

# TAEKWON-DO **Talk**



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Taekwon-Do*

## ***Blast from The Past***

*A look back in time to our roots*

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## FROM THE PRESIDENT



### Master Evan Davidson

VII Dan, President

Firstly, on behalf of Master Paul McPhail, Master Steve Pellow and myself, I wish to extend our sincere appreciation and gratitude for all the support, 'Good Luck' and congratulations on our recent grading promotions.

Our national body, the International Taekwon-Do Foundation of NZ Inc, (iTKD) has reached its 32nd year of operation. We grew from only a very few Clubs back in 1981 to now reaching nearly 100 throughout NZ. This is fantastic and no mean feat for an Oriental Martial Art. Martial Arts in general struggle to receive any government support and recognition, which is unlike the other mainstream sports and recreational groups. As with many large organisations, there are many ups and downs, but with our dojangs, instructors and members following the iTKD's rules, protocols and its constitution I'm sure we can maintain a strong and viable organisation well into the future. Our strength relies on you, the dedicated and loyal membership, who regularly contribute time, money and the 'Love' for Taekwon-Do. iTKD is also your link to the International Taekwon-Do Federation (ITF) now based in Spain.

Please keep checking the iTKD calendar on a regular basis. [www.itkd.co.nz](http://www.itkd.co.nz). Our website provides all Instructors, members and the general public up to date information on future events, seminars and other activities.

I wish to thank all those who took part in the Regional and the National Tournaments. Thanks also to all the volunteers who administer, organise and officiate at these competitions. Your generous and loyal help is what makes these a big success.

Please do not hesitate to contact me if you have any issues you would like advice on. I am also happy to receive any suggestions or recommendations that could go to improving our organisation. I can be contacted at email: [president@itkd.co.nz](mailto:president@itkd.co.nz)

### 'Taekwon'



Senior grading of Masters Davidson, McPhail and Pellow. See video highlights at <http://iTKD.co.nz/video.php>

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Taekwon-Do Talk delivers articles relating to International Taekwon-Do in New Zealand and associated activities of fitness, nutrition and health. The goal of Taekwon-Do Talk is to inform, motivate and promote communication throughout International Taekwon-Do.

Your region not represented in this issue? To submit an article please post to: Taekwon-Do Talk Magazine, P O Box 75 -549, Manurewa, Auckland 2243 or email to: [tkdtalk@itkd.co.nz](mailto:tkdtalk@itkd.co.nz).

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### Register now for one of our Technical Seminars

[iTKD.co.nz/events/courses/technical](http://iTKD.co.nz/events/courses/technical)







***Our new 8th dans Master Davidson and Master McPhail had very early connections in Taekwon-Do, beginning in 1975!***

***See page 20 for more classic shots from the past.***

## 6 NEWS

10TH KIDS CAMP  
BLIND TRAINING  
KIWISPORT  
SPECIAL NEEDS TKD  
AND MUCH MORE

## 14 FEATURES

IIC REPORT  
OUTLOOK ON LIFE PART 2  
IN THE BEGINNING  
VICTIM TO VICTOR  
THE BIG QUESTION  
QUALITY STRENGTH TRAINING

# 18 In the Beginning...

*Master Davidson  
reflects on the early  
history of Taekwon-Do  
in New Zealand.*



## 29 REGULAR

FITNESS  
INSTRUCTOR PROFILE  
TECHNICAL  
SELF DEFENCE  
SPORTS MED

## 38 KIDS

KICKS FOR KIDS  
— ISSUE 31

## OUR EXPERTS



**SPORTS MEDICINE**  
DR JAKE PEARSON



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**FITNESS**  
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**SELF DEFENCE**  
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**TECHNICAL**  
MR BRENDAN DOOGAN

## COVER

Master Evan Davidson in  
action in Singapore, as a 1st  
dan, 1973



# 10th KIDS CAMP

By Rosie Collins | dan, Silla

Mats went down, tents went up and the boards were stacked. Beds were made, cakes were shelved and kids poured in from across the country. Van load after van load arrived, overflowing with instructors, pillows, gear and children. Juniors Camp 2012, the 10th annual meeting of the nation's junior taekwondoin at Aongetete Lodge, was underway.

We packed them in – 93 juniors, accompanied by over 20 parent helpers and instructors squeezed into the 70 bed lodge, anticipating an exciting weekend of training and shenanigans. And no one was let down – greeted by the dream team, dressed as Star Wars characters to

celebrate the 'Back to the Future' theme, the juniors settled into camp life quickly.

On Friday night, the twists began. Mr Brown and Mr Skedgwell were quick to introduce their new points system, camp currency. The camp dollars, 10 and 5 dollar notes vainly adorned with their faces, were used weekend long to keep the eight teams in check and as per usual, the team with the lowest amount of money were on boys toilets clean up at the end of the weekend.

The money earning began right away, and teams were required to decorate their team's mascot (pumpkins) with Mr Skedgwell in the hall. Later, it was supper

and ready for bed straight off; the teams would need their sleep for the weekend ahead.

The camp truly began with the first early morning wakeup call implemented with trash can lids at 6 am Saturday morning. The teams hurried, half dressed and half-awake down to the field for 30 minutes of intense relays and team challenges to wake them up. Dorm inspection followed, with the girls teams 'cleaning up' their dorms and the competition – earning 5 dollars each for their impeccable dorms. After breakfast, the kids had their first two hour session with Worlds specialty competitors Miss Timperly and Miss Timmer, working hard to hit the pads, some despite being locked into jail (a concrete ball and chain) for camp offences. After morning tea the training continued with a session of pad work led by world power breaking champion Mr Luke Thompson. The afternoon session consisted of sparring black belt members of the 'dream' and 'B' teams led by the two brothers, Mr Shane and Ross Black.

So after three hard trainings led by some of the world's finest in their different areas, everyone was tired. It was hot and sticky, and some of the boys were beginning to smell. This was remedied with a trip to the watering hole, where some courageous souls braved the river water and eels. Free time followed after this, and some teams used this time to practice their skits, while some teams mucked around to their hearts' content. When Saturday night loomed around – it was obvious who had practiced and who had not. The skits did



## NEW SCHOOLS

Welcome to our new schools and instructors

### City TKD

Instructors: Messers Mark Trotter IV dan and Chris Broughton III dan  
Tukaha gym, Level 3,  
106-108 Quay Street, Auckland



Mark Trotter and Chris Broughton have over 35 years of experience between them, they have both represented New Zealand on a number of occasions both earning the title of World Champion. City TKD is a gym that you can enjoy the high quality of training that has put these two instructors and a number of their students into top level competition and have a lot of fun in the process, and train with a group of highly motivated students to be the best you can be..

### Instructors recently approved:



Aaron Williams – Nelson



Dion Bennett & Caitlin Robertson – Mosgiel

Assistant Instructors recently approved: Katrina Grubner – BoP Academy, Dean Jenkins – Otago University, Eoghain Thomson – Hwa Rang Academy



not disappoint, and though the audience endured some cringe-worthy moments, the overall standard was ... entertaining.

Not as entertaining I imagine, as my attempt at the Fear Factor challenge. The Fear Factor challenge, for those of you who have not attended a kids camp before, is the annual challenge where the dream team of instructors challenges the kids teams, eating disgusting foods like lambs brains and pigs anus in order to win camp dollars.

I feel I have to defend myself at this point, as I know there are some members of the dream team who felt let down by my efforts (Mr Thompson and Mr Wong). You must understand, all weekend long I knew my place; I was in the B Team with my friend, Miss Teasdale. Miss Teasdale and I are mere lowly 1st dans with no world titles to our names ... we knew that there were bigger fish to fry than us. So naturally, Miss Teasdale and I revelled in the fact that we were not required to do the Fear Factor challenge. It was naïve of us though in hindsight, as come Saturday night, our instructor Mr Brown called us out in front of everyone to complete the Fear Factor challenge with the dream team. My first words; "no sir!" and my first thought; I am too young to eat brains.

Unfortunately, that fateful night, I not only consumed but regurgitated a range of different offal, including haggis, black pudding, lambs brains, kidney and heart and some pigs head. We spat out half of the different foods, whereas the kids at the camp and the rest of the dream team successfully ate all of

the food – some even taking on Mr Thompson at the pig's anus and downing a raw egg. As a result of our lacking efforts, Miss Teasdale and I have been permanently benched as B team members, dubbed BI (Miss Teasdale) and BSpew (myself).

After the Fear Factor, the kids were off to bed for the night, exhausted after a long day at camp. Mr Brown and Mr Skedgwell still woke them up at the crack of dawn, ushering them to the hall for another warm up session. Miss Timmer and Miss Teasdale slept in, and consequently our tent was collapsed by Mr Brown. We were off to another great start, and the first session was two hours of breaking – where every single board was smashed by the juniors, performing impressive front snap kicks and side piercing kicks (flying and on the ground) as well as elbows and other techniques. In the afternoon, we played war games (might I add that the Silla Dynasty won all three games) all afternoon. The war games rounded off a fantastic camp – all that was left to do was to pack up and send everyone home.



The tenth annual camp was another huge success – and finally seeing the camp from the other side (I've attended three camps as a junior – this was my first as an 'adult') I realised how much goes into making these camps work so well. Thank you to everyone who helped out and came along, I hope you all had as much fun as I did!



# BLIND TRAINING IN TKD

By Mr Joshua Ebert, 1 dan, Lower Hutt Academy

Mr Ebert (Dad!) received a call enquiring about teaching Taekwon-Do to a class of blind students who were on a retreat learning about how best to prepare for the job force, doing different things to prepare for what may lie ahead for them.

The group was aged from 18 to 28 and they ranged from total to partial blindness. Having never taken anything on like this before we did a bit of thinking before responding and also talked to our Regional Director – Craig Hannah, about the opportunity. I had finished school and Dad managed to get time off work, so we agreed to do the class.

We went about setting up a class routine and had 1.5 hrs to work with. Well the time flew by and the students were disappointed when the time was up. We had a few moments and a few laughs and overall a fun and enriching time was had by all – Instructors included.

Teaching the blind makes you think on a different level, you need to explain with very detailed understanding about what you want from your students, and often it required physical help to get the correct tool or correct position of technique. We focused on how best to help them should they be confronted with a situation where they may feel or are physically threatened.

A few warm ups first with arms/shoulders/legs to gauge body motion, and then the favourite push-ups/sit-ups/star jumps (making sure enough room was available to all as you tend to move when you exercise with your eyes closed!!). Then on to some balance exercises so they could understand how best to ground themselves. (Try balancing on one leg with your eyes closed while doing your normal stretches!)

Next we moved on to what they were really keen on which was the pads, showing them how to cover and protect themselves as best they can. Not easy to do when you can't see! We took two hand pads and helped them find their best protection method. A simple question and answer session during this technique helped Dad and me for the rest of the class, as it became very apparent that they preferred to have you in close rather than at a distance – quite obvious when you think about it.



Then we exerted some energy by showing and demonstrating some main TKD attacking tools, then practicing how to use them on the pads. As a pad holder you need to be aware of where they are attacking, as they are using their other senses to work out where the pads are, and a distraction on the part of the pad holder could end up with the pad holder being used as a pad!

After a big pad hitting session we concentrated on how self defence could help them all, and worked slowly through the hand/arm grab and release techniques and then onto the lapel grabs. Teaching a beginning student how to control a situation from a lapel grab has its challenges, so showing the blind students, we thought, was going to be tough! Well it wasn't that bad at all as they are very good listeners, and having to show them physically by demonstrating on them, they in return did the same thing back almost every one of them first time! We showed them the simple arm bar or advanced it to arm bar take down for some.

From there, time was up and we had to say

goodbye, but with some good messages for them and some learnt lessons for us. My Dad always talks about his old instructors teachings, and one in particular comes to mind when he tells this story to our iTKD class about how a white belt can teach a black belt, simply by demonstrating a fundamental movement – well, Dad and I took very valuable lessons from teaching this class and were very humbled by their willingness to have a go, even if the odds seemed against them.

I thoroughly enjoyed the session and the chance to extend my TKD knowledge, and I thank all the students and Marina Hanger from the RNZFB for her foresight to show her class something unique outside of their daily activities.

My final notes on this are summed up on a Facebook message I posted soon after the training: 🙏



**Joshua Ebert**

Saturday via mobile 📱

Teaching martial arts to the blind community was such a great experience. I have learnt that you should really enjoy the little things in life and think about what others aren't capable of doing before you say no!!! There will be someone out there that would die to give things ago so take advantage of sight and give everything a try, appreciate the little thing ;)

Like · Comment · Share



# A KIWISPORT SUCCESS STORY

By Master Paul McPhail, VIII dan, KiwiSport Co-ordinator

We are excited to announce the Redoubt North School Scholarship Programme is to be extended further in term 2 2013. A second group of twenty children will be selected to receive the scholarship to learn International Taekwon-Do as part of the school curriculum.

The programme came about following the successful KiwiSport sessions run at the school, which developed into a permanent club for 21 selected children. The Board of Trustees are so impressed with the programme and the positive impact on the kids, they are fully funding a second group.

Congratulations to Ms Lianna McCartney as it is a credit to her excellent teaching ability. It is also credit to our organisation for being able to provide such an innovative programme. We also had talks recently with other schools in the Counties Manukau area interested in starting a similar scholarship structure. 🙌



## CALIBRE TKD



Following in her Instructor Jon Sawden's footsteps, here is **4 year old** Ava Marsters performing a twin-foot front kick!



