

# Totally TaekwonDo

The Global Tae Kwon Do Magazine

Free Preview Edition

Grandmaster Rhee, Ki Ha

**Totally TaekwonDo**  
The Global Tae Kwon Do Magazine  
January 2016 • Issue 83

**An Interview with Legendary Taekwon-Do Patterns Master Ray Smeathers**

10 Steps To Bring Taekwon-Do Back as a MARTIAL ART

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**Back To The Source[s]: What is the other hand doing?**

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

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# Editorial

## Free Preview Edition



Hi,

Welcome to the *Free Preview Edition* of Totally Tae Kwon Do magazine, which has been put together to give you just a little taste of what our regular monthly issues are like.

In this preview issue you will find many articles, on many diverse Tae Kwon Do subjects from many of our regular feature writers who have graced the pages of the magazine in multiple issues since its inception until the very latest issue. All the writers have backgrounds as diverse as the articles in this issue, some are ITF, some are Kukkiwon, others Moo Duk Kwan, some ex-ITF and/or Independent, but they all share a couple of things in common: their love and passion for Tae Kwon Do and their willingness to share their knowledge to a wider audience, irrespective of your background.

Totally Tae Kwon Do magazine is supported by many Grandmasters and Masters of our art, as well as Tae Kwon Do authors, Instructors and Students... it is a place where articles can be shared about any subject relating to our art, by anybody within our art, irrespective of grade, rank or position.

It is an instrument to gain knowledge as well as share knowledge' in the aim to make us all better at what we love and more understand of those that do it as well, whom may not be from the same 'camp' as us.

Of course, this is just a taster of the magazine, to show you what each monthly edition is like and why its well worth subscribing for less than £2 per month, which you can do simply by visiting the 'subscriptions' page at [www.totallytkd.com](http://www.totallytkd.com) :)

Even if this preview issue hasn't convinced you to subscribe, I hope you enjoyed it and learnt something new!

All the best on your journey,

Stuart  
Editor in Chief



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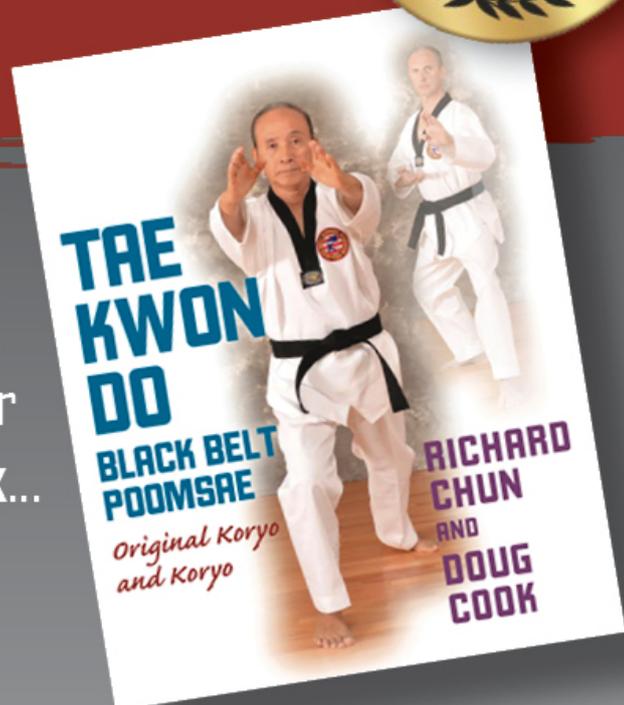
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2013 WINNER USA Book News Best Book Award

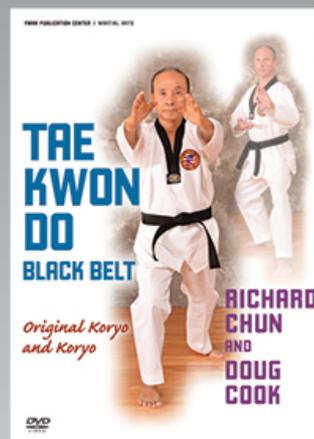


# Taekwondo Black Belt Poomsae: Original Koryo and Koryo

Co-authored by modern day taekwondo  
pioneer **Grandmaster Richard Chun**  
and award winning author  
**Master Doug Cook...**



...This new book promises to be a landmark  
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# The Heart of Taekwondo

By Master Doug Cook

When the heart of taekwondo beats, it gives life to the advancement of supreme discipline, the achievement of noble character, and the cultivation of an enlightened worldview. It breaks the bonds that bind us to the Earth and again, as adults, allows us to feel the wind beneath our feet rather than merely around them. It fuels a passion unrealized by quotidian man and supports the Buddhist doctrine of Beginner's Mind, filling us with a continuous sense of wonder and renewal. It is a strong heart, not predicated on simple physicality, but supplemented by an unhindered stream of benevolent intent bent on enriching the common good. And, with each thump, the elements of confidence grow, urging us to appreciate life's path rather than being blinded by its daily perils.

The heart of taekwondo cannot be found on an anatomical chart or described in medical texts. It refuses to be broken and has the resiliency to mend quickly. It beats to a personal rhythm, uninfluenced by the proximity of others and, while easily pierced by Cupid's arrow, it remains impervious to the barbs of malefactors critical of Korean martial tradition.

Within its chambers flows the chemistry of respect for all living things regardless of taxonomic hierarchy, chronological placement, social status or scale. The unique relationship between junior and senior as dictated by Confucian ethic is implied in all interactions between teacher and student, venerated master and worthy disciple. And, where dissention arises, a clear, meditative mind tempered by

measured yet decisive behavior, dominates.



*The heart of taekwondo requires disciplined displays of determination*

But, the heart of taekwondo, in order to maintain the extraordinary health vital to any major bodily component, demands precise, frequent and vigorous exercise. Defined by its very nature, the national combat art of Korea is first and foremost an action philosophy where words can never replace movement. And, since the road to hell is paved with good intentions, so the heart will fail if will is not bolstered by technical superiority manifested through repetitive, martial motion.

Yet, sadly, the heart of taekwondo is not impervious to injury, doubt and discouragement. It, like any organ, can fall

prey to unlooked-for disease that, if left unchecked, will ultimately result in severe consequences. The demon of self-doubt, similar to existing cardiovascular maladies, can have a devastating effect on the spirit, as can a perceived lack of challenge or constant, unflagging negative criticism on the part of an inexperienced or insecure instructor.

And, too, the heart of taekwondo must be a brave heart, resolute in the face of adversity, courageous against all odds. It must exhibit the fortitude of enduring strength, both physically and emotionally and, subsequently, beat in sync with others who temporarily require an umbrella of comfort in times of extreme need or unmitigated suffering. And rightly so, since to many, the martial artist represents a superman of sorts, prepared to rescue those less fortunate in the ways defensive strategy, mentally and physically.

Nevertheless, while fierce, the heart of taekwondo must remain soft and pliant as well, mirroring the Eum/Yang; that most classic of Taoist symbols so aptly illustrating the duality of opposites compounded by a flexible acceptance of constant change. And so, naturally, compassion, amplified by the ancient wisdom of the Hwarang-do, not to inflict needless pain through the use of unwarranted force in battle, remains a hallmark of the sincere martial artist.



*There are no detours on the path to excellence*

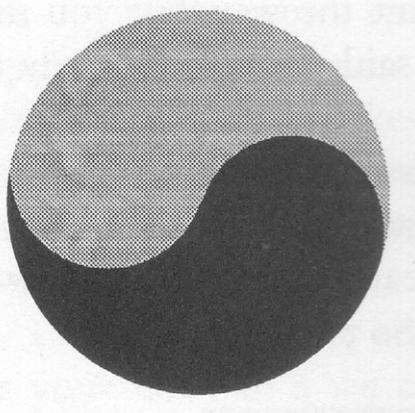
Not surprisingly, the heart of taekwondo has been known to skip a beat at the thrill of competition, knowing full well that years, if not decades, of focused training composed of hard work, sweat and blood, ultimately distills down to one, single moment in time where one is destined to win or lose; where the exceptional athlete is given the opportunity to stand atop the podium adorned in Olympic gold.

Conversely, any organism with a beating heart can undergo attack. Frightening yet recoverable at best, fatal

at worst, the trauma caused by a medical event of this nature, at minimum, is certain to leave lasting scars not soon forgotten. It is when political machinations, self-aggrandizement and unbridled egos come into play that the heart of taekwondo is forced to tolerate unbearable stress

threatening to stop its constant, stable cadence in its tracks. Too often, organizations and individuals, primarily driven by blind ambition, have permitted dollars to trump tradition; victory in the ring at any cost to eclipse longstanding martial virtues intended to govern malicious deeds and a clear lack of sportsmanship. Since its inception, the historical

fabric of the Korean martial arts, here and in Korea have been stained with uncertainty but, at the same time, cleansed by righteous objectives at the behest of men and women who brook no detours on



*The Eum Yang, influenced by the most ancient of Taoist symbols*



*Warriors of the Hwarang who discouraged the use of unnecessary force in battle*

the path to excellence striving for an elevated brand of taekwondo; largely due to these tireless, gallant acts of perseverance, at its very core the heart of taekwondo remains sturdy, munificent, fortified by ritual and capable of such majestic achievement. It beats in time with the maturation process of the martial artist physically, spiritually and intellectually. Its autonomic action frees us to concentrate on basic skill, advanced technique and the unblemished performance of poomsae, hyung or tuls that represent the comprehensive catalog of traditional taekwondo.

