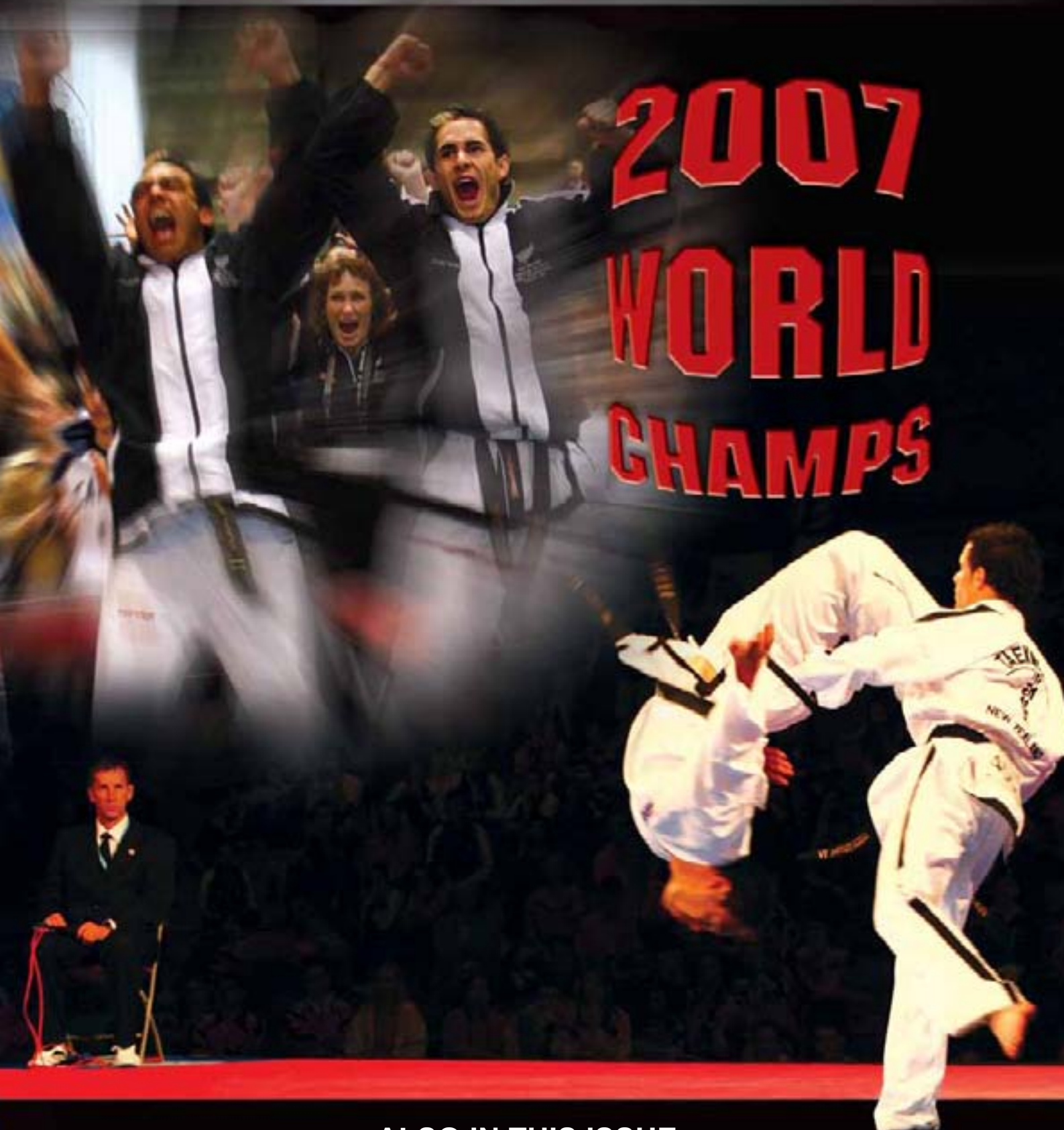


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# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



## ALSO IN THIS ISSUE:

**Developing Athletes and Coaches • The True Taekwon-Do • An Indomitable Spirit, part 2**

Plus: Women Only, Training in Paradise, Something Fresh and Extreme, Cramming Everything into a Weekend, and much more!

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## Features

- 6 **Developing Athletes and Coaches**  
Mark Hanna
- 8 **The True Taekwon-Do**  
Gwyn Brown
- 12 **An Indomitable Spirit, part 2**  
D'Arcy Mellsop
- 16 **Women Only**  
Claire Kendall
- 18 **Kicking it up in Quebec**  
Doug Hanna and Jeremy Hanna
- 21 **Training in Paradise**  
Shane Eade
- 22 **Something Fresh and Extreme**  
George Konia and Robyn Nicholas
- 27 **South Island Regional Tournament**  
Holly Eades
- 30 **Cramming Everything into a Weekend**  
Sean Hammond

p6



p8



p18



p22



## Regulars

- 3 Editorial
- 5 Letters to the Editor
- 10 Standards and Discipline
- 11 Technical Tips
- 14 Self Defence
- 17 Free Sparring
- 24 Instructor Profile: Dr Cameron Snelling
- 28 Kicks for Kids
- 32 Executive Update
- 32 News in Brief
- 34 Directory Update and Next Issue
- 35 Coming Events

[itfnz.org.nz/tkdtalk/key.html](http://itfnz.org.nz/tkdtalk/key.html)

## About the Cover



Mr Doug Hanna took this issue's cover photos during the World Championships in Quebec, Canada. The central photo is Messrs Mark Trotter and Luke Thompson during their pre-arranged free sparring; the insert was taken when their gold medal was announced. Layout by Mrs Trudie Malone.

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## Editorial

Welcome to the August issue of *Taekwon-Do Talk*. An issue so full of goodness that we had to add an extra four pages!

### Third in the world!

Congratulations to the New Zealand Team, who returned from the ITF Taekwon-Do World Championships third in the world!

Congratulations to Carl van Roon, now thrice World Champion in special technique!

Congratulations to Luke Thompson, who increased his silver in Dortmund to gold in Quebec!

Congratulations to our senior pre-arranged free sparring duo of Mark Trotter and Luke Thompson, whose hard work earned them gold!

Congratulations to the whole team, coaches, managers, supporters and umpires – a magnificent achievement!

### 2011 – Auckland!

Congratulations to Carl Matthews and me! Yes, that's right, I congratulate myself and my good friend, Co-producer of Taekwon-Do Television, and Co-bid Team guy, Carl Matthews. We did it! The 2011 ITF Taekwon-Do World Championships will be in Auckland, New Zealand!

Thank you to the Executive Committee for backing the bid. Thank you to Anne Bickers and Tourism Auckland, who produced a magnificent bid document for us. Thank you to Master Michael Daher, Mr Juan Ferrando, Master Trần Triêu Quân, Tourism New Zealand, Tourism Rotorua, His Worship Dick Hubbard, Auckland City Council, Vector Arena, SportAuckland, Peter Cox, Kirsty White and SPARC, Right Hon Helen Clark, Hon Damien O'Connor and Hon David Cunliffe.

Very importantly, thank you in advance to everyone who volunteers to help. As Master Davidson says

later this issue, "All hands on deck!" We will need your help, and we thank you in advance for your support and assistance.

### Nationals, Awards, Television

The National Tournament is fast approaching. We need sponsors – can you help? We have fantastic sponsorship packages detailed on the website.

Remember that nominations for the National Awards are now due by 18 August – note the new deadline. Talk to your instructor and get your nominations to the Director of Marketing! More details on page 5.

This year's tournament also brings the second season of Taekwon-Do Television. Thanks to Triangle Television, this year's series will be broadcast in Auckland and Wellington, and other regional stations also expressed interest.

Onwards; upwards! Come, enjoy the journey! 🏆





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## Letters to the Editor

Dear *Taekwon-Do Talk*

As a participant in the 5-6 May black belt grading weekend held in Wellington, I would like to express my appreciation to Master McPhail and Mr Rimmer for making this grading such a supportive, instructional and suitably challenging experience I will remember as a positive milestone in my Taekwon-Do journey.

Looking back, the two days flew past so fast and smoothly I was almost left feeling it all ended too quickly – almost! The fact that everything flowed so smoothly was in no small part due to the efforts of Mr Craig Hannah (and helpers) who did a great job with the event organisation. I'm sure I'm not alone in these sentiments based on conversations with my fellow participants.

I would also like to thank Mr Brett Kraiger for the excellent 10 week black belt pre-grading programme that he and his Brooklyn school senior dans run before every black belt grading. This programme provides great assistance for all Wellington senior coloured belts to prepare themselves for the intensity and performance level required as well as providing an opportunity to meet and pair up with similarly ranked students for additional training and pre-arranged work, coming from a smaller school this latter aspect was especially helpful for myself.

Best regards

Nick Lee  
Secretary, North Wellington



Dear *Taekwon-Do Talk*

Go to Korea! Here's some of what I did in only six weeks in Busan:

- Visited Seoul
- Ate dog
- Ate poisonous puffer fish
- Ate jellyfish
- Performed Yoo-Sin Tul in front of General Kim Yoo-Sin's tomb
- Made great Korean friends
- Taught toddlers, kids, teens, uni students and Instructors
- Caught flu
- Cut hand on roof tile
- Dunkin' Donuts for dinner
- Kimchi for breakfast
- Makkolli hangover
- 18 hours on planes
- Cherry blossom festival
- Seoul Palace
- Sangyusa Temple
- Han Ok traditional inn
- Learnt Hangul (Korean alphabet)
- Picked up a few words of Korean
- Improved my Taekwon-Do Korean
- Translated white belt page of Colour Belt Handbook into Korean
- Helped develop first ever grading syllabus
- Performed all gup basics and tul for syllabus photos
- Sparring with non-ITF people
- Taught kids and adults English
- Icecream party

- Taught at Superkindy
- Became world famous in Busan
- Made great Kiwi mates
- Learned about Korean history and culture
- Taught an Aussie green belt
- Gave Instructor seminars
- Saw a Gumdo (swordsmanship) grading and demo
- Homestay with wonderful Korean family
- Got off bus somewhere, walked two hours and *didn't* get lost!
- 23-dish meal
- Slept on heated floor (Mr Brown pulled rank and took the bed)
- Squat toilet
- Demonstrations
- Bought a digicam
- Had acupuncture and acupressure
- Korean tea ceremony



Mr Doogan attends a traditional tea ceremony in South Korea.

- Korean style McD's, KFC, Pizza
- Yellow Dust clouds from China
- Saw deer, squirrel, fish, flock of 1,000 crows
- Developed English Taekwon-Do syllabus
- Saw an aircraft carrier
- Annoyed someone's granddad with a too-loud demo
- Visited a professional WTF dojang
- YouTubed fanatically
- Helped develop Instructor placement scheme
- Planned trips to Hong Kong, Thailand and Japan
- Cheese fried rice, baby!
- Baseball batting cage
- Namdaemun and Itaewon markets
- Spent 180 hours sitting crosslegged
- Learned Korean etiquette
- Practiced tul with mirrors
- Performed saju magki and saju jirugi 800 times
- Put on my dobok 70 times
- Ate kimchi every day
- Pioneered Taekwon-Do
- Posed for photos: mountains, dojangs, Palace, Temple, seashore, with sword, in WTF uniform (oh the shame), amongst river boulders...

Brendan Doogan, III dan  
Dragons' Spirit Papatoetoe



Dear *Taekwon-Do Talk*

### SPARC's 1st connecting Coaches Convention

The official opening was at TSB Bank Arena by Hon Trevor Mallard, Minister for Sports and

Recreation; Nicholas Hill, CEO of SPARC; and Graham Henry, current All Black Coach.

The conference was about bringing coaches together celebrating, recognising and rewarding the role of coaching in our communities.

The programme was challenging and inspiring with presentations from some of the best in their fields and was a great opportunity to have small group sessions with some of NZ's best known high performance coaches.

For three days, over 400 coaches from NZ and around the world shared their experiences. The convention included sessions each day, followed by a number of concurrent sessions on a range of coaching topics.

One on one mentoring was my highlight with current Crusaders Coach, Robbie Deans & John Allpress, The National Player Development Coach, English Football Association. They became my mentors on the 2nd day of conference.

Some of the key speakers were Graham Henry, All Black Coach; Robbie Deans, Crusaders Coach; Nicholas Hill, SPARC Chief Executive; Dr Ric Charlesworth, NZ Cricket High Performance Manager; and John Allpress, The English Football Association National Player Development Coach.

Subjects included motivating your athletes, volunteers in sport, player and coach development, developing team culture, developing a coaching strategy, team building and team dynamics, and developing lifelong participation pathway.

It was a great conference.

Peter Chapman, I dan  
Instructor, Porirua



Nominate someone for the

### 2007 ITFNZ Taekwon-Do Awards!

- Write a page about why they deserve the Award.
- Write a list of their achievements or efforts made during the past year.
- Fill out the appropriate form, available from your instructor or the website URL below.
- Get another member to second your nomination.
- Email (preferably, or post) it all to the Director of Marketing to be received by **18 August 2007**.

Send nominations to [marketing@itfnz.org.nz](mailto:marketing@itfnz.org.nz) subject "ITFNZ Taekwon-Do Awards", or  
ITFNZ Taekwon-Do Awards  
c/- Director of Marketing  
26 Merton Rd, St Johns, Auckland 1072

There are six Awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year (registered ITFNZ black belt at 22 September 2007).
- (2) WebWorld Gup Student of the Year (registered ITFNZ coloured belt at 22 September 2007).
- (3) Nibun ITF Junior Student of the Year (registered ITFNZ member under 18 at 22 September 2007).
- (4) Epson New Zealand Instructor of the Year (active ITFNZ instructor at 22 September 2007).
- (5) Martial Arts Apparel Club of the Year (active ITFNZ club at 22 September 2007).
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do (any person who does a lot for ITFNZ Taekwon-Do).

For more information, ask your instructor or visit <http://www.itfnz.org.nz/about/awards.html>



## Developing Athletes and Coaches

Development and Coaching Seminar with Master Willy van de Mortel

by Mark Hanna, II dan  
Nibun Central



On the weekend of 7-8 July, Master Willy van de Mortel from the Netherlands (who gave sparring seminars up and down the country in July) ran a Development Camp in Taupo with the goal of improving New Zealand's sparring results at overseas tournaments in the future. Participants were selected from the last three New Zealand Junior Teams (those who went to Italy, Honduras or Canada). Because not everyone selected could attend the camp, some others were also invited to attend.

The weekend started with a very reasonable wakeup call at around 8:00am, although no one particularly wanted to get out of their sleeping bags as it was freezing outside! Gary Sawyer and his father, Dave Sawyer, arrived that morning after leaving Orewa at 4:00am to drive down; I definitely didn't envy them. Training started at 9:00am, with Master van de Mortel working on our footwork. We worked with partners, one moving their weight onto their front leg in order to push themselves off to the side and avoid their opponent's side kick, and deliver a counter attack (first a punch, and later a turning kick, depending on the distance moved). This was difficult at first, because when I see a side piercing kick coming, my first impulse is definitely not to shift my weight forward, but it works quite well, and because of the forward shift, can be quite deceptive.