Lilly Hemara can kick the pad 130 times with a turning kick without putting her foot down. She is 7yrs old, and has been able to do this since she was 6.

## SILLA TKD



Not every Instructor gets to wrap a black belt around his own son. A proud moment for both Mr Gwyn Brown and his son Josh.

# SPECIAL NEEDS TKD

By Mrs Anita Broczek, 4th gup, Legacy TKD, Wellington

Recently when I was asked to assist teaching Taekwon-Do to a group of challenged/disabled adults at Weltec Petone, I was apprehensive but the experience was one of the most rewarding I have experienced.

After inviting me to share my passion for TKD, Mr Lance Brunton (Instructor of Legacy Club Wellington) suggested, in preparation, I watch a Close Up interview with NZ's 2010 Tertiary Teacher of the Year, Scott Bregmen. Refer: [tvnz.co.nz/close-up/meet-nz-s-teacher-year-3715460/video](http://tvnz.co.nz/close-up/meet-nz-s-teacher-year-3715460/video)

Scott won the Prime Ministers award for Tertiary Teaching Excellence and Results, and is the Senior Tutor of the Certificate in Community & Vocational Learning Skills. He runs a course designed to enable challenged/disabled adults, utilising activities such as abseiling, white water rafting... and now TKD to develop life skills, self confidence/esteem and assist them to progress onto further tertiary education and meaningful employment.

Seeing Scott's passion and enthusiasm during the interview had me excited and raring to go. As a mother of a challenged/disabled child myself, I was excited at seeing the possibilities his style of teaching offered.

Scott, resembling a younger version of Billy Connolly with his long curly hair and entertaining sense of humor, introduced us to the thirty or so students with physical, social and intellectual challenges. Some were martial arts fans and excited to get started, while others were not quite so keen. Scott soon had them laughing when he suggested stripping down to their undies and getting going, then Mr Brunton soon told them he'd use the paddle if there was

any trouble! The students were grinning before we got started.

As we began our programme, one Downs Syndrome student when instructed to do standing front snap kicks impressively started doing flying kicks. He gave his all and got right into it, stripped off his shirt and flexed his muscles ready to attack the pad. His enthusiasm in spite of his challenges showed how attitude goes a long way.

One reluctant young lady dressed in a long denim skirt was reluctant to start, but with personal encouragement she was soon flying toward me with powerful kicks that made me worry she would take her feet right out from underneath her with the restriction of her skirt. What spirit!

Clearly a huge fan of wrestling, a strong and quite frankly enormous student (with XYY syndrome i.e. extra Y chromosome potentially causing problems with impulse control) came at me. I quaked in my dobok but overriding my fear, I challenged him to give me all he had. He showed amazing self control but enjoyed every minute of pummeling the pad, boy was I glad there was a pad as he jolted my body around.

It was heartbreaking to hear the history of a young man who had spent so long in an isolated situation that it was a challenge for him to follow a simple sequence of movements, though physically capable. Even press ups were too difficult, feeling so overwhelmed with what was going on around him. With encouragement however he threw one punch – an enormous achievement.

To conclude our session we presented each student with a certificate and posed



for a group photo. Each felt so proud of their accomplishment, grinning from ear to ear as they showed their certificates around, one even said she would put it on her wall.

I thoroughly enjoyed this experience and I am very grateful I overcame my fear and had the privilege of helping these remarkable young adults to overcome theirs and try something new. In one short afternoon they developed confidence in a new skill – and so did I!

If you have an opportunity to help others in a similar way, do it! After all, isn't helping others what life is all about? We shall build a more peaceful world! 🙏

**For further photos and a brief video of the session refer: [www.legacytkd.wellington.net.nz/page4.html](http://www.legacytkd.wellington.net.nz/page4.html)**





## UNDER 18s

By Mr Andrew Salton, VI dan, Strike Force Taekwon-Do Academy

**Shannon twins Shenea and Tiani Whakarau shared the under 18 title for the 2012 female coloured belt division. The girls shared the passion for winning the title, for Shenea it would mean winning two years in a row and for Tiani it would mean equalling her sister's feat of 2011.**

It is unfortunate that the two of them are quite often pitted against each other through lack of numbers and the fact that they are in the same weight division. This can sometimes be disappointing when we travel to Auckland or afar only to have the two face each other, not a coach's ideal situation. The girls were consistent all through the series and their main challenges came from youngsters Ashley Porter and Kiriana Nolan. All four showed great character and were keen on knowing how each of them fared each tournament, which meant regularly checking the results and points table to see if their positions had changed. This all helped make the tournament more exciting and kept all four honest as they all had to be at their best in order to take the title.

Going into the last tournament, I knew it was going to be tough to see Shenea and Tiani stay ahead on the points table with only two points separating first to fourth position. The first event for all four girls was the special technique and power. Shenea won gold and Tiani took the silver while both Ashley and Kiriana missed out on any placing. This now meant that Shenea was now on top, one point ahead of Tiani and five points clear of Ashley and Kiriana.

The four girls were competing against each other in the pattern competition and the draw was very important. In order to keep the pressure on both Ashley and Kiriana, I knew it was important for Shenea and Tiani to gain at least the bronze medal. Fate had it that Kiriana and Ashley were drawn against each other and Ashley prevailed as the winner. Shenea and Tiani also made it into the semi-final but were unfortunately beaten and Ashley went on to win the gold and the three points. Shenea and Tiani got the bronze and the 1 point needed to ensure that the title was going to either one of them.

Now with only the sparring event to come, it looked as though Shenea or Tiani would be crowned national champion. At this stage it was clear that both Ashley and

Kiriana were now out of contention for the title. In the sparring match between Kiriana and Ashley it proved to be a very close encounter with both girls giving it their all, after the initial draw the match was won by Kiriana. At this stage Ashley had 19 points, Kiriana 17 points, Tiani 19 points and Shenea 20.

Shenea and Tiani came up against Jessie-May Kelly in their sparring division. Jessie beat Shenea in a very close encounter; she also beat Tiani to win the gold. I think it was quite fitting to have Shenea and Tiani spar each other in their final match of the series to determine who would take the honours, it gave them both the drive to want to win. Shenea needed to win to finish the outright winner while Tiani needed to win to finish equal first. The match between the twins was the closest, most entertaining match I have ever seen the girls have. There were no punches or kicks being pulled, both girls had pride on the line and showed good determination to out think and outwit each other. In the end Tiani had her hand raised, which meant that the title was shared, and in all honesty I thought that the girls deserved to finish equal.

In the male black belt division Strike-Force member from Horowhenua Trivette Murray also competed in all four tournaments and was in pole position right from the first tournament in April. Trivette showed determination and commitment to win the title. There were lots of good young black belts coming through and Trivette had to work hard to win.

Going into the last tournament Trivette was four points clear of Simon Davis who was lying in second spot on the points table. In the patterns event, Simon won gold and Trivette took the bronze and both boys won their respective sparring divisions. With those results, Trivette took the title finishing 6 points clear of Simon who finished four points clear of third placed Sean McDermott. Trivette also won the gold in his sparring match against Luke Jackson from the South Island.



The girls after they had heard their news about winning the trophy. Shenea on the left and Tiani on the right.

Hine Nolan won the female black belt title and fully deserved it as she dominated her opposition throughout the series. Hine is a young girl that shows good potential and I believe she will do well in the future. She won the title by a massive total of 18 points ahead of second place Angel McCreedy.

I'm not sure as to the future of the winning students, some will no doubt go on and be selected to represent their country at international level. Some will gain their black belt and move on to other things; others will continue their progress in Taekwon-Do and enjoy the new challenges that lie ahead. Whatever path they choose nothing can take away the glory of winning the national under 18 championship title and having their name written in iTKD history. Now that is a hell of an achievement don't you think? 🏆



The author and proud instructor with Strike-Force winners Tiani, Shenea, and Trivette



# NEWS ON TOURNAMENTS

By Mr Gwyn Brown, V dan, iTKD Tournament Advisor

This is going to be a big year in tournaments for iTKD and the Tournaments Advisory Group (TAG). We have made many changes to the way tournaments are run, including changes to the ITF rules. Below you can see a list of the major changes and the reasons why we felt there needed to be a change.

## 1. Changing the iTKD Tournament rules to the ITF Tournament rules.

- It was confusing for our international competitors and officials to have two sets of rules.
- The ITF has vast experience with tournaments, and their rules simply work better.
- We don't have to worry about updating the rules, those with the experience will do this for us.

## 2. Charging for umpires courses.

- We put this off for as long as we could, but like every other department, we now have to work to a budget. And a big part of the TAG budget is set aside for training, so our apologies.

## 3. We have removed each region's right to host the Nationals in turn.

- We hope the Nationals will still move around the regions in turn, and we are going to work hard with each region when it is their turn to host the Nationals. But if that region cannot work to a budget that the TAG sets, then we will hold the Nationals in a region that can. The Nationals cannot run at a loss as it has done so in the past; some regions have run at more than \$10,000 in the red, while others have run at the same figure in the black.

## 4. The TAG will now run all tournaments in NZ above a regional level.

- In the past a region or club could host an Under 18 Tournament or the Nationals, do the draw, organise the officials etc. And sometimes it would be great, and sometimes not so great.
- Anyone wanting to organise a Tournament in NZ where more than

one Region's competitors compete, will now need TAG permission, and involvement.

- We have developed a document outlining what the organisers will be responsible for, and what TAG will do. Essentially TAG will do the draw, organise the officials, and run the event, while the organiser will find a venue, get the rings set up, and provide support staff.
- Experience gained from running events will be retained and built on by TAG members. When new members are added to TAG, they will learn the ropes etc.
- The TAG won't be involved with any regional tournament, or interclub event etc, unless specifically asked. We want these events to be where members practice organizing and running skills.

## 5. Setting all Tournament dates at the beginning of the year.

- This is so that competitors that are travelling can see what events are on, and then hopefully book cheaper flights etc.
- All dates for the Under 18's will be announced in February. If they are not 'claimed' by a host, they will all run in Auckland.
- We are proposing to permanently hold the Nationals in July. We are open to suggestions of course, but we feel that if we all get used to them always being around one month of the year, we can all plan a little better.

## 6. Introducing a 'B' grade umpires course

- Members will no longer be able to gain a 'B' or even an 'A' qualification simply by being watched at a tournament.
- The B course is an intense 2 day course covering all roles. The first day is theory, while day 2 will be officiating at an Under 18, or similar tournament. Candidates will be under the spotlight and marked accordingly. We hope to roll this out about July 2013 for the first 20 participants. Our long term goal is to have 60 B officials in 3 years, who are exceptionally good, and ready to officiate.

## 7. Staying with the Under 18 Tournaments

- Reading the survey feedback, and talking to a lot of seniors and juniors, we have opted to stay with the Under 18 Tournament series.
- The Star series caused as many problems as it solved. Yes seniors could enter, but we were always short of officials, as they were competing, and we are not in favour of officials in Do Bok.
- We are however holding a one-off seniors Star Tournament on the 1st September in Hamilton. Open to seniors only, in age grades (18-25, 25-35 etc). We are also hoping to be 'staffing' the event with junior officials as they can't enter. We really want this to be a fun family event.

## 8. Splitting of the Tournament Advisory Group

- At the TAG meeting on 2/2/13, we split the TAG into two separate groups, one to be in charge of Officials, and one to run Tournaments. These two groups work closely together but each deals with their own specific area.
- The Officials group deals with training, appointing officials to rings at tournaments etc.
- The Tournament group runs the Tournament, works with local organisers, sets budgets, does the draw etc.

## 9. Umpires Qualifications

- We have changed the umpires qualifications process in NZ.
- iTKD "A" Grades have been removed, only 4th dans and above can be an ITF 'A'.
- iTKD "B" Grades shall be reserved for 1st – 3rd Dan and above.
- iTKD "C" Grade shall be reserved for coloured belt students and for anyone else who would like to be involved in officiating at any capacity – Jurors' assistants, Corner or Centre Referee – there may be people that are interested in becoming an iTKD Official with



no knowledge of the Taekwon-Do Patterns, then they can earn a "C" grade qualification but will not be able to referee a pattern competition.

- The "B" grade qualification is the highest any iTKD referee can grade to at any of the iTKD courses. Any 4th Degree and above wishing to grade from a "B" to an ITF "A" grade is required to attend an official ITF course.
- Note: The iTKD "B" grade qualification shall also be the equivalent to an ITF "B" grade qualification.

The TAG has been busy running courses around the country and at the time of writing this, Auckland, the South Island and Central Districts courses have been completed, with the remaining two regions to go. We have also just received an update from the ITF so there are again more small changes to the Tournament Rules and procedures, not major ones, so anyone that attended the update courses will still be fine, but you will need to be aware of them through the new documents posted on the iTKD website.

For those of you that didn't get to a course, you will not be able to officiate at any tournament above a regional level, unless it's just as a corner referee, until you do one of the remaining courses, or a future one. There are just too many major changes between our old rules and the new ITF ones.

## Qualifications

The other major change overall this year is the new qualifications system for members, as you can see above. When we reviewed all previous qualifications, we could see that some members hadn't completed an update course for 10 years, but still held a current qualification. This isn't a good idea; anyone that just relies on attending events to update their knowledge will miss out on vital training and will make incorrect decisions based on this.