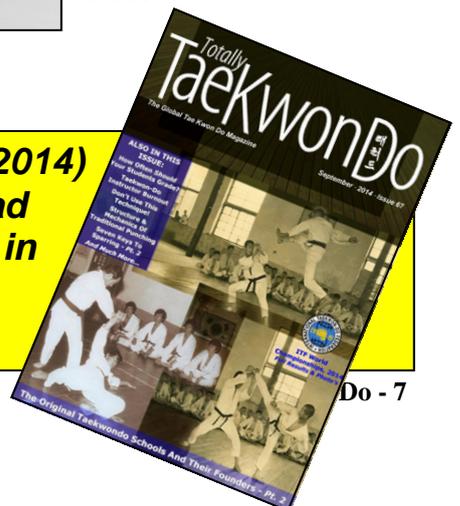


*Feeling the air beneath our feet*

Yet, the health of this singularly crucial muscle can never be taken for granted. It must be cautiously protected, professionally nursed back to health when in danger of illness and dynamically stimulated in order to carry on an unwavering pulse of proficiency. Because once the heart of taekwondo stops beating, never to be revived, there is certain to be no taekwondo. No taekwondo. Consider it.

Support the heart of taekwondo with diligence. Nurture it. Cultivate its might and, above all, practice – hard.

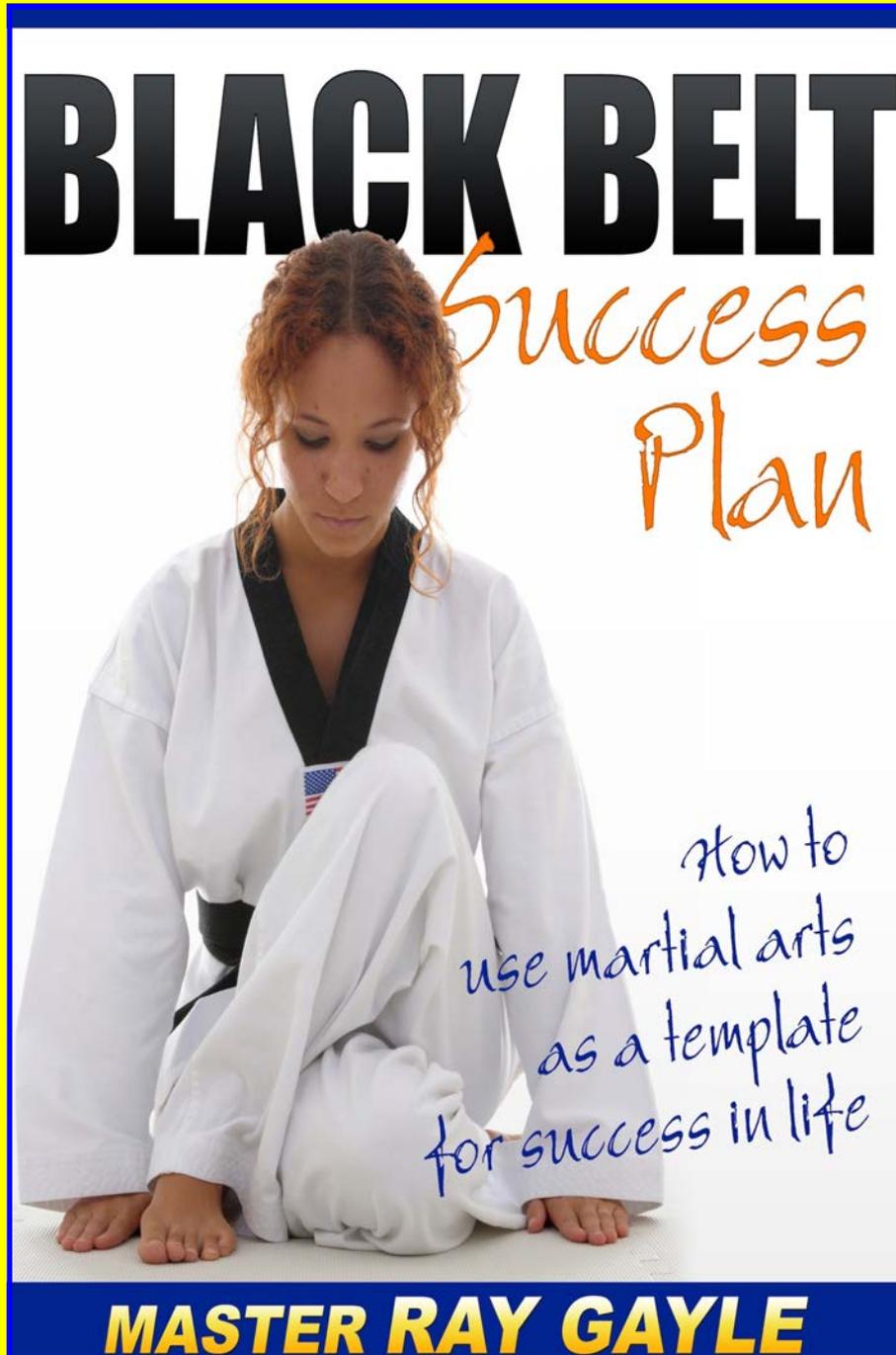
**\* This article first appeared in issue #61 (March 2014) of *Totally Tae Kwon Do* magazine. You can read many more great articles by Master Doug Cook in many other issues of the magazine.**



## Who Will Benefit Most From Black Belt Success Plan?

*Black Belt Success Plan* is a book that can literally help everyone. However, some people are the best candidates to benefit the most. These people include:

- Those who want to start and run their own business
- *Those who would like better financial rewards for their efforts*
- Anyone who would like to have better relationships
- *Those who believe that someone has to be born into a rich family to have any chance of living in their dream home*
- Anyone who believes that their religion, skin color, gender and present situation will not let them be the person they want to be.

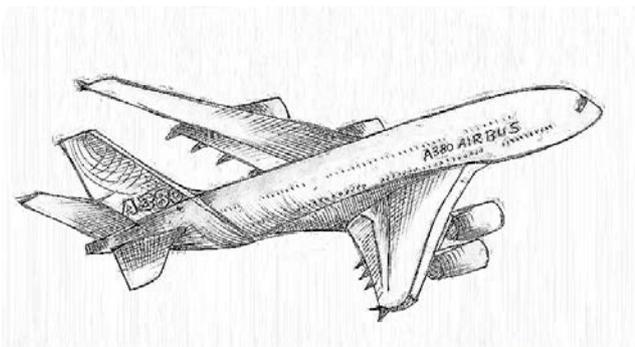


For more information on '**Black Belt Success Plan**' including where to purchase a copy, please contact Master Gayle at; [chairman@puma-uk.com](mailto:chairman@puma-uk.com)

*Excerpt From The Book:*  
**Black Belt Success Plan**

By Master Ray Gayle

**Chapter 2**  
**Beginning Your Success Plan Journey**



**Who Will Benefit Most From Black Belt Success Plan?**

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- Anyone who believes that their religion, skin color, gender and present situation will not let them be the person they want to be.

If you are parents of young children, why not equip your children with the seeds of

greatness?

If you feel that you have so much more to offer to others in life, but not the courage to do so, then my experiences should also strike a chord.

You do not have to relate to me in all my experiences; relate to the lessons I offer and relate to my success group members in their lives.

Just try to do so. As you continue on through *Black Belt Success Plan*, you should be able to see that the journey of a person trying to become a black belt in a martial art is really no different than someone whose purpose is to be financially secure or wants a dream house.

**Application is Very Important!**

Take my experiences on my journey as a martial artist and see how they relate to your own life. Even if you never had any martial art experience, the lessons I have learned can be applied to your own life.

If you have attained outstanding achievement in other parts of your life, examine and analyze why you were successful at that time. I'm sure that you will begin to see that the mindset you had at that time is the same one you will need in other areas of your life to achieve future rewards.

It took me a long time to realize that the mindset I had developed in gaining a black belt in my chosen martial art was transferable to all the other areas of my life. When the 'Eureka' moment happened, it was just like being struck by a lightning bolt.

I mentioned before I am a keen musician. The instrument that I love and play daily is the harmonica. I have applied the same techniques for achievement in my business life as I have to becoming proficient at playing the harmonica.

There was no difference in my approach to starting and running my own business, to that of competing and winning numerous martial arts tournaments. It may seem strange to compare those things, but those are areas in which I have applied the same techniques outlined in this book.

### **The Stages You Will Go Through**

The first lesson in black belt success starts like any other. You need to make the decision to start and then once the decision is made, you enter the training area. We then begin our step-by-step training program. The next part of your training is all about developing your reason why. This is crucial because when things get tough, your reason why is the thing that will get you back out for the next round.

Here's another way of thinking about it. Your success is about building a burning desire in the area that you would most like to be successful. A strong burning desire is the basis on which everything is built. Without a strong desire, one that is unique to you, nothing will happen. It should be the reason why you get out of bed and the reason why you are putting yourself through your training.

The next stage is where you need to put self-belief into every area of your life. The combination of a strong burning desire and self-belief will make the highs and lows of your training easier to manage. Anyone who has achieved extraordinary things will

tell you that there were times when it just got too tough and they felt as though they could not carry on. They will also say that having a powerful dream and determination kept them focused and on track.