We moved onto drills which worked our side kicks, beginning with standing next to your partner and dodging a punch as you kicked them to make sure you were leaning away enough. While we were doing this drill, Master van de Mortel noticed that most of us were kicking our partners around their

armpit, as opposed to just above the belt, so he changed the drill in order to really work our aim. The next drill had us kicking focus pads, held just above the belt. We were told to focus on two things: pulling the knee back first, and hitting with the heel. I was really surprised at what a difference it made to my side kick in such a short time. At the beginning of the day I doubt I was confident that I could use it to stop someone around my own weight, but after a little assistance from Master van de Mortel, and some practice, I could really feel the difference (the pad holder had to take a quick break from being kicked at one point). After practising a few variations of this drill, and a quick Q&A session along with a discussion of different side kick deflections, we stopped for lunch at 12:30pm.

During lunch, most of us still had plenty of energy to burn, although I noticed a couple of people taking much needed naps. A lunch time nap on the Saturday is normally a tradition of mine at Taupo



camp, but this time I found myself discussing different sparring techniques with Chris Broughton and Carolina Dillen (with demonstrations, of course – I had to go outside for a few seconds to cool down). Greg Skinner organised exercise books and pens, which proved invaluable, and lunchtime was a perfect opportunity to write notes on the morning's training.

Training started again at 2:30pm, with Master van de Mortel sporting a bandage on his hand, courtesy of Campbell Gold (he planned an x-ray before his next seminar, as Taupo didn't seem to have a machine). The drills now had us working on back kicks as opposed to side kicks, as we had done in the morning's training. We worked on setting up back kicks (which are almost exclusively used as counter attacks) with spinning, stepping and switching to force our opponent to move and be momentarily vulnerable. I found myself getting quite dizzy doing drills such as stepping back followed by a 360° turning kick, and drills containing multiple back kicks, but it definitely helped my spinning. We also worked on some double kicks, which can always be improved, and proved a little difficult when they involved the recently-transformed side kick. Before we were given a break, Mr Pellow made a special request for a drill using a front snap kick (one of his personal favourites, as I learned from him as one of my coaches for the recent World Championships in Canada).

At 4:30pm we had a five minute break to re-hydrate ourselves and take notes on the drills we had done so far. We returned to work on more variations of the morning's drills, such as offensive side kick, and moving sideways to avoid a side kick. Nearing the end of training at around 6:15pm, each coach (who held pads all afternoon) held one pad on each side for us to do 25 continuous turning kicks (alternating legs). Everyone did one set and then stopped, not expecting to do any more, but Master van de Mortel asked us, "When did I say stop? Keep going!", so we continued to do another couple of sets before the drill was changed to 50 front kicks on a single pad. I can still feel this big finish, almost three days after it! After the Q&A session that followed, we broke off but were told to hang around and start stretching. Master van de Mortel wanted to test our flexibility by photographing us doing a side kick stretch with a partner. I've never been particularly flexible, and was feeling a little nervous at this concept – especially after watching Carolina Dillen, who went before me, have her leg pushed up into what was almost the vertical splits! However, my legs were tired enough by this point







Photographs previous page:

Top left: Master van de Mortel outlines the finer points of a drill to Mr Steve Pellow and Mr Ian Walton, Assistant Coaches for the Juniors and Seniors in Quebec, respectively.

Bottom left: Master van de Mortel quickly steps in to show Nikki Galpin and Renée Richardson how to perform a drill, very comfortable with taking the hits.

Bottom right: Master van de Mortel is also a very motivating coach, here commanding the best from Miss Richardson.

Photographs this page:

Left top to bottom: Master van de Mortel demonstrates a drill with Carlos MacDiarmid, then Carlos gets one in while he can!

Top right: whatever is humouring Master van de Mortel, it isn't Carolina Dillen's kick. Chris Broughton certainly felt the impact of that one!

All photographs courtesy of Carolina Dillen and Mark Banicevich.



to offer little resistance, so I was able to show what I hope looked like a decent level of flexibility.

Dinner time was a bit calmer than lunchtime, with everyone slowly trying to get through the shower before dinner (difficult with only two of the five guys' showers actually working).

On Sunday morning we were woken at 8:00am for breakfast, with the new option of leftover potatoes from last night, for anyone who found that appealing. (Potatoes for breakfast? Not for me...) Training started a little behind schedule, as people were taking the opportunity to pack, and when training started, only about 15 people were formed up on time. Everyone else received 100 push ups to do before they were allowed to participate. (I narrowly missed out on this, being the last person to form up.) We began with just moving around the ring, practising our footwork and sliding, etc. We moved on to doing more of this with partners, where one partner would move and the other would mimic, trying to keep the same distance away from their partner. After this, we worked on another side kick drill, with our partners (holding pads) pushing forward. This was used to propel ourselves around into our original stance, from which we executed a counter attack (at first a punch but then a back kick – I thought I was dizzy on Saturday!) Sam Skinner managed to injure himself, resulting in wearing a sling and having to sit out. He also said he thought he'd dislocated his thumb on Saturday when it was caught in my sleeve, but it managed to put itself back into place.

The next set of drills involved the front pushing kick, first on its own, then after a switch, and then later after an improvised series of switches and spins. I was called to attempt the kick after a switch before we began this drill (Master van de Mortel called two people to attempt each drill before everyone began, and told us on what to concentrate). I was told, "You did something with your legs, but it wasn't a switch", and then he

explained how we should bend our knees as we settled into our stance after the switch, and use this to propel ourselves forward into the pushing kick.

At around 11:00am or so, we had another quick break to re-hydrate and take notes. (Having plenty of fruit available at trainings has always been one of my favourite parts of Taupo camps.) When we began again, we were put into groups of three (I was with Gary Sawyer and Sam Couling, or George, as Mr Pellow calls her), and assigned to a coach (we were assigned to Mr Ian Walton). This gave the coaches a chance to complete a written assessment on our completion of a set of drills. Master van de Mortel could then use the assessment to improve the coaches' performance as well. At one point during this session I was holding the pad while Gary and Sam performed 360° turning kicks on it, and Sam was surprisingly powerful! (Sam was a junior female microweight sparrer in the 2007 team which competed in Canada). This part of the day didn't last very long; the original plan was to have every coach look at every participant before we left, but we had to be out by noon in order to avoid renting the hall for another day, so broke off and started to clean up as quickly as we could.

After cleaning and packing was complete, everyone gathered in the parking lot ready to leave. I heard quite a few participants comment that it was their favourite Taupo camp yet. Since everyone attending has attended their fair share of them, this was high praise. Before everyone left, Greg Skinner thanked all the parents who helped out. They all do such an awesome job – it's always really great to have them there and I often wonder what we would do without them. Thanks again to all of you awesome parents reading this!

Thank you also to Master van de Mortel for such fantastic training, and to Mr Skinner for making it all happen. The only thing left to say is, "Roll on December!"

[itfnz.org.nz/events/courses/2007\\_van-de-mortel/index.html](http://itfnz.org.nz/events/courses/2007_van-de-mortel/index.html)



# The True Taekwon-Do

by Mr Gwyn Brown, V dan  
Recently returned from teaching in Korea

Taekwon-Do used to be just Taekwon-Do. It was named as such on 11 April 1955 by the founder, General Choi Hong Hi, although its foundations go all the way back to the Silla dynasty. After recently spending time in Korea teaching and learning about Taekwon-Do, the reasons for the existence of the WTF and several other pseudo versions going under the name of Taekwon-Do have become much clearer to me.

Teaching Taekwon-Do in Korea sounds like an unbelievable job to take on, and for me a dream come true really. But to do it meant that I would have to leave my family behind for three months and put Taekwon-Do first. That was a big decision, putting something before my family. I did have a good reason though.

You see I've always felt like I owed the General a huge debt and I, like a lot of others, can say that Taekwon-Do has gotten me through a lot of life's little situations over the years. And ever since I started my Taekwon-Do journey, I feel I have been indebted to the General. So when the opportunity arose to help reintroduce the true Taekwon-Do of General Choi back into Korea, I jumped at the chance to repay that debt.

In 1972 the Korean Government forced the General to leave Korea after he refused to bow to their political will, and ITF Taekwon-Do all but vanished soon after this. The WTF was formed in 1973 by the Government and today has huge power, both politically and financially. Getting ITF started again is a daunting prospect and I have a lot of respect for the small group of Koreans that are attempting this. I was proud to be a small part of this, even if only for a short time.

Learning martial arts is nothing special to the Koreans as just about every child does it, whether it is Taekwon-Do, Hapkido, Gumdo or one of the many others available. But being an instructor of a local *dojang* is considered very special to the community. They are teachers, and being a teacher in Korea means that you are accorded a certain status. It has a lot to do with culture, history, and with the Koreans strong desire to be 'better than they are'.

*“The Koreans found it hard to believe that foreigners learnt Taekwon-Do”*

But for parents more than anything else, English teachers are the most important. Korea is at present a third world country and the way to improve their world standing is to do business with overseas companies and organisations, thus the huge undertaking in schools to teach English. In fact nowadays, you can't get a career job unless you can speak good English.

Entering this community as a foreign instructor, and a 'Native English' speaking foreigner to boot, gave me an even more special status. The Koreans found it hard to believe that foreigners learnt

Photographs courtesy of Mr Gwyn Brown



Seaside Buddhist temple

Taekwon-Do. And as I was a Taekwon-Do teacher and spoke English, I was invited to dinner everywhere and doors were opened for me that are not normally available to the locals. This was a most humbling experience.



WTF pseudo-Taekwon-Do fitness class advertising sign

Koreans have a different view of Taekwon-Do than we have. For us, it's a martial art; a pathway to self defence, mental discipline, strength, and confidence. For the Koreans, it's a fitness class for children, and in fact it is promoted that way. It's where they can sit and socialise, have fun, and do some exercise as well. Because in the Koreans' eyes a fit body helps foster a fit mind. And a fit mind learns better and makes for a more successful person, thus enabling a better career in life. So until college, children attend classes like above. In fact, Gumdo (traditional Korean swordfighting) is considered by Koreans as their only 'real' martial art, amazingly enough! I spent a great deal of time explaining to students and parents the differences between WTF fitness classes and true ITF.

When children get to college, they are so busy with normal school classes, after school classes, and private lessons that they no longer have time



A market street in Seoul





Clockwise from top left: Ms Christine Morton and I at a tea ceremony • Mr Brendan Doogan and I at the kindergarten where the ITF are making a start • ITF affiliate instructors consisting of WTF, ITF, Hapkido and Gumdo • Hapkido students at their ITF grading • Ms Morton demonstrating at the Gumdo / ITF grading • Gumdo students at their ITF grading • Gumdo grading demonstration

for Taekwon-Do ‘exercise classes’. In fact it’s common to see school children finishing school at 10pm, and that’s six nights a week. Then after college, university is even busier for them, and for the boys, that is swiftly followed by compulsory military service for two years. As an adult, there is no desire to attend Taekwon-Do Fitness Classes. Consequently there are very few adult students learning Taekwon-Do, or any other martial art for that matter. And as an adult with little spare time, why learn a martial art that is essentially just fitness?

A lot of the students that I taught were surprised to find out that breaking was part of Taekwon-Do, they never imagined that it could be so powerful. They knew about sparring but they had no knowledge of the theory of power, proper stances, or even basic fundamental movements. So it is a very hard job to try to change the Korean mindset and teach them that Taekwon-Do, as we know it, isn’t about fitness classes. In fact, what they know as WTF Taekwon-Do should simply be called an exercise

*“I was invited to dinner everywhere and doors were opened for me that are not normally available to the locals”*

class, as it bears no resemblance to the martial art created by the General.

The WTF and the South Korean Government have done a superb job of taking something marvellous and turning it into something farcical. In my time in Korea, I saw senior gradings that lasted five minutes and heard of a student that received their black belt after only three weeks of training, just because they were an adult and as such you must be senior to children (this seniority is a huge part

of Korean culture – being even one day older means you are accorded respect by younger friends and work colleagues, regardless of your ability or job).

Understanding the history of Taekwon-Do means understanding the history of the Korean people. But this history has also produced a peaceful people full of pride and a unique culture. Visiting the monuments to the Korean heroes that many of our *tul* are named after, and the places of their greatest triumphs brings a new understanding of the Korean people, and ultimately for me, General Choi’s Taekwon-Do.

I have many strong memories of my time in Korea, but I especially remember the people that I stayed with who welcomed me into their lives and homes, showed me their culture and made me a part of their family. I also remember all the students that I was able to introduce the true Taekwon-Do of General Choi to and hopefully inspire them to learn more of what Taekwon-Do really is.

## Continuing To Understand Moral Culture

Part 2 of 2

by Kane Raukura, IV dan  
Director of Standards and Discipline

This is the final instalment of our journey into understanding Moral Culture a little better. In the previous issue of *Taekwon-Do Talk* we looked more closely at General Choi's definition of Moral Culture and studied his first seven key methods for achieving the following ideal state of being:

*"To become a good person and to develop the respect of others through your actions."*

General Choi continually reinforces the need to know yourself and be at peace with the world and those around you. The Founder lists fifteen key methods by which we might achieve the ideal above. Each is centred upon improving and discovering oneself. In Part 2, we'll have a summarised look at the final eight:

### H. Be just

The ability to value justice over all else. To live your life in the correct manner, to have good morals and to defy injustice wherever it may rear its ugly head. Many martyrs throughout history have given their lives in defiance of things such as discrimination and inequality.

### I. Be frugal

This idea basically means to live within your means, to not be excessive and to appreciate what you have. Continual greed will lead to heartbreak and will bring hardship to those around you.

### J. Be discreet

Nobody appreciates a loud mouth and compulsive speaker. Be thoughtful in all your actions and deliberate on your decisions, thereby avoiding regrettable mistakes and untoward embarrassment. Do not divulge information shared in trust, but hold it respectfully to your heart.

### K. Know true happiness

Are all the rich and powerful truly happy? From where does true happiness come? The famous philosopher Mencius defined happiness as follows: 'To have healthy parents and harmony in the family, to live with pride and honour through correct behaviour, and to educate the young to become upright and useful members of society'.

### L. Let your actions speak for yourself

"To speak only what is meaningful is a sign of a cultivated person." It is more prudent to let your actions or deeds express yourself than mere words. This is particularly important when teaching the young, as they naturally learn by mimicking your actions.

### M. Develop peace of mind

This refers to developing an inner calm or composed state of emotion. Buddhist monks use meditation to try to achieve this state. In Taekwon-Do, it simply means taking time out for moments of silence and contemplation to allow reflection and review of your mistakes, and to actively self-criticise to enable future improvement.

### N. Be firm of mind

A person who is sincere and passionate about his or her beliefs has the mental strength to admit mistakes when wrong and to fight courageously when they know they are right. This is related to the oriental concepts of "ki" (the spirit) and "chi" (the motivating force). Ki allows us to have clear minds and to be alert. Chi drives us to accomplish great things and to see them through.

### O. Be devoted

Have unwavering dedication in all you do and believe in yourself and your work. Moral culture allows us to focus our dedication so that our life and work become one. If you start something, finish it. And if you do something, do it properly or not at all.

Taekwon-Do builds confidence and self-esteem, it can create new friendships and camaraderie, it develops the body and tones the muscles, but maybe more importantly, Taekwon-Do can uplift the soul and give peace of mind. General Choi didn't just leave us with a legacy of kicks and punches, but with a template for life and getting on with our fellow man. He spoke often about taking Taekwon-Do to the moon. This wasn't to spread Taekwon-Do for a profit or for personal gain but to allow the martial art that is ITF Taekwon-Do to unite people regardless of their ethnic background, religious beliefs or diversity.

This is the "Do" of Taekwon-Do; it is the "Way" of Moral Culture.