So the system we have introduced still involves the two separate levels, our iTKD courses, and the ITF courses. Why have the two separate levels when we now have the one set of rules? Well, we don't have just one set of rules either; technically speaking, as we have had to add in rules



Pee Wee Tournament Series 2012. Photo by Paul McPhail

for coloured belts, pee wees etc. So there is a document on the website that covers these 'additions'. The ITF deals with rules for either the World Champs, or the World Cup, either of which don't work for an under 18 tournament in NZ. Also, the ITF don't make allowances for beginner referees, which we need to, so we still need the two different levels.

An iTKD 'B' qualification is the highest any NZ official can gain in NZ, no matter your rank. These used to be awarded after 'observation' at any tournament. If the observer, a suitably qualified TAG member, thought you were good enough to be a 'B' or even an 'A', they made it so. The old 'P' grade has also gone. This stood for Premier, and you had to be invited to be one. There were only a handful of these in the country and to be one required you to competently handle all the tournament umpire roles before being promoted to the 'P's.

The system we now have for an iTKD qualification has two courses available. The introductory 'C' course, where all areas of being an official are taught in a

more generalised format, and the more comprehensive 'B' course. This is a new 2-day course we are developing which will accompany the second Under 18 tournament held in July. At this course, all areas of officiating are covered again, but in much greater detail, with a comprehensive theory exam as well. Saturday is theory and practice and on Sunday, candidates attend the Under 18 tournament and are put through the wringer for their practical exams as officials. Our goal is to have 60 very competent officials within 3 years.

The other level of qualifications are of course the ITF's. These involve attending one of the Umpires courses they run, usually accompanying an IIC but not always. The ITF also has two qualifications available, 'B' & 'A'.

The TAG would like to thank members in advance for their patience this year with all the changes happening. We know there will be some instances at tournaments where officials, coaches and competitors take a little time to get used to the new rules, and so we all get to practice the 3rd tenet together! 🙏



# INTERNATIONAL INSTRUCTORS' COURSE

By Mr Peter Gudsell II dan, Kickin Kids Mt Albert

**The ITF International Instructors Course was held over two days in February 2013. This meant we had the entire ITF Technical Committee in New Zealand helping us improve and maintain our already high technical standard.**

The Grand Masters deliver an informative, engaging and fun course. They are definitely intimidating because of their years of training, skill base and knowledge and yet are still very relatable and able to convey information and teachings in an interactive and interesting way.

2010 was the last time we held an IIC – the 50th, which I attended as a 1st dan, and I have been looking forward to another one ever since. It gave a real boost to my technical knowledge, ability to teach and also a dose of motivation around how much more there is to know than I currently do. This IIC did the same. In my opinion I need to be there not just as a student but also I consider Instructors have



a moral obligation to their students to keep current, keep learning, and make sure they are teaching correctly.

As I hope to be grading soon with three of my family, I had added reason to be there. I cannot think of a better way to improve quickly than to get some tuition from the International Technical Committee – and also all of our own Masters, some visiting Masters and most of New Zealand's instructors. So myself, my wife Joanna and our two eldest children Joshua (16) and Sarah (13) took the Friday off from work and school and headed along to the AMI Stadium in Auckland.

Once you are in dobok (ironed of course) and ready to go, you notice that even the form-up is charged with extra tension as you wait for the Grand Masters. As a 2nd dan I feel like an absolute beginner as I form up in around row fifteen and look at the senior belts in front of me. The nerves

settle down quickly though as you get in to a familiar rhythm of exercises, line work, patterns and drills.

The Grand Masters take turns at tuition so you are constantly kept challenged. The course was broken into segments over the weekend and often split into two groups e.g., 4th dans and above in one group and 3rd dans and below in the other. It was an amazing two days of everything from warm-ups and stretching to patterns, applications, sparring, and self defence.

As a family we've come away feeling that we are keeping current, we have received that dose of high powered tuition we wanted and we understand more about



our art – which makes it more effective. We have also learned more about our own failings, and can now recognise areas of improvement we couldn't beforehand.

And did I mention the stories from the Grand Masters which add a richness and depth to your understanding of International Taekwon-Do?

To finish here are a few practical outtakes for me – if they are of use please use them:

The Grand Masters are very flexible so I have no excuses and must just stretch more.

**Warm-up and strengthening** activities when played as a contest or game are very enjoyable. Some I have brought into class include:

- Hold one of your partner's legs and try to pull them over; and then push.
- Shake right hands with your partner

and hold the left leg up as high and as long as possible – then swap hands and legs.

- Stand up from the floor while being back to back with your partner – as slow as possible.

## Sparring

- Don't step before the attacking movement as you're telegraphing it.
- Aim to attack either high or low, not for the torso as it is too easy to cover.



**Patterns** – we went through every pattern and I have at least 4-5 points of reinforcement or improvement on each. One aspect which applied across a number of movements was the hips, e.g. the hip needs to be full facing at the high point of the walking stance for the punch. In general, watch the hips more to see how they are adding to or subtracting from the power being delivered.

## Step sparring

- Should be realistic and should hurt.
- Aim for vital spots that will debilitate the opponent as it is the closest thing to street defence we have, e.g. a pressing kick to the knee area is an effective counter.

I am already looking forward to the next IIC. My challenge to you is if you aren't already eligible make sure you are, and I'll see you there. 🙏







***Above: Masters present at the New Zealand IIC:***

*Master Ottesen (Canada), Master Barbour (Australia), Master Bhana (NZ), Grand Master Bos (Italy), Grand Master Marano (Argentina), Grand Master Lan (Germany), Master Daher (Australia), Master Davidson (NZ), Master McPhail (NZ)*

Photos courtesy of Paul McPhail and Doug Hanna





# HOW TAEKWON-DO TRAINING CAN INFLUENCE ONE'S OUTLOOK ON LIFE

## Part two

By Mr Norman Ng IV dan, Pioneer of Taekwon-Do in New Zealand

*iTKD's founding instructor Mr Norman Ng continues his insightful explanation of how Taekwon-Do training can influence our lives.*



The author – Mr Norman Ng

Number 5 is **TRUST**. We treasure money, don't we? We like power, all of us. That's why we want to become president, because we like power. Possessions like big houses, nice cars, pretty women or handsome men and most of us want more and more. I mean the more money you've got the more you want to make. Today you've got a Jaguar, tomorrow you want a Rolls Royce. We are never satisfied, that's human nature. It is these desires which often tempt us to do things out of character, that's why some of us go and murder somebody, commit a crime, because of these temptations.

But these are material things, visible things. Trust is an invisible treasure. We all try to develop trust, to trust others and want others to trust us. However, it is not something that comes right away; it takes years to build up that trust. The bond between you and your parents, the trust, has been formed over years and years since you were born. And the trust between friends has been formed since you've known each other for many years. You don't trust a stranger do you? That's because you can't find a bond. So trust doesn't come easy. So you should develop your reputation until those you come into contact with will trust you, and you cannot determine how long it's going to take because sometimes it never comes, and there's always somebody who will never trust you. The bank is one - they don't trust anybody! No, to earn trust you've got to put effort into it and be vigilant in whatever you do. Always work at it by taking care of other people the same as you take care of yourself, because that is the way to form trust and a good reputation.

You're thinking oh well from now on I'm going to work doubly hard to get through my exams. OK you tell everybody that, and the whole community knows you said that. And then after one month you're starting to flag out and you're not working hard, not handing in your assignments; you're not doing anything. You turn up late for work and whatever. That's not the way to build up trust, is it? Here's another case. Some of you will tell your parents you'll be home by midnight, but you end up at a social or

somewhere and you don't get home until 4 o'clock in the morning, and your poor parents are waiting at home wondering what happened to you, maybe an accident or something. Is that the way to build up trust between you and your parents? But if you come back at 12 o'clock and you do that a few times your parents will trust that you will do the right thing and not betray their trust. Nothing is worse than betraying that trust. Even if you break that date with your girlfriend or whatever at the time you come home at the right time. That's what Cinderella did isn't it?

If you do a few of these bad things, the trust people bestow on you quickly disappears. Do the wrong thing and people don't trust you any more. It takes only one moment of indiscretion to lose a lifetime of work in building trust. Some people just commit one mistake in their lives and they pay for it forever more. It's cruel, isn't it? I've been working hard for 40 years to build up a reputation and yet in one moment I've lost it. Think about it, is it really worth it? That's the temptation you see. Whatever you do, it is within your power to maintain the goodwill and trust of your friends, family and associates.

What is the most difficult challenge you have faced to date? Ask yourself that, I won't go through the whole class. I think it's **EGO**. For most of us anyway. Through Taekwon-Do we have developed self-confidence, self respect etc and that is good. However, if we have too much of the wrong ego it could impede our natural development and our relationship with others. To struggle to overcome ego is like the struggle with weeds in the garden. You weed them, they are gone, but after a few days they come back and you've got to weed them again, or apply weed killer. But even then after a few weeks they'll come back again.

Similarly, we continue to struggle to overcome ego. Too much ego affects the way we see things and the way we behave towards others. The body language often gives it away. Some of us think we are the best in Taekwon-Do so we behave

with a certain amount of body language thinking "I'm the best". But there is always somebody who is better than you are, that's why martial artists throughout the world, throughout history, have thought "this is the best", but there is always somebody better. So ego is something we need to control. And if you have an egotistical attitude you are forming a barrier to your continued development and personal growth. So we have all got to always be vigilant to put down this ego of ours because it is going to crop up from time to time and that is really an important issue for all of us. Even at my age I think I still have some ego as well, but I try to bring it down.

Next I want to talk a little bit about the power of your **WORDS**. Your words are the representative of your heart. The way you speak to people represents what's in your mind and in your heart. What you say is your responsibility and yours alone, and you must be careful that what you say is what you really meant to say. Sometimes what you say may not have the same meaning to the other person who hears it. So you say I really meant that, but the other person took it with a different meaning. If you lose your temper or say something unforgivable without thinking, it is not enough just to say you are sorry, and you didn't mean it. Often it displays your character; your mind, your heart, and others will see you in a different light.

You may have a friend and one day you get into an argument, you abuse him and say a lot of things you didn't dream possible. The next day you say sorry, I didn't mean it. I don't know what came over me. Superficially your friend will say don't worry about it but in his heart he becomes vigilant against you, he can no longer treat you as a true friend because you said some things which hurt so much he cannot forgive you in his heart. I'm sure you have experienced something like that. So think before you



*This article is the transcript of Mr Norman Ng's final talk to Black Belts in Palmerston North, December 1995, originally published in TKD Talk Newsletter in the late 90's. We will republish this article over two issues as it contains such valuable information of benefit to all of our members.*

say something, and when you get into arguments with your girlfriends, brothers, sisters, fathers, whoever, just walk away for a few minutes and say nothing, then come back. That's the best way to deal with the situation. Otherwise you keep arguing, shouting louder, and where do you stop. Don't just walk away, say please excuse me for a minute, I've got to do something. Go and calm yourself down and then come back, that is the best way. So we must learn to control and choose our words with care. Particularly in a sensitive situation, and when we are most upset. Precision with words comes only with practice, so therefore you should practise what you are trying to say. That's why we have oral tests in our gradings, to see whether you can express yourselves intelligently.

**STIFFNESS.** During training, when the instructors come along and curse you by striking you or something like that, you will tense up and become stiff to resist that strike. This is the stiffness of your body. You

can feel the pain and the tightness of your muscles, you can feel your physical stiffness. How do you know about stiffness of your mind? With Taekwon-Do training you can overcome the stiffness of your body, but do you take the same care with your mind by maintaining good balance and harmony? During Taekwon-Do training you must also try to overcome your mental stiffness by taking care of your mind. To achieve this you need to practise the tenets of Taekwon-Do, and I believe the tenets of Taekwon-Do is stiffness between Taekwon-Do and many other martial arts: practising courtesy, integrity, perseverance, self control and indomitable spirit, inside and outside the dojang. It is so important to practise that. If you practise it over the years from now on, even if you haven't done it before you start from now on, until you go to the grave, the tenets of Taekwon-Do will be true to you. Ask yourself, am I always courteous to my juniors, to my seniors, to my friends, relatives and parents? Or do you always

argue or sneer at each other? Be honest, can you overcome the temptation? If you found a wallet, would you take it to the police or would you keep it? Particularly, if there was a couple of hundred dollars in there. Nobody knows you have found it. That's your integrity and your conscience.

Do you give your training 100%, trying to excel, or are you just going through the motions? A lot of us do that, just go through the motions. Even in your jobs, do you just stay there forevermore because you had no motivation to improve yourself and be a little bit more ambitious. Are you at harmony with your daily life? Are you worried about material things, envious of others, always finding fault in others and saying bad things about your friends, particularly behind their backs? If YOU do, you are discontented and you have a really stiff and inflexible mental attitude and we need to overcome that. 🙏

**Continued in issue 2, 2013**



# IN THE BEGINNING

By Master Evan Davidson VIII dan, President of iTKD

Master Davidson was there at the start of ITF Taekwon-Do in New Zealand. On his promotion to 8th degree he tells about those days and how our organisation came to be established.

I first heard of Taekwon-Do and started learning it back in 1972, when I was in Singapore with the New Zealand Army, based at HMS Terror Naval Barracks in Sembawang. From my knowledge then, most if not all Taekwon-Do Do Jangs or Clubs in Singapore around that time only knew of and practised the method and systems of the International Taekwon-Do Federation (ITF), whose president was the founder who gave the Art its name, General Choi. I also trained at the Chong Pang Taekwon-Do Club and at the Johore Bahru Hindu Youth Taekwon-Do Club in Malaysia.

