, every day. The world is so big, and there are so many opportunities, so much to do and see and explore! It would be

easy for them to lose moderation, to be so busy with their multiple activities that they are not truly learning, or enjoying, any of them. Our role as instructors should be to foster a love to Tae Kwon Do in these students, to make martial arts both challenging and fun, but to ensure they don't get so involved that school, or their other activities, suffer. Regular contact with parents to assess this balance can be very helpful.

For adult student we may see the opposite problem: life is too busy, with work and family responsibilities taking priority. Adult students may not think they have the time to do something just for themselves. For these students we should encourage some minimum amount of time at the dojang - but not too much - to provide them with another aspect of their lives, to help them moderate their daily routines. Based on my personal experience, a hanging bag can be incredibly helpful in working out frustrations from a busy day at the office! Flexible class schedules can be extremely helpful for busy adult students.

As parents we can share our love of Tae Kwon Do with our children and support any interest they may show, but - moderating our own desires - we should not ever force our children to do Tae Kwon Do - or almost anything else - simply because we happen to enjoy it.

As students we should recognize there is more to life than Tae Kwon Do. The lessons we learn in the dojang - respect, truthfulness, trust, discipline, self-reliance, self-confidence - are not meant to be used only within the dojang. Balance and moderation don't start at the entrance to the dojang, and they don't stop when we leave class. Balance your life, your activities, and your friends.

And finally, resist being obsessive. In the dojang it's so very easy to frame your goal as being better than someone else - to know more poomse, to break more boards, to best them in a sparring match. It's so very easy to focus on these goals, and to lose track of the broader picture, the broader goals of Tae Kwon Do. Doing your best doesn't mean being better than someone else. It means being better today than you were yesterday, and striving to be still better tomorrow.

I welcome your comments on balance and moderation in Tae Kwon Do, and in life.

The author is a 3rd Dan with five years of TKD teaching experience. He trains with his wife Dorothy, also a 3rd Dan, at Yats' Tae Kwon Do in Midland, Michigan. This article was written during a recent business trip to Zurich, Switzerland, where the author followed his own advice and went for long walks along the lakefront after long days in the office.



Real-World Altercations For Better Training

By David Schultz

Those that have followed my articles, reviews and posts over the years know that I'm a strong believer in realism in martial arts training. They also know that I'm not one to sugar-coat anything. In that light, I often shake my head at the type of training conducted in the majority of Dojo/Dojangs I've seen. Training against a fellow student in a training environment using ineffective sport techniques cannot be compared to fighting for your life against a determined, violent attacker. On my discussion board I have a section called the '*Reality Check*' which is devoted to adding realism in training by examining real world altercations and learning from them as well as supplying information and resources to martial artists from their real-world professional counterparts that use these tactics and techniques daily in order to survive another day. The Reality Check is found at <http://www.martialwarrior.com/index.php?board=61.0>.

On duty scenario #1: This incident started off as a typical duty day for me and my fellow Deputies. It turned out to be very 'un-typical';

Several years ago I was working one of the barracks with three other Deputies. This particular barracks had six wings with thirty to forty inmates each. I was in one of the wings addressing the inmates about some of the regulation changes. I had everyone sitting or standing in the dayroom while my partner was in the doorway providing my back up. As I addressed the inmates I heard a commotion coming from the doorway. As I turned to look my partner was gone and I heard a scuffle coming from beyond out in the main hallway. As I

ran to the area I saw that he'd been attacked by one of the inmates and the altercation had moved into the room next to the dayroom which was a 6x8 cell with metal bunk beds, metal table and metal toilet/sink. Not a user-friendly room for an all out fight.

As I entered the room to assist my partner, he was grappling with the inmate next to the bunk beds. My partner is a very large, strong weight lifter who has studied BJJ under Royce Gracie. The inmate however was a psych inmate who really had no business being in general population. He was slightly bigger than my partner, but due to his mental instability exhibited tremendous strength. As I entered he was overpowering my partner. As his back was to me, I delivered a half-dozen downward elbow strikes into his back. As this was not yet a lethal situation, I did not aim for the spine or back of the neck. Instead I aimed for, and struck the area of the left shoulder blade in an attempt to weaken him and/or have him disengage from my partner. Now here is a take home point; my elbow strikes were of sufficient power that my partner later told me he felt each one through the inmates back and into his chest as they were grappling. However, due to the mental state of the inmate...he did not even know I was in the room! My strikes had absolutely no effect on him whatsoever.