The last part of your training is to put it all together. Like anything in life, an end usually signifies a new beginning. Once someone has achieved a black belt in any martial art, this signifies that they have learned the basics and the time for real learning should begin. They should continue working on the basic techniques for the rest of their lives until a higher degree of perfection and knowledge is reached.

Success education is no different. Once you have learned the techniques, it then takes a lifetime of practice to perfect them. You may be ready even after just a short time. You may have to take a little longer. I will explain in the next chapter why the training process is different for all students who achieved a black belt. Unfortunately, the success training field is not always a level one, but with a clear understanding of what is required, the playing field can begin to level out remarkably quickly.



**Early**

**Life**

### **Lessons – Were You Loved?**

We are all unique and different individuals. During life, we get exposed to different types of people and different experiences.

Yet, we don't notice the effect those people and all our experiences have had on us.

Everything you have done from birth on has shaped who you are today and why you are where you are right now. If you have been fortunate, or had unusually enlightened people around you at a young age, you may have been taught about staying positive and how to turn failure into success.

Teaching children at a young age that failure is a part of success is such a valuable lesson.

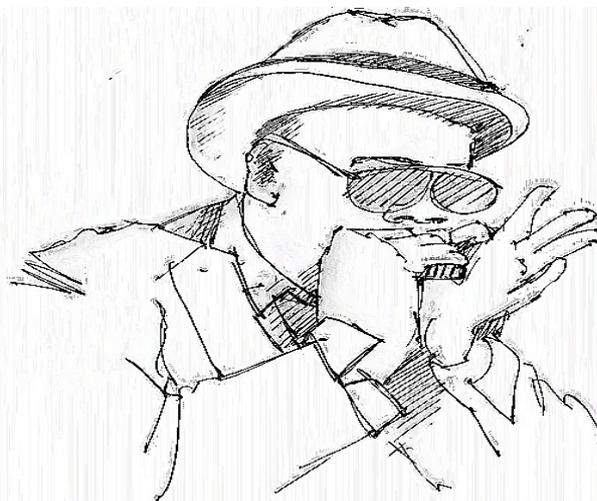
You may have constantly been told that you were loved and a very likeable person who was worthy to receive love. Almost certainly, you would have felt truly confident in the belief that those around you loved you very much. You probably knew that life was there for you to enjoy.

If this was your experience, then you may find that the journey to success is not a long and painful one; your self-esteem may already be in exceptionally healthy condition. It may be that you simply have to learn the techniques of how to put them into action and how to enjoy the results of your efforts.

If that was not your experience, then the journey may be a difficult one with lots of self-doubt to overcome. You may need to spend some time building your own self-esteem to better prepare to accept some of the teachings in this book.

Success, like martial arts, is about building the qualities of the person first. If the person is built up first, then almost certainly there is a better chance for success. Through regular physical exercise, every martial art student becomes physically stronger. This physical strength will build more confidence, and help to build a stronger self-belief in ability. Because of the much-honored belt system in martial arts, each belt brings even more self-belief.

Once the person has built enough self-belief in his or her own ability, then the belief that they have what it takes to make it all the way to black belt and beyond is created.



### **Playing the Blues Harp Simulates Steps of Achievement**

One of my favorite pastimes is playing the blues harp. The blues harp is a very personal instrument for several reasons. The fact that you put the instrument in the mouth makes it seem as if it is a part of you and it is; it has to be. The sound of the instrument reflects the shapes and resonance that is created by the player's mouth and even his whole body. If it's played in a certain way, the harp can mimic the human voice, which gives it a truly familiar nature.

There are many similarities in learning to play the blues harp or any other instrument, to that of achievement. I have called this book the *Black Belt Success Plan* because martial arts is an area in which I have achieved success in my life. If you have already made achievements in other areas of your life, use your experience and the lessons you've learned to propel you forward to future achievement.

Every type of accomplishment requires some or all of the following:

- The decision to start
- A burning desire to succeed
- A strong positive mental attitude
- A step-by-step formula for success
- A reason for success (strongly defined objective or goal)
- Positive input from people who have already succeeded
- Great teachers and role models
- Daily application of skills and techniques
- Eagerness to learn
- A 'Never Quit' philosophy
- Concentration and focus
- Single-mindedness of purpose
- The ability to enjoy the journey
- Able to overcome setbacks
- A passion to serve others
- Good life balance
- Know your strengths and develop your weaknesses

The list above is not a comprehensive list by any means. As you read through this book you will begin to identify more attributes, skills and techniques that are needed for you to move towards your goal. At the back of this book, there is a Notes section for you to write down other things that are revealed to you as you progress. You will have 'Eureka moments' when you are least expecting them. When those moments arise, write them down immediately for future use. It's fun to later review these Eureka moments! Trust me on this one!

Carry your notes with you whenever possible and review them regularly. The nicest thing about the list of attributes and skills that I have mentioned is they can be all learned and developed to such an extent that success in anything becomes inevitable. You have no choice but to succeed as long as you consistently apply yourself in those areas.

**My Martial Arts Education Begins**  
My training in martial arts started in the late

1970's. I didn't realize it until many years later, but I was different than the other students. As the years came and went and new students came into the class and left the class, I realized that not everyone that started training was going to make it to the coveted black belt. I knew that I was going to make it because I had made a commitment to see it through no matter what it was going to take.

There was something else that was different than just making that simple decision. Many years later, I learned that what had made me different was a burning desire to succeed. The reason that I had this burning desire was because like many other young men of that time, I wanted to be able to do some of the things I had seen the great late Bruce Lee do on film. I was also a keen sportsman and wanted to know just what I could accomplish if I pushed my body to the limit. The desire was so strong in me that I dreamed about it every day. This burning desire within me gave me so much strength to keep going, especially when things got real tough.

### **Identifying with Those Who are Successful**

I saw other black belts that I admired and respected, and knew I wanted to be just like them. Yes, one day I would be like them; all I had to do was keep training and work hard. My friends and family would comment on the relentless training regime that I was putting myself through and how focused and single-minded I was.

### **Keeping Your Mind on Your Goal**

I didn't have time for girls or parties in those days because the reward of gaining my black belt was the only thing on my mind. I feel extremely grateful that I chose martial arts to pursue as my life-long goal. There are so many benefits gained from training in martial arts; outlining all the benefits could fill another book.

**If You Don't Believe in Yourself,**

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MASTER RAY GAYLE

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For more information on 'Black Belt Success Plan' including where to purchase a copy, please contact Master Gayle at; [chairman@puma-uk.com](mailto:chairman@puma-uk.com)

**\* This article first appeared in issue #38 (April 2012) of Totally Tae Kwon Do magazine. Master Ray Gayle is a valued supporter of the magazine.**



# The Encyclopedia of Taekwon-Do Patterns

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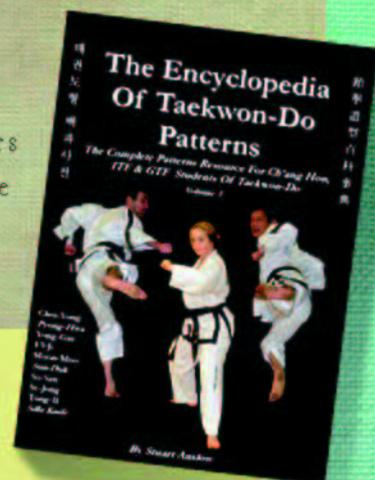
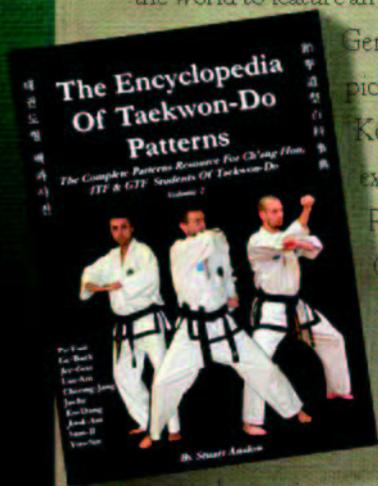
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# Sharpening The Knife-Hand in Taekwon-Do

By Dr. Zibby Kruk

The knife-hand, or “Sonkal” in Taekwon-Do ITF terminology, also familiar to some people as a “karate chop”, is a very powerful tool used in many martial art styles. It can be applied for both attacking and blocking.