For further information on Moral Culture visit: [www.itfnz.org.nz/what/what\\_moral-culture.html](http://www.itfnz.org.nz/what/what_moral-culture.html)

Next issue: marshalling at gradings. 

Photographs from left:

Dragon's Spirit members allowing their senior, Mr Brendan Doogan, to enter the dojang first.

Dragon's Spirit members bowing as they enter the dojang.

All photographs courtesy of Mr Kane Raukura.



[itfnz.org.nz/taekwon-dotalk/key.html](http://itfnz.org.nz/taekwon-dotalk/key.html)



## 2.4 km of Sheer Hell

by Master Paul McPhail, VII dan  
Technical Director

That's how I describe the 2.4km run required for the black belt fitness test. And I'm not the only one. In fact, no matter how fit you are, if you push yourself, it hurts just the same for everyone. The fitter you are of course, the faster you will be running – but it still hurts.

Nothing quite beats running to test your cardiovascular fitness – ie, the efficiency of the heart, lungs, and vascular system in delivering oxygen to the muscles. We borrowed the test from the Police and Army, who do a similar run. We especially like it because no matter what, you can't fake it. Unless you have the required fitness level, you simply will not be able to run fast enough to pass the test.

Cardiovascular fitness is an important element of the total fitness package required for achieving black belt. It is the base from which the other elements of fitness are built. Without a good aerobic base, you will be unable to achieve your maximum performance. And nothing quite beats running for improving cardiovascular fitness – but many people don't train properly, and end up wasting time and not achieving a good score. In this issue of Technical Tips I will give you my own 12 week personal training schedule, which has enabled even me... in my mid 40s, to get the run done in under 10 minutes.

The big mistake many people make when training for the 2.4 kilometre run is that they go out and run 2.4 kilometres. Before you are ready to test yourself at that distance, you must first put some time into building your fitness slowly. What you are able to do for this initial stage of your training will depend on your fitness level, running experience and other factors. Even if you have been good at running previously, spend some time building up slowly over a period of several weeks.

### The Six Week Build Up

Start your running program by getting yourself some good running shoes and a diary. Write down the days you intend running, three or four times a week. Make a note each day of the time you spend running. Don't worry about the distance to start with, just record the time you run for. Initially you may only be able to run for 10 or 20 minutes – that's fine. Gradually build this time up over a period of six weeks so you can run 40 minutes without stopping. Give yourself easy days and harder days, but over the weeks try to build up the time you spend running. It may take you shorter or longer than six weeks before you feel comfortable, so use this time frame as a guide only.

### The Test

Now you are ready to test yourself over 2.4 km. Do this on a weekend. Write down the time you ran in your diary. You will do this test once a week for the next six weeks.

### The Six Week Interval Trainings

For the next six weeks you are going to be doing interval training. The trainings are all performed the same way: you'll first perform a 10 minute warm-up run at a very easy pace until you start to break a sweat—at this point you're ready to go.

Once you're warmed up, it's time to complete your intervals for the day. Using your watch to time yourself, simply go "all-out" for 20 seconds, and then back off to half that speed for 40 seconds, and repeat for the indicated number of intervals on the chart below. Once you have done that, complete the session with a 10 minute slow run home.

On the weekend, you'll perform the 2.4 km test, and even after one week of this interval training you notice a big improvement in your time.

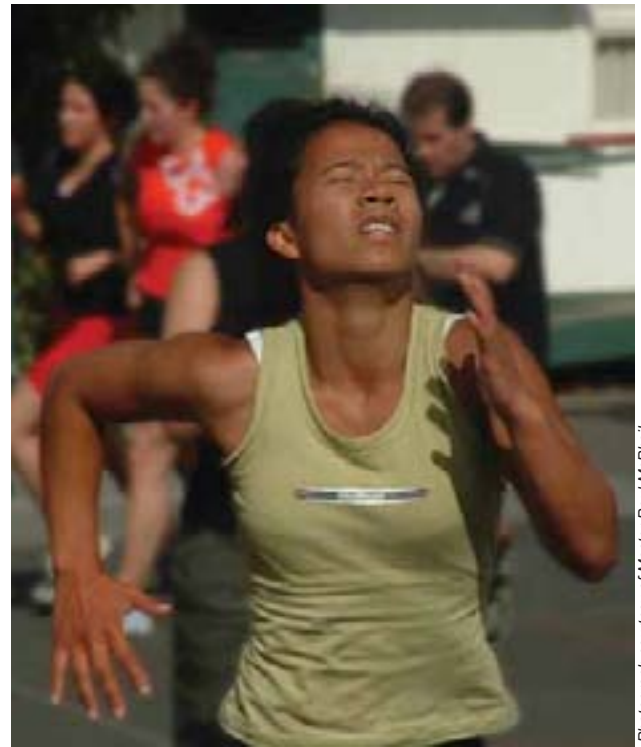
### Fine tuning

When performing the interval run, the best way to ensure that your "rest" segment is half the intensity of the sprint segment is to make a mental note of the starting line, and then after your 20-second sprint, turn around and get back to that line in 40 seconds. Walking probably won't be fast enough – you'll have to jog-walk.

The great thing about interval training is that it's so brief. Nevertheless, results depend on working

hard – there's no way around this. So on those 20-second segments, really go for it!

Good luck with your running and I hope you enjoy the challenge as much as I do, regardless of whether you are preparing for a black belt grading or not. Please send me feedback on how you get on with this program: [pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz).



Photograph courtesy of Master Paul McPhail

Dr Thu Thach, 3rd dan, giving her all during the fitness test run.

|        | MON   | WED   | FRI   | SAT         |
|--------|---|---|---|-------------|
| Week 1 | Run 10 mins<br><b>5 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>6 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>7 intervals</b><br>Run 10 mins  | 2.4 km test |
| Week 2 | Run 10 mins<br><b>6 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>7 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>8 intervals</b><br>Run 10 mins  | 2.4 km test |
| Week 3 | Run 10 mins<br><b>7 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>8 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>9 intervals</b><br>Run 10 mins  | 2.4 km test |
| Week 4 | Run 10 mins<br><b>8 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>9 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>10 intervals</b><br>Run 10 mins | 2.4 km test |
| Week 5 | Run 10 mins<br><b>9 intervals</b><br>Run 10 mins  | Run 10 mins<br><b>10 intervals</b><br>Run 10 mins | Run 10 mins<br><b>11 intervals</b><br>Run 10 mins | 2.4 km test |
| Week 6 | Run 10 mins<br><b>10 intervals</b><br>Run 10 mins | Run 10 mins<br><b>11 intervals</b><br>Run 10 mins | Run 10 mins<br><b>12 intervals</b><br>Run 10 mins | 2.4 km test |

# An Indomitable Spirit

Part 2 of 2

by D'arcy Mellso, I dan  
Brooklyn

In the last issue of Taekwon-Do Talk, Mr Mellso wrote about the period between 1977, when Mr Ali began Taekwon-Do, and 1992, during civil war in Afghanistan. In this issue, the incredible story of this indomitable spirit continues...

In writing the story of Mr Ali, I researched a couple of Human Rights reports constructed by the United States Department of State. They frighteningly further darken the collage of war and suffering that Mr Ali expressed. The American embassy in Kabul closed in 1989. Until recently Afghanistan suffered from civil war and political instability. At the end of 1996 – during a period without a constitution, rule of law or independent judiciary – the Pashtun-dominated ultra-conservative Islamic movement, otherwise known as the Taliban, captured the capital of Kabul, which meant the Taliban had control over about two-thirds of Afghanistan. The fighting forced thousands of Afghans to flee their homes, adding

no easy feat. With these situations Afghanistan was not only unsafe to stay in, but finding safe passage to leave was also difficult. Rather than driving two hours to cross into Pakistan to stay with Mr Ali's father-in-law, leaving Mazar e Sharif meant a 34 hour trek on foot, through the mountains, just to get out of the city. They then had to travel further to get out of Afghanistan. His children were still very young at this stage, but there was no other option.

before Mr Ali found his family again: they were in Pakistan. For those two months he had no idea where his family was. After they were reunited, they went back to Iran where they settled as refugees for some time.

Through his enquiries in Iran, Mr Ali discovered that ITF Taekwon-Do in Iran had been closed since 1978, because any association with Canada was banned, and the ITF headquarters were there. He eventually met with some people who had done ITF Taekwon-Do and he, with them, began ITF training in Iran. "Because there was no government support for ITF in Iran, after two years the other people who I was training with



to Afghanistan's refugee status. Afghanistan has one of the largest refugee populations in the world. The number of Afghanistan refugees in Iran is estimated at 1.3 million. Internally, Afghanistan has 150,000 displaced persons in camps, and as many as 200,000 living independently in and around Jalalabad city. Serious human rights violations continue to occur. Because of the family nature of our magazine, I can't even begin to explain what I've read, but you might imagine the atrocities.

"During 1997 the war became very bad. I was a Taekwon-Do instructor and had taught for 13 years in Afghanistan, but my teaching had to stop. The next year I left Afghanistan because the Taliban took over and it was not safe for me and my family to stay there." Mr Ali and his family became part of the 1.3 million that became Afghanistan refugees in Iran.

That is another story in itself; many times his wife and children temporarily left Afghanistan when it was feared too unsafe for them to stay. This was

When the family left Afghanistan for the final time, prompted by villages around becoming ghost towns with so many leaving, their possessions were left behind.

Again, his wife and children left first, this time headed for Iran. Soon after, Mr Ali decided that he too would leave from Mazar e Sharif. He immediately headed to the airport, and there was a plane about to leave to Iran, which Mr Ali boarded. "As we took off, I could see all around the city, and I saw the Taliban coming into Mazar e Sharif. In the three days after I had left, the Taliban killed 10,000 people."

When Mr Ali arrived in Iran to find and join his family, he was horrified to discover that they were not where he thought them to be. It was two months

left to follow WTF. I could have followed them and have training partners, but for me there was no decision to make – I alone continued ITF." Mr Ali's daughters took up Taekwon-Do in Iran, but for safety reasons: WTF.

I asked, "Mr Ali, with the risk to your life, why did you continue to train ITF?" He answered, "I think ITF is the most perfect martial art in the world. Why? Like a school – it teaches everything. It taught me how to respect people, how to be good. It is like it brought me up, taught me how to be a decent person. I felt like part of a family in ITF. ITF Taekwon-Do is my life. I will never leave it. I will continue until death."

While he was in Afghanistan, Mr Ali complemented his club training by training alone in the secrecy of the mountains up behind his home.

However, in Iran, training in the mountains, usually by himself, was his only training. Much of Mr Ali's training over a ten year period – especially in Iran – was done alone, through all the seasons.





With Master Davidson and Mr Salton at his 2nd dan grading.

*When I arrived in New Zealand I arrived as a refugee with nothing, and the Brooklyn club opened its door to me. I am very grateful for that. I would also like to thank the ITFNZ allowing me to finally, after so many years, get my second dan."*

**Captions from left to right page:**

Mr Ali training at the Brooklyn School; Side Piercing Kick is still one of his favourites! Not quite as flexible as when he was a young man, but still pretty good! Free-sparring. The power in Mr Ali's vertical kick is something to behold. Showing he can still jump! Twin foot front snap kick is a breeze. Pad-work with Mr Simon Lloyd-Evans.

Training would start at 3am - Mr Ali was well conditioned to waking up at that time each day. "I was never tired, I woke up every day no problem. Winter, though, was very cold. I had to work hard to stay warm. Often there would be snow on the mountain." Warming up usually consisted of finding large rocks to carry one kilometre up the mountain, or performing high kicks all the way up to where he trained. After the warm up, he would train for two hours. "I'd do everything. Every day I would train differently from the day before."

In 2005 he and his family were again refugees, but this time here in New Zealand. Mr Ali confirmed in which country (as you'd guess) it is better to be

"Also, in the last 20 years, there had been few changes to my techniques. It was new to me to discover that patterns had meanings, that turning kicks were to the 45 degree angle and that your grounded foot pointed away from the target. My turning kicks have always been to the front, with the grounded foot on a 90 degree angle. I'd never seen sine-wave before; my eyes were always at the same level all the way through the movement."

In December of last year, Mr Ali graded successfully to his second dan in Levin, 24 years after grading to his first dan in Afghanistan. At the end of 2006, Brooklyn school had their annual awards, and in recognition of Mr Ali's attitude and commitment

family have now, and his opportunity to practise his beloved Taekwon-Do in freedom. "I firstly want to thank the Government of New Zealand for accepting me and my family into this wonderful country. I thank Mr Kraiger for the so many things he has done for me since I found the Brooklyn club, for letting me train with him, and helping me improve my technique and prepare for my grading. When I arrived in New Zealand I arrived as a



Photographs courtesy of Mr Brett Kraiger



a refugee. This is a beautiful country. Once he had arrived in New Zealand, one of the immigration officials who supported his application noticed that Mr Ali had written about Taekwon-Do on his form. He asked Mr Ali if he wanted him to see if there were any clubs in the area, which Mr Ali gratefully accepted. With the support of the official, and our ITFNZ listing in the Yellow Pages, Mr Ali located and requested to train with the Brooklyn school in Wellington.

The main difference between his training and ours is that there was a lot more free sparring and no theory. "Only the technique and power in your kick was important. In New Zealand schools are better for all ages. In Afghanistan, as you get older, you still get hit hard, so any age over about 30 or 35, and you are too old, especially for free sparring. Many students were often afraid. Here, you can choose not to do it. I remember when Mr Kraiger told us that we would be doing free sparring. I was worried and thought, 'oh no', as I thought that we would be sparring like I had in Afghanistan."

to ITF throughout the last 30 years, Mr Ali was awarded the Indomitable Spirit trophy.

"Currently, it is safe to practise Taekwon-Do in Afghanistan. It wasn't unsafe all the time, each new government seemed to have differing perspective than the former, and governments changed literally every couple of years. Once, there were three different governments in a three year period. A coup would precede any change. But here in New Zealand, I feel safe. The memories of what has happened are still with me, but I feel safe."

There is hope in Afghanistan, too: It was on 4 January 2004, a new Constitution was ratified in Afghanistan. Hamid Karzai was elected on 9 October in the country's first Presidential elections. Though there is much optimism for Afghanistan, with the Constitution forbidding cruel and inhuman practices, this hope is mired by violence and instability suffocating relief and reconstruction efforts within Afghanistan.

Mr Ali is very grateful for the life he and his

refugee with nothing, and the Brooklyn club opened its door to me. I am very grateful for that. I would also like to thank the ITFNZ allowing me to finally, after so many years, get my second dan."

Perhaps you can understand why I say that an evening became an experience. When I went to leave, Mr Ali said, "goodbye my brother". It was truly an emotional honour to hear that. In Taekwon-Do, in spirit, Sir, you are the stronger brother from which I am to learn.

Mr Ali, with his two daughters who learnt WTF Taekwon-Do and a younger son who is just beginning, currently train at the Brooklyn school under Mr Kraiger.

# Same Technique, More Different Attacks

## Three Principles for Releasing Techniques, part 7

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

Last issue we applied *nikyo* to two different attacks, a grab to the wrist from the same side and both hands grabbing both lapels.

In this issue we look at three more attacks: a bear hug from behind under the arms, a straight punch, and a crescent punch. The crescent punch defence also illustrates completing the technique by pinning the opponent on the ground.

Remember to apply the three principles to all of your releasing techniques. They are listed to the right for reference.