As the altercation progressed we all went to the ground. I ended up on the inmate's back; the inmate was on top of my partner. Basically the inmate was sandwiched between us. I could tell my partner was tiring and having difficulty maneuvering for position due to his winter jacket limiting his range of motion. I was

considering at this point applying a choke as the situation was rapidly going south at this point with the inmates aggression escalating. At this point, the inmate reached out and placed his right hand on the ground to steady himself in order to get into a better position against my partner. This was the opportunity I needed. I reached out and placed his fingers and wrist in a joint lock. This locked his wrist, elbow and shoulder all the way to his waist. He let out a scream as the right side of his body basically locked up and my partner was able to slip out from under him. He was cuffed and the situation came under control with no injury to my partner or the inmate beyond temporary pain.

As it turned out, the inmate was mentally unstable and very childlike in his behavior. He was a very large man, yet told me later he felt frightened around the other inmates in the wing and wanted to get out. This is why he attacked my partner; he felt it was his only way out of the wing and to a single cell. It never occurred to him to simply explain his situation to us.

Take home points:

1. My partner is large AND strong and well trained in BJJ. Yet his clothing in this situation limited his movements somewhat. Something to consider when training in your school. Train in different clothing and shoes. Train in open spaces and in close confines. Train standing and on the ground. Train in dim light as well as full light and no light. Train on level and sloping surfaces. Train in winter and summer clothing. If you only train in 'angry white pajamas' then you're limiting yourself and doing yourself a disservice. If you are an instructor and don't have at the very least a 'street clothes' night once in a while you are doing your students a disservice.

2. My partners grappling skill, as well as my striking skills were neutralized by the

mental state of the attacker. His strength was far greater than either of us. His tolerance for pain was far higher than normal. Train for someone that can easily out power you in your form of defense and train for alternatives. In this situation, I could have used a strike to an area that 'may' have produced a better result. Yet, not every encounter justifies hitting someone in a lethal area.

3. A joint lock 'can' produce a very good result in the right situation. But don't rely on it completely. The joint lock I applied stopped the attack. But I don't feel it was due solely to pain, but rather it immobilized part of his body. Either way, I was in the right position to attempt it and it payed off. However, had the lock not been successful I was fully prepared for joint 'destruction' rather than a lock. I was also prepared to escalate even further if necessary in defense of my partner.

In your training, do you train to immediately follow up with something if your 'favorite' technique doesn't work? Do you train with the ability to escalate or deescalate immediately if necessary? Are you prepared mentally and physically to break something on someone if it becomes necessary? Are you prepared to maim or use lethal force on someone if it becomes necessary? These are serious considerations to ponder.

4. Mental stability of a person can be a huge factor. It can heighten strength beyond belief! I've seen one person take on six Deputies and out power all of them. It can limit felt pain. I've seen people take strikes to the groin and smile. I've seen pepper spray directly in the eyes with no effect. I've seen a 50,000 volt Taser at 19 cycles per second fail to stop an attacker. I've seen people with horrendous wounds fight on and on and on. Be aware of these things. Real life just isn't like the movies.

5. Be prepared to deescalate once the

situation is under control. Be prepared for and train to navigate up and down the force matrix quickly.

6. Real martial arts aren't a hobby for the nights you're not bowling or playing softball. Real martial arts are about committed self defense tactics and techniques.

7. Learn valuable life lessons from those professionals who use this stuff daily and incorporate it into your own training.

Train hard, stay safe.

About the author

Mr. David Schultz has been involved in the martial arts since 1975. He holds the rank of 8th Dan and teaches the Korean art of Kong Soo Do. Additionally he holds six Law Enforcement instructor ratings in Combatives, Defensive Tactics and Firearms. He is the International Director of the World Mu Shin Kwan Federation and a Technical Advisory member of the International Kong Soo Do Federation. He has taught Military, Law Enforcement, Corrections, Executive Protection Agents and private citizens since 1986.

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What's The Point?

By Paul O'Leary

In this article I'd like to look at the **9 Shaped Block** - another one of the strange movements in TaeKwon-Do that seems to throw people off as to it's practical use for self defence.

It is only found in the patterns after 1st Dan Black Belt and is usually done as a plain low block. The example I am using here is seen Yoo Sin Tul performed for 4th Dan.



Here two 9 Shaped Blocks are performed in the same sitting stance.

Pic 1: 9 Shaped Block using the right hand in sitting stance.

Pic 2: 9 Shaped Block using the left hand in sitting stance.