With only a small number of ITFTaekwon-Do Do Jangs operating in Wellington in the early 1970's we were given the honour and opportunity to undertake demonstrations for the South Korean Embassy at various International Trade Events. The "World Taekwondo Federation" (WTF) had not been established at this time so the Embassy had requested our ITF Do Jangs to put on Taekwon-Do Demonstrations for them.

It was through this link to the Embassy that I and other Instructors were soon invited to meet with a Korean Instructor who had arrived from South Korea. This Instructor happened to be Mr Lee Jung Nam, the person who had graded me to my first two Gup grades in Singapore in 1972. At this meeting with Mr Lee, I was offered a level of 4th Dan Black Belt if I changed allegiance from the ITF to his WTF. To do this would mean learning new techniques and patterns. I was not convinced this was the right thing to do so I refused his offer. With Lee also claiming his skills in Hap Ki Do he was able to get sponsored to stay in the country. It was from this point on that the WTF gained a foot hold and got established in New Zealand.

In Oct 1975 I was then introduced to a Korean ITF Instructor who was resident in Sydney, Australia, Mr Young-Ku Yun (6th Dan). Mr Yun was President of the



Johore Bahru TKD, Malaysia 1973.

Australian Taekwon-Do Academy and also had a strong association to General Choi's International Taekwon-Do Federation. It was the first time that myself and a number of other New Zealand Instructors got to train under a Korean Instructor who new and practised the original ITFTaekwon-Do of General Choi.

It was decided then to affiliate our clubs/ do Jangs to the Australian Taekwon-Do

Academy under Mr Yun. This was the beginning of a long association with Mr Yun, who would travel regularly to New Zealand, from his base in Sydney, to conduct seminars and promotional gradings.

In May 1976, Mr Yun brought General Choi across to New Zealand from Australia to have an initial meeting with some of our instructors (see

photo above). This was a major milestone for me as it was the first time I had met the General. The meeting was held at his hotel in Auckland and it was here he also personally gave a couple of brief Taekwon-Do lessons in the hallway of his hotel.

General Choi returned to New Zealand again in January 1978 and attended the 1st South Pacific ITF Tournament held in Lower Hutt, Wellington. Participating



Left to right: Mr YK Yun, Mr Willie Lim, Mr Harry Hemana, General Choi, the author, Mr Padre Tairea and Mr Chan Seng Chee





Master Davison (left) and training partner in 1973

countries were New Zealand, Australia and Fiji.

The General also conducted seminars for our Instructors and whilst meeting with him in Wellington he asked that I help to establish a New Zealand National Organisation which could affiliate direct to the ITF. It was also during this visit that Mr Yun was promoted to 7th Dan, Master Instructor by General Choi.

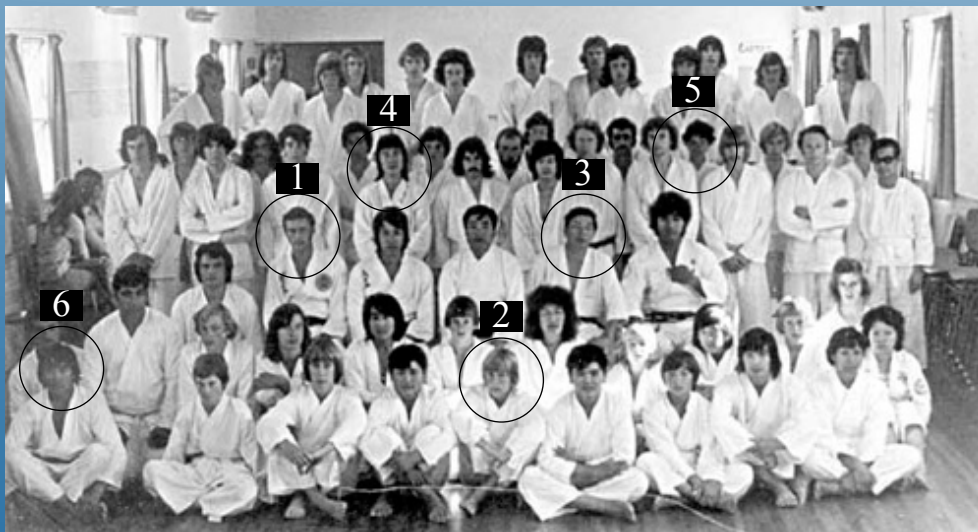
We remained part of Master Yun's South Pacific TKD Federation but this was the forerunner to the establishment of our own New Zealand National Organisation, iTKD, in 1981. 🇳🇵

## TKD TIMELINE

11 April 1955	'Taekwon-Do' and the naming board
Sept 1959	Korean Taekwon-Do Association Formed (KTA) President Gen Choi
1959	Taekwon-Do introduced to Vietnam during war time – Nam Tae Hi
1959	1 <sup>st</sup> Training manual on Taekwon-Do published in Korean language
Feb 1960	Gen Choi travels to USA
16 May 1961	South Korean President, Sygman Rhee overthrown in coup d'état.
1962-64	Gen Choi – South Korean Ambassador to Malaysia. Taekwon-Do then introduced to Malaysia and Singapore
1963	Gen Choi has Kim Bok Man and Woo Jae-Lim to assist him in Instructing of Taekwon-Do
Aug 1965	1 <sup>st</sup> Training manual in English published.
22 March 1966	International Taekwon-Do Federation formed (9 Countries)
1967-69	Power struggles to control Taekwon-Do
1968	1 <sup>st</sup> International Championships aborted.
Oct 1969	1 <sup>st</sup> Asian Championships under ITF held in Hong Kong
1970	1 <sup>st</sup> International Taekwon-Do club established in New Zealand
Aug 1971	Gen Choi prepares for self-exile from South Korea
3 Jan 1972	Gen Choi departs from South Korea to Toronto, Canada.
1973	South Korean President Park Jung Hee tries to encourage Gen Choi to return to South Korea.
1973	Establishment of the World Taekwondo Federation (WTF)
4 July 1974	1 <sup>st</sup> International Taekwon-Do World Champs, Montreal, CANADA
Oct 1975	Introduced to Korean ITF Instructor Mr Y.K.Yun.
May 1976	Gen Choi 1 <sup>st</sup> visit to New Zealand to meet Instructors.
Jan 1978	Gen Choi returns to New Zealand for seminar and to attend 1 <sup>st</sup> South Pacific Taekwon-Do Tournament (Australia, New Zealand & Fiji)



# *Early Connections*



In April 1975 Mr Evan Davidson attended a grading in Palmerston North as a guest instructor. Little did he know that in that group were students that would one day become his fellow instructors.

1. Evan Davidson 2. Paul McPhail 3. Norman Ng 4. Michael Lowe 5. Richard Hall  
6. Barry Leong (Don Leong's Cousin).



Evan Davidson (3rd dan) and Paul McPhail (2nd dan) performed a series of demonstrations around Wellington in early 1981.





Richard Hall and Paul McPhail

**Khandallah club in  
Wellington in the  
early 1980s.**



Evan Davidson and Paul McPhail



Left to Right: Richard Hall, Evan Davidson, Paul McPhail and Gwyn Rees.

# FROM VICTIM TO VICTOR

By Rana Moanaroa II dan, Redwoodtown

Cast your mind back to a time when you've seen a child crying or hitting, or one in a classroom who's quiet and not interactive or even one who is a social butterfly, confident and happy go lucky, and if I was to ask which one of these kids were a victim of abuse would you be able to tell me?

The answer is you cannot tell at a glance and therefore the abused child will be overlooked and the abuse will come to the forefront in other behaviours such as anti social behaviour, self doubt, lack of trust and so forth.

This is what happened to me. I was born in the 80's to an alcoholic father and oppressed mother. I was the seventh child in a family of 9, 5 older sisters, 1 older brother and 2 younger sisters. In a family this big we all have our stories but I would like to tell you mine.

I grew up hyper vigilant not wanting to make mistakes as making a mistake would equate to a hiding at the hands of my father. I would routinely get a punch to the head or a hose down the forearm for little things like making too much noise or doing my homework wrong. This continued up until my mother's divorce from my father when I was 7 years old. When I was 8 years old my mother thought it was a good idea for me and my brother to live with my father. We moved to Tauranga as a family, then after a month my mother had moved back to Blenheim with my sister while my brother and I were at school without any knowledge of this, leaving me at the mercy of my father. At this time my father had his gang friends over every night partying where I was cooking them food at 2am in the morning before leaving to go to school at 7:30am. The abuse escalated to more serious abuse as in one incident I was learning to play chess and made a tactical error which resulted in having my head split open with a 3cm gash which he then continued to assault me while I was unconscious only to wake up with my sister yelling at him. A few months later our house burnt down. All managed to get out but it resulted in us living in a caravan in which the partying and abuse continued.

Fast forward to the age of 10 when my mother finally came up from Blenheim to get me and my brother after a year



of weekly phone calls pleading with my mother to get me which also resulted in another hiding. It was at this point I started to show my resentment through negative physical outlets such as ruining the house and fighting with people. I was that relentless that as a 10 year old I was going to stomp on a 14 year old's throat after a one minute barrage of punches to his face and abdomen while sitting on him because he called me the N word which I didn't know what it was but knew it was an insult, only stopping because my brother told me to stop. I got that out of hand with not going to school and being unruly I was forced to leave my mother's care and find another guardian or be forced into a residential home for unlawful kids by CYFS.

Fast forward to the age of 19 years, seven of the past nine years spent as a recluse living with my older sisters and their families. Depression and anxiety now being a huge part of my life I wasn't doing anything productive, spending most of my time watching martial arts movies and playing video games. I joined a Capoeira group where I met Mr Russell Stuart (then a 2nd Gup in ITF Taekwon-Do) by this time I had done other martial arts and was reluctant to join as I was afraid it would be too strict and not have the family aspect I was looking for...Boy was I wrong.

Redwoodtown Taekwon-Do being run by Mr Nathan McKendrick had a good balance between family and structure, also Mr McKendrick himself was a very talented practitioner which then inspired me and my newfound buddies Mr Russell Stuart and Mr Shane Eade to try and catch up by

spending every waking moment training, which formed a strong bond between the three of us providing me with a family I had been longing for.

It has been my goal since my first gup grading to become an instructor to provide this family environment to those who are in need of it as much as I needed it. I have been an instructor since 2004, have met a lot of wonderful people, and it has provided me with focus throughout my adult life so when the tough times are tough I don't sink as low as I would without Taekwon-Do. Although I still battle with depression, low self esteem and anxiety I know without Taekwon-Do it would be worse for me in my day to day life.

Taekwon-Do has allowed me to obtain a focused mind, a disciplined body and a pure spirit which I then pass on in the teachings and give wrap around support such as crisis callouts, amateur counselling sessions, an open door policy to our home, daily contact with parents down to even home maintenance and lawns for my students who are struggling and feel alone in the world. As to me, my family are my wife Shana and 2 daughters Mylee and Mayara, my adopted kids Richard and Christina, my foster kids through CYFS, the students of Redwoodtown Taekwon-Do and the community as a whole. Which is what my understanding is of General Choi's desire for the true purpose of Taekwon-Do: not to become a fighter for fighting's sake, but a warrior of life making the most of one day to provide a serene sunrise for the next.

Making me a victor not a victim. 🏆



# THE BIG QUESTION – DISCUSSION AND DEBATE IN ITKD

By Brian Ricketts Il dan, Te Awamutu

Reconciling the rules of conduct and etiquette in Taekwon-Do with my distinctly western upbringing is something I frequently grapple with. I'm certain I am not alone in this. We live in a society wherein most of our laws, our moral and ethical values and our codes of conduct have origins that are deeply embedded in the philosophies of ancient Greece, the beliefs of a Judeo-Christian heritage, and all sorts of things that happened in greater Europe over the last two millennia. Our system of government can probably be traced beyond the Magna Carta (1215). This then is the context into which Taekwon-Do is adopted; a martial art with a distinctly oriental origin.

So what then is my problem? It boils down to wondering, questioning, debate and disagreement, all of which are deeply embedded in most New Zealanders' upbringing. However, for the average student these are virtually absent from the everyday life of New Zealand Taekwon-Do. Contentious issues are rarely expounded in TKD Talk, the Black Belt Forum or the iTKD website. And yet the society we live in requires, or at the least would like us to reflect on, our individual and collective responsibilities at large, as expressed in the discussions and debates we have. For example, the kind of government we want, policies and laws that end up having an impact on our daily lives, whether they be of economic import or related to more ethical problems. Beyond national governance we also need to become involved in rational debates about topical issues like climate change which spans the gamut of science, politics, economics, social order, or moral dilemmas centred round issues such as rights and freedoms.

Discussion and debate are in fact a huge part of what makes democracy tick ('transparent' is the current buzz word) – democracy would cease to exist if the right to freely discuss and debate issues were removed. Of course this inevitably includes disagreement in debate. But disagreement in itself is healthy, so long as it is dealt with rationally. The profession I have been deeply involved with for more than 40 years, geoscience, is no different. I think it is fair to say that science in general would also cease to exist as a viable and vigorous journey

into the unknown if discussion, debate and dissent were discouraged. In fact, it is the very nature of dissent that often leads to scientific discovery. Sir Isaac Newton, whose science most of us will have some familiarity with (popularised by the statement  $F = ma$ ), made his discoveries on the heels of such famous dissenters as Copernicus and Galileo (despite threats of incineration by the Church authorities of the time). Newton too debated and theorized during a momentous period of Western history, the Enlightenment. It was a period characterised by scientific, political, and philosophical discovery, enlightened by debate – and more debate. It was the period in our history that set the scene for modern western civilisation (the good, the bad and the ugly). General Choi made use of some of the discoveries of these times by incorporating Newton's science into Taekwon-Do technique and the Theory of Power. However, he did more than this; he advertently or inadvertently (I'm not sure which) provided the where-with-all for students to question and debate issues concerning Taekwon-Do by virtue of the history and heritage embedded in Newton's ideas. And herein lies the problem. The general membership, that constitutes about 95% of the organisation, rarely gets to hear about or be involved in the meaty discussions that potentially shape Taekwon-Do and the operation of its national body.