In the photograph descriptions, "other view" means the photo is taken from the opposite direction of the "original view", so you can see what is going on with the hands.

This issue's models are Duncan Styles and Richard Beddek of Paul M Glendowie.

### Three principles for releasing techniques

1. Use your mass and breathing
  - a. Relax and use breathing
  - b. Use hip then hand to move large muscles then small
2. Maintain your centre
  - a. Elbows in and keep technique in your centre
  - b. Keep centre of gravity between your feet
3. Use the angles
  - a. Move off the line to avoid attack
  - b. Use your opponent's third point to break their balance



The opponent grabs you in a bear hug from behind, with one hand grabbing his other wrist, (leaving the other hand free for *nikyo*).



Drop your body forward into an L-stance to break the opponent's balance. Trap the opponent's arm against your body with one arm, while grabbing the opponent's free hand with your same side hand.

All photographs courtesy of Michelle Banicevich.



The opponent attacks with a straight punch with his right hand. Bring your left hand up to block the punch with an outside block. Do not attempt to catch or grab the hand.



Once you make contact with the opponent's arm, you slide your hand down the arm and grab the wrist. Keep your right hand up to protect against a left punch.



Original view...



The opponent swings a crescent punch or "haymaker" with his right hand. Step inside the punch and raise your left forearm to block the attack, while punching the opponent's biceps with a right crescent punch.



Bring your right hand over the opponent's right arm and slide down to the hand to grab the wrist for *nikyo*. As you do so, shift backwards into a left L-stance and yank the opponent's hand to pull him off balance. Inset: other view shows the action of grabbing the opponent's hand.



Above: step forward and bend the opponent's arm with your left hand, then bow slightly to apply *nikyo*.

Right: circle your right foot clockwise 90° to form a walking stance while straightening the opponent's arm by pressing against the elbow with your left hand. Maintain pressure to the opponent's wrist.







Bend the wrist of the opponent's free hand and apply pressure towards his elbow to release his grip on his other arm. Twist out of the bear hug while maintaining pressure against the opponent's wrist. Bring the opponent's hand in to your centre for strength.

Twist your body to apply pressure on the grabbed wrist, while adjusting your hands to ensure you apply *nikyo* correctly. While you adjust your grip, do not release pressure on the wrist.

Lower your body weight towards the grip to apply *nikyo*.



Other view: bring your right hand over the top of the opponent's right wrist, and slide down the arm to grab the hand for *nikyo*. As you do so, step back into a left L-stance and yank the opponent's hand to pull him off balance.

Original view: circle your right foot clockwise into an L-stance, and rotate the opponent's hand clockwise with your right hand, while sliding your left hand towards the opponent's elbow.

Twist the opponent's hand clockwise and upward while maintaining a tight bend of his hand towards his wrist to apply *nikyo*. Bend slightly at the waist to add to the effectiveness. Do not push the opponent's hand or elbow towards the ground.



Apply pressure against the wrist and elbow to push the opponent onto his stomach. Then use both hands to push the opponents knuckles towards his shoulder, keeping the opponent's arm straight.

Other view (90° counter clockwise): place your left knee on the ground against the opponent's body at the armpit while sliding your left hand under the opponent's arm and pressing on top of his right shoulder. Then place your right knee on the ground against the opponent's neck and shoulder. Twist your left arm and shoulder towards his head, which twists his arm up behind his back. (In practice, perform carefully until the opponent taps out.)



## Women Only

Women's Weekend, Auckland, 31 March – 1 April 2007

by Claire Kendall, 1 dan  
Paul M Waiua Pa

On 31 March about forty women had a very early start to the day. This was because they attended the Women's Weekend held by Carolina Dillen, Lizzie Fa'afili, Estelle Speirs, Thu Thach and Chanthie Thach – five very accomplished Taekwon-Do practitioners who were raising money for their trip to the World Championships to be held in Canada at the end of May this year.

When I arrived at the venue in Mount Wellington, people from Impact Taekwon-Do were laying the mats, helping prepare for what was going to be a very long day. Once everybody arrived, we formed up and bowed. It was strange; I had never actually heard the student oath repeated by only female students. You could hear the enthusiasm in their voices before the day had even properly started.

The class began with a few very "unique" warm up games, taken by Miss Carolina Dillen. This set the tone for the weekend and everybody had a lot of fun getting to know one another. Then we started patterns, taken by Dr Thu Thach, 3rd dan. We went through the patterns, from bottom to top, working on sine wave, speed, and technique. After a lot of hard work (conveniently enough) it was time for morning tea, for which the girls were very grateful.

After a very nice morning tea, Lizzie Fa'afili took us for power breaking. She went through it herself, and showed us a couple of impressive breaks, then let us have a turn breaking boards ourselves. It was a great experience for the newer Taekwon-Do students to have a go at something a lot of them hadn't done before, and being taught by someone so talented and strong was the icing on the cake.

Speaking of cake, after power breaking, we had lunch. While we were eating, we watched a movie made by Mr Jeremy Hanna. It had some really awesome footage from the Top Ten tournament, held the weekend before Women's Weekend. It set a really good example, and motivated the ladies to train harder and do well.

Next was straight into sparring with Miss Dillen. We went through a lot of drills, with Mr Mark Trotter demonstrating each technique to perfection. It was a real test of endurance and fitness, and everyone enjoyed it thoroughly.

After a very tiring but fun sparring session, it was time for afternoon tea – a cherished break by everyone that worked hard. We also enjoyed a little bit of socialising whilst preparing for special technique, which was taken by Estelle Speirs.

Even though everyone was fairly knackered by this point, they still managed to give specialty their all. Pads were set up at all different heights for all the different ranks and sizes. Everyone gave their best effort, and most people achieved or even exceeded their goals in one day, which was really good.

For the next event, everyone was put into groups for team patterns. We learnt how to synchronise each movement and generally put in a lot of effort to make it look good for the judges. It was really cool when the team explained how it would be at a World Championships. The hostesses showed us their own team patterns too, and that really set the standard.



That was all for the first day. It was time for everyone to go home and relax and just wait to find out what day two was going to hold.

The next day it also started early (nine o'clock for those who weren't morning people). Straight away we kicked into our team patterns. We all put a good forty five minutes into them, and had a mini tournament to see who would win from the three teams (Da Shizz, Da Basherz and The Team).

Before we performed our patterns for everyone, there were a few students from other martial arts – including jujitsu, karate and judo – who demonstrated some of their tricks with self defense, and nunchaku! Then, after a few very good team patterns rounds, it was announced that 'The Team' had won. Each member of 'The Team' got an Easter egg.

The final event of the day was team sparring. The girls from the other martial arts joined, and we divided into four teams. It was time to put all those sparring drills into practice.

It was great to see that everybody had learnt something over the weekend, and it really showed in the sparring. Overall, it was a brilliant weekend, and a big thanks to Carolina Dillen, Estee Speirs, Lizzie Fa'afili, Chanthie Thach and Thu Thach. Hopefully there'll be another one next year! 🍳

Photographs from top: The ladies line up for free sparring. • Mr Salton's immortal tuck jump and press up exercise. • Free sparring drills with Mr Mark Trotter, 4th dan. • Self defence when pinned by an opponent. • Dr Thach's dojang is a great venue for these events, with its own dining hall upstairs in the rugby club. All photographs courtesy of Miss Carolina Dillen.





# Blocks Against Turning Kick

by Christine Young, IV dan  
NZ Senior Team Coach

In this series Ms Young attacks with turning kick and Mr Chirtoca demonstrates five blocks you can use against this kick.

Photographs courtesy of Mr. Mark Banicevitch



Mr Chirtoca demonstrates outer forearm outward block, demonstrated as a reverse block.



Mr Chirtoca blocks using left high outer forearm together with right reverse forearm. The blocking arms meet in an X formation and it is possible to trap or push the attacking leg once the block is executed. This is an all purpose block which can be used against middle or high turning kick.



Same block in obverse stance, Ms Young attacking to the blind side.



Same block using the other side.



Mr Chirtoca demonstrates high outer forearm outward block against a high turning kick.



Mr Chirtoca demonstrates knee block against middle turning. This block is most effective against low or middle turning kicks.



Same block in obverse stance.



Same block on the other side.



## Kicking it up in Quebec

2007 ITF World Championships

by Doug Hanna, NZ Team Journalist  
and Jeremy Hanna, II dan, NZ Junior Team

### Junior and Senior combined for the first time

*The biennial ITF World Championships were held in Quebec City, Canada and, for the first time, seniors and juniors (18 years of age and under) were combined into one tournament. This culminated in a record number of Kiwis making the trip. We had about 40 competitors and 83 including supporters, plus five officials making us one of the larger teams at the event behind Canada, Argentina and USA.*

All photographs courtesy of Mr Doug Hanna



Preparation began eight months ago with the first Taupo training camp for trialists in October 2006. Trials were conducted in mid-December with the junior selections announced just prior to Christmas and seniors in the New Year.

#### Quebec City

Quebec City is a relatively small city, nearly 400 years old, situated in Eastern Canada. Nearly all of its present residents are of French descent with about a third bilingual. The central part, Old Quebec, is the only walled city north of Mexico, and contains well preserved 17th-19th century buildings. Most of the team visited Old Quebec, a short bus ride from our accommodation at the University Laval.

Getting to Quebec City was a bit of a mission. The team flew from Auckland to Los Angeles, staying overnight there prior to a 4am hotel departure to fly LA-Toronto-Montreal followed by a 2 ½ hour bus trip to Quebec City. On arrival formalities and registrations needed to be completed before we could make our way to our hostel accommodation at University Laval. We got to our rooms at midnight after a huge day of travel.

Staying at the university worked well. The PEPS Sports Complex where the tournament was held was about a 700 metre walk away which was much more convenient than many of the teams staying in hotels further away and requiring bus transport.

As usual, management arranged for us to settle in for four days prior to the competition, which was invaluable. It gave us all a chance to get over the jetlag, the colds and sore throats picked up from the flights, familiarise ourselves with the city and especially the venue, to build on the excellent team moral and to settle into final training and psychological preparation. We managed to train quite a few times in the tournament venue which I think is an advantage.

The day before the competition started we saw other countries arriving and felt sorry for them to have so little "settling in" time compared with us.

By the time competition began on Thursday May 31st, we were in a good position to do well. Moral was high. Team spirit was high. We were ready... bring it on!

#### Venue and organisation

The venue was awesome. A huge multi-level

complex with swimming pool, basket ball courts, meeting rooms, and a massive indoor arena where the tournament was held. There were seven rings with a central elevated ring in the middle complete with specialised lighting. Alongside the back of the arena was a stand where the teams and supporters set-up, the black Kiwi contingent of 83 taking over one section opposite rings 1, 2 and 3.

The venue was very well set-up. One concern for the Kiwi team was the expectation of the slipperiness of the mats. World Championships events always bring in new mats and they're quite slippery until they've had some wear. We experienced bad slipping on mats in Honduras last year – a disaster in the middle of your pattern – but this year we were more prepared for it. We soon got used to Master Bos's voice coming over the loud speaker system announcing what was coming up and reminding contestants where they needed to be.

#### Day 1

Day 1 got off to a quick start at 8:30am sharp with individual patterns and individual special technique. Many Kiwis were up during the day and we finished with one gold, a delayed play-off for gold for the next morning (which we won!), four silvers and five bronze medals.

Jeremy Hanna (junior male 2nd dan patterns) got through to the final and drew with a little Canadian we knew from last year's World Championships. In the play-off the Canadian snatched gold from Jeremy. It was close. NZ had our first silver medal.

Jason Fraser, Thu Tach, Ethan Parker, Chanthie Thach, Melissa Timperley all won their first patterns rounds but were eliminated during their second rounds.

Paige Moki got to round three (round one and two following immediately after each other!) and lost to Poland, just missing out on bronze.

Carolina Dillen, senior female 1st dan patterns, won two rounds to get to the semis then lost to Finland, taking our first bronze medal.

Mark Trotter was amazing in senior male 4th dan patterns. He beat Slovenia, Puerto Rico, Hungary (who was 2nd in Germany in 2005) then onto the final against Jaroslaw Suska of Poland – twice World Champ. Suska was bigger than Mark harnessing a little more power but Mark has grace, flow and is sharper. It's a close call but the win goes to Suska, now thrice World Champ, and Mark takes the silver.

Richard Lavin, individual senior male 3rd dan patterns, won bronze.

Carl van Roon, our twice senior male special technique World Champion, pulled the hat-trick, winning our first gold of the tournament, and making him thrice World Champion! He was up early and was disappointed to miss two of the five techniques, both of which he regularly attains. However, others also found the going tough and it was a nail biting wait for all the other competitors to finish with Carl still top of the points table!

Shane Black, individual junior male special technique and only 14 years old, is our hopeful in this event for gold. He did well but missed out to Argentina by just one point. Silver medal.

Estee Spiers is our individual senior female special technique contender. She ends in a tiebreaker with three countries for 3rd and comes 4th.

Next up are the team patterns events and all of our teams medalled! Both junior male and female teams won silver (junior male missing on gold by just one point!) and the senior teams both won bronze.

We finish the day with our senior male special technique team in a play-off with a few countries for gold the next morning.

The opening ceremony features the NZ team performing the Haka – now a tradition at the World Championships – to a huge applause by all. The rest of the opening ceremony takes a long time and completes a huge day with the team getting back to our accommodation around 11pm.

#### Day 2

Day 2 kicked off straight into sparring and we seemed to have contestants appearing regularly on the six sparring rings, often several at once. The day was dominated by junior sparring and senior female sparring plus team special technique. It was a short day, with the ITF Congress starting at 3pm.

The senior men's team special technique play-off for gold was carried over from the previous day and we lined up with Romania, Netherlands, and Poland. Jon Sawden was up for NZ and scored two points with the flying turning kick. Only Poland succeeded to stay with us and next up was Carl van Roon with the mid-air kick, which he got. Poland missed so NZ wins gold!

Our junior female special technique team get two of





Opposite page: Mr Trotter's flying reverse turning kick ends pre-arranged sparring with Mr Thompson • Shane Black, silver medal in junior male individual special technique. This page, left to right from top: elation in senior female special technique • Shane Black defeats Poland • Carl van Roon wins the tie breaker for gold in male team special technique • Kristy Leong, junior female individual free sparring • A proud senior male team • Carolina Dillen, individual sparring • Stuart Maden, individual sparring • Shane Black in defence • A proud senior female team • (far right) Stuart Maden vs Ireland.

the three and go straight to gold without a play-off!

The senior female team followed next with Estee getting the turning kick to play off with Canada for silver. Estee hit it but not enough to score so NZ wins bronze.

There was a lot of individual sparring today and we saw a few controversial decisions in the sparring competition. For details on each match, check out the website. We often drew the top countries: Poland, Canada and Argentina. The coaches were please to see us perform well against tough competition, proving that NZ is up there with the best in sparring.

Jeremy Hanna vs Poland; draw then loss. Shane Black vs USA, easy win; vs Poland, win; vs Netherlands; they withdraw injured and NZ win; vs Argentina in the semi-final, loss and bronze medal.

Bradley Wickman vs Argentina, dominates but doesn't score enough points to win. David Burr vs Argentina, slogs it out on the raised ring – loss. Estee Speirs vs Finland, draw then loss. Stuart Maden vs Ireland, win; vs USA, loss. Matthew Hartigan vs Canada, loss.