Pic 3: Shows the attacker coming in with a right fist attack to the head, the defender starts to parry the attack with their left hand.

Pic 4: Shows the defender moving into a sitting stance and shifting the hands into an armbar using the shape of the 9 Shaped Block.

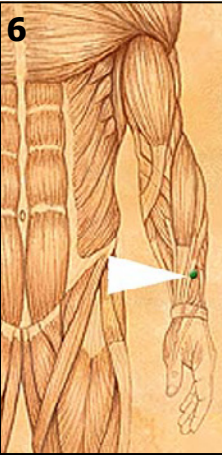


Pic 5: Shows the defender swapping the hand position to bring the left hand on the inside of attackers right arm and grinding the forearm or end of the ulnar bone onto LI-6 as he locks the right wrist with his right hand. This takes up the left 9 Shaped Block position.

Pic 6: LI-6 Location

This application flows into two techniques quite nicely. Have a bit of fun with this and maybe look at the other patterns with the 9 Shaped Block and the situations they

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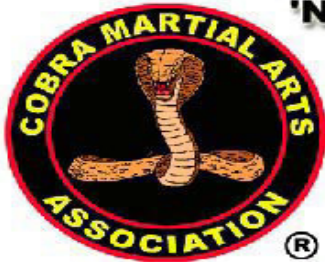


are put in depending on the sequence of the form.

I'd like to thank Master Niall o'Keeffe of Blarney United TaeKwon-Do (UTI) for letting me use his hall for the pictures in this article. Also it was a great honour to have Mr. Mark Fitzgearld, my original TaeKwon-Do instructor back in 1986 to be my attacker.

Paul o'Leary, 4th Dan TaeKwon-Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor of Rebel Martial Arts in Cork City and the National Co-ordinator for the AoDenkouKai in Ireland. To contact him about seminars on Pressure points or Patten applications for Self Defence with Prof Clark or himself please call him on 086-3545032 or email: adkeire@gmail.com

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Father And Son: A TaeKwonDo Journey

By David Rickless



I clearly remember the day my father came home and announced that he had signed up for TaeKwonDo lessons. I had been interested in martial arts for several years, and we had been learning basics from videos, so joining an academy was the next step. It turned out to be one of our best decisions ever.

Though my father and I started in different classes, we have always spent considerable time practicing together at home. This method of training has proven effective; we learn our forms within a week of acquiring a new belt, always surprising Instructors with our knowledge.

As we have moved up in rank, home workouts have become an integral part of our training. While formal classes provide necessary instruction, we rely on the flexibility of our personal schedule. For

instance, we can spend an hour honing the fine points of a spin sidekick. Through practicing together, we learn to identify our individual skills and difficulties, as we each interpret techniques in a slightly different way.

While training at home gives us an edge in class, it is in tournaments that the additional practice pays off. We feel extra pride in our medals, knowing each of us has contributed to the other's winnings.

After more than six years, we have never regretted the decision to learn TaeKwonDo together. We have experienced the excitement of competition, the thrill of promotion, and the satisfaction of perfecting a difficult technique.

Ho-Am TaeKwonDo has allowed us to develop a close bond. Along the way, we



have gained physical skills such as coordination, endurance, and flexibility and acquired virtues such as patience, perseverance, and appreciation for teamwork.

Looking back at the last six years, I can say with certainty that it has been a marvellous journey. I can also say that the journey has just begun.

Totally Tae Kwon Do magazine would like to thank Julia Carson for gaining permission and submitting this article - many thanks.

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Religion and Martial Arts

Do They Mix?

By Brent Stouffer, 4th Dan & Michael Munyon, 5th Dan

As a lifelong Christian, long time Tae Kwon Do practitioner, youth pastor, and recent seminary student, I often get raised eyebrows and confusion when communicating such to people I meet, or even have known for some time. I get comments such as, “so that means you can pray for them after you send them to the hospital?” For some people it takes some explaining, others never get it, but for me the combination makes perfect sense. While I will reference my faith tradition, I think that it bears note that most faiths and traditions are remarkably similar in how they call their disciples to treat one another and conduct themselves in general, and thus have a similar relationship between faith and art.