Despite a general recognition that iTKD (and for that matter ITF) are run on democratic principles, the structure and decision-making apparatus of our national organisation are very top-down, predicated mainly on the system of rank. So for example, as a common student on the Dojang or reading TKD Talk will become aware of decisions concerning governance, or the structure of committees, or the basis for setting registration fees, or some technical aspect of Taekwon-Do (e.g. the self defence teaching program), often without reference to whatever rationale might have been used to make the decisions; the common student on the Dojang may have no idea that such decision-making was even taking place.

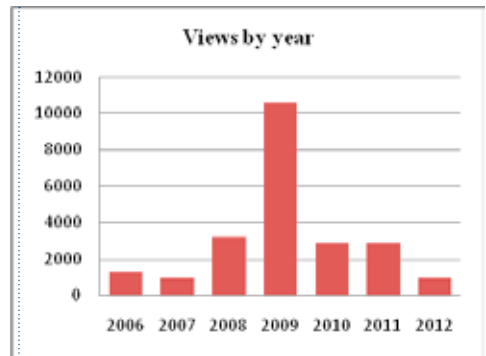
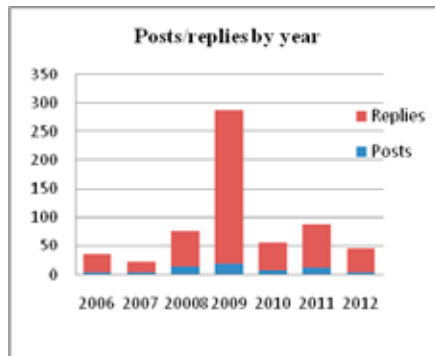
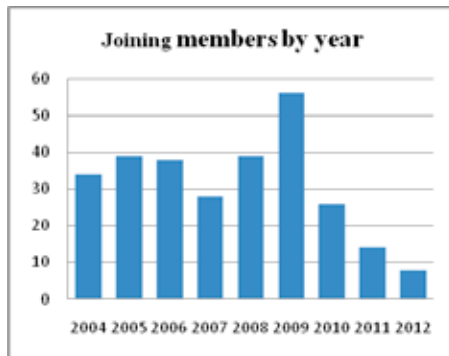
Our national Taekwon-Do organisation needs a healthy dose of open debate about



its governance, operations and technical aspects of Taekwon-Do to remain vital. Of course we have rules about the time and place for discussion and debate, dictated, for example by our understanding and acceptance of such things as the student-instructor relationship in the Dojang. And whereas I am not likely to challenge in debate the whys and wherefores of Taekwon-Do techniques with any senior ranks, I would feel no such reluctance in (respectfully) querying some method of teaching, administration or governance if I thought it necessary. I fully expect that there are discussions and debates in the various iTKD management committees and subcommittees, but news of such discourse rarely filters down to the common student. I personally find this a bit disconcerting. It would be silly, of course, to expect that all decisions, including the most



## THE BIG QUESTION CONTINUED



iTKD member Forum Stats

trivial should be up for general discussion. Some discussions clearly need to be kept under wraps, for example certain business decisions may need to be kept confidential for tactical reasons, and the committee that deals with specific cases of errant discipline is not going to publish details for reasons of privacy and simple professional conduct. However, if the Discipline Committee (for example) were to change the rules for dealing with discipline problems then I for one would like to know the rationale for such changes; (1) because I think it would be the professional thing to do, and (2) because such rules may become publically available at some time (e.g. via the Charities Commission), and the way they appear to the public will reflect on all members of the organisation. In a broader sense, being able to ask such questions and have them answered further reflects the degree of transparency in the way iTKD operates. There are consequences for any organisation that either does not allow its membership to ask questions, or when asked does not provide reasonable answers. Failure to ask such questions openly and to have them answered openly can only lead to disgruntlement and dissension in the ranks (sic), often in hushed tones in a far-off corner. One only needs to look at the history of global Taekwon-Do to see that unrequited dissension can and has led to significant upheaval and fragmentation of the Art.

The Black Belt Forum is one of the few platforms in our organisation where rational discourse and debate of the kind noted above can take place amongst all BB members, regardless of rank (note that this does exclude Gup students, no

matter what their age, experience and accumulated wisdom). The Forum began life in February 2004 as a vehicle for announcements to club instructors (thanks to Mr Neil Breen for providing some historical information). Other forums were subsequently added in order to streamline communication within committees and sub-committees. Access to these forums is restricted to group members. The open Black Belt Forum began late in 2005, with a "welcome" message from Mr Breen. Since its inception there have been about 1600 original topics posted in both the 'private' and open forums, which have subsequently generated several thousand replies and views (a view is counted when someone reads the post but does not add commentary themselves). Putting this into perspective, by the end of 2012 there were 468 black belts registered with iTKD, of which 282 were registered users of the Forum (60%). Of these 282 registered users, 126 had posted a topic or reply over the period February 2004 to December 2012 – i.e. 27% of our total (2012) black belt population. The graphs opposite summarise historical usage for the open Forum (data for private forums is not available).

Unfortunately the Forum has not been used much lately, except for the odd announcement, and even when used it seems to be the same people who make contributions. There has also been a steady decrease in the number of new registrants since 2009. Does this reflect a feeling that the Forum is no longer relevant, or that people have too many other tasks taking up their time, or that it is boring – no doubt there are other possible reasons,

and I don't have a ready answer for any of them. It is also possible that younger and/or lower ranked students may be reluctant to question and debate senior members, reflecting that well-known statement in the Student Oath.

Are there barriers to debate? A general condition outlined at the inception of the Forum is that Dojang rules apply to any discourse. Does this mean that lower ranks cannot disagree with higher ranks, or that younger students should not disagree with older students? I think not. If this were the case, then the website title of "Forum" would be entirely misleading; if this were the case, the Forum would amount to little more than pronouncements from highly ranked people with no room for comment, or more mundanely the Forum would serve no more purpose than a 'Notice Board'. As the graphed Forum data shows, the number of posted discussions over the years has been relatively constant, except for the large blip in 2009 that was the result of intense interest in the new branding and changing identity of iTKD taking place at that time (in fact 2009 was also a banner year for Forum registration, probably for the same reason). A perusal of the commentary that ensued over this period shows quite clearly that students of any black belt rank could enter into the discussion as long as they were mindful of the etiquette that is important in any rational debate. Other posts have varied from questions or comments about specific Taekwon-Do techniques, methods of teaching, how students learn or how they present at gradings, problems at gradings, how to keep your Dobok white, the tenets, the Do, several on-line polls,



announcements, and so on. I hope this kind of dialogue continues. But I would also like to see the Forum being used for discourse that questions directly important aspects of how iTKD is operated, is governed, and its state of well being. There is a wealth of accumulated wisdom in all those coloured and black belt students that do not belong to any of the committees – it seems a shame to waste it. And if certain discussions take off, perhaps someone could present the posts in a TKD Talk article. For example (and the questions below are really only a stream of consciousness set of ideas – there is a multitude of other questions):

- Does the membership think the re-branding of iTKD has produced the desired results (perhaps following on from the 2009 discussions)?
- Is there registration of new members across all age ranges – if the data is

skewed towards one age range or another, does this reflect a perception that the organisation is not catering sufficiently to these age groups? Does it reflect some other problem?

- There appear to be problems with student retention; do we understand this? What can be done about it?
- Are all clubs financially sound; do we lose clubs each year because of financial difficulties, not enough students etc?
- Some clubs recently have left our organisation – why? Is this an indication of something systemically wrong?
- How are our annual registration fees distributed across iTKD?
- Why are some black belt grading essays embargoed?
- Our constitution is under review. Will all stakeholders (at least those old enough

to vote) get the opportunity to submit comments before it is ratified?

The end-game here is not to query different aspects of our organisation just for the sake of it, but to encourage dialogue; the better our student members understand the workings and machinations of iTKD, the less likely that the organisation will self destruct.

The Black Belt Forum is one venue for general discussion – I would like to see it used for more robust debate. TKD Talk and e-letters to the membership also are easily accessible. The bottom line for me is that if we simply turn up to club trainings twice a week without a thought for the greater good, then don't be surprised to wake up one day, as the citizens of Cyprus have recently discovered, to find the edifice that sustained them has disintegrated. 🏠



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# QUALITY STRENGTH TRAINING FOR TAEKWON-DO

By Mr Kerry McEvoy III dan, MHS, BA(HMS), CSCS

## “It is not what you do but what you put into what you do that counts”

Taekwon-Do is a skilful martial art that requires precision, balance, flexibility, stability, fitness, strength, speed and power:

Strength training is a vital fitness component for both the art and sport of Taekwon-Do, as it not only enhances strength, power and speed, but also improves joint stability and reduces the risks of injury.

Most professional and Olympic athletes incorporate strength training as an essential part of their training regime for these obvious benefits.

One of the biggest obstacles to doing strength training for Taekwon-Do practitioners, athletes and even the general public is finding the time to do it, as most strength programs require you to do it for at least an hour a day for multiple days per week. This can be difficult to commit to in a time starved society.

This is not practical for most athletes due to the limited time available in their week because of their other training commitments for their sport, which itself is physically demanding enough, before “throwing in” a few extra hourly sessions of high intensity strength training on top of their already overloaded week. In many cases the addition of strength training into an already heavy loaded training week can have the adverse affects of overtraining, decreased performance and eventually injury. The exact opposite of what was intended.

The good news, research shows that strength training does not have to be a time and energy draining activity. Performing a well-structured, balanced and quality strength training program for less than half an hour once a week will provide the same if not better results as multiple one hour strength training sessions. When it comes to strength training, quality is more important than quantity.

**So stop wasting your limited training time on strength training sessions that are counterproductive, provide no extra benefit and can lead to**

**injury, and start using it as effectively and time efficiently as possible.**

### Frequency of Training per Week:

One strength training session per week is all that is required since muscles can take more than seven days to fully recover, regenerate and overcompensate (get stronger) after a quality, high intensity strength training session. So if you train all your muscles on the one day, it will take up to a week before those muscles are physically ready to be trained again. (Especially athletes who have many other training activities on their agendas.)

Training muscles prior to being fully recovered can lead to diminishing returns, overtraining and eventually injury. Particularly as your Taekwondo-Do training is already placing high levels of physical demand on your muscles, tendons and joints.

**Performing a full body strength training session once each week is all that is required to gain maximal results in strength and power development.**

This allows plenty of time for recovery and more time for practicing Taekwon-Do or Taekwon-Do specific training techniques. Any more than this is not only a waste of your valuable training time but can lead you down the path to injury.

### Which Exercises to Do:

The body performs as a whole, not as a sum of its individual parts, so it is important to train it as a whole. Therefore performing more functional multi joint compound exercises such as bench presses (fig. 3) and squats (fig. 1), rather than dysfunctional single joint exercises such as leg extensions and chest flys will provide greater results in specific strength, power and muscle size.

These compound exercises also reduce the stresses across the loaded joints as they simultaneously activate all the muscles around the joint to stabilise it. Isolated



Fig 1. Barbell Squat



Fig 2. Dumbbell Lunge

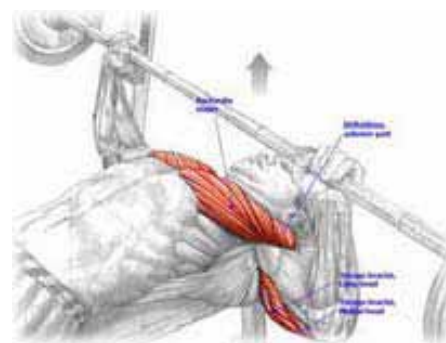


Fig 3. Bench Press



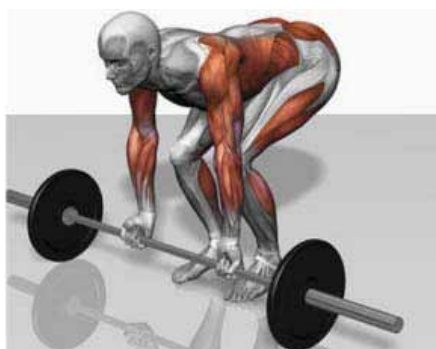


Fig 4. Deadlift

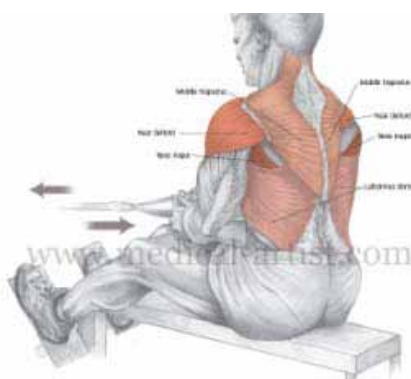


Fig 5. Seated Row

single joint exercises only act on one side of the joints placing isolated stresses on the joint causing shearing forces across the joints. These shearing forces can lead to joint degeneration, osteoarthritis, tendonitis, ligament damage, joint pain and injury.