Callum McNaughton vs Canada, easy win; vs Brazil, a controversial loss. We felt Callum should have made the semis. (The Brazilian went on to another controversial win, before succumbing to England in the final.)

Carolina Dillen vs Canada, win; vs Germany (vice-World Champ) in quarter-finals, very close but loss. Junior male team special technique, play-off for silver with Canada, Netherlands and Poland. NZ wins silver. The day finished with medal ceremonies and an early night for a change!

**Day 3**

Day 3 was a big day, with competition from 8:30am until 10:30pm.

Mark Hanna vs Canada, loss. Ross Black vs Spain, win; vs USA loss with USA going on to win silver. Johs Van Pierce vs Australia, win; vs Romania, win; vs Poland loss and Poland goes on to win gold. Kane vs Australia, win; vs Columbia, win; vs Argentina (Junior World Champion from Honduras) loss. One fight short of bronze.

Cori-Jean Topia vs Argentina, win; vs Poland, loss. Sam Couling vs Argentina (vice-World Champion) loss. Courtney Meleisea vs Poland (European

champion), loss.

Mark Trotter vs Canada: reigning World Champion Maxime Bujold before his home crowd. The entire stadium assembles for this fight and the roar is deafening. The Kiwis perform a Haka for Mark but the Canadian wins and goes on to win gold. It's a pity they met in the first round as both were medal contenders. (Is that thrice that Mark met the World Champion in the first round? Such luck!)

Christine Topia vs Canada, win; vs Germany, draw, draw, first point. After about three minutes, two flags are raised for Christine. After a very long round the German is awarded three flags for the win.

Alisa Parker vs Germany, loss. Carl van Roon, senior male heavyweight sparring makes it through to the semis but suffers concussion and they don't let him continue. The opponent is disqualified and Carl takes bronze.

Uma Goodyer vs Slovakia, draw, draw, loss. Lizzie Faafili vs Romania, loss. Daniel Thompson vs Trinidad, win. He wins his second fight, too. Quarterfinal vs Romania (European Champion), loss by one point! Romania goes on to win silver.

Melissa Timperley vs Slovenia, loss. Paige Moki vs Ireland, win; vs Slovenia, loss. Kristy Leong vs Romania, win; vs Canada, draw, loss. Candice Millar vs Germany, win; vs Poland, a controversial loss. Many had Candice up on points. Poland goes on to win gold.

David Burr wins silver in the junior male individual power. He gets all his breaks in the first round but is knocked back to silver in the play-off. Shane Black and Johs Van Pierce (last year's Junior World Champion) placed 4th.

Junior female team power played off for gold with England but were also knocked back to silver in the play-off.

Luke Thompson (*pictured right*), senior male power, gets all his breaks and plays-off with England and Romania. He is unbeatable – winning gold! A big win after his silver in Germany.

Juniors Stuart Maden and David Burr take bronze in their pre-arranged sparring.

Luke Thompson and Mark Trotter perform their pre-arranged sparring duel to huge admiration from all, completely outclassing the competition and taking the gold medal! It was a euphoric way to finish the

day for NZ and we get back to our accommodation at about 11pm to crash to bed!

**Day 4**

Our four sparring teams were on at the same time so things were pretty hectic. Junior male team sparring vs Brazil, loss, win, win, win – match to NZ. Against the Netherlands, win, loss, win, loss, draw. One more round, draw. First point and three flag showings before the match goes to Brazil, who go on to beat Germany (who beat Poland) and face Argentina who win the final and take the best junior male team trophy.

Junior female team sparring vs Germany, win, loss, win, loss, loss – match to Germany. Senior male team sparring vs France, win, win, win – match to NZ. Against Slovenia, loss, loss, loss – match to Slovenia. Senior female team sparring vs Scotland, loss, loss, loss – match to Scotland.

Junior female power. This is amazing with Eliza Buckland and Kristy Leong making all of their breaks and playing off for gold. Eliza wins gold and Kristy takes home silver. Stacey Baigent misses the knife-hand and is out of medal contention.

Senior male team power. Jon misses the punch for the first time ever and equally amazingly Carl misses the side kick so we take the bronze.

Senior female team power. We miss one of the three breaks and four teams get all three, so we're out of the medals this time.

Junior male team power. All five team members get their breaks. We wait an age for the last team to finish and finally we take home the gold!

Mr Luke Thompson takes gold in senior male individual power.





*For the first combined senior and junior world champs the tournament was a huge success.*



Mr Thompson launches Mr Trotter high into the air during a special performance at the opening ceremony of their gold medal winning pre-arranged free sparring routine.

## Overall results for NZ

The New Zealand team did very well. According to Mr Breen's statistical analysis we believe we were placed 3rd country overall in the gold medal stakes for both seniors and for juniors behind Poland and Argentina. It was a fantastic achievement, especially in beating Canada, always a strong rival, and on their home turf.

### Gold medals

|   |  |
|---|--|
| Carl van Roon   | Senior male special technique, 3rd time world champion |
| Luke Thompson   | Senior male power                                      |
| Eliza Buckland  | Junior female individual power                         |
| Luke Thompson & Mark Trotter  | Senior pre-arranged sparring                           |
| Mark Trotter, Carl van Roon, Clint King, Jon Sawden, Regan Diggelmann                 | Senior male team special technique                     |
| Paige Moki, Melissa Timperley, Cori-Jean Topia  | Junior female team special technique                   |
| Bradley Wickman, Stuart Maden, Shane Black, Jeremy Hanna, David Burr, Johs van Pierce | Junior male team power                                 |

### Silver medals

|   |                                    |
|---|------------------------------------|
| Mark Trotter  | Senior male 4th dan patterns       |
| Jeremy Hanna  | Junior male 2nd dan patterns       |
| Shane Black   | Junior male special technique      |
| David Burr  | Junior male power                  |
| Kristy Leong  | Junior female power                |
| Shane Black, Aramai Tahau, Jeremy Hanna, David Burr, Bradley Wickman                          | Junior male team special technique |
| Jeremy Hanna, Bradley Wickman, Shane Black, Ethan Parker, Matthew Hartigan, Johs van Pierce   | Junior male team patterns          |
| Kristy Leong, Courtney Meleisea, Alisa Parker, Paige Moki, Melissa Timperley, Cori-Jean Topia | Junior female team patterns        |
| Eliza Buckland, Stacey Baigent, Candice Millar, Kristy Leong                                  | Junior female team power           |

### Bronze medals

|  |                                      |
|--|--------------------------------------|
| Carolina Dillen  | Senior female 1st dan patterns       |
| Richard Lavin  | Senior male 3rd dan patterns         |
| Can van Roon   | Senior male heavy-weight sparring    |
| Shane Black  | Junior male heavy-weight sparring    |
| Stuart Maden & David Burr  | Junior pre-arranged sparring         |
| Carolina Dillen, Rose Cherrington, Thu Thach, Chanthie Thach, Lizzie Faafili, Estee Speirs | Senior female team patterns          |
| Luke Thompson, Mark Trotter, Daniel Thompson, Clint King, Jon Sawden, Regan Diggelmann     | Senior male team patterns            |
| Estee Speirs, Thu Thach, Carolina Dillen, Lizzie Faafili                                   | Senior female team special technique |
| Luke Thompson, Carl van Roon, Daniel Thompson, Kane Baigent, Clint King, Jon Sawden        | Senior male team power               |

### Other competitors (non-medal winning)

|                   |
|-------------------|
| Jason Fraser      |
| Michael Davis     |
| Callum McNaughton |
| Mark Hanna        |
| Ross Black        |
| Samantha Couling  |
| Christine Topia   |
| Uma Goodyer       |

A highlight of the official part of the programme was New Zealand winning our bid to host the 2011 World Championships in Auckland. Canada set a high standard for us to beat. We added to the many great ideas on how we can build a fantastic event.

For our internet coverage I wanted the hundreds of family members, ITFNZ members and friends back home to be able to get the results from our website as quickly as possible. To achieve this we used new internet and mobile phone technology, posting results to the website directly from email from my mobile phone during the day. Master McPhail, officiating at the event, commented that the fastest way for him to find out how we were doing was to browse the ITFNZ website on his phone. As soon as we had dinner each night, we downloaded and selected the best images and posted between 160 and 450 images each day. If we had time we then wrote up a more detailed commentary of the day replacing the mobile phone updates. However, two

of the days went well into the night and we weren't able to complete some of the detailed commentaries until the tournament was over and we'd caught up on some sleep!

There were many times when NZ was competing on multiple rings at the same time and Regan Diggelmann helped out hugely by taking one of my cameras and covered the other end of the venue. Without his great help we would have few photos of the specialty and power and a lot less of some of the sparring, too. For those competitors (there were several) who didn't get photographed competing, my apologies – we tried our best! Meanwhile Mr Neil Breen was our editor back home. He got an automatic email each time we made a post to the website and was busy adding background information, fixing up our typos and maintaining the list of winners and medal tallies.

For the first combined senior and junior World Championships the tournament was a huge success.

The hosts, organisation and the venue were all fantastic. We saw wonderful team spirit, support, and encouragement across our team and supporters. Our 83 Kiwis was a huge contingent and every competitor, team mates and parents yelled support and encouragement from the sidelines.

I'd like to congratulate our management team, Mr Yates, Mr Burr and Mrs Baigent, for a huge effort over at least eight months in pulling off this event for the NZ team. There were challenges and they worked very hard to overcome these and keep things on track and positive.

To the coaches, Ms Christine Young and Mr Ian Walton (senior team) and Mr Dave Ballard and Mr Steve Pellow (junior team) – you were stars and must be very proud of your team's successes. Behind every successful sports team lies a great coaching and management team. You set a high standard for our team for Argentina in 2009.

[itfnz.org.nz/events/tournaments/worlds2007/index.html](http://itfnz.org.nz/events/tournaments/worlds2007/index.html)



# Training in Paradise

South Island Black Belt Camp, Hanmer Springs

by Shane Eade, III dan  
Instructor, Redwoodtown

If anything, I've learned one thing about going to our black belt camp. When a volunteer is requested, keep absolutely still, don't move a muscle or you'll end up writing an article for *Taekwon-Do Talk*!

I was happily trying to ignore some of the more boring sections of our regional meeting when Mr Banicevich called for volunteers to write an article for the *Taekwon-Do* magazine. Remember that five second silence that often occurs when a job request comes up? Well I had an itch on my shoulder and damn it, had to scratch it. Mr Breen, so quick off the mark as he is, gleefully and with a wry smile said "Mr Eade just put his hand up to volunteer".

took self defence sessions which were not only impressive, but a great opportunity to learn from the best and practise self defence skills on other black belts. Needless to say we had a lot of fun, taking each other down!

Mr Breen then took us through speciality techniques. It was so much fun trying to elevate our kicks that extra inch, and twisting our hips and legs to places that "no man has gone before".

We took time to celebrate and acknowledge Mr Hayden Breese, who now becomes our third South Island 4th dan!



Above: patterns surrounded by some of the most beautiful scenery in the country. Below from left: Mr Banicevich teaching self defence • Mr Breen explains explosion of power from your core in pattern Yul-Gok • Mr Banicevich takes a nasty butter knife from Mr Herbison • Mr Breen illustrates jumping.

Needless to say, I'm not the best communicator in the world so next time I'm going to have to hide further away in the corner.

Hanmer is an awesome place to hold a black belt camp. Not only does it have spa pools to relax in after a hard day's training, but the scenery is simply awesome.

With fourteen black belts rearing to go, and with instructors of the calibre of Mr Banicevich and Mr Breen, we were well-placed for a fun and educational weekend.

Mr Banicevich of course was the guest instructor from our 2006 camp, and once again in 2007

We also had two on one sparring, model sparring and patterns work. All I can say is that our more mature black belts, with all those years of experience and some of the older style of sparring, always push the younger ones! Mr Oliver is a classic example of the older style of sparring, which works just as effectively (yes Mr Oliver great punch to the nose, thank you!) and his speed, cunning and power is more than evident.

To put things in context for our North Island Taekwon-Do regions, the South Island is 950km long from one end to the other (a 13 hour drive). As our schools are spread throughout the island, for senior belts it's difficult to get together to improve

our Taekwon-Do, and for the really small clubs, it's just not a happening thing. The black belt camps are really valuable for this. At least once a year we get to mix it up with other black belts,



Photographs courtesy of Mr Neil Keatings

The arm bar: a South Island family favourite. Playing around with ground work, with Mr Banicevich.

which is awesome as we don't have that many opportunities to do so. Our black belt camps are also used to hold our regional meetings. I've got to take my hat off to Mr Herbison, who has all the patience and stamina to drag, pull and coerce all of us on the straight and narrow and does his very best to make sure that Taekwon-Do in the South Island just keeps getting better!



Every South Islander needs to know self defence against a potato masher. Weapon defence with improvised weapons from the kitchen.

Of course, without the organisation skills of Miss Ewen and the fundraising efforts of Mr Herbison, we never would have had the opportunity to have our black belt camp, so on behalf of all the South Island black belts, many many thanks. You guys rock!



[siregion.itfnz.org.nz/events/Camps/2007\\_bb\\_camp/2007\\_BB\\_Camp.htm](http://siregion.itfnz.org.nz/events/Camps/2007_bb_camp/2007_BB_Camp.htm)

# Something Fresh and Extreme

by George Konia, III dan, Instructor, Hurupaki and Robyn Nicholas, 10th gup, Hurupaki

Those of you who read my profile will remember Mr Phil Thompson was part of the reason my family and I began with Taekwon-Do. Well, once again Mr Phil Thompson added a new aspect to my outlook or view of self-defence.

I have been reviewing different material on self-defence and most of it has been much the same old stuff with a different slant on it. You all know

Photographs courtesy of Mr George Konia



Seminar instructor, Mr Phil Thompson

the line “now stand there and hold my right wrist with your left hand and I will kick you in the knee perform a release and punch you in the head,” or “I will put a complex wrist lock on you that will make you incapable of moving”. Don’t get me wrong: these things work so long as the other person stands still and does not react while you work your magic around them, or if you have spent the last twenty years doing nothing but wrist lock releases and the like to become very proficient. For those of us whose home duties and jobs prohibit doing so, wouldn’t something more practical be more logical?

I have been working with some of my students; trying different ideas around the ITFZN syllabus. However they still require that people move a certain way for it to work, with which I’m not happy. I have also found that to perform some of the releases it all becomes very theatrical – great to the eye of the non-martial artist, but a load of rubbish to the trained martial artist or persons who are involved with personal awareness due to their work environment.

With our self-defence in class, we now apply a very different application to holds and attacks, and that is students now have to move around. Be it wrist grab or a hook, I find that students now have to work on their foot placement, their balance and what position they end up in once the hold or attack is complete. Even though this improved what I expect from the release or hold, I am still not happy that it will put my students in a safe position immediately.

Enter Mr Phil Thompson and his wife Athena. A few months back Mr Thompson and I made contact and organised a get together at his new self-defence location in Howick. It has been some time since we have trained together and I was surprised to find that he has changed his martial art outlook. That is another story. However, working with him that night in one of his kick boxing classes (very full on stuff), I came to realise that he has put in place the self-defence link I sought. It was only a couple of minutes after his class that Mr Thompson grabbed one of his students and showed me in a very few seconds what he had to offer. It was enough to convince me to go ahead with a seminar.

I asked Mr Thompson if he would like to put a seminar on in Whangarei, hosted by Hurupaki, and he said fine.