I think the first place we must go is in the following statement regarding the purpose of TKD, procured from an ITF website: *The utmost purpose of Taekwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.*

This simple sentence contains within it philosophical bedrock for TKD that puts it in perfect harmony with a Christian way of thinking. If we take this statement seriously, we find in TKD an art, method, and lifestyle that not only supports Christian living, but also a viable avenue for direct ministry through teaching. The key is the manner in which we teach, as that will put the truth or the lie to this foundational notion. In fact Jhoon Rhee has said *“martial arts without philosophy is just street fighting.”*

I think there are two basic components of teaching TKD that ensure what we are doing fits hand in hand with Christianity. The first is teaching style, and the second is the benefits of understanding.

Teaching Style

This is perhaps the most significant. In order for solid philosophy to take hold, it must be woven into the very fabric of the instructor. It is conveyed in the way the student is treated, the families of the students, and all with whom the instructor comes into contact. It is a mistake to think that a simple handout, or the occasional mention of the various concepts and tenets of the art will yield results. The instructor must embody these things. The instructor blends them in throughout the course of a class. Just as it is important to capitalize on moments to correct or praise the physical attributes of the art, so it is equally critical to embrace moments where positive attitude is displayed, or a lack of proper spirit corrected, to bring out the philosophy behind TKD that leads to the development of a fuller person.

As instructors we are role models. It is useless to spout principles of patience, perseverance, and peace if what we exhibit is angst, anger, and anxiety. Students emulate their instructors. The saying “do as I say, not as I do” has no place in the dojang. If we are to pass along the art with integrity, the driving philosophy must be shown in us. How we teach is often more important than what we teach.

Understanding

It is through mastery of violence that we gain an understanding of violence. Understanding violence leads us to respect

violence. Respecting violence leads us to avoiding violence. Often I hear the simple response of “because the Bible says so” as a response to why we should embrace or avoid behaviors or attitudes. This holds value when things are even keel, but when more practical, or to the point, emotional, matters arise, logic takes a back seat and even the most devout can be overcome by “unchristian” aggression, hate, and anger. Head knowledge doesn’t necessarily cut it.

As we train, we learn so much more about our bodies, ourselves, and the nature of violence. We appreciate the awesomeness of how we were created through witnessing amazing feats of strength, focus, balance, and flexibility. We see the ironic contrast of a body so durable and able to be forged as a weapon, and yet so vulnerable and fragile when attacked by that weapon. We learn to respect, and even fear, what the body can do, and what can be done to it.

There is a humility that comes through training that helps us to grow to wish for peace. We are humbled when we see those who are far superior in skill, and realize that you truly never know who you might be facing. When a level is reached where competence is achieved, the combination of knowing what we can do, and respecting the ramifications of that violence leads us to desire peace above all.

Meditation

Perhaps one other hot spot in terms of

TKD and faith is the perceived issue with meditation. Even recently I have spoke with an instructor for whom meditation is not acceptable because he feels it incompatible with Christian teaching. I, on the other hand, would tend to disagree.

One of the more enlightening concepts I found years ago on GM JR West’s website. It said the following:



“Prayer is talking to God, meditation is quieting the mind to hear God talk to us.”

I believe this to be at the simplest level a wonderful link between faith and meditation. The act of meditating does not in and of itself imply adherence to Buddhist or Hindu practices, but rather can be molded according to purpose. In a basic way, quieting the mind also quiets the “white noise” that prevents us from feeling God’s direction in life.

In perhaps a deeper sense, I believe that inside each of us is an intangible spirit. It is also my believe that this spirit may be directly related to, if not directly equated to, ki energy. Meditative practice that focuses inward and towards developing and tapping into our ki only serves to acquaint us with a deeper part of our being, that is as much a part of our creation as the “superficial” hair and eyes that are physically witnessed by everyone around us. Indeed it can place us in contact with a portion of our spirit that is unapproachable by our more superficial thought. In short, it can be a form of prayer that allows us to connect more

deeply with both ourselves and God.

Concluding Remarks

I think that in essence, TKD helps us understand what it is to be "meek". Meek does not necessarily mean timid, but rather exhibiting a gentleness. This gentleness is tempered with a confidence that stops short of arrogance. There is a measure of self-control, which is prized by both martial artists and Christians alike. There is a fierce loyalty to a code of behavior that values one another and emphasizes respect.

Likewise, both Christians and TKD practitioners prize a greater sense of connection with both our true selves and with God. In the proper light, meditation enhances both of these. If meditation has its roots in Buddhism and Hinduism, it certainly does not preclude its use otherwise as a vehicle of personal and spiritual growth outside of those traditions.