Compound exercises such as squats (fig. 1), deadlifts (fig. 4), bench presses (fig. 3) and rows (fig. 5) are more functional and specific to sporting and Taekwon-Do movements. They also train and condition the stabilisers such as the "core" muscles in a functional manner. There is no need and no benefit to waste more training time on specific core or arm exercises such as crunches, sit ups, planks, shoulder presses, shoulder lat and front raises, bicep curls and tricep extensions etc.

A program that incorporates 1-2 compound "push" exercises such as barbell bench presses, dumbbell bench presses and dips; 1-2 compound leg exercises such as barbell or dumbbell squats and lunges, and 1-2 compound "pull" exercises such as seated or dumbbell rows, lat pulldowns and chin ups, will train all the muscles of the body in the most effective and functional way.

***If you want big results, perform big functional compound exercises in all the major movement patterns. If you want little results perform little dysfunctional isolated exercises that in many cases not only waste your time but promote joint stress and injury.***

#### Number of Sets per Exercise:

One maximal set is best for all required outcomes, especially for increasing strength and power. It is not how many sets you need to do but how little you need to do to perform your best lift. If you perform your best lift with 100% intensity to absolute maximum effort, it is unlikely you could do it again to the same level of performance due to fatigue, therefore there is no extra benefit in doing it again if your performance is declining. Remember your goal is to train for strength not endurance. Endurance is better trained performing Taekwon-Do specific exercises and conditioning drills.

After performing a warm up and preparation set of around 5 repetitions at a submaximal weight (approximately 50% of your target training weight), load up your exercise with your maximal target weight and perform as many repetitions as possible above your target repetition range until complete failure (if you are experienced) while maintaining perfect form and technique.

If you are not an experienced lifter then complete as many repetitions as you can comfortably perform with the aim to always improve on your last performance either by increasing the repetitions or the weight lifted.

Once you have completed your one best set, move onto the next exercise and aim to perform your one best set on it, with the aim to always to improve on your performance from your previous workout by increasing the repetitions or the weight. The one and only goal is to get stronger; not to do more sets but rather to put more effort into the sets you are doing.

#### Number of Repetitions per Set:

Performing 6 to 12 repetitions with 100% effort with a maximal load will enhance strength and power. Doing more repetitions than this with a lighter load will start to promote endurance rather than strength, which as mentioned previously is better developed performing Taekwon-Do specific conditioning drills.

For safe lifting progressions, a less experienced trainer should perform not less than 8 repetitions with their best load per exercise, while an experienced lifter should perform not less than 5 repetitions with their best load per exercise. Best load per exercise means a maximum load that will make you fatigue at the target repetitions. This load will increase as you get stronger. It is sometimes referred to as Repetition Maximum (RM), meaning the maximum amount of weight you can lift for the chosen repetitions.

***It is not how many repetitions you do that is most important, but how much effort you put into the repetitions.***

#### Speed and Form of Exercise Execution:

When lifting the weight always lift with perfect form and technique at a speed that you are controlling the weight, not the weight controlling you. Using momentum, cheating, partial and bouncing movements to move the weight will only provide misleading and false results while placing further stresses on the tendons, ligaments and joints eventually causing degeneration and injury.

***Lifting with correct form and technique through a full functional range of movement will maximise your results safely.***

### **Design Your Own Strength Training Program**

Pick 1-2 exercises only from each box below and perform as many repetitions as possible with a weight that will force you to fatigue at no less than 12 repetitions for a less experienced lifter and no less than 8 repetitions for a more experienced lifter.

- Pick exercises that you enjoy and can do competently with no joint pain.
- Perform once per week on a day that does not interfere with your other training.
- Perform a general warm up first.
- Chose a weight that will make you fatigue at your chosen repetition selection.
- Do a warm up or preparation set with a submaximal weight first.
- Perform only one working set per exercise with your best weight to absolute failure.
- The goal is to get stronger by either increasing the repetitions or the weight lifted.
- Lift with a speed that you can control the weight.
- Maintain perfect technique and form for safety.

It is not how often you strength train or how many exercises, sets and repetitions you do, it is what you put into your training that will give you the results you want. Shorter less frequent training sessions executed with quality and intensity is far better than longer more frequent training sessions performed with fatigue and casualness, which will lead to casualties with you being the casualty.

"A little bit of something is a lot better than a whole lot of nothing" 🍷



Photo courtesy of Warrior Training Zone



#### **Kerry McEvoy is a:**

- 3rd Dan Black Belt, Jungshin Glenfield
- Masters Degree in Exercise Science
- Education Director: Max International College for Fitness Professionals
- Former Trainer for the Australian Institute of Sport and Olympic Gold Medallists
- Taekwon-Do World Cup Gold Medallist

Push Exercises	Leg Exercises	Pull Exercises
Barbell Bench Press Dumbell Bench Press Single Dumbell Bench Press Dips (weighted if needed) Push Ups (weighted if needed)	Dumbell Squats Barbell Deadlifts Barbell Squats Dumbell Lunges Barbell Lunges	Cable Seated Rows Lat Pulldowns (close reverse grip) Dumbell Bentover Rows Chin Ups (close reverse grip) Single Cable Rows



# SPECIFICITY

By Mrs Sonya Robinson III dan, Meadowbank, Personal Trainer

FITNESS

In my last article which is a short series exploring basic Training Principles – we looked at the idea of Overload. In a nutshell, by increasing the demand/stress on our body and with repetition, better results are achieved.

## Here we are looking at Specificity.

Strangely enough just doing Taekwon-Do and only Taekwon-Do is not the best method of training to get better at Taekwon-Do all by itself.

This is why press-ups, squats, tuck jumps, shuttle runs and core strengthening exercises are all part of your classes even though you may wish that they weren't.

The physical activities given during class should have similar movement patterns to those that what we do in Taekwon-Do – for example squats give us great leg strength and increase our range of mobility around the knees and groin which we require to stay in a good sitting stance and also for our various kicks – think turning, side piercing and twisting etc.

Press-ups strengthen our upper body and core which we need for effective punches, blocks and balance whilst moving from stance to stance, and shuttle runs or chasing games help us to work on the speed that we need for better free sparring to dodge our opponent or get us into a better position to attack quickly.

The composition of Taekwon-Do is a great example of specificity within Taekwon-Do.

If we think of our patterns which are a series of movements put together by the General to represent an attack or defence from imaginary opponent or opponents, we could run through our patterns over and over again but this in itself may not improve for example our side-kick, our knife-hand guarding block, our high punch etc.

This is why line work, practicing the fundamental movements is so important.

These are put together either in short set pieces via step sparring, in a more fluid manner but perhaps still set via sparring drills, and in longer fuller sequences via our patterns.

Once the basic patterns are mastered we can then physically apply the skills obtained

**By definition – The maximum benefits of a training stimulus are obtained when it replicates the movements and energy systems involved in the sport or activity.**

from our fundamental movements and patterns to sparring against actual moving opponents.

Along with sparring we need to develop our bodies to be able to withstand a physical attack which is where dallyonor forging and the various fitness activities come in.

So endure and enjoy those fitness activities that you are given in class, they will help you to improve your Taekwon-Do techniques just as practicing Taekwon-Do will help you to increase your general physical and, just as importantly, mental fitness.

My next article will be looking at the training principles of Frequency along with Progression. Taekwon. 🥋



Photo by Kris Herbison.



# INSTRUCTOR PROFILE

**Mrs Christine Young** V dan, Hwa-Rang TKD Academy, Tauranga

PROFILE

## What year and how old were you when you started Taekwon-Do?

I started Taekwon-Do in 1985 at the Levin Club., aged 15.

## When did you receive your first dan black belt?

I graded to my first dan in 1990, at the first 2-day BB grading introduced by iTKD. I remember vividly my prep which included my instructor Mr Richard Hall dragging me of bed at 6am for runs along the windy Wellington coast and then doing patterns at the Island Bay rotunda.

## When did you start instructing, and at which club?

I was reluctant to become an instructor, but after some persuasion and encouragement from Master M and others, my friend Mr Brett Kraiger and I agreed to start the Brooklyn Club in 1995.

## What are some of your biggest Taekwon-Do achievements?

There is only one worthy achievement in Taekwon-Do and that is to continue to get better and more knowledgeable. So my biggest achievement is that I continue, after nearly 30 years training, to get better! I am far more skilled and definitely more knowledgeable than when I was in my twenties and competing at world champs.

## What is the highlight of your Taekwon-Do career?

I guess a proud moment was becoming a world champion in 1997, with Team England in power breaking, beating the North Koreans into 2nd place. Since then there have been numerous other highlights, such as coaching the NZ team, enjoying being an instructor and training students to black belt level, meeting awesome TKD practitioners from around the world, and I am sure more great experiences to come.

## What are your personal goals for the future?

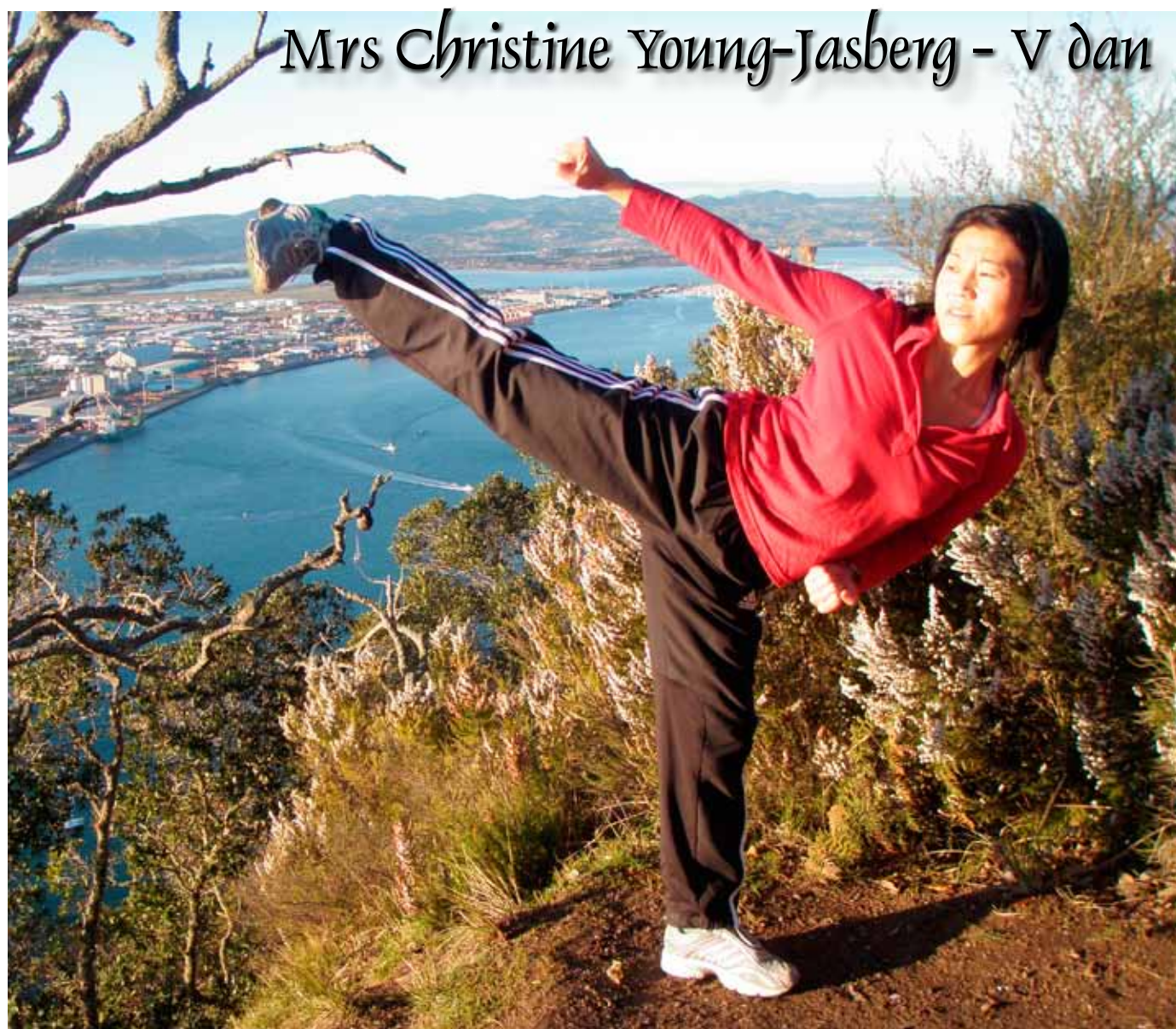
I have been working on an exciting project to open The Martial Arts Academy which will be a permanent training centre for the Hwa Rang Clubs in Tauranga. Every instructor dreams of having their own spacious, fully equipped training centre,

*World Class Competitor  
Top Technical Exponent  
Expert Instructor  
... our very own*

*Mrs Christine Young-Jasberg!*







much like the Matsuoka Mancave – rock on John, show us the way.

**What are your goals for the future of iTKD Taekwon-Do?**

I very much want to see iTKD keep its grass roots originals, keeping the volunteer spirit alive and to incentivise instructors to grow membership. I would like to see Taekwon-Do being offered as the martial art in all levels of schools in New Zealand and for iTKD to send fighters to the Olympics. I want iTKD to be the best and biggest martial arts organisation in New Zealand.

**What are your favourite hand technique and foot technique?**

Oh, I have many favourite kicks, two direction kick, reflex kick, spiral kick to name a few. But I don't really have any favourite hand techniques – though I

think I'm going to go with elbow strikes – elbow strikes are highly under-rated.