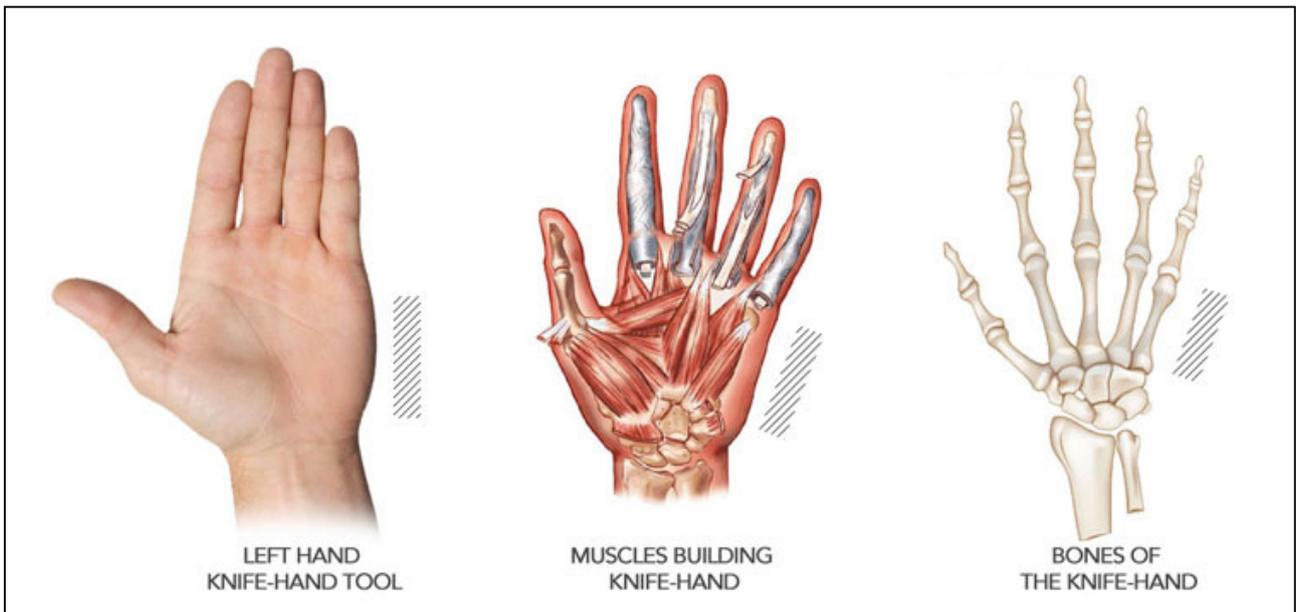
## WHAT IS THE TOOL AND HOW TO MAKE IT?

The knife-hand is a part of the palm surface between the wrist and the main knuckle of the little finger (*Picture 1*). Anatomically, the knife-hand is comprised of the *Abductor digiti minimi* muscle with lesser assistance of the *Opponens digiti minimi* and *Flexor digiti minimi* muscles. Their main action concentrates on flexing, slight rotation, or assisting in opposition of the little finger toward the thumb and helps to cup the palm of the hand.

In order to properly create the knife-hand, the four fingers have to be pressed against

each other with the middle and ring fingers bent slightly

inward. Some space has to be left between the thumb and the forefinger so that most of the strength is concentrated on the striking part (*Picture 1*). A hand positioned in this way allows not only the muscles building the tool to be tensed, but also to tense other muscles of the forearm (*Palmaris longus*, *Extensor digitorum* and *Extensor digiti minimi*), which are responsible for maintaining palm and forearm as one strong tool. Common mistakes observed very often in beginners are that the thumb is fully extended upwards which makes it vulnerable to



Picture 1: Bars denote the knife-hand surface of the palm

dislocation, or when thumb presses strongly against forefinger which tenses other muscles not directly associated with the knife-hand tool, or when using the joint area of the little finger for striking which can cause its damage.

**WHAT ARE THE TARGETS?**

Martial Art techniques are designed to attack vital points on the body and each technique has its best effect when applied to a specific target. Knife-hand is the tool that has many applications and can be used to attack skull, temple, bridge of the nose, philtrum, jaw, Adam's apple, floating ribs, mastoid muscles of the neck, the

jugular, throat, collar bones, 3rd vertebrae (key stone of the spinal column), upper arm, shoulder joint, and solar plexus (Diagram 1). When blocking, it can be applied to defend against downward strike or kick, attacks delivered from the side (turning kick, hooking punch) or front (front snap kick). The hand-knife block can be used against outer or inner forearm, the wrist, tibia, Achilles tendon or shin.

**HOW TO EXECUTE IT?**

The execution of knife-hand can take place with one or both hands simultaneously. The strike can be delivered inwards or outwards depends on the position of the

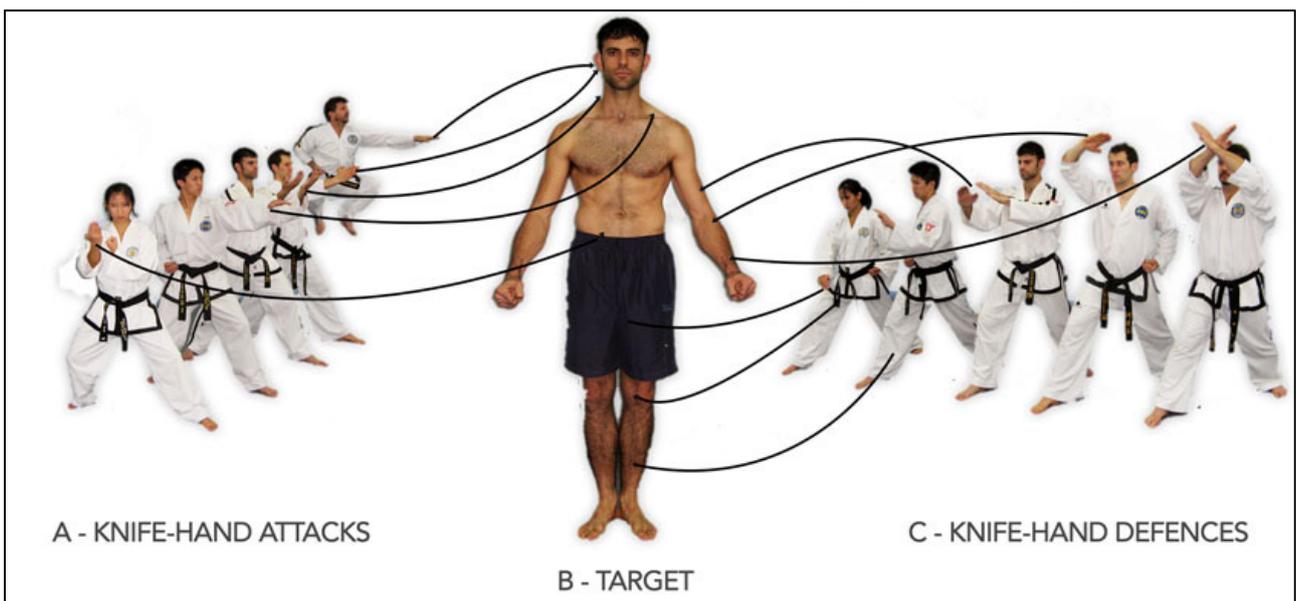
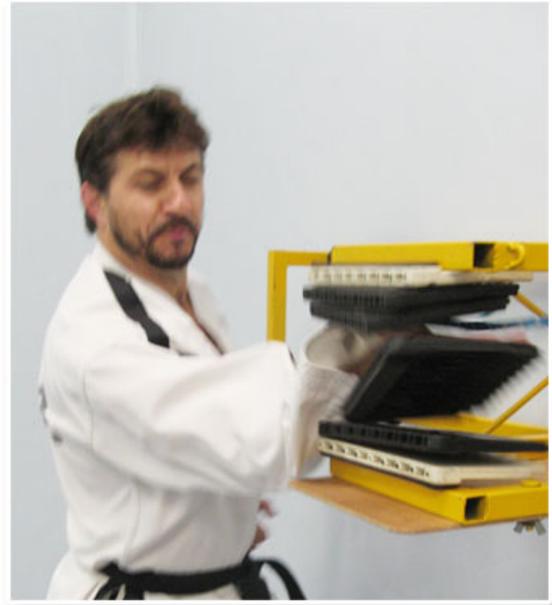


Diagram1: Example of various knife-hand attacks



INITIAL HAND POSITION



STRIKE

*An inward knife-hand strike*

opponent/target. The knife-hand is only a part of the technique therefore, in order to be used appropriately, it has to be synchronised in action with the entire body. In the case of an inward strike, the striking hand is risen and maintains the initial position like to throw a stone.

Then, it is delivered to the target in a

straight trajectory with inward rotation of the wrist at the target. In the case of an outward strike, hands cross in the wrists area and the striking hand is positioned on the top of the other (leading) hand facing upward. When initiating the attack, take a small swing backward and deliver the strike to the target rotating the wrist and exposing the attacking tool.



INITIAL HAND POSITION



STRIKE

*An outward knife-hand strike*

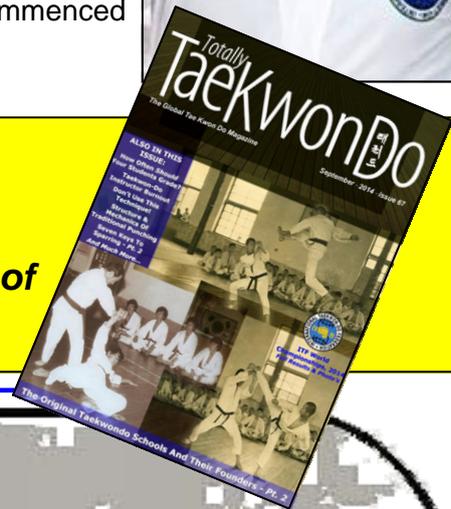
At the moment of delivering the attack (or block), body can be positioned full, half-, or side face. In every case, the technique is fortified by a stable stance and utilisation of large muscle groups surrounding the hips. Only the synchronisation of all the elements ensures successful and powerful execution of the knife-hand strike.