Perhaps the one area where there is discrepancy is that most martial artists advocate defending oneself to the utmost, while there are some (note: not all) Christians that advocate "turning the other cheek" at all costs. For me, there is a difference between retaliation and defense, which is how I reconcile the two. Just as there are varying levels of opinion on the matter of how assertively to defend yourself, there is likewise varying levels of how intentionally a TKD instructor instills the core values of the art, as well as how intentionally any given Christian truly adheres to the tenets of their faith.

The bottom line is that, when done properly, TKD and faith can support one another with integrity. Excelling at one can spill over to positively affect the other. And when we teach TKD isn't that what it's about? We don't just build fighters; we build people.

A Michael Munyon Story:

I began my martial arts training when I was a young boy. My mother and father were divorced when I was about 4 years of age. My father remarried when I was 5 years old. It was roughly around then when my mother enrolled me into a martial arts school in Wyoming, Michigan. My father and step mother were against the idea of me joining a martial arts school because at that time, they felt that martial arts was religious. Meaning, possibly teaching something different than the Christian religion that they believed in. It was many years later that my mother brought that information to my attention. I've never experienced anything religious in any of the martial art systems I've ever trained in. Prior to writing this article I thought I'd go direct with my father about this to get his side of the story. This is what he wrote:

Hi, Son!

Took a bit to get the thoughts together, but I think I have a handle on it. Quite often, while watching various martial arts movies and tv shows, you would see the hero involved in meditation. Or maybe trying to reach a level of consciousness that makes him or her "one with the world", or universe, or whatever. The concern was that there would be instructions from the teachers that to move ahead, one had to move from a "traditional" Christian faith to a variation of Transcendental Meditation, or Buddhism, or some self-worshiping movement that would lead to martial arts success. You are correct that, in some ways, the idea of being able to cream someone with two fingers seems contrary to the tenets of the Christian faith. However, Chuck Norris is a committed believer, and I would think that having the ability to fight well if the situation demanded it is something different than using the martial arts as a destructive tool of aggression. Again, it's all a matter of the heart. There's nothing wrong with being able to do good. If I understand it correctly, you are always in control of your decisions. And, naturally, if you are going to help or defend the innocent, it may mean having to

give the bad guy a few lumps.

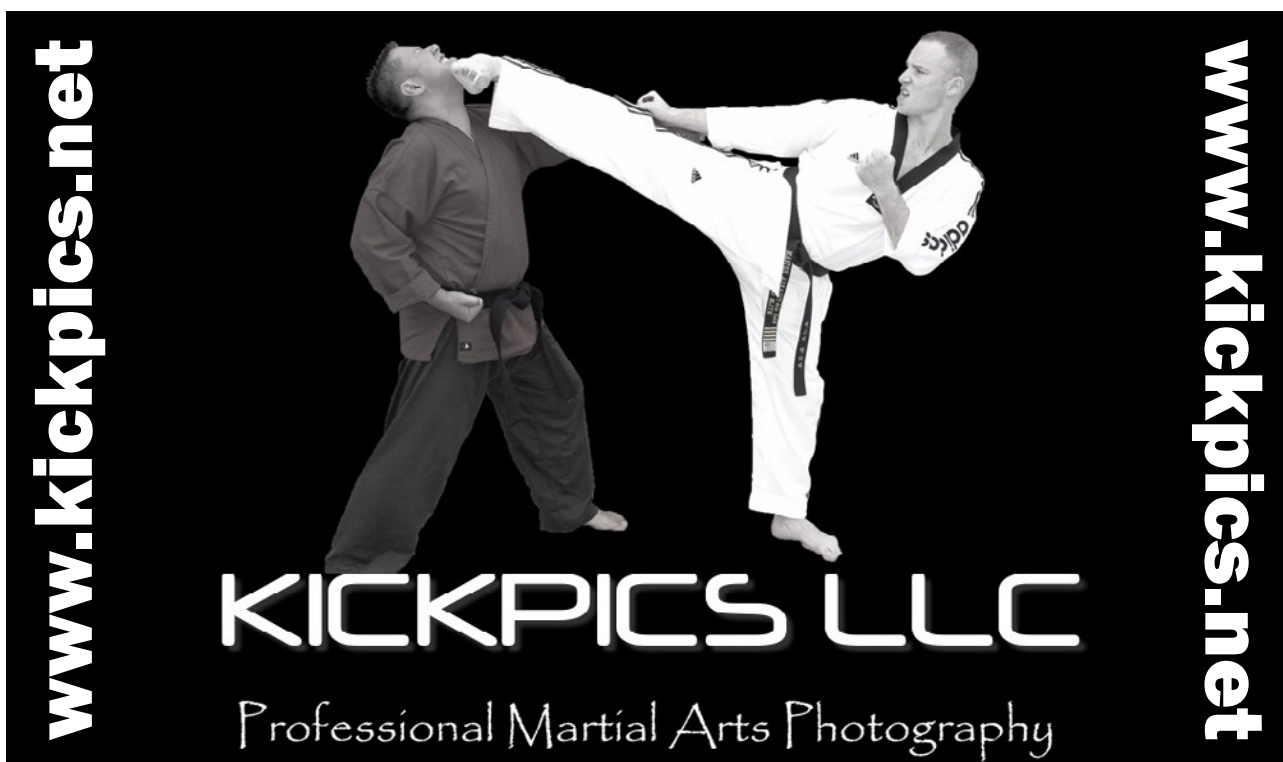
Hope that helps. Anything else, let me know.