**What do you think makes a good Taekwon-Do practitioner?**

To me one must be well rounded, that is we must embrace all the aspects of Taekwon-Do, to not just practice one aspect such as patterns or sparring, but be skilled in all aspects of the art.

If we follow this goal then we must work hard on our weaknesses until they are no longer. And when we are good then we must be humble. We must also spend time on the “do” not just in the do-jang but in our daily lives. 🙏



# PUNCHING INJURIES

By Mr Brendan Doogan IV dan, Dragon's Spirit Taekwon-Do

TECHNICAL

The forearm is the first attacking tool we learn in Taekwon-Do. We learn which knuckles to hit with and to keep our wrists straight and – hopefully – not to miss. The reasons are common sense and well known but it may be useful to have some scientific input as well.

## Study One

### “Punch injuries: insights into intentional closed fist injuries”

Rebecca K Jeanmonod, Donald Jeanmonod, Sara Damewood, Cheryl Perry, Marwan Powers, Vicky Lazansky

St. Luke's Hospital and Health Network, Bethlehem, PA.

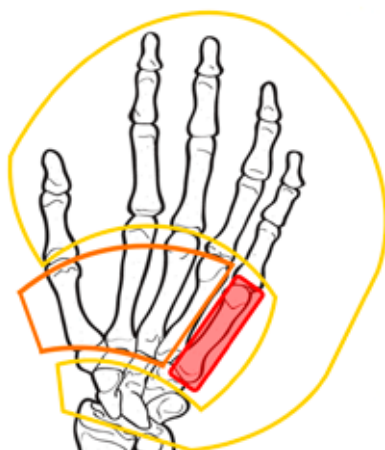
The western journal of emergency medicine. 02/2011; 12(1):6-10.

#### Finding #1

Jeanmonod et al found that 61% of injuries caused by punching were to the fifth metacarpal, the long hand bone that supports the little finger, the red area in the picture. The other metacarpals carried 21% (orange area below), and the other 18% of injuries were to the finger and wrist bones (yellow).

#### What it means for Taekwon-Do

Our Instructors are right, punching with the knuckles of the little and ring fingers is more likely to cause us injury than punching with the first two. Focus practise is important. Don't throw hook-type punches unless you've trained with them thoroughly. I recommend throwing angle, turning, crescent, horizontal and shovel punches with the sidefist facing downwards. That



way if you miss, you miss. If you miss with your palm facing down, you risk breaking your finger / knuckle / hand / wrist.

#### Finding #2

Men are more likely to get punch injuries [80% to women's 20%] and more likely to have fractures as a result [48% to women's 11%]. Men act out physically more than women do when upset, and being stronger, hurt themselves more by doing so.

#### What it means for Taekwon-Do

Don't punch things or people when you're upset. However self control doesn't mean you must stay in a stressful situation. Self control is knowing you are overloaded and walking away, going for a run, using counselling (I have).

## Study Two

### “Ring and Little Finger Metacarpal Fractures: Mechanisms, Locations, and Radiographic Parameters”

Maximillian Soong, Christopher Got, Julia Katarincic

Department of Orthopaedic Surgery, Lahey Clinic, Burlington, MA; and the Department of Orthopaedic Surgery, Brown University, Providence, RI.

The Journal of hand surgery. 08/2010; 35(8):1256-1259. DOI: 10.1016/j.jhsa.2010.05.013

#### Findings

“Punching-type injuries accounted for most fractures in the little finger metacarpal (49 of 67) and ring finger metacarpal (26 of 34)”.

#### What it means for Taekwon-Do

The most common cause of breaking the long bones that support the little and ring fingers is punching. Don't miss. Punch with the knuckles of the index and middle fingers.

## Study Three

### “Bennett fracture dislocation - Review and management”

Craig Brownlie, Daniel Anderson

MBBS, MSc, was a junior house officer, Department of Orthopaedics, Princess Alexandra Hospital, Brisbane, Queensland.

Australian family physician. 06/2011; 40(6):394-6.

#### Background

The long bone at the base of the thumb can be fractured and dislocated by “falling on an extended or abducted thumb or an impact onto a clenched fist”.

#### What it means for Taekwon-Do

Your thumb can be fractured or dislocated or both by hitting something while punching. Form your fist correctly, with the thumb tucked. Don't miss.

## Study Four

### “Fracture dislocation of carpometacarpal joints: a missed injury”

Rajinder Singh Gaheer, Rupert D Ferdinand

Department of Trauma and Orthopedics, Dumfries and Galloway Royal Infirmary, Dumfries, UK.

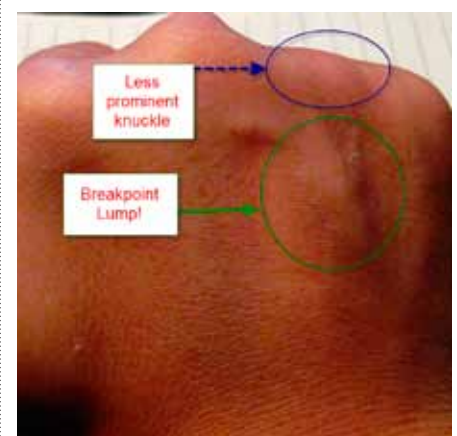
Orthopedics. 05/2011; 34(5):399. DOI: 10.3928/01477447-20110317-29

#### Background

“Fracture dislocation of the carpometacarpal joints on the ulnar side of the hand is an uncommon injury. These are high-energy injuries seen in motorcyclists and boxers. The mechanism of injury involves violent, forceful dorsiflexion of the wrist combined with longitudinal impact on the closed hand”. In other words a hard impact can fracture and/or dislocate the little finger long bone where it joins the wrist.

#### What it means for Taekwon-Do

As for the first study, it is a bad idea to hit something hard with the knuckles of





the ring finger and little finger. "Forceful dorsiflexion of the wrist" means violent downward bending of the fist toward the palm. As our Instructors have always told us, keep the wrist straight and tensed at the moment of impact.

## Study Five

### Metacarpal fracture angulation decreases flexor mechanical efficiency in human hands

M S Birndorf, R Daley, D P Greenwald

Hand Surgery Center of Kenosha, Wis., USA.

*Plastic and reconstructive surgery.* 05/1997; 99(4):1079-83; discussion 1084-5.

#### Findings

Fracture of the long hand bones can reduce the range of motion in the fingers so that the fingers won't rise up and back toward the wrist as much as they used to. It can also be physically harder to get them to perform that action.



#### What it means for Taekwon-Do

Breaking your hand means your hand won't work as well. Condition your knuckles for months and years before you need to break [not recommended for children and teens].

## Wolff's Law

"Wolff's law is a theory developed by the German anatomist/surgeon Julius Wolff (1836–1902) in the 19th century that states that bone in a healthy person or animal will adapt to the loads it is placed under. If loading on a particular bone increases, the bone will remodel itself over time to become stronger to resist that sort of loading... The converse is true as well: if the loading on a bone decreases, the bone will become weaker."

#### What it means for Taekwon-Do

Use it or lose it. Your bones, tendons and muscles all grow when you use them and shrink when you don't. We know this instinctively every time we come back from holiday and can't touch our toes any more! As well as flexibility, strength fades if we don't maintain it, and so does the toughness of our tools. Forging and knocking should be performed continuously to maintain hard, stable tools for self defence and breaking. Wolff's Law lets us build stronger fists over time by increasing the load on them, but if we stop conditioning the effects will be undone. This is because the body is efficient and won't waste energy and resources maintaining something that isn't being used. Studies have shown the positive effect of mental stimulation in aging for the same reason.

But – don't overdo it. Too much is as bad as not enough. Old school conditioning gave large, calloused fists that *still hurt to hit with. Condition often but lightly. You wouldn't train for marathons by running marathons. Breaking four wooden boards with a punch is peak performance, not training.* 🥋

## Summary

- Hit with neither the little finger side of the fist nor the thumb.
- Hit things and/or people when necessary, not in anger.
- Keep the wrist straight.
- Injury can reduce dexterity.
- Condition.

Hand photographs sourced online. Punching photograph "Taekwon-Do – The Korean Art of Self Defence" vol2 p21. Hand injury areas image created by author.



# Time to put the punch in

By Mr Phil Thompson, Protect Self Defence

SELF DEFENCE

The closed-fist punch to the head has long been a "go to" movement in most martial arts and combat sports. For years, we at Protect have been warning (against strong opposition at times, as usual) about the dangers of this approach and the importance of having alternative options. So as more and more serious situations resulting from punches to the head being used in "self defence" continue to make headlines, I thought it time to again explain some of the thinking here.

Let me start by clearing up a question I often get asked: "Are you saying punches are no good and we shouldn't learn them?" The answer is "No!" Absolutely, learning to punch correctly is a valuable skill, and is another tool in the "toolbox" which you may or may not (hopefully not) ever need to employ in real life. But it is usually a secondary option, not a primary option which is what is taught in the majority of martial arts and fighting systems. Are there exceptions to this "rule"? Yes of course there are. There are no black and white answers to anything with self defence, your response will always be dictated by the variables of the situation. But as Protect instructor Darcy Mellsop says, "Let's look at the balance of probability".

There are many reasons why we believe punching the head to usually be a secondary option to open hand strikes or similar. Here are a few of them:

You may damage your hand: The human head is a big, hard bone. It is designed to protect our command centre, the brain. The chance of the person flinching and/or ducking their head, resulting in you hitting hard bone is extremely high. Or you may find that your normally amazing accuracy when striking pads or performing one-step or even free-sparring, suddenly becomes "not so accurate" under real fight stress and you plainly miss your intended target and strike the skull. If you are not sure what that is like, go outside and punch the concrete pavement as hard as you possibly can and see what happens. The concrete usually wins. You are now a one handed fighter against a very angry attacker; not ideal. At every seminar I teach, if I ask the attendees

who has, or who knows someone else who has been in a real fight and damaged their hands by hitting someone. Usually a considerable number of hands go up. It isn't rocket science, it's common sense really: Hard tool vs hard target is not usually ideal. Hard tool vs soft target; now that could be a different story, which is one of the reasons why you still need to know how to punch effectively.

One of our members, who was a champion kickboxer, was involved in a real fight back before he trained with us. Long story short, he punched his opponent in the mouth, which he quickly learned was different in real life, with no gloves on. He ended up with fragments of the guys teeth in his hand and the resulting infection almost cost him his limb. He is a lot smarter in his approach now. As an aside, his situation was so easily avoidable as to be just plain sad. The pre-contact stage was strewn with indicators which he could have acted upon allowing him to avoid any further escalation, there were also ample opportunities to de-escalate, and to put it bluntly that fight should never have taken place if he had even a very basic level of self-protection training. But he didn't. He had martial arts and combat sport (kickboxing) training that he had been TOLD was "self defence". That is very dangerous thinking and unfortunately very, very common.

Unjustified (and/or unwanted) damage to the opponent: More and more of these stories are hitting the headlines lately and it is something that we've been warning people about for years. That is, the trained martial artist or trained fighter (or just the everyday brawler for that matter) who punches the other person in the head and knocks them out or knocks them down. Fantastic right? Job done. Sure, your hand may be shattered and you have a bunch of other issues to deal with as well now, but at least the punch worked and you "won" (no-one "wins" with real violence). Oh, but hang on, he isn't moving (except for some weird spasms) and there appears to be a pool of blood forming by his head. Yeah, that'll be the very common result of the person hitting their head on the road, curb, table, car, or whatever, on the

way down. He is probably very seriously injured. He may very well be dead. This is common enough to be a major concern and it needs to be addressed. If your "self defence" training does not address this type of problem then you are quite simply not training for reality. At Protect we include as a major part of the basis of our entire methodology the ethical, moral, and legal aspects and consequences of everything we train. If you don't, you are going to find yourself in a world of problems if you ever need to use what you've been taught.

Witness perception: Remember, the fight is just the start of your problems. If you survive it you have a whole new set of issues to deal with. Retaliation, emotional and psychological impact on you and/or the people around you, physical impairment, dealing with the Police, and likely the process of going to court. For those of you reading this who have attended any of our courses, you'll know the importance that we place on managing witness perception of the event. We always assume there are witnesses and that we are being recorded by CCTV or on someone's phone. If you know what you are doing you will know how to ensure to the best of your ability that what the witnesses see will support your defence of legitimate "self defence". There are many factors to this, all very basic and easily employed once you've trained them. But specifically for what we are discussing here, any closed-fist blow to the head will be interpreted by witnesses or via the recorded footage as having the intention of causing serious injury. Obviously, if the situation is life-threatening and you have no choice, and it is the right tool at the right time, then you may be justified in employing it. But make sure you have other options such as open hand strikes, options which will assist with all of these issues. There are no "magic bullets" and no matter which way you slice it, the situation is bad, but at least make sure you have the best possible options to hand!

Fear and anger response: The two most dominant emotions we feel when faced with real life violence are anger and fear. Chances are at some point you will be afraid, it is perfectly natural (if you're not,



# its place...



and you are enjoying it, you're probably a sociopath. Get help.). The degree in which you feel fear and at what point of the situation, and what you do with it, will be determined by your training and in particular the realism of your training. If you've ever experienced Protect's Level 5 Stress Inoculation scenario training you know what I'm talking about. It is an emotional rollercoaster. The intensity of these emotions goes through the roof and if you have never trained for reality you will likely have no control over these emotions and be left highly vulnerable. Specifically on point for this article though, our Stress Inoculation Training, coupled with research and our real life experiences tells us something important; when you're really scared it can become damn hard to make a fist! If you want to see a basic demo of this, stand up right now. Think about and actually act out the body physiology of real anger. Real seething anger! You will feel your body tense up all over. Your fists will clench. Your teeth will clench. The muscles in your neck will tense up, among a lot of other stuff. Now do the same for fear. Real fear, perhaps even terror. You may find yourself becoming overtly submissive. Your hands are probably in front of your body, your palms are probably showing and your fingers are splayed, among a LOT of others things. Now right in the middle of that fear physiology (assume it was real) see how easy it is to make a fist. Not so easy huh? If

you don't train to take emotional content into account, and understand what that does to your body and have tools to deal with it, you'll have a very bad day.