### DR ZIBBY KRUK

Zibby is an internationally recognised Master/Instructor of Taekwon-Do ITF who has taught in countries around the world including his native Poland, Australia and now Korea. His Taekwon-Do career commenced in 1981

**\* This article first appeared in issue #67 (September 2014) of *Totally Tae Kwon Do* magazine. You can read many more great articles by Master Zibby Kruk in other issues of the magazine.**



# Fighting And Self-Defence

## *A Matter of Context*

By Simon O'Neill

I was recently involved in an amicable discussion regarding the distinction between “fighting” and “self-defence”. The gist of it was that while some consider the two to be separate issues often with separate skill sets, many take the approach of, “*Just learn to fight; if you can fight, you can defend yourself*”. While I certainly respect the latter opinion and those who expressed it to me, I cannot help feeling that it is something of a simplification.



In this article I would like to examine in some detail the relationship between fighting and self-defence and in passing challenge the idea of “arts of self-defence”. Specifically, I would like to present the following hypotheses:

1. Self-defence is a contextually variable concept and is only analogous to fighting in some contexts. Therefore,

learning to fight is not synonymous with learning to defend oneself.

2. The Karate-based arts, including Tang Soo Do and Tae kwon Do, are not purely self-defence arts. They are fighting arts which are only partially applicable to self-defence.

## Self-Defence is Contextual

The “fighting vs. self-defence” debate is relatively simple. Those who do not see a distinction – or a need to distinguish – between the two consider that hard sparring is the quickest and best route to learning to defend oneself. After all, if you can hold your own against a skilled opponent who is trying to strike, throw or submit you, then you will be amply equipped to do so against an untrained attacker. The fighting model also offers built-in features such as getting used to hard contact, performing under pressure and excellent physical conditioning.

I have even heard the idea expressed that the self-defence model is for people who do not want to fight, the implication being that they are afraid to do so or unwilling to make the commitment to that kind of training for whatever other reasons. There is a certain amount of truth in this, although it is at best imprudent to tar all “non-fighters” with the same brush. I suppose, though, that it is natural for Boxers, Kickboxers, Judokas, Wrestlers and MMA fighters, among others, to think this way.

Also, it is my understanding that this opinion is informed in part by a perception among serious martial artists and fighters in the USA that self-defence or combatives classes are synonymous with “learn to defend yourself in a weekend”-type courses or feel-good going-through-the-motions classes for out-of-shape middle-class citizens who want to fool themselves into thinking that they can defend themselves. Note that I do not have first hand experience of this; it is just what I have been told by martial arts friends in the US. While this kind of course certainly exists in Europe, most of the regular self-defence or combatives programmes that I am aware of over here are every bit as tough and serious as the average combat sports programme.

The other side of the debate is the one that considers self-defence to be a separate concept from fighting. Many self-defence

proponents point out that combat sports or other manifestations of “learning to fight” do not take into account aspects such as avoidance and awareness, “soft skills”, adrenaline management, weapons defence and multiple opponents. This is true enough, but in my opinion it is not the lack of these contents that makes combat sports unsuitable for self-defence. After all, many self-defence-oriented classes are also somewhat lacking in one or more of the above, and there is nothing to stop a fighter from complementing his or her training in combat sports by researching, seeking instruction in and practicing this material.

I think that the real difference between fighting and self-defence is one of focus and context, both in terms of intention and of technique. Fighting is all about “fighting your way *in*” in order to inflict damage on an opponent, and this promotes a mindset of “beating” or “defeating” him in order to win or prove yourself. This rapidly becomes incompatible with the legal reality of self-defence, which – while it varies from one country to another – usually obliges the defender to withdraw as soon as possible and inflict damage only insofar as the threat warrants it. That is not to say that an aggressive mindset is not a necessity when self-defence becomes physical, but self-defence is really about “fighting your way *out*” and resolving the situation with as little damage as possible.

The biggest issue, though, is the suitability of a fighter’s core techniques for self-defence, given that not all self-defence situations are equal and not all threats are of the same gravity. Consider the go-to techniques of a Boxer or a Judoka: the former will tend to use the fists to strike an aggressor in the face as hard as possible until he desists or falls unconscious, while the latter’s instinct will be to pick the aggressor up and drive him forcefully against the ground. Both may well have other resources, but their training mainly consists of these strategies and these are the ones that are likely to surface under



pressure.

Bear in mind that these are *extreme* responses which are fine against a similarly skilled opponent wearing gloves or on a *tatami*, but which will likely lead to serious legal and ethical problems if the threat is not so extreme as to make them necessary. If my response to a psychologically disturbed or intoxicated though relatively harmless individual who accosts me threateningly (this has happened to me many times, for some reason) is the same as to someone who clearly means me real harm, I am setting myself up for a court appearance and possible prison time, as well as social ostracisation. Of course, combat sport or hard sparring experience can give you the confidence that you can “take them”, and therefore the calm to deal with the situation in a non-violent fashion, but the fact remains that if it does get physical, all you have is a hammer and every problem becomes a nail, to paraphrase the saying. This is not just a case of the “drunk uncle at a wedding” scenario, either. As a secondary school teacher I have older students who

are larger than me and who could pose a threat to me or to others if they were so inclined; however, I can think of very, very few circumstances in which I would be justified in using anything other than restraining techniques in a school context (or against any minor, for that matter). A friend of mine runs a hotel whose bar doubles as a watering hole for local drinkers; for a myriad of reasons – business, image, witnesses, community relations – he has to be very measured in his response when a patron occasionally becomes unruly and needs to be subdued and ejected. On the other hand, I recall a Colombian Hapkido master telling us how when the first Koreans arrived in his home country, they quickly modified the way their techniques were applied so that they would be immediately and extremely damaging, given that by far the most frequent self-defence situations involved knives or guns and that murder was a common outcome.

The nature of self-defence, then, is defined by a multitude of factors including the individuals involved, the circumstances, the

law and even the country. Clearly the technical emphasis of self-defence training will not be the same for a person living in Cali as for another living in Lisbon. Even within Europe there are differences in the level of threat and the nature of conflict. My own circumstances are very different now that I live in a small town in provincial Spain than when I lived in a large city in the UK.

It is essential to have at our disposal what we might refer to as a “scalable response”. This means that it is of little use to only have the option of an all-out destructive skill set. Of course, this may be necessary to protect our lives or the safety of others in extreme circumstances. But coincidentally, these are the bulk of the skills that the classical martial arts and combat sports usually provide us with; the question we might ask ourselves regarding their relevance to self-defence is whether or not we are actually willing to use them.

We must also have other options, though. Ideally we should be in a position to choose between a highly destructive emergency response and other levels of intensity, such as inflicting a minimal amount of damage and escaping or simply dissuading or restraining an assailant. These “less destructive” responses are often more difficult to perform from a technical point of view, but it is our legal and ethical obligation to consider them if we are to put our martial arts into practice as self-defence.

I do, however, believe that moderate to hard sparring is an essential component of learning to defend oneself. It toughens you up, it shows you what it is like to deal with real blows and grapples performed with destructive intention, it shows you how to apply your techniques against an uncooperative opponent, it teaches you valuable lessons about fatigue and perseverance and it gets you in shape. Personally, I do not put much stock in the idea of sport sparring creating bad habits (for self-defence) such as probing, feinting or hanging back to study the opponent. In

fact, the only really glaring carry-over effect I have observed with any frequency is when sport Tae Kwon Do and Karate people back off several feet and start bouncing up and down during self-defence drills.

Of course, for sparring to be useful for self-defence it must replicate some aspects of real violence in terms of range and technique; a sparring model based on, say, Boxing and Judo is far more productive to this end than the kind of long-range in-and-out fighting common in modern Tae Kwon Do or point Karate. Also, there must be a difference in focus and intention between a fighter who trains primarily to compete and an individual who incorporates sparring into his or her self-defence training; the former is looking to perfect his or her ability in a specific context while the latter wishes to gain certain benefits from a particular type of training without it being an end in itself.

### **The Fallacy of the “Art of Self-Defence”**

As well as this idea of a certain “scalability” of response, it is essential to understand how the classical martial arts (and I include the relatively modern art of Tae Kwon Do in this) are put together. Arts such as Karate and Tae Kwon Do have long been regarded in the West primarily as self-defence methods. A significant proportion of students who take up these arts do so with learning to defend themselves in mind. It is common to see clubs advertising self-defence instruction despite teaching mainly tournament fighting and physical education. Choi Hong Hi even entitled his 1965 book *Taekwon-do, the Art of Self-Defence*.

In recent years there has been much productive study of the classical methods of Karate (and subsequently Tae Kwon Do), particularly the role of forms (*kata, hyung, tul, poomse*) in practical self-defence. One of the ideas put forward by this field of study is that Karate and its derivatives are civilian self-defence arts as opposed to, say, military or duelling arts. This is largely based on two quotes by prominent

Okinawan masters of the late 19<sup>th</sup> Century and early 20<sup>th</sup> Century.