Love ya,

Dad

Today, it's wonderful to get the positive feedback from my family on the many things I've been doing with the martial arts. Between reaching a senior rank in

Taekwon-Do, earning a HapKiDo Black Belt from one of the most respect HapKiDo Grand Masters in the USA, Inducted into the Masters Hall of Fame, training US and Foreign military troops martial arts/ defensive tactics, defending my country in 6 different countries and hosting FREE Women's Self Defense courses. It's amazing how if my father and step mother were to withdrawal me at that time, my life would have turned out completely different. Thank God they didn't take me out of the martial arts is all I can say.



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Dan 'The Beast' Severn

At Gordon Martial Arts, Crestview, FL

By Thomas Gordon

If you are an UFC fan, you surely know the name, Dan "The Beast" Severn. He was an early pioneer for the sport winning the UFC championship three times and ended up in the UFC Hall of Fame. There are only five people in UFC Hall of Fame and he was the third one inducted. His resume is pretty impressive:



In high school he was a two-time national champion and set eight national records in his career. Dan was inducted into Arizona State University's wrestling hall of fame at the end of his prestigious collegiate career.

After completing his degree program and graduation, Dan continued on a quest to be the best amateur wrestler in the world. Numerous competitions from 1982 to 1994 took him to Japan, Hungary, Cuba, France, and Turkey. On each trip, Severn captured another title. Dan also secured 13 National AAU wrestling championships during those years. The Beast also tried his hand at coaching wrestling at ASU and Michigan State



University as he continued to compete and excel after his collegiate career.

After that, he moved to MMA competition and is the only three time UFC tournament champion (before weight classes). He's beaten some big names in the MMA world such as Forrest Griffin, Ken Shamrock, Oleg Taktarov, and Tank Abbott. He's 50

years old and still fighting with well over 100 professional MMA fights under his belt.

For the professional wrestling fans out there, Dan wrestled for The World Wrestling Federation. While doing the professional wrestling career, Dan also held the National Wrestling Alliance heavyweight title in the professional wrestling ranks for longer than any other previous NWA champion.

He has over 95 state, national, and international wrestling titles under his belt, and in 1999, reached a milestone by competing in his 4000th match.

He's also been on Nash Bridges and played a football player for the movie R u d y . Speaking of which, he played Semi Pro football for a year.



Champion as he did an excellent job at teaching based on their specific skill sets. As we all know, just because they are a champion doesn't mean they know how to teach. Mr Severn showed us he's not only a champion in the ring, he's

For the seminar, after a short warm up, students learned basics in wrestling, choke holds, arm locks, single & double takedowns, and other MMA type training.

also a master at teaching his art.

Being a traditional type school teaching Taekwon-Do and Hapkido, the students never felt overwhelmed by the UFC

For more information about the seminar, visit www.GordonMartialArts.com. To see about hosting Dan Severn, go to www.DanSevern.com.



48th ITF IIC

- International Instructor Course -

Benidorm, Spain

By Michael Clune, ITF 1st Degree

At the end of September I had the opportunity to attend another International Instructor Course (IIC) offered by ITF under the Presidency of Grandmaster Tran Trieu Quan in Benidorm, Spain having attended the 41st one offered by this Federation last March in Queens, New York. This was not planned initially. I attended because I wanted to support my Instructor Mr Kevin Kinsella in his testing for 5th Degree along with fellow seniors Mr Brian Coughlan, Mr Stephen Ryan & Mr Jamie Rigney whom also were testing for 5th Degree. Also I knew the President of our group in Ireland, Mr Ken Wheatley of the Irish Taekwon-Do Association would be going forward to test for 7th Degree Master which I was also looking forward to very much.