Ability of the person to deliver a punch with enough force to make it truly effective: I have lost count the number of times I have been knocked unconscious or semi-conscious in our courses, particularly our women's courses, and usually I am wearing protective gear. I recall recently at a 'Safe For Life' course a 17 year old girl who would have weighed no more than 60kg and had no training ever knocking me to the floor semi-conscious with a beautiful palm strike under the jaw (yes, it hurt). Could she have knocked me down with a punch? Hell no. No way. Why? Simply because that particular tool was not right for HER in that situation. Maybe if she trained for 20 years she may have been able to generate enough force to knock me down with a punch. Maybe. But there are far more effective tools that can be employed when there is an obvious size and/or weight disparity. Many reading this will have the ability to probably knock someone down/out with a punch. Equally as many reading this will not. So make sure you have the right tools in YOUR toolbox for YOU. Just because it works for your instructor, or for someone else in the class, does NOT mean it is right for you. You will still practice it as part of your art/sport, but

you must clearly understand which tools are your primary "go-to" tools if you are confronted by a real violent situation, and then train them accordingly.

Open hand striking is brilliant for leading into a shred or C&R/Grappling. If you don't know what I mean by a "shred", then you need to find out, it refers to Protect's primary concept for EQC (Extreme Close Quarter). One of the great advantages of open-hand strikes, aside from dealing with most of the issues above, is that they usually place your primary tools in an advantageous position to either implement a shred, or to effect Control & Restraint techniques if the situation warrants a lower lever force option. This is important as we must have options to address all required force levels, not just the "smash and bash" options which are often taught by people who do not understand real self-protection.

I know some of you reading this may disagree with my points of view on this. As always though, this is food for thought, if you're not hungry ... don't eat. I enjoy the emails I receive after these articles so feel free to keep them coming through and if you want to arrange a seminar for your club or region let me know and I'd love to see you there! 🍷

Cheers

Phil

*Mr Thompson is co-founder of **Protect Self Defence** alongside his wife Athena, and instructs classes, seminars and private instruction at Protect's training centre in Auckland and throughout NZ.*



# HIPS AND TKD

By Dr Jake Pearson IV dan, Khandallah, Sports Physician

SPORTS MEDICINE

I have been considering writing an article on hips and TKD for quite some time, but had put it off as I was a bit worried about opening a can of worms. However, the worms were bursting to come out so here we go. I apologise in advance for the somewhat 'technical' nature of this article, but trust me – even this is a major simplification...

Most of us think of tight muscles as the limiting factor in how high we can kick or how far we can stretch, and in many cases this will be correct; however sometimes the "tight muscle" is rather a response to the underlying joint. We all know of the TKD practitioner who struggles to perform a side kick above waist height, or whose split stretch is difficult to tell from a parallel stance, or that may even be you. At the other end of the spectrum is the student who comes along on their first night and can perform a full front rising kick, and seems to win all the specialty technique competitions despite barely jumping off the ground.

The hip joint is basically a ball (head of femur) that rotates in a socket (acetabulum). The underlying architecture is mainly made of bone, but in addition a rim of extra cartilage called the labrum deepens the socket (Figure 1). A normal hip xray is shown in Figure 2, with the outline of the ball and socket roughly traced. We are increasingly aware of the variability in the shape of our hips, either in the ball, the socket or both, and the effect of this on the function of our hips and associated problems that can arise.

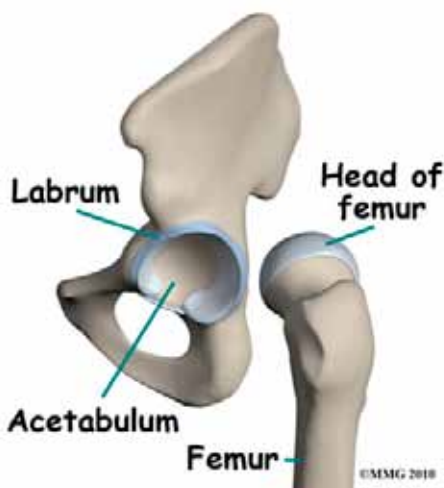


Figure 1. Hip joint basics.



Figure 2. Normal hip xray.

Some people, particularly males, develop what are termed 'cam-shaped' hips. This is where the shape of the ball becomes less spherical. The consequence of this is that in certain hip positions the edge of the ball can bump against the edge of the socket. Another term for this is 'pistol grip hips' due to the resemblance to the handles of the old Western pistols (Fig 3). The other

problem that can arise, more commonly in females, is if the socket is particularly deep, or faced in a slightly suboptimal direction, that again the ball will be more likely to bump against the edge of the socket. This is often termed 'pincer impingement' (Fig 4). The most common 'victim' in either of these scenarios is the labrum due to its position on the edge of the rim.



Figure 3. "Pistol grip hips"



# HIPS!



Figure 4. Deep sockets predisposing to 'pincer impingement'

The variations in hip shape described above will tend to cause relative stiffness and consequently difficulty attaining certain positions or movements, with either resultant frustration or acceptance when it comes to TKD kicks and stretching. At the other extreme the excessively flexible individual may (or may not) have a problem with something termed 'hip dysplasia' which is essentially a shallow hip socket. This obviously allows a lot of movement, but the resultant excessive instability and movement of the ball within the socket also leads to an increased risk of damage to the labrum and adjacent cartilage.

Damage to the labrum tends to be painful, but not always, and it is quite common to find tears on scans that we know are not causing any symptoms. If the damage is severe however in addition to pain it can cause more pressure on adjacent cartilage in the hip and likely accelerate the wear and tear on the joint. Sometimes termed 'arthritis', this may eventually result in increasing stiffness and pain, potentially requiring medication and/or surgery.

Now something only becomes a "problem" when there is a mismatch between what something is capable of and what is asked of it. There is no getting around the fact that

many of the awesome kicking techniques within TKD place rather unique demands on our bodies, particularly our hips. If these are attempted and forced despite 'bad' pain, then there is the risk of injury and damage.

The most common area for the ball and socket to bump against each other and injure the labrum is at the front and top of the socket. The position that typically causes this is known as the 'quadrant position', which involves a combination of the hip being flexed in front, adducted across the body, and internally rotated (Fig 5). If this person were to be standing up then one could draw some similarities to the 'loading' position for a side piercing kick. The key difference however is that when we load a side kick we should of course rotate the supporting foot, allowing the hips to partially turn over and the body to start to lean away. Even without an underlying hip abnormality, trying to perform a side kick with the body upright and the foot not pivoted would surely lead to injury eventually. Likewise trying to kick too high, if it causes discomfort, may do you more harm than good. This emphasises the importance of learning good kicking technique in the early stages, taking a progressive rather than sudden

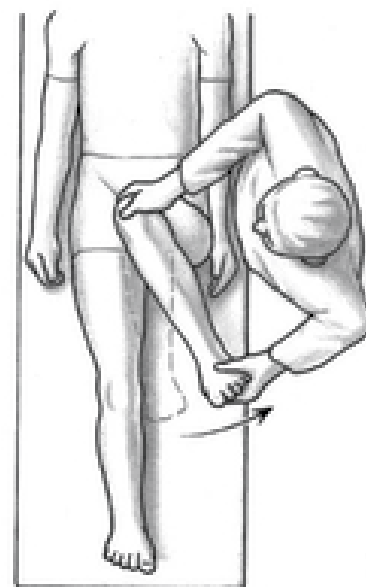


Figure 5. "Quadrant test" or 'impingement position'.

approach to increasing flexibility or kicking height and of course listening to your body at all times. "Perseverance" does not mean pushing yourself into and through 'bad' pain.

As I mentioned in an article on knees, the above should not be interpreted as "TKD is bad for your hips". The strongest determinant of whether you develop hip arthritis is genetic (too late now to choose your parents!), followed by your bodyweight, and thirdly your muscle strength (as the muscles cushion and control the forces on the joint). Regular exercise is the best way to optimise the second two factors, and I believe TKD to be a fabulous form of exercise. But if the above rings a few too many bells for you, and despite some common sense modifications to your training you continue to experience pain with kicking in particular then you should seek professional advice from someone with some understanding of the above. Finally, this article applies to adolescents and adults, but kids' hips are a whole different story for another day. Train hard but train safe people. 🥋



# Kicks for Kids



Welcome to Issue #31

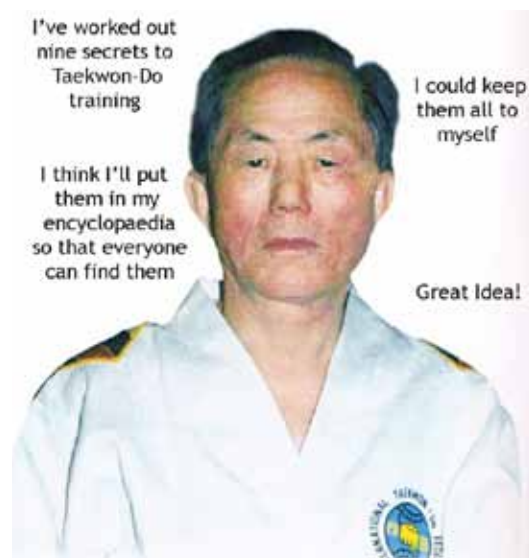
by Mrs Shirley Pygott - II dan Jungshin



**This issue is Top Secret. Shhhhhhh!**  
**No-one must know**

General Choi had a secret – well actually he figured out nine secrets to making Taekwon-Do work really well, and he was REALLY bad at keeping them to himself.

He put them in his Encyclopaedia of Taekwon-Do and in fact he thought they were so important, that every time he taught a seminar he would ask the students what the training secrets were – he knew that EVERYONE needed to know them and be thinking about them when they trained, so he wanted to make sure they got remembered. That's just as well for us, because if we understand and use the training secrets of Taekwon-Do every time we train, we will develop great techniques that work really well with fantastic power.



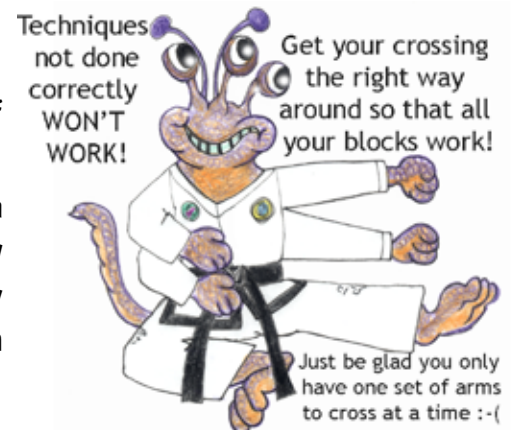
## SECRET #1: Understand the Theory of Power

General Choi had quite a few ideas about this - if you are not sure - ask a senior to explain them.



## SECRET #2: Know the Purpose of Every Move

Understand what each movement is for and how it should be correctly performed. Find out when to use it and how to use it.



## SECRET #3: Co-ordinated the Movements

From the time you start moving until the movement is finished everything has to start together and end together. Practise until your whole body moves in one co-ordinated movement.



**SECRET #4:****Choose the Correct Tool & Vital Spot**

You have to use the correct part of the body on the matching vital spot on the target so that it all makes sense.

**SECRET #5: Use the Correct Angle and Distance**

Practice so that you know where you need to be to make the technique work properly



It's a lot easier for you to bend your arms and legs between movements than it is for me to bend mine!

**SECRET #6: Bend Arms & Legs between Movements**

You need to relax between each movement, and the best way to do this is to bend your arms and legs a little bit as you move from one technique or stance to another.

**SECRET #7: Start with a Backward Motion**

Making a movement go back before it comes forward improves power. It takes quite a lot of practise to get it right, as it can feel a little strange at first.

Once you have started a movement, don't stop until you have reached your target.



The Sinewave Spy Guy...

**SECRET #8: Use Your Sine-Wave**

Your instructor will teach you all about sinewave, so that you use your knees to help you go up and down between each movement.

**SECRET #9: Breathe at the end of every movement**

Each movement has a breath at the end except when you are doing connecting motion

**Ted's Trivia**

While Ted was helping research the training secrets of Taekwon-Do, he found a secret about one of the pattern meanings. Toi-Gaye, the red stripe pattern, is named after Yi Hwang, an expert on Neo-Confucianism in the 16th Century. What you probably don't know is that Yi Hwang was also a



secret royal inspector for the king - he would travel in disguise and find out who in the government wasn't doing an honest job. He had great integrity and could be trusted to be completely honest, so he was the perfect man for the job!

Yi-Hwang  
Expert on  
Neo-Confucianism  
( and Secret  
Royal Inspector)

.....shhh!  
Don't tell  
anyone!







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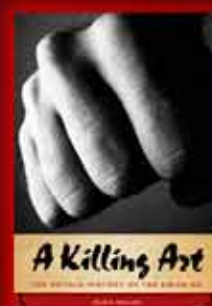
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