Itosu Anko, often considered the “father of modern Karate”, wrote in 1908 that Karate “is not intended to be used against a single opponent but instead as a way of avoiding injury by using the hands and feet should one be confronted by a villain or ruffian”. At first glance, this seems to indicate quite clearly that Karate is not for matching one’s skills against another fighter in a duel format but for defending oneself from unprovoked attack. However, I believe it should be taken with caution. It must be considered that this quote comes from a letter to the Ministry of Education in which



Itosu was attempting to convince the authorities to let him establish Karate for physical education in elementary schools with a view to producing students “well-suited for military service” and of “great benefit to our nation and our military”. Itosu was trying to promote Karate as a means of physical development and mental discipline for the good of society, not as an art which would have practitioners challenging each other or otherwise causing violent trouble. This meant playing down the more aggressive aspects of Karate, although he does seem to slip up towards the end of the letter, referring to training “as if on the battlefield” and producing “capab

**\* You can read the rest of this article in issue #73 (March 2015) of Totally Tae Kwon Do magazine, plus many more great articles by Sabum-nim Simon O’Neill in many other issues of the magazine.**



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# Nam, Tae Hi

## *The Silent Founder Of Tae Kwon Do*

By Lyndsey Reynolds

The book 'A killing Art' introduced me to the real story of Nam Tae-Hi. Many TKD'ists around the globe will be fairly familiar with the majority of Grandmaster Nam's contributions to TKD - however it is the story of his time in the Korean war which really drew my attention to him and the fact that to this day- he is the living personification of the Tenets of TKD. GM Nam started his martial arts training in 1946- at the age of 17. Before meeting General Choi GM Nam trained in Shamokin Karate- and reached 1<sup>st</sup> Degree in this art.



In the 1940's, Nam's Training schedule was arduous to say the least. He would train weekdays from the early afternoon through to midnight sometimes while studying. The developing of his career however was interrupted by the breaking of Korean War. (June 27, 1950 to January 31, 1955) Nam was essentially stranded by his Division. Nam was a leader of a battalion which became completely surrounded by North Korean and Chinese communists. Despite the fact that Nam's regiment was hugely outnumbered, Nam's commander was furious. As a punishment for Nam's alleged 'failure'- his battalion was sent to A no-man's land outpost near Seoul on the top of Yongmun Mountain. This was 10km closer to the enemy and hugely dangerous for Nam's regiment. Nam had a genuine fear that they were all going to be wiped out!

Never the less Nam realised that all attempts must be made to maximise the chances of survival no matter how bleak the odds. He ordered the 31 soldiers in his regiment to dig trenches and forge outposts. After the second day of exile, Nam's Battalion heard the Chinese Army ripping through neighbouring friendly outposts, destroying the majority of them with stunning ease. Nam's unit retreated into

the trenches and waited, hiding in the darkness. Nam used the darkness and the shadows to his advantage, his unit was short on ammo and weapons and knew the enemy wouldn't fire in the darkness for fear of friendly fire. Nam fought the way he had trained, identifying enemies by fumbling for their heads. Chinese soldiers had crew cuts and South Korean soldiers had longer hair. So Nam fumbled and struck in bursts when he needed to all through the night. After the first night the enemy retreated to gun range, and returned to Nam's trenches at night. Nam maintained the same strategy, fumble check hair length, and attack with all his might, ignoring his own pain and the lethargy setting in. The enemy attacks ceased after the third night. The following morning allowed Nam to eat, he had missed food & sleep for three days and most of his battalion were dead. During this time, the Americans arrived to support the South Korean regiments and despite the fact they were still outnumbered, they managed to resist the Communists.

After sometime, Nam had a chance to eventually rest. He walked to where he fought the previous three nights. He hadn't seen it in daylight. What he came across was a pile of bodies- bodies with no Gun or Bayonet wounds. These bodies were the ones Nam had dispatched of empty handed with his previous training. At this stage the South Koreans counter-attacked, sensing that the communists had been weakened and managed to drive them away from Yongman mountain. This became a noted battle in Korea's history and word began to spread about Nam's exploits, the Korean Karate expert that had killed piles of communists with his bare hands.

Of course, the details of Nam's exploits flew into General Choi Hong Hi's ears, right at the time when the general needed an instructor to help develop instruct and define his new art, Tae Kwon-Do. General Choi- hungry to spread and popularise his martial art to the world sought Nam out in 1952.

In 1953- Nam was summoned by General Choi to teach what was then called Tang Soo Do in a completely new division called the 29<sup>th</sup> Infantry Division. This Division on Chenji Island was the birth place of Tae Kwon Do as we are familiar with it today. From here General Choi would devise the patterns, ask Nam to perform the movements and alter the movements if needed. Nam himself created the patterns Hwa-Rang, Choong-Moo and Ui-Ji., General Choi was in charge of 100,000 men on this island and ordered regimental commanders to send soldiers to train there 8 hours a day under 'Captain Nam'. On

Chenju Island, GM Nam personally trained many of today's pioneers, people such as Han Cha-Kyo, C.K Choi and Jhoon Rhee (Pioneer of TKD in USA). The 29<sup>th</sup> Infantry division then went on to train thousands of Korean Soldiers.

General Choi's wish was for Tae Kwon Do to become a worldwide martial art- however firstly he had to prove its effectiveness to the rest his own country first! He organised a military Demonstration in front of South Korean President Sing Man Rhee with Nam as the star of the show. The demonstration included patterns, self defence techniques, sparring, bayonet defence techniques and now the infamous breaking – where Nam as a Second degree black belt broke 13 roof tiles with a downward punch.



*Grandmaster Nam, Tae Hi, with General Choi and Grandmaster Kang, Yon Ho*

President Rhee was so impressed by this he stood after the demonstration and

asked for it to continue. Nam and Han Cha-Kyo had to improvise and fill the time with defences against multiple attackers, and a new pattern never before shown to the public (Hwa-Rang).

The demonstration was a huge success, which Nam had made happen for General Choi- and was a seminal moment- President Rhee wanted this 'new', revolutionary martial art to be taught to more of Korea's soldiers. Martial Arts was now added to the standard training schedule of a Korean Soldier. This demonstration also resulted in the creation of a new Military Gym headed by General Choi called the Oh Do Kwan (Gym of My/



Our Way) where Nam would instruct 300 soldiers at a time!- The Oh Do Kwan was also used to train South Korean Police officers. The first documented patterns to be unique to Oh Do Kwan are called Chang Hun and were designed by General Choi, Nam Tae Hi and Han Cha Kyo and originally practiced at the Oh Do Kwan.

have the interests of its members in mind.

In 1973, GM Nam moved to Los Angeles to open a civilian school and taught TKD until he retired

As an instructor GM Nam travelled to

In 1959, GM Nam became the first pioneers of TKD in Vietnam, after heading up a demonstration there he was the head instructor of the Vietnamese. In 1962 his instruction lead to him being known as 'The Father of TKD in Vietnam'. 1965 saw Nam going to Malaysia as a member of the Korean Diplomatic Corps. Here, he became chief Tae Kwon-Do instructor. He was elected as President of the Asia Tae Kwon-Do Federation . When the ITF was first inaugurated, Choi made him Vice President of the ITF. GM Nam eventually left the ITF after General Choi passed away as he felt that any of the groups that called themselves ITF didn't really

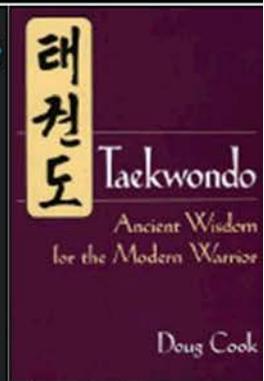
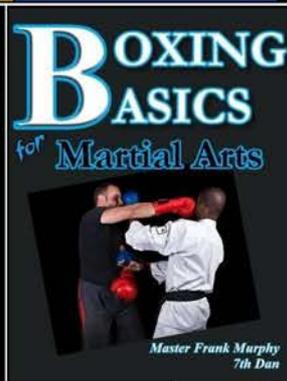
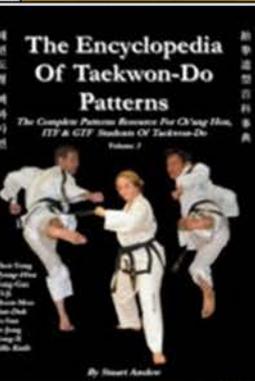
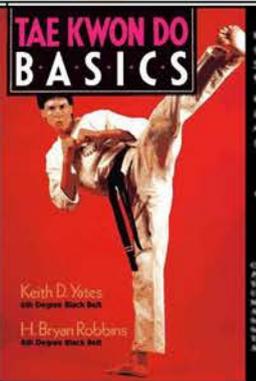
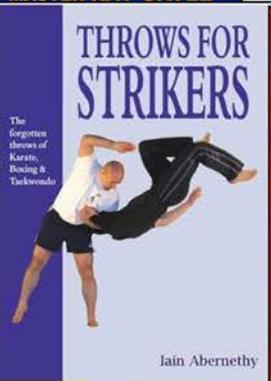
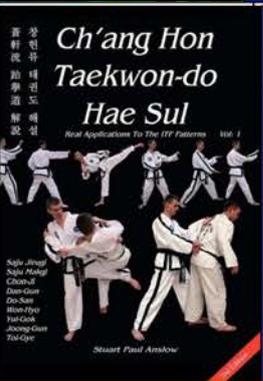
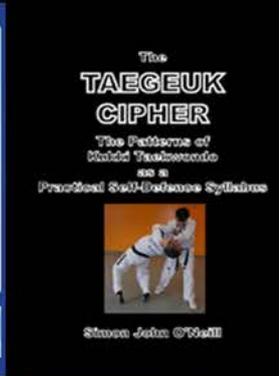
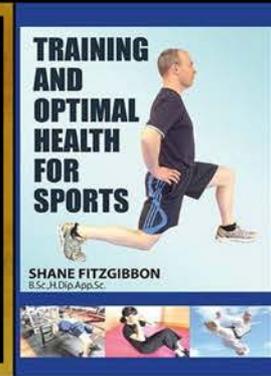
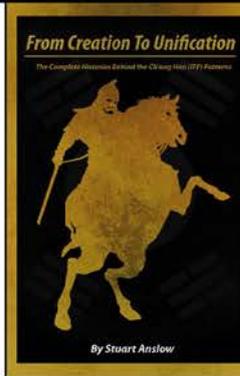
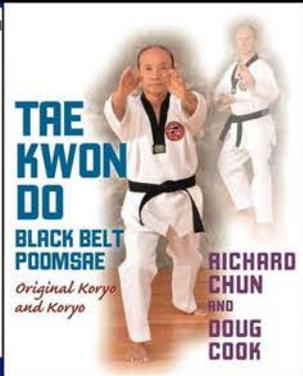
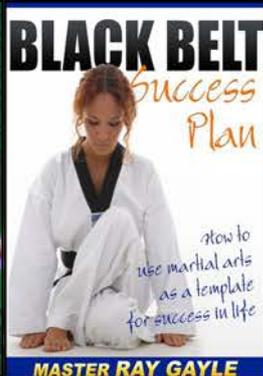
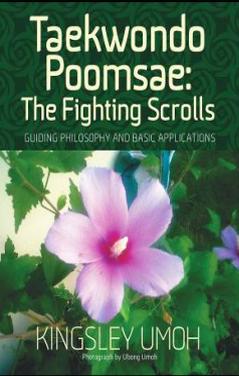