At 10:00am Saturday 19 May, the seminar started by introducing Mr Thompson and his wife and what we could expect throughout the day. No special uniforms were required for this seminar, so most people were in jeans, tees and shoes. The seminar dealt with violence, extensively covering pre-contact stages of violent confrontations, situation awareness, avoidance, fear, adrenaline and stress management. We also worked in de-escalation strategies, verbal tactics, manipulation of human behaviour in relation to violence, problem solving through scenario replications, as well as the aftermath of violence including the moral, ethical and legal implications of defending oneself. The later part was also reinforced by a police officer participating in the course.

Their “Mission Statement” sums it up.



Seminar participants practise self defence against an attacker pinning them to the ground.



Mats were essential for the seminar, which included a great deal of groundwork and falling.

“Get real” is a real self-defence in your face seminar and *real* is the word. This seminar was open to Hurupaki students 16 years or older – due to some of the content – and other people within the Whangarei area, including other martial art schools.

“Our mission and purpose with Protect RBSD is simple: To help people protect themselves and their loved ones against violence.

“For us it is not about belts, uniforms, sport, ego or status, it is about one thing and one thing only... help people avoid or survive violent situations. It



is about making sure that people get to go home to their families at night.

“We focus on ridding people of the victim mentality, empowering them with researched behavioural tactics and realistic skills that are applicable to any confrontation whether violent or non-violent in nature.

“Protect also promotes health, fitness, peace of mind, self-confidence and a positive outlook on life.”

Wow! The whole seminar, which went for eight hours, was very full on, and packed full of very close in-your-face situations which raised your adrenaline level very high very quickly. We covered one on one, two on one, three on one and two on two scenarios. We also covered knife attacks and knife holds. Everyone needed to be reasonably fit as it turned out, with each of the scenarios lasting anywhere from 30 seconds or longer. Apart from the adrenaline rush, fatigue set in very quickly. (Note: a high level of fitness is not required to attend this course, but I personally believe everyone should have a reasonable standard of fitness.) The close body contact that we all encountered was only noticeable after the seminar had finished, later that evening and even more so the next day, as the bruising came out. On the Sunday students told me that they also felt the same. The great thing was everyone was fine with it and it showed me that they had put their bodies on the line. One of the students said, “This course is not light-hearted, and be prepared for a few bumps and bruises”.

What did the seminar give me? It gave me a great deal of integrity as I go forward with my students with the self-defence aspect of our training, and that there is more, much more than just the release from a hold or evade from a punch or kick. It is more than just me. It is my family at home who expect me to come home from work, my children coming home from school, my wife coming home from shopping or visiting their mother. The list goes on and on for all of us. Be aware of your environment, act safely and be in control even when going for a good time with your friends and family.

Further to this, some of my female students attended a “Reality Based Women’s Self Defence Seminar”, also taken by Phil and Athena. The feedback from the students: “Well worthwhile attending. It is not based on martial arts; it is based on the real thing. Until you have experienced one of their life-like scenarios it is hard to imagine the rush of adrenaline, the physical and mental changes and determination for survival”.

From one of my students, “My main concern was how I would react if confronted by an attacker. We acted out real scenarios. I was surprised and proud of how I reacted and managed to get out of some difficult situations. The more you put into it the more you get out of it. Do it now, as you may not have time to procrastinate.”

All the students agreed that, “Phil and Athena are awesome instructors, and from their vast knowledge and experience they know what works and what doesn’t.”

I will organise further seminars and have more of my students take part them. Next time I will ask



Photos from top: seminar participants, with (front row from right) Mr Phil and Mrs Athena Thompson and Mr George Konia • Can't get enough of that rolling around on the ground! • The guys are wearing headgear – this is gonna hurt!

if the seminar can go up on the ITFNZ website so others in the ITFNZ family can participate and take away what I have.

More than thirty years in martial arts and still learning... fantastic! Thank you Phil and Athena.

For those wishing to know more information, visit this website: [www.protectselfdefence.co.nz](http://www.protectselfdefence.co.nz).

## Dr Cameron Snelling, IV dan

by Breon Gravatt, II dan  
Nibun Central

Dr Snelling is the instructor of Nibun ITF Central, one of the Auckland schools founded by Mr Andrew Niven (5th dan). He kindly gave up some of his time to tell us a little about himself and Taekwon-Do.



### When and where did you begin your Taekwon-Do training?

I started Taekwon-Do in 1995, in my first semester at Massey University. I always wanted to do a martial art, and didn't really care which one. There was information about many different martial arts at the University Orientation and the first one I found was Taekwon-Do. The instructor was Mr Lawrence Mantjika (5th dan), who was 2nd dan at the time. Other students in the class included Mr Grant Eccles, Mr Richard Shaw, Mr Haydn Breese and Miss Suzanne Main. At the first class, Mr Mantjika performed a pattern and I thought, "Wow, that's cool. I want to do that." I've been doing it ever since.

### What was the training like when you started?

We trained quite hard, which was a good contrast with studying. I would spend my day in lectures and labs, then sweat it out in the evening at training. In my second year, Mr Mantjika also instructed the Palmerston North Taekwon-Do Academy, so I often trained four nights per week. I would then head home on my Nifty 50, which probably looked pretty silly given my height.

We also did a lot of advanced techniques very early on, such as flying reverse turning and twisting kicks. I remember performing in demonstrations at the University when I was only a yellow belt, and some great photos were taken of me doing a flying back kick break and a suspended punch at the celebration of 25 years of Taekwon-Do in New Zealand. It was in front of Master McPhail, who was a 4th dan at the time. Hopefully he doesn't remember, as my arms were completely out of control and my underwear was showing.

### You have one of the most outstanding grading histories in ITFNZ. Could you summarise that for us?

When I started there was no yellow stripe, so my first grading was an A pass from white belt to yellow belt. I graded to green stripe at Meadowbank club, as the University year finished before the December grading, then double graded to blue stripe with a cast on my arm. My gradings to blue belt, red stripe, and red belt were also A passes, as was my grading to black stripe. I moved to Auckland in 1998 to attend Chiropractic College, training at the Auckland University and Mt Albert clubs with Messrs Andrew Niven, Mark Banicevich and Matt Breen. I received Distinction for my 1st dan at the end of that year, grading with Messrs Dan Jackson and Luke Thompson. In 2000 I graded to 2nd dan with Mr Duncan Head, with another A pass, neatly fitting the weekend-long grading between exams on the Friday and Monday. In 2002 I graded to 3rd dan, and in 2007 received Distinction for my 4th dan.

### What have been the highlights of your Taekwon-Do career so far?

The highlight would have to be representing New Zealand at the ITF Taekwon-Do World Championships in Poland in 2003 and again in Germany in 2005.

In Poland I was in all the team events (sparring, patterns, power and specialty), and we managed to get bronze in the team power event. I also beat this huge 6'5" Polish guy in team sparring, taking our score to 2:1 ahead. This was unheard of at the time, and showed that an approach of running and countering can work, even if one of the Polish team members said, "You guys are like noisy insects in long grass."

In Germany I competed in hyperweight sparring, and was part of the team that won gold for team special technique, which was a magic moment.

Other moments I'm proud of are:

- as a blue belt, winning silver in adult coloured belt patterns at the WTF Nationals;
- also as a blue belt, managing to hit the current Oceania karate champion a couple of times with reverse punches at the Easter Tourney at Waikato University (the Massey University karate sensai didn't have enough students to send a team, so some of us went in the karate tournament for him);
- being part of the Auckland Demonstration Team that demonstrated to a capacity crowd at Ericsson Stadium before a Warriors match in 1998; and
- being part of the Auckland North male team that won all four team events at the Nationals in 2006.

### Do you have any other memorable moments?

Two in particular. The first was at the 25 year celebration I mentioned earlier. We did this crazy fight scene as a demonstration. I was dressed as Xena





Opposite page: takes after his instructor – Dr Snelling's high twisting kick.

This page clockwise from top left: Dr Snelling defeats his Polish opponent in team sparring, Poland World Championships 2003 (a photo hanging proudly in his clinic) • As a yellow belt, the young Mr Snelling shows impressive flexibility • Breaking a board with a flying back piercing kick as a yellow belt in Palmerston North, as Mr Kosuke Yamamoto (left) prepares for the next demonstration • At the same demonstration, young Mr Snelling breaks a board with a self suspended punch • Dr Snelling defeated Mr Michael Hoy at the 2007 Auckland North Regionals in Warkworth.

Bottom right photo by Mr Doug Hanna. All other photos courtesy of Dr Cameron Snelling, except where indicated.

Photograph courtesy of Mr Doug Hanna

and the scene kept morphing as different people came and left. The Auckland Demonstration Team was there, ready to do their more professional demo, and didn't quite know what to make of us.

The second was at the 1999 Nationals. Back then, team patterns could be any pattern you liked, including one you'd made up. We did a crazy Ricky Martin pattern, with me in a shiny shirt (courtesy of Mr Matthew Breen), five Diocesan girls, and pounding Latin music. I came on with a rose between my teeth and gave it to the judge, Mr Graham Patterson (5th dan), and we won! (Sorry about that Gray.)

**Have you had any embarrassing moments?**

Yes – I was doing a suspended break at a demonstration in front of Grand Master Rhee Ki Ha. I hit the board without breaking it, then watched in terror as it flew through the air, straight towards the Grand Master. Fortunately, it didn't hit him, landing just at his feet, but I had visions of myself being stripped of all rank and banned from ever practising Taekwon-Do again!

**How have you found the shift from student to instructor?**

The shift to instructor was not huge, as being a senior for a number of years means you get used to instructing, and I was the instructor of the Auckland University club in 2000. I think the greatest challenge is teaching large classes with a mixture of ranks, as you have to try to make it both interesting and challenging for people of all levels.

**Do you have any regrets about Taekwon-Do?**

I regret not training with General Choi Hong Hi when he was here in 1995 or 1996, though I was a beginner and would probably not have gained as much from it as if I were a higher rank. Really, I regret not having been more senior when the General was here, so that I could have benefited from attending his classes.

**What attracts you to Taekwon-Do, and keeps you motivated in your training?**

I love the precision of Taekwon-Do. There is a perfect height and perfect position for each technique. I like this structure, and that it gives you something to achieve. I also like there always being something to perfect. For instance, I am happy with my power, but aspire to have better leg control (especially with my left leg), so I am working on that presently.

Taekwon-Do serves a multitude of purposes. It gives confidence, flexibility and fitness. It has also given me greater confidence talking to groups; it allows me to contribute to society; and teaching allows me to verbalise what I know, which allows self-reflection.

Taekwon-Do also complements my work as a chiropractor, as it has given me knowledge of the types of exercises and fitness that can help my patients.

**Which Taekwon-Do practitioners do you most admire, and why?**

Mr Lawrence Mantjika, my original instructor. He inspired me with his patterns and his deep philosophical beliefs when I first started, and kept me inspired up to black stripe.

Mr Andrew Niven, who became my instructor when I moved to Auckland. He was firm but fair. He asked a lot of me, and trained me hard physically, yet always believed in me and made me want to succeed for him.

Mr Carl van Roon, a consummate athlete who is very passionate about martial arts in general, and who is able to take and combine ideas from different areas.

Master McPhail, who I consider to be the perfect example of technical knowledge and physical perfection combined in a very humble person. He motivates me to do my best, without needing to do or say anything, but simply by being who he is.

**What would you say to someone starting Taekwon-Do?**

While Taekwon-Do can be glamorous and exciting, it requires a lot of work and a good knowledge of the basics to get there. You can't move too quickly, and you need to work on your weaker leg right from the start.

Training twice a week isn't enough to get you fit and flexible. You need to use the tools your instructors give you to get your body into the correct shape in your own time. Your instructor needs the class time to teach and perfect your techniques, and to answer questions that arose when you've been revising what you've learnt.

Finally, stay balanced. A good practitioner is able to do all aspects of Taekwon-Do, gracefully and powerfully, without emphasising one thing over another. This includes theory, which is an important part of Taekwon-Do.

**What does the future hold for you?**

I recall the words of Mr Mantjika, "You can't chase all the rabbits at once." I had to choose between the World Championships in Canada 2007 and grading for 4th dan, as I personally felt that I couldn't realistically train for both at once. Now that the grading is over, I definitely want to go to another World Championships.

*Beyond that, I want to keep learning, keep training, keep grading until I can't stand any more, and keep teaching even after that.*



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# South Island Regional Tournament

by Holly Eades, 5th gup  
Riccarton



| The major results were:    |                                  |
|----------------------------|----------------------------------|
| Best School –              | Riccarton                        |
| Best Men's Team –          | Riccarton                        |
| Best Women's Team –        | Dunedin                          |
| Tenets Award –             | Whitnee Wehi, Threshold          |
| Best Overall Black Belt –  | Amanda Cleland, Otago University |
| Best Overall Red Belt –    | Michael Davies, Riccarton        |
| Best Overall Blue Belt –   | Helen Caley, Riccarton           |
| Best Overall Green Belt –  | Emma Small, Mosgiel              |
| Best Overall Yellow Belt – | Chun Hong Yoon, Riccarton        |
| Best Overall White Belt –  | Lucy Kent, Threshold             |



Left: The Laughing Referee (photographed by Chun Hong Yoon) • Top centre: the glory of the downward kick (photographed by William Lee) • Bottom centre: trophy winners from left Chun Hong Yoon, Helen Caley, Holly Eades and Judy Zhou (photographed by William Lee) • Right: William Lee 7th gup vs Phil Sidaway 6th gup in individual free sparring (photographed by Alan Wright)

Since starting Taekwon-Do nearly two years ago, I thoroughly enjoyed all aspects of the art to which I was exposed. However, I had not yet experienced tournament competition. So when Mr Herbison asked me last year why I hadn't tried out for Nationals, I thought it might time to try competing. Luckily South Island Regional Tournament was hosted in Christchurch – my home town – on 5-6 May 2007.

Mr Oliver ensured high participation from the Riccarton school by hunting down and, aah, interrogating those who were unregistered. Many members took advantage of the extra Saturday trainings, and some normal training time focussed on patterns and sparring leading up to the event. I started worry a bit when, unable to attend the Saturday trainings, I actually tried sparring with sparring gear on for the first time! It's rather surprising how different it is, loaded up with mouth guard, headgear, kickers, gloves and shin pads!

Friday night was a long journey to Christchurch for those competitors living at the far ends of the South Island. Those of us not travelling set up the venue. The region recently acquired new mats and painstaking hours were spent writing the words "ITFNZ Taekwon-Do South Island 0800 800 495" on each one of them. Needless to say I won't be forgetting the ITFNZ phone number any time soon! [Hmmm, a nice strategy – Ed!]

Form-up happened at 0800 sharp on Saturday. After a briefing from Mr Evans and some time spent

nervously scrutinising the draws, the patterns event began. With three adjacent rings there was always someone from the club to support. Soon enough it was my turn to step onto the mat. I performed Won-Hyo and Chon-Ji and won. The next round was the final against Jason Page – another Riccarton Taekwon-Do in – so the top places were at least guaranteed for our school. After completing Won-Hyo and Chon-Ji again, I was elated to have my hand raised and take the gold. As the medals were presented following each final, the high standard of patterns at Riccarton school became obvious to all.

The tournament ran way ahead of time, and sparring preliminaries started before too long. I went into my first bout a little anxious, as I'd heard a rumour that my opponent was a body-builder. It was a tough fight and I'd have to say my low fitness level didn't help. Isn't it horrible that the first thing you do when you're exhausted is drop your guard! I was outclassed and wound up in the bronze medal match. Nevertheless, I was satisfied with my performance considering it was my first time. I won third place later in the day, but in an unfortunate fashion – my opponent slipped and injured herself badly.