Author performs 'Heaven Hand' on stage at IIC Venue

Around September last year, 2008, I decided that I would attend the IIC in New York because I thought our group would not test until early 2010. Then early in 2009 I got news that there would be an IIC in Spain in September/October and they may put themselves forward there so I put

preliminary plans in place. I was going regardless of the one in New York. Preparations by all were well underway with a lot of extra training by those who were intending to test. Some will be taking part in the World Championships in Argentina in November (good luck to all and my apologies again Grandmaster Marano for not being able to attend!!) so they had extra training and were well prepared. Normally our group would train together when going for this type of testing but due to the Worlds this was more difficult for those who were participating in the Championships. Because of this I was summoned, gladly, by my instructor for assistance during his preparation, I would just watch for techniques to my knowledge level in his preparation while his seniors and peers would watch the techniques they had experience with. This has stood to me in good stead as I have actually learned more about how I can improve my own training by doing this.



The beautiful view from the top of the Gran Bali Hotel in Benidorm

The year 2009 has literally flown, for me, due to worrying about whether or not I

would have a job the way things have gone in the aviation industry, but thankfully I still have one so I was able to afford to attend this IIC. Taekwon-Do has been a great distraction despite these worries. March came and in turn the 41st IIC in Queens, New York. Another great weekend and an opportunity to experience Paddy's Day (St Patricks Day for you non-Irish!) in the Big Apple. I spent 2 weeks with my brother in the Bronx and my cousin in Brooklyn. During the vacation I also got to spend a memorable weekend with fellow Taekwon-Doin in Queens, New York at another great IIC presented by the ITF Technical Committee. I suppose, being a bit selfish, I enjoyed it all the more being the sole representative from Ireland. Summer came and went, well in Ireland the months of summer came and went as `Summer` was non-existent. Everyone's testing preparations were well on track and that bit easier without the added distractions of good weather!

At last the weekend of the 48th IIC in Benidorm was upon us. Everyone had boarded the flight to Alicante from Dublin relatively injury free. One had recovered from a hand injury while another had a dodgy hamstring that was holding up reasonably well. A boisterous few ladies from Dublin, who had joined us on the flight and were headed to a hen night in Spain, provided all the in-flight entertainment to much dismay of the cabin crew! The flight was fine barring the descent through clouds in Alicante where, to much laughter from those on board, I used some choice terminology when we encountered some brief turbulence. From Alicante we then boarded a bus which took us to the superb IIC venue of the Gran Bali Hotel in Benidorm. It was very nice not to have to be looking for transport to and from the IIC venue for a change like I had to in Brussels and New York. The only disadvantage of this is because everyone attending the IIC were staying in the same place we had to behave! The Thursday night in the lobby of the hotel I bumped into my old friend

Grandmaster Marano who noted my attendance at previous IICs.



With Grandmaster Hector Marano before the start of the 48th IIC

The following day those from my group who would be testing went to the IIC venue and decided they would train a little early to get used to the surroundings while I, with little protest, sat under the wonderful sunshine by the pool with friends Andy and Declan to really encourage and motivate those heading to training. In the evening another IIC begins and I am still impressed by the camaraderie of the ITF Technical Committee team of Grandmaster Trajtenberg, Grandmaster Marano and Master Bos after teaching almost 50 IICs together. But when I think about it, it is very hard to complain when you can get the opportunity to travel the World teaching your passion i.e. Taekwon-Do! I am always impressed by their knowledge and like the way they conduct their Courses i.e. have knowledge standardised and coming directly from one source, the ITF Technical Committee and solve technical issues of course participants. They covered pretty much everything over the weekend. Fundamentals, the 24 Tuls, the various types of sparring, self defence, protocol and etiquette etc. A lot of emphasis was placed on understanding the techniques you are performing so you can use them to their full potential as oppose to just

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48th IIC Spain, participants with ITF Technical Committee

performing them in a pattern without actually trying them out separately.

I really enjoyed Master Bos this time too as he took us juniors separately and while going through various techniques told us of training when he started especially his instructors `student abdominal conditioning` routine! It was a far cry from X-Boxes, PS3s, turn up to class when I feel like it and `I want my next belt with less effort` culture that seems to exist now. But, I believe it is like anything I have gotten in life such as my 1st Degree. Not having the advantage of being physically talented like some fellow students in my dojang, I have had to work extremely hard to achieve it and will do so again in order to progress further in Taekwon-Do.