more than 120 gymnasiums all over the world, he introduced new techniques, and theories and was essentially General Choi's right hand man. Whatever hopes and dreams General Choi Hong Hi had for Tae Kwon Do, its development and the spreading of it around the world, GM Nam was instrumental in turning them into a reality. He is a living piece of history

and a true 'student'- never asking for any credit for the vital work he did for Tae kwon Do, instead lives quietly in Los Angeles with his wife. In my mind, Tae kwon Do would not exist without

**\* This article first appeared in issue #15 (May 2010) of Totally Tae Kwon Do magazine and also appeared, with other articles on Grandmaster Nam, Tae Hi in a special tribute issue (#58, December 2013), following his sad passing in November 2013.**

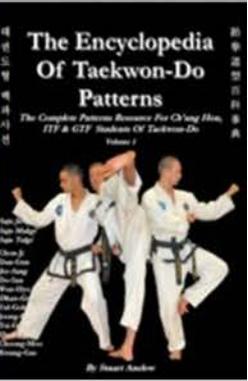
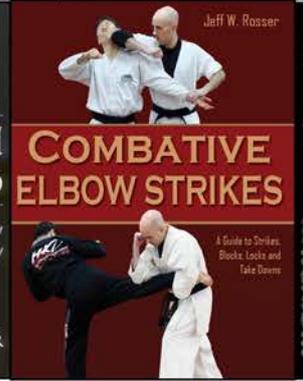
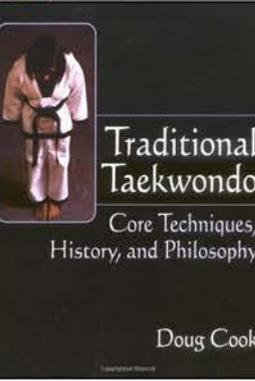
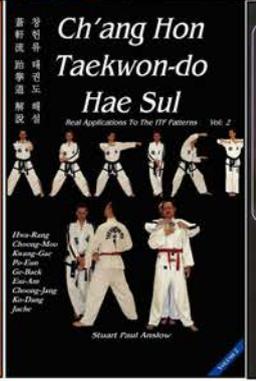
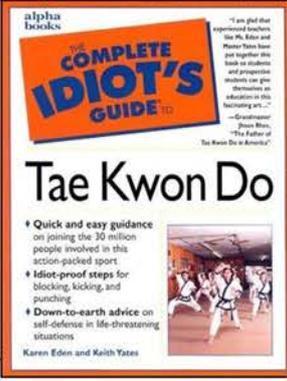
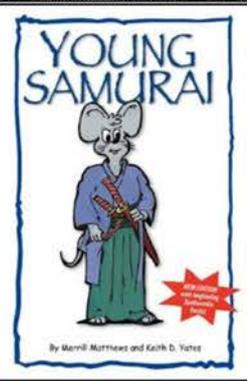
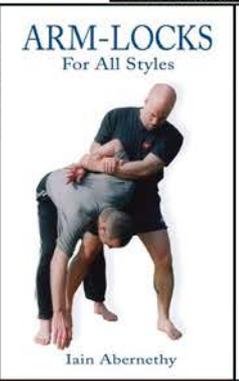
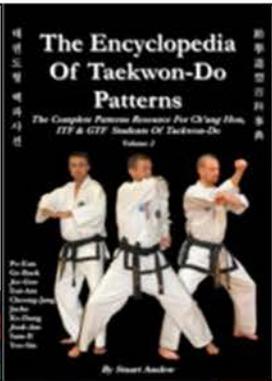
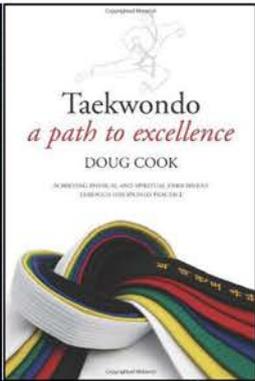
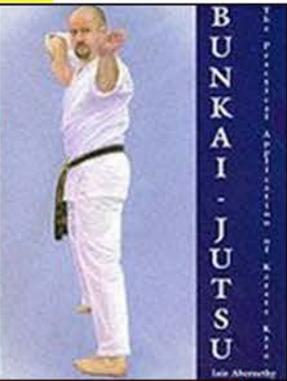
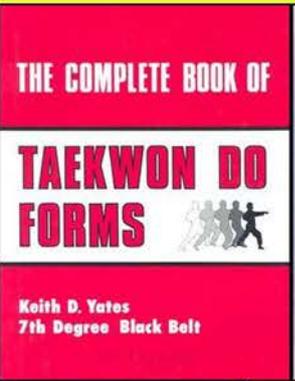
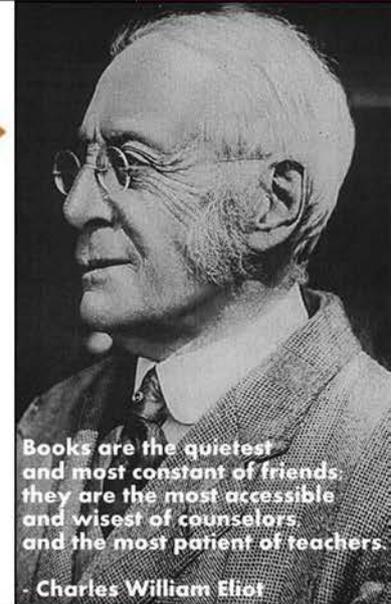
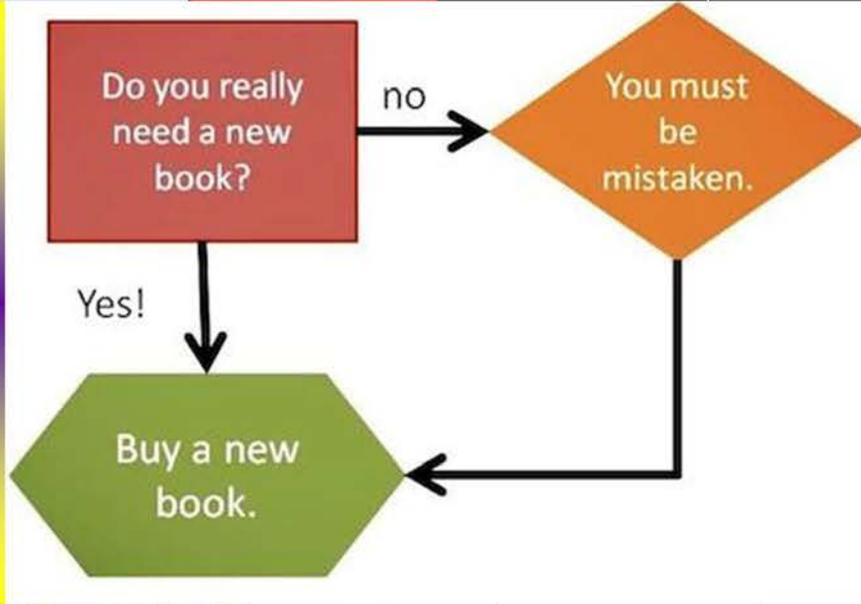




**FACT**

The author's of all these books regularly write and submit articles to **Totally Tae Kwon Do** magazine.

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# Prearranged Sparring: *Definition, Purpose and Value*

by Sanko Lewis

In a combative encounter (in other words, in a fight) your brain needs to process hundreds of variables, take in thousands of units of sensory information and make ten thousands of instantaneous calculations. Some things that your brain needs to take into account are how many attackers there are, their intent, the types of attacks that are launched towards you (straight punch? hook punch? kicks? weapons?), the angle the attacks are approaching, the relative distance and speed of these attacks, your own ability to dodge (or block?) such attacks, your footing and characteristic of the surface you are standing on (is it slippery? are there obstacles?), and a myriad other variables. Most of these variables are never consciously evaluated since there is just not enough time to do so. The body has to react instantaneously and all necessary calculations have to happen reflexively. It is believed by some that the only way to practise for combative encounters is just to get yourself into real fights often and then just slug it out, and hopefully, with time, your brain will start to make sense of the chaos, start to recognise certain patterns,

and slowly come up with some survival skills. That is, of course, if you are lucky enough to survive long enough to learn from all of this.