Watching the other matches was good fun – being awed by the skill of the senior belts and endeared by the enthusiasm of the little kids. Individual special technique also happened throughout Saturday and female team patterns were judged just before the

day ended. Some people headed out for a social dinner at a local restaurant, where reportedly some attendees' handling of beer coasters nearly saw them kicked out...

Things seemed a little less urgent on Sunday morning, as many had finished competing for the weekend. (Mr Mayes in particular seemed markedly less energetic... but the cause of that will forever remain a "mystery".) Day two covered sparring finals, team sparring, men's team patterns, team special technique and power test. I made myself useful by seconding my club mate Li Zhou in her gold medal fight against my earlier opponent Kate. Li injured her back in the first round but bravely battled on until half way through the second round, when she wisely decided to withdraw.

Team sparring was very exciting as the best of each school were pitted against each other. It's not often you get to see the instructors in action. Power test drew a crowd as the black belts had polar boards flying through the air (sometimes dangerously!).

The remaining medals and trophies were handed out at the tournament's conclusion, with Riccarton taking out the coveted Best School and Best Men's Team trophies, along with the Best Red, Blue and Yellow Belt awards. A huge thank you to Mr Evans and all those who helped make the event run so incredibly smoothly! As for me, I had such a good time competing at Regionals that I'll be heading to Nationals this year – see you all there!

Kickin' in the rain



# Kicks for Kids

by  
Shirley Pygott  
II dan

Welcome to Kicks for Kids issue #19.

This issue we finally get back to General Choi, prisoner of the Japanese. We also investigate just how different it is for kids learning Taekwon-Do in South Korea. Our address, if you have something to put on these pages is: PO Box 457 Silverdale Whangaparaoa 0944 or email taekwon-dotalk@itfnz.org.nz. Go on... I dare you!



## Meet the Founder Part 8 Making Straw and Toilet Paper Talk

Choi Hong Hi, the man who would eventually create the martial art of Taekwon-Do, and his Japanese-hating fellow conspirators were being held in a Japanese prison, near the end of World War II. They were held in a row of separate wooden cells, unable to see or talk to each other at all for six long months.

Choi Hong Hi later said,

"it was a shorter distance than a foot (between the cells) but it felt like a hundred miles"



They each had plenty of time to think about what punishment they would be given for plotting to overthrow the Japanese army and trying to 'help' them lose the war.

Every day at mealtimes he would sit and stare at the wall as

he ate his food. After five months he was amazed to see what had been right in front of him the whole time - a tiny hole in the wall. It wasn't straight because he couldn't see the end, but it went through to the next door cell. He stiffened a strand of straw from his floor mat with the rice water in his food bowl.



Then he fired the straw through the hole. He was delighted when it was fired back through the hole by the person in the cell next to his. They finally had a way to communicate! As the straw went back and forth, the tiny hole got bigger, until eventually they could send a tiny roll of paper through, with messages written on it. Where did the paper come from? He saved a square of his toilet paper and wrote on it with a carefully saved, broken lead from a pencil.

Through this hole-in-the-wall method of talking, they planned what they would do if they ever got out of prison to continue their fight against the Japanese, but they feared that they would be sentenced to death for what they had done, and decided what they would do when that happened.

What do you think they decided?

1. To take their punishment silently?
2. To plead on their knees for mercy?
3. To go berserk in the courthouse and try and kill as many Japanese as they could before they were killed themselves.

Of course it was #3, they figured they had nothing to lose. When the dreaded day of their trial came, they were incredibly relieved to only be given very long prison sentences, not death! They were determined to find a way to continue their fight to rid their beloved Korea of the Japanese army somehow.

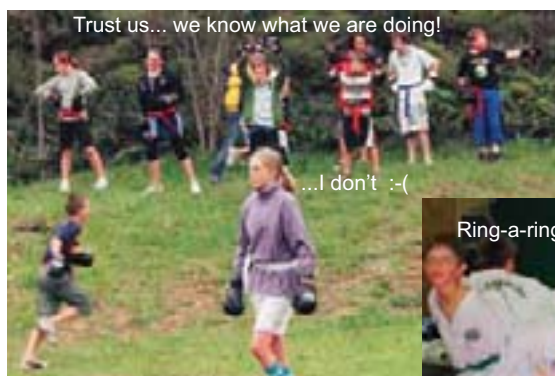
From Taekwon-Do and I, The Memoirs of Choi Hong-Hi, the Founder of Taekwon-Do Book 1, Part 4



## Mr Brown wants YOU!

for the 5th ITFNZ National Junior Camp 16-18 November

Watch the ITFNZ website for application details but be in quick, because places are limited, and this is a camp you really don't want to miss!



Trust us... we know what we are doing!

...I don't :-(

Last year there were beheadings, maimings and spider meals. Mr Brown is keeping the details for this year secret for now, but if the food he has been eating in Korea is anything to go by, you kids are in for a weird camp. I can see it now... pig's spine soup for dinner... YUMMY!

## For mayhem, good times, plenty of Taekwon-Do

It's back again: and it's going to be better, crazier than ever and more fun than you can point a footsword at... but only for kids under 15 yrs.



Ring-a-ring of roses...

Wait for it!

...do we all fall down yet?



# Kiwis in Korea

Over the last four months, four ITFNZ seniors have been living and teaching Taekwon-Do in South Korea. Hang on a minute, I hear you say, wasn't Taekwon-Do invented in Korea? You are right, it was. At the moment ITF Taekwon-Do (the same as us) in South Korea are trying to improve how they teach Taekwon-Do and get lots more students. One way is to offer English lessons at the same time as the Taekwon-Do, which is where the Kiwis come in. They teach Taekwon-Do ITF style, and they speak English – perfect! Mr van Roon, Mr Doogan, Mr Brown and Ms Morton have all written about their amazing experiences on the ITFNZ website (<http://www.itfnz.org.nz/news/korea.html>) but in true Kicks for Kids tradition, I found, just for you, some really interesting stuff:

## School

Kids go to school on Saturdays, and have private tutors before and after school as well.

*They throw eggs and flour at each other and cut up their clothes to celebrate graduating from high school.*

## Recipe for a very happy graduation



+  
**Flour**

## Home

Their homes are generally very small and they sleep on the floor.

They never go barefoot outside, and hardly ever inside either. They have special slippers for in the house, and change into a special pair when they use the bathroom.

*They use lots of tiny towels (the size of a large facecloth) to dry themselves with when they have had a bath.*

## Dojang

Taekwon-Do is just another school subject to them, they do it every day, and it is a good way to get some exercise, learn some English and let off some energy. It's often very noisy.

*Taekwon-Do in Korea is like Rugby in NZ – most children do it, and they start young (while they are at kindergarten).*

It is taught in the day time, afternoon, and the evening, some classes finishing at 10pm. The classes can be huge (Mr Brown and Ms Morton had 240 preschoolers divided into four classes – 60 per class!)

*They eat in their dojang, on the floor, but only on special occasions like someone's birthday, or on cookie time trainings once a month. (Ask Mr Brown about this one!)*

Somehow I don't think one towel is going to be enough! I am going to need a lot more.



## Food

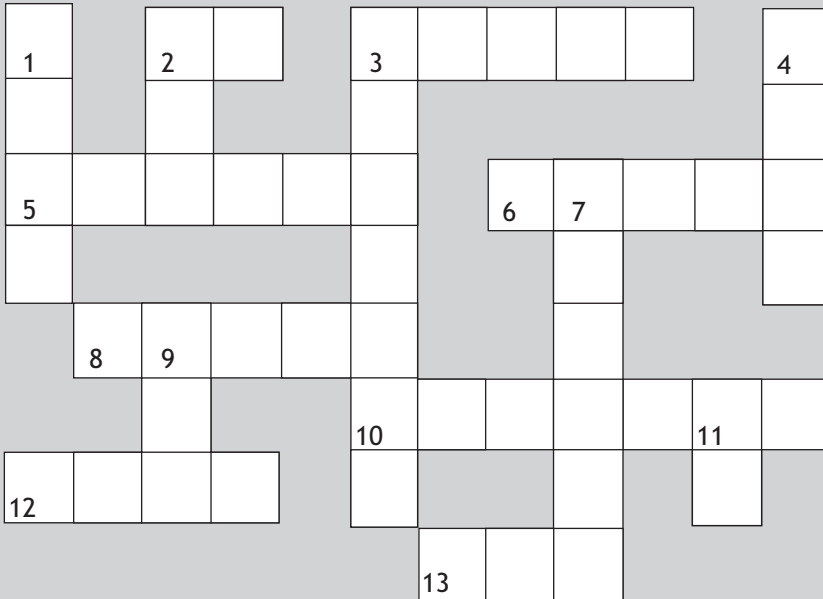
There's nothing like food to show how different we are, but as Mr Brown says,

**"It's not wrong – it's just different."**

Some of the more unusual foods they ate: jellyfish, dried fish skin, pig's intestine, spine, stomach and liver, bugs (silkworms are apparently quite tasty), and dog. Not forgetting the very poisonous puffer fish.

*They also eat chillies for fun!*

## Dog-on-a-plate



## Crossword Clues

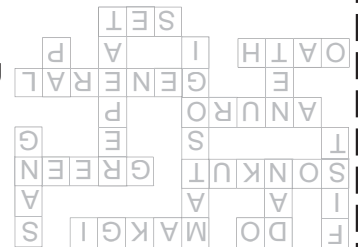
Adapted from a crossword by Mr Dennis Burns.

### Across

2. Art or Way
3. Block
5. Fingertip
6. 6th gup colour
8. Inward
10. Army rank of Choi Hong Hi
12. Said at the start of every training
13. Three

### Down

1. Joomuk
2. Degree
3. Sparring
4. Twin
7. Tashi
9. Four
11. Front



## What's Your Strangest?

What's the strangest thing you have ever found in your dojang? Perhaps it was the scenery left over from a school production? Maybe it was a dead mouse? I thought the Red Beach club had the strangest, the day we went into the dojang and found a full sized 'P' class boat parked in there. But I think Ms Morton takes the prize. One day in Korea, she found a live Korean Tiger Snake in the dojang. Ewwwwwwwwww!

They let it go in the mountains after keeping it at training for a while in a plastic snake house. Beat that!



Ap-cha-bussssssssssssssssssssi anyone?

## Calling all families

The ITF decided to make their 42nd year the Year of the Family. Taekwon-Do is an ideal family activity because anyone can do it! They are running a competition to find out how many families train around the world and who has the biggest. You must have at least three people in the family and one must be a parent. How does your family score? You add up the points:

You get one point for each family member training and grandparents get two points.

If you think you have the biggest family in ITFNZ let me know. Maybe you have the biggest family training in the whole ITF and you could win a prize from the ITF!

# Cramming Everything into a Weekend

First Dan Fever, New Plymouth, 31 March – 1 April 2007

by Sean Hammond, 1 dan  
Central Districts

I discovered I was going to a two day training weekend via text message. Having been signed up for the weekend by Mr Richard Burr (my friend and mentor), I could see no reason not to go. "Just what is this 'First Dan Fever' thing anyway," I thought to myself. "I'm sure I've seen it on T-shirt somewhere." When I rang Mr Burr with a few questions he was being mysterious and just laughed. "It's a fun weekend of training and information," he said. "You have to come!" It was certainly a fun time, and a lot more...

The weekend began for many with a bit of a road trip (a rainy one) to beautiful Taranaki on the Friday. Some came from as far away as Whangarei and Gisborne. Nobody from the South Island, unfortunately. I stayed at an old friend's place and it was great to catch up. After an early night, I rose and prepared for the day. Mr Burr collected me with a carload of others and we proceeded to the dojang.

## Saturday 31 March, Day One

The sun started to shine through the clouds as we arrived in the car park, illuminating the familiar tracksuit-wearing and dobok-wearing, fit-looking people. I knew it was on. I suddenly felt eager and happy to be in such good company, and with a smile on my face I donned my dobok. There were many black belts, some of whom I knew and some I had yet to meet, and a lot of 1st gups, most I hadn't met before. This ought to be good.

The venue was Mr Krishna Reddy's dojang in Bell Block. It's a great gymnasium with a lovely wooden floor. We began at 9:00am with a welcome and introduction by Mr Reddy, 3rd dan. He and Mr Craig Hannah organised the event. At 9:20am we warmed up, instructed by Mr Hannah. A good 20 minutes or so of warm up exercises to get the blood flowing. I thought to myself, "This is the start of two days' training. Yahoo!"

For the next 40 minutes or so we covered stances and motions. Mr Mark Banicevich, who is a fountain of knowledge, explained walking, L-, fixed, rear foot, vertical, low stance, etc; normal, slow, fast, connecting, continuous motion, etc;

and sine wave in movement and technique in patterns. It's important to understand the many facets to the stances and how they transition, the weight distributions, the distances, the reasons why and how.

From 10:20am to 11:00 we covered 10th gup – 5th gup *tul*. Mr Reddy took this module. He's very good at explaining things and getting knowledge across, and it was nice to go through some *tul*. After a little self-reflection on patterns and where we were all at with them, we had a break for 10 minutes for a drink and some networking.

At 11:10am Mr Hannah got us warm again. During these warm up sessions he constantly brought people forward (mostly from the back) who hadn't taken a class before and "encouraged" them take some of the warm up. This was especially good for the younger 1st gups, and it gave everyone a big grin. Good stuff all round.

Around 11:15am, Master Evan Davidson entered the dojang. This was just great, as he is a very busy person and had been in Hamilton but made the journey to be with us this day. It's always a little special when a Master is taking the class. He got us even warmer with a hard yet fun selection of exercises, which had us sweating and getting to know the wooden floor better. I love a good wooden floor: it's my friend. He covered 1-step sparring, dodging techniques and jumping – lots of jumping. From 11:45am until about 12:15pm he explained the generation of power and speed in techniques. I thought, "I'm lucky. This is a good place to be."

We ate lunch from 12:15pm until 1:00pm, and man was I hungry. Great to have a little rest and kai. Luckily there was a great little shopping centre very close by. We all ate well.

After lunch we lined up for an informative discussion facilitated by Master Davidson on Taekwon-Do moral culture: a lesson in the "Do" of our art, outline of the responsibilities of black belts, discussion on the drop out rate at 1st dan and the motivations that keep us going, discussion of the rewards of training, and a reminder of just what a life in training is.



The author, Mr Sean Hammond, performs goburyo junbi sogi A while practising Won-Hyo *tul*.

From 1:20pm to 1:40pm we had a Q&A session with Master Davidson about black belt grading requirements and how they are run. The 1st gups had many questions about that!

After this we got the blood flowing, and then had a talk and Q&A on the basics of instructing, being an instructor and starting a club. This was taken by Mr Michael Lowe 4th dan from Palmerston North and was very interesting and positive. Mr Lowe outlined how to start a new club, and what ITFNZ can do to help a budding instructor to get the ball rolling.

We then practised 4th gup – 1st dan patterns until around 3:15pm. (An interesting lesson: practising all the *tul* in slow motion is a great way to practise techniques. I find it especially good for timing, connecting and continuous motions, and breathing.) Then we broke for a drink and some more networking.

Seminar attendees line up for the first day of training.