Enjoying the scenery of Benidorm with friend & fellow IIC participant Mr Declan McMullen

After the Saturday session of the IIC, candidates were advised that testing would commence. Participants under a certain grade were not allowed in the venue. This was purely from a capacity point of view because I had been allowed to attend previous testing's at IICs. Despite reports of 200 being in attendance I personally thought there were far more, however this didn't stop me from viewing proceedings from the glass outside. From my vantage point it was a very intense testing and the candidates I was concerned with performed superbly throughout especially when the examiners brought out those 2 chairs! Of course I was very anxious for my own Instructor as if it was me testing, even though I need not have been as he had worked very hard, prepared well and peaked at the right time as did the others in my group. Then those testing for 4th to 6th Dan were dismissed and those testing for 7th and above were tested. Of course I was glued to Mr Wheatley and as expected he performed brilliantly and then to my horror I saw him limping off and asked those near me to confirm, but they hadn't see it! I saw him move around again. He had done it! His hamstring went! But it mattered little as he had just completed his testing. The testing panel deliberated and everyone came back into the venue. Most were successful and those not were invited

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to re-test in the future.



Successful promotees from Ireland

I thought it was a slightly emotional experience as those in my group that went forward were successful and we had gained a newly promoted Master in Master Wheatley. Master Bos commenced calling out those who were successful from the various countries then it came to Ireland. The 5th & 6th Degree results were called and the candidates went up to receive their certificates. At one point I nearly panicked as everyone else was being called out except for my instructor but eventually much to my relief he was. The Master grades were then called out and a large cheer went up for newly promoted Master Wheatley when he went up, injured hamstring and all, to collect his new certificate. Another highlight for me at this stage was when Master Bos called out promotion of Master Christa Wintzer to 8th Degree Master. He informed us that she was born in 1942! If I could practice Taekwon-Do like this lady could when I reach half her age I will be doing very well. I had watched her during the weekend and the power she demonstrated in her techniques is unbelievable! She received a great ovation from those in attendance for her great achievement. Afterwards, to Master Wheatley's surprise, our group members of the Irish Taekwon-Do Association proudly presented Master Wheatley with his new belt.



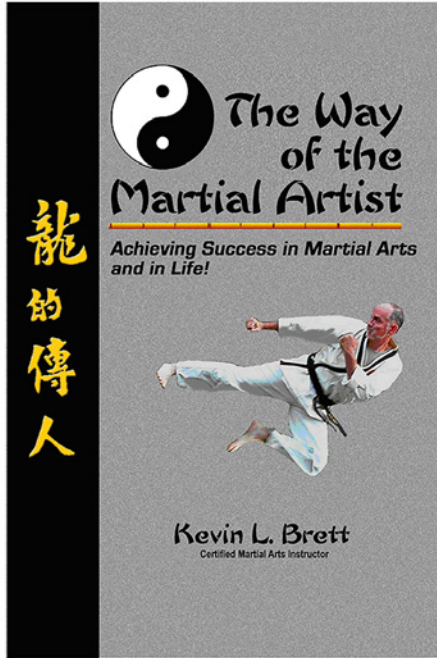
Master Wheatley is presented with his new belt form Irish Taekwon-Do Association members

I want to personally sincerely congratulate Master Wheatley, my Instructor Mr Kinsella as well as Mr Coughlan, Mr Ryan and Mr Rigney. You all have been a very important part of my Taekwon-Do journey thus far, have been there for me, believed in me since day one when I haven't done so myself and encouraged me. I am so proud of your achievements and the way that you continually strive to improve. You have shown me continuously what can be achieved with proper focus, determination and proper preparation. It would be remiss of me not to also congratulate Mr Adrian Byrne who was promoted to 5th Degree, Mr Stephen Cooley who was promoted to 6th Degree, Master Brendan O'Toole who was promoted to 8th Degree and newly promoted Master Gerry Martin. I didn't focus on these as much as I don't know them as well as those mentioned previously. Also my congratulations to those from other parts of the world whom were promoted at the weekend of the 48th IIC. Mr Kinsella now informs me that it is my turn next year to test for 2nd Degree. God help me!!

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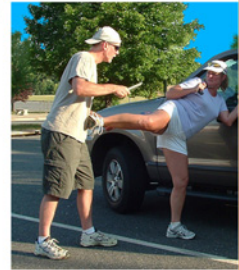
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