The first day finished with sessions on free sparring for grading and in the street; one on one (for 1st gups) and two on one (for black belts). It was fun and covered tactics, common mistakes and how to use terrain to your advantage.

From 4:30pm to 5:15pm we explored 3-, 2-, and 1-step sparring, and at 5:30pm we broke off to prepare for day two.

**Sunday 1 April, Day Two**

We were on the floor by 9:00am. Sweet warm up, feeling good, then patterns until 10:10am. After a small break, black belts were separated from 1st gups, and then Mr Banicevich ran two simultaneous workshops on *hosin sul* (self-defence). This was good stuff! He had us (black belts) on the floor, fending, countering, attacking and getting on our feet. (The first dan self defence syllabus is ground techniques.) Meanwhile 1st gups played with their close quarters self defence, using elbows, knees and other tools. This was followed by a session of step sparring drills.

Between noon and 1:00pm the class was taken by Mr Neill Livingstone 4th dan of Taranaki. He took some movements from patterns and applied them in practice (in self-defence) to show how they work in different ways. Also he touched on the importance of forging (strengthening and toughening the blocking and attacking tools). I enjoyed this session a lot, as it's real and means a better understanding of techniques and their application in real life situations.

After lunch and a warm up, Mr Banicevich taught a lesson in destructions. This included the how tos and the how not tos, plus the etiquette involved in competition and the strict rules. We covered the special technique requirements for our grading and the power requirements, smashing pads again and again to practise the techniques.

Drinks break and then back into patterns training. When Mr Banicevich taught patterns, he asked a volunteer from the class to demonstrate each movement while he corrected it and outlined common mistakes. Then we would all get up and go through the pattern trying to apply the myriad



Photographs courtesy of Mr Craig Hannah

of points he raised. We broke at 3:00pm, but many black belts stayed on the floor to catch an extra patterns lesson by Mr Banicevich, to cover Kwang-Gae, Po-Eun and Ge-Back. There is never enough time for everything and the weekend shot by quickly. That's the sign of a good one! It's always the aim of a good student to improve in knowledge and technique, and First Dan Fever is a brilliant weekend to do it. Thanks to all the organisers and instructors who gave of themselves – it was well worth the weekend!

Above: Miss Rachel Reeder and Mr Jai Reddy practise 3-step sparring.

Below from left:

1. Mr Banicevich teaches self defence against a crescent punch or "haymaker".
2. Master Davidson keeps it real with Mr George Konia 3rd dan. Mr Konia brought a group of his students all the way down from Whangarei.
3. Leg strengthening exercises. Miss Sharlene Clark performs slow motion turning kicks supported by Mr Tony White.
4. "Understand the purpose and method of each movement clearly." Mr Banicevich illustrates the purpose of movement 3 of *Toi-Gye tul*, back fist side back strike, assisted by Miss Sharlene Clark.



[itfnz.org.nz/news/index.html](http://itfnz.org.nz/news/index.html)

## President's Corner

by Master Evan Davidson, VII dan  
President of ITFNZ Taekwon-Do

Photograph courtesy of Master Paul McPhail



Master Evan Davidson  
President of ITFNZ Taekwon-Do

In mid-May, my wife Fiona and I visited the final training camp in Taupo for the ITFNZ Junior and Senior Teams before they headed off to Canada for the ITF World Championships. We observed each of the male and female teams performing a team pattern and were also presented with a demonstration of the senior pre-arranged free sparring routine by Mr Luke Thompson and Mr Mark Trotter. The effort these two put into their routine was very impressive and I commented afterwards that their routine should certainly put them into medal standings if not the gold medal winner.

## Meeting Snippets

by Vince Pygott, IV dan  
Secretary of ITFNZ Taekwon-Do

Executive Meeting, 30 June 2007

1. We will alter our 'Smoke Free' policy to include drugs free statements or to produce a new 'Drug Free' policy.
2. We will update our Anti-Doping policy.
3. Paul M Taekwon-Do and Fuji MAE New Zealand now retail products that were sold by ITFNZ Sales.
4. Grand Master Leong's training manuals will be on sale at the ITFNZ National Tournament for the last time. After the National Tournament the books will be handed over to Master Kaiou.
5. We are writing a Business Plan to accompany our Strategic Plan.
6. We are developing a policy about organising events.
7. Due to high distribution costs, *Taekwon-Do Talk* magazine will be distributed to black belts via their schools, rather than mailed directly. We encourage instructors to mail a copy to registered black belts who presently train infrequently, to encourage their return.

How right my comment proved to be. It was great to see Luke and Mark complete their routine in the centre ring (Ring 4) at the ITF Junior and Senior World Championships. At the time I was Jury President in Ring 6. I delayed competition in Ring 6 so that my ring council and other competitors could watch Luke and Mark's pre-arranged free sparring display. The comments I received afterwards from my associate Jury Members were, "fantastic", "magic performance". Then to see the audience practically give a standing ovation was truly an amazing feeling. ITFNZ had the gold medal in this event wrapped up.

To all our competitors, officials, coaches, managers and supporters: thank-you all for your extensive time and effort into getting our largest team to the ITF World Championships. The whole team effort put New Zealand into 3rd place in world standings. A fantastic achievement!

To top off our time in Canada, ITFNZ also secured the right to host the Junior and Senior ITF World Championships in Auckland in 2011. I extend a big thanks to Mr Mark Banicevich and Mr Carl Matthews for putting together the bid document and video. We would also like to thank the various government and semi-government entities who supported us, particularly Tourism Auckland, who compiled and printed the bid document for us. Following Mr Banicevich's presentation at the ITF Congress, we received a standing ovation from the delegates present.

So 2011 is going to be a big year both for New Zealand, with the Rugby World Cup, and ITFNZ

with the ITF Taekwon-Do World Championships. This is a big undertaking for us but I am certain we can achieve and produce a World Championships to do us proud. Your support to the organising team, in whatever capacity that may be, will be welcomed and vitally important. As they say in the Navy, "All hands on deck!"

I recently caught up with Mr Gwyn Brown after his sojourn to South Korea. What a fantastic experience he had. I wish to thank him for all his help in setting up a specific "Instructors Contract" with ITF South Korea. This will now allow improved conditions and protection for any ITFNZ instructors or black belts wishing to undertake an "Instructing Tour" to South Korea. Please keep an eye on the ITFNZ website for regular updates of our instructors in Korea.

Good luck and thanks to all those who travelled to Korea, and who will travel to Korea in the future. Enjoy your new experiences.

## News in Brief

The first ever ITF Taekwon-Do Hall of Fame dinner was held at the Loews de Concorde Hotel in Quebec City on 1 June 2007. There was a good showing from New Zealand at the event, with Masters Davidson and McPhail, the rest of the New Zealand umpiring and coaching staff and several New Zealand team members and supporters filling two large round tables. We were all in fairly happy mood as earlier in the afternoon at the ITF Congress, New Zealand was officially voted as the host country of the 2011 ITF Taekwon-Do World Championships.



The first award presented was Junior Female Athlete. Despite stiff competition, Alicia Yates from Palmerston North won the big trophy.

The ITF also hosted a photo competition with finalists' photos on display at the dinner. Winners were announced at the end of the evening. Rose Cherrington of Levin Cubs won the competition with a photo of a student performing a flying two direction kick on a hill in Taupo, while Doug Hanna, Team Journalist, was runner up with his photo from last year's Nationals in Wellington looking down on a tightly packed crowd of students.



**WIN 1<sup>of</sup>5** luxury long weekends for 2 to Millbrook Resort.

Look for packs carrying the txt code sticker. Competition commences 5<sup>th</sup> August.

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# Directory Changes

## Time and venue changes

### Auckland North

#### Jungshin Red Beach

Instructor: Mr Vince Pygott IV dan  
Red Beach Primary School Hall (Mondays), Albert  
Hall Dr, Red Beach, Whangaparaoa  
Key Fitness Gym (Wednesdays), Karepiro Drive,  
Whangaparaoa  
Kids, 7-12yrs: Monday 5:30 - 6:30pm  
Adults, 13+yrs: Mon and Thurs 6:30 - 8:00pm

#### Paul M Glendowie

Instructor: Mr Mark Banicevich V dan  
Churchill Park School, Kinsale Avenue,  
Glendowie  
Tuesday and Thursday, 6:15 - 7:45pm

### Tamaki

Instructor: Dr Thu Thach III dan  
Mt Wellington Rugby Football Club, Hamlin Park,  
Wilson Way, Mt Wellington  
Monday and Thursday, 6:30 - 8:00pm  
Seniors 7:00 - 8:30 pm

### Midlands

#### Hamilton

Instructor: Mr Grant Eccles IV dan  
Maeroa Intermediate School Gym, Churchill Ave  
Maeroa, Hamilton  
Monday and Thursday, 6:30 - 8:00pm

#### Hwa Rang Tauranga

Instructor: Ms Christine Young IV dan  
Pillans Point School hall, Maxwell Rd, Tauranga  
Tuesday and Thursday Juniors 4.30 - 5.30pm  
Seniors 5:30 - 7:00pm

### Central Districts

#### Bell Block

Instructor: Mr Krishna Reddy III dan  
Bell Block School Hall, Devon Street, Bell Block,  
New Plymouth  
Tuesday and Thursday, 6:00 - 7:30pm

#### Taekwon-Do Cubs

Instructor: Mrs Rose Cherrington III dan  
Mondays, Waiopahu college, Bartholomew Rd  
Beginners 4:00 - 5:00pm,  
Coloured belts and adults 5:00 - 6:30pm  
Wednesdays, 412 Arapaepae Rd RD1 Levin  
Adults 6.30 - 8:00pm

### Wellington

#### Berhampore

Instructors: Mrs Lena Walton IV dan and Mr Ian  
Walton III dan  
Berhampore School, 106 Britomart St  
Monday and Wednesday  
Juniors / Kids - 6.15 - 7.15pm (ages 8 - 13 yrs)  
Seniors / Adults - 7:00 - 8.30pm.

### South Island

#### Mauriora

Instructor: Mr Rana Moanaroa I dan  
Pioneers Scout Hall, Nelson  
Mon <12yrs 6:00 - 7:00, adults 6:00 - 8:00pm  
Wed <12yrs 6:30-7:30, adults 6:30 - 8:00pm

#### Threshold

Instructor: Mr Hayden Breese IV dan  
Level 2, 169 High St, Dunedin  
Mon and Wed 6:00 - 7.30pm  
Kids - Mon, Wed, Fri 4:45 - 5:45pm

### Instructor changes

### Auckland North

#### Tikipunga, school closed

#### Nibun ITF Orewa

Instructor: Mr Gary Sawyer II dan  
Orewa Primary School Hall, Maire Rd, Orewa  
Monday and Wednesday, 6:00 - 8:00pm

### Auckland Taekwon-Do Academy

#### Black belts only

Mt Wellington Rugby Football Club, Hamlin Park,  
Wilson Way, Mt Wellington  
**Black Belts:** Instructors, Auckland Sabum and Sahyun  
Tuesday, Wednesday, 6:30 - 8:30pm  
**Athletes:** Coach Mr Mark Banicevich V dan  
Assistant Coaches: Mr Mark Trotter IV dan, Mr  
Luke Thompson II dan, Mr Carl van Roon I dan  
Friday, 6:30 - 8:30pm

#### Nibun ITF Central

Instructor: Dr Cameron Snelling IV dan  
Auckland Grammar School, Mountain Rd  
Monday and Wednesday, 7:00 - 8:30pm

### Counties Manukau

#### Wairua, school closed

### Rowandale

Instructor: Mr Scott Clavis I dan  
Rowandale School, 73 Rowandale Ave  
Wednesday and Friday, 12:30 - 1:30pm  
Wednesday 3.30 - 5.00 pm  
Lunch time sessions for school pupils only. Visitors  
welcome to after school sessions – please obtain  
prior permission from Mr Clavis.

### Midlands

#### Phoenix Gisborne

Instructor: Mr Kevin Cale I gup  
Assistant Instructor: Ms Carmel Kendrick I gup  
Gisborne Girls High School, Gladstone Road  
Tuesday and Thursday, 5:00 - 7:30pm

### Central Districts

#### Napier, school closed

#### International Pacific College

Instructor: Mr Kunihiro Kaneko I dan  
IPC Recreation Centre, 57 Aokautere Drive,  
Palmerston North  
Tuesday 6:30 - 8:30pm, Saturday 2:00 - 4:00pm

### Wellington

#### Khandallah

Instructor: Dr Jake Pearson IV dan  
Cashmere Ave School, Khandallah  
Mon & Thur 6:00 - 7:30pm  
Beginners welcome first training each month.

### Thank yous and congratulations

ITFNZ would like to thank the following instructors  
for all of their time and effort instructing: Mr Mike  
Smith, Mr Francis Fong, Mr John Harrison, Miss  
Hannah Warren, Mr Greg Trilford, Mr Andrew  
Ogle, Mr Kim Bull and Mr Graham Patterson.

Congratulations to Mr Clavis for opening a new  
school, and Mr Sawyer, Dr Snelling, Dr Pearson,  
Mr Cale and Mr Kaneko for assuming their new  
instructing roles. All the best!

Congratulations to the following instructors who  
graded recently:

- Dr Cameron Snelling IV dan, Nibun ITF Central
- Mr Tim Couling III dan, Ji Shin Keri Keri
- Mr Richard Burr III dan, Cloverlea/West End
- Mr Kevin Cale I dan, Phoenix Gisborne

## Next Issue

### The 2007 ITFNZ Taekwon-Do National Tournament

Read all the highs and lows of the fantastic 2007 ITFNZ Taekwon-Do National Tournament hosted by Counties Manukau. This event already has some fantastic sponsors, and will be televised for the second year running. In the mean time, follow the news at [itfnz.org.nz/events/tournaments/nats2007/](http://itfnz.org.nz/events/tournaments/nats2007/).

### Plus more of our great regulars...

Self defence, free sparring tips, technical tips, and more S'n'D! Mrs Pygott brings another instalment of the fantastic Kicks for Kids. Plus much more in the next issue of *Taekwon-Do Talk*!

We also eagerly await your letters, articles and high resolution photographs. Please email your files to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz) or send your files on CD-ROM to *Taekwon-Do Talk*, 4/162 Ladies Mile, Ellerslie 1051, Auckland. Submissions must be received by 12 October 2007.



This issue's events calendar boasts a fantastic photograph of Stacey Baigent free sparring at the World Championships in Quebec. The photo was taken by Mr Doug Hanna.





## Coming events

### August

Grading round, my grading is at:

18 Midlands Regional Tournament

### September

2 EPSON Under 18 Tournament 2, Wellington  
22-23 ITFNZ National Tournament, Counties Manukau  
30 Instructors Course, South Island

### October

12 Submission deadline for *Taekwon-Do Talk*  
21 NZ Open Tournament, Counties Manukau

### November

Grading round, my grading is at:

3-4 Stripes 1 to 1, Taupo  
16-18 5th Annual Junior Camp  
17 Fujimae Junior Tournament, Wellington  
24-25 Black belt grading, South Island  
25 EPSON Under 18 Tournament 3, Tauranga

### December

1-2 Black belt gradings, Auckland and Te Awamutu  
8-9 Black belt grading, Central Districts  
9 TOP TEN Series 3, host to be advised  
14-23 Master Willy van de Mortel Junior Development and Coaching Seminars

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[www.itfnz.org.nz/taekwon-dotelevision](http://www.itfnz.org.nz/taekwon-dotelevision)