Over time the martial arts have come up with a way to actually practise for certain aspects of a combative encounter that is less chaotic and allows one to train very



*Three Step Sparring*

precise skills. The theory is that if you practise some specific skills, based on some typical combat patterns, hopefully these skills will kick in as engrained reflexes when you are thrown into a chaotic combative encounter.

The martial arts achieve this by making the combative

encounter more abstract—less detailed; in other words, by removing many of the variables and presenting the trainer with very specific scenarios. The most simple way to do this is to limit the number of attacks. For instance, it is predetermined that your training partner will attack you with, say, three attacks. At beginner level, the type of attacks may even be appointed. Within the limits of these three attacks you have to adequately defend yourself against the attacks using blocks or dodges, and

also retaliate with a counter attack. Such exercises where some of the variables are reduced and specific attacks are predetermined are called prearranged sparring, *yaksok matseogi*, in Taekwon-Do.

The noun *yaksok* means promise or agreement. The word *matseogi*, usually translated into English as “sparring” is based on two root words. The prefix *mat-* means to be positioned face to face or to oppose, while *seogi* is based on the verb *seoda* that means to stand up or take up a position. *Matseogi*, therefore, means to stand up against a foe, or to face an opponent or difficulty. In its totality *yaksok matseogi* is a type of sparring that is agreed upon; literally, “agreed-opposition”. In three-step sparring, *sambo matseogi*, the number of attacks, or steps, are agreed upon; *sambo* literally means three steps. Apart from three-step sparring, there is also two-step sparring (*ibom matseogi*) and one-step sparring (*ilbo matseogi*). The ITF



Step Sparring

Taekwon-Do Encyclopaedia makes it clear that prearranged sparring involves various assumptions, like “the number of steps to be taken, the target to be attacked and the attacking tool to be used” (Volume 5, p. 19).

Since prearranged sparring involves such assumptions it clearly lacks the unpredictability of a real life fight. For this reason, people unfamiliar with the purpose of prearranged sparring will immediately dismiss it as unrealistic and therefore useless. Such a conclusion is based on their ignorance of the purpose of the

exercise. Prearranged sparring is deliberately unrealistic (abstract) in order to practise very specific skills that one would not be able to practise so intensively in an actual fight. By reducing the variables, the practitioner can practise very specific skills, like defence techniques against particular attacks. As the skill level of the practitioner improves some variables may be increased and the abstraction level decreased. For instance, at beginner level

it is agreed that the attacker will only use straight punch attacks, but over time other types of hand techniques may be included like crescent punches (haymaker punches), upward punches (uppercuts) and a variety of strikes. Eventually the abstraction level is so much reduced that the exercise starts to approach the unpredictability of a real fight; however, by then it is hoped that the practitioner will have honed enough skill (e.g. reflexive responses) to be able to more comfortably cope with the chaos of an actual fight.

To assist the transition from high-abstraction, low variable practise to low-abstraction, high variable practise, there ought to be intermediate exercises that have some arrangement involved, but not too much. One such an exercise in Taekwon-Do is called semi-free sparring, *ban jayoo matsogi*. *Ban* means half or semi - and *jayoo* means unrestricted or uncontrolled, i.e. “free.” The ITF Encyclopaedia explains that in semi-free sparring the “distance between players, method of attack and defense used,



*Free Sparring*

attacking and blocking tools used and number of steps taken are completely optional” (Volume 5, p. 225). The only restriction is that the attacker may only launch one series of attacks. Once the defender lands a counter attack the sparring stops. Semi-free sparring is similar to point sparring used in some martial art tournaments (for instance Karate kumite) where every time a point is possibly scored, the fight is stopped, the point is decided upon by the referees and the fight is resumed.

The next step after semi-free sparring is free sparring (*jayoo matsogi*), or tournament sparring, sometimes also called continuous sparring to

differentiate it from the non-continuous nature of point sparring.

It would be wrong to think that free sparring (tournament sparring) is free of any abstraction. Free sparring still contains some abstraction, i.e. arrangement. The ITF Encyclopaedia is frank about the restrictions placed upon free sparring, saying that while it is “open combat” where there are “no prearranged mode between players, and both participants are completely free to attack and defend with all available means,” there are still, however, requirements of “controlled attacking and prohibition of attacking to certain vital



*Free Sparring*

spots” (Volume 5, p. 244). The tournament rules present in free sparring are by definition restrictive of some of the variables one would experience in a real fight. The ITF Encyclopaedia lists at least seven points in which free sparring is not “real combat” (Volume 5, p. 257):

1. Prohibition of attacking the vital spots.
2. Limited number of attacking tools. (For instance, it is illegal to bite.)
3. Limited number of attacking areas. (For instance, it is illegal to attack the groin.)
4. Limited space for fighting.
5. Limited number of attacking methods. (For instance, joint breaking techniques or ground fighting might be illegal.)
6. Safety equipment.
7. No full contact and so on.

In a manner of speaking, even free sparring is somewhat “prearranged” because of the “arrangement” imposed upon it by the rules within which it functions. Because free sparring is much less abstract and therefore tend to mimic a real fight a little closer, it is easy to fall into the trap of focussing too much on free sparring (tournament sparring), thinking that such sparring is the same as real fighting. This is just not the case. Even such violent tournaments like Mixed Martial Art competitions still adhere to some rules, and



Reality Based Sparring

techniques, and only when the bell rings. This is far removed from a self-defence scenario where you do not by default know the number of potential attackers, nor do you necessary know when they will attack. Tournament sparring can therefore get you into a dangerous mindset where you think that your attackers will always come one at a time, always from the front, and play by some rulebook . . .” (Lewis, “What I Have Against Tournament Sparring”). Basically all forms of sparring, including MMA tournaments, are prearranged to some degree because there is a level of agreement between the competitors, even if the agreement is merely the number of competitors you will face at a time, the length of the rounds, the presence of a referee and the assurance that no weapons will be brought into the fighting area. None of these “agreements” are present in a real combative encounter; e.g. a violent crime.

For this reason some instructors, like myself, also teach traditional sparring (*jeontong-eui matseogi*). Traditional sparring does not put a limit on the types of attacking tools, attacking areas, attacking methods, and so on. However, since rules are in place for protection, traditional sparring can be very dangerous. For this reason this type of sparring is not practised at full contact and often at a slower pace, in order to avoid

**\* You can read the rest of this article in issue #25 (March 2011) of Totally Tae Kwon Do magazine, plus many more great articles by Sabum-nim Sanko Lewis in many other issues of the magazine.**



# 10 Steps to Bring Back Taekwondo as a MARTIAL Art!

By Ørjan Nilson

Some time ago I attended an instructors course organized by the traditional taekwondo union (TTU). Apart from training we also discussed everything Taekwondo, including many of the problems that we see today, and giving our opinions on how to fix them. After discussing this for a few days, the discussions and arguments put forward lingered in my head demanding to be put down on paper. So I sat down and in one go I wrote 10 steps in no particular order that I think we should take to bring back the MARTIAL side of Taekwondo today.



The development of Taekwondo the last 20 years or so has been going steadily toward more or less complete sportification of a once feared martial art. Today the dominant view of the public, and other martial artists from outside is that Taekwondo is not an effective art for self defense, nor is it particularly effective in combat outside the very specific Olympic sparring paradigm on one hand and the ITF point sparring on the other. The question then is: "Is it possible for the current generation of Taekwondo students who only learned the sportive version of Taekwondo to redefine itself as a martial art once again? I believe the answer to that question is "Yes" and I will try to tell you how one approach can do this. The approach I am thinking about does not align with what I call "My Taekwondo" but I think it is a great leap in the right direction and especially for "normal" Taekwondo students.

The following steps are just laid out this way for the sake of convenience. Do not take the steps literally. You can apply all or any one of them if you so wish.

**Step 1: Rid yourself and/ or your Dojang of sport mentality.** Or at least don't be dominated by it.

The current publications being produced by the Kukkiwon or endorsed by the Kukkiwon are all heavily dominated by sport mentality. What I mean by this is especially apparent in

the works on Poomsae. Ask anyone what the "traditional component" of Taekwondo is and the answer is likely its forms. The latest publications from around 2006 onwards have all more or less completely ditched absolutely all applications of the movements, and more importantly their only reasoning when explaining the way to perform Poomsae is to do it any other way than the way described here will result in deducted points (in competition).

Now for the people out there serious into Poomsae as a performance sport there is no problem with this approach, BUT for 95% of the students of Taekwondo who have no interest in sport but wants to practise a martial art this sport only reasoning is, in lack of a better term "dumbing" down Poomsae. As an example of this I once attended a Poomsae seminar. The teacher of this seminar had the performance of Poomsae down to a T. It was beautiful to watch, and he knew the

exact way to perform each and every technique in each and every Poomsae. The thing was though that the students who attended the seminar had learned their Poomsae in a slightly different way so they kept asking him questions as to why the movement standard had changed (as it had changed in their point of view). The teacher consistently brushed all questions off as "if you do it any other way you will get deducted for points". He was successful in this until the Bittero sonnall bakkat makki (Twisting knife hand outward Block) found in Taegeuk Yuk Jang. Here there was a red belt that was corrected because he had his elbow of his blocking hand sticking very much out to one side instead of pointing down toward the ground as it is "supposed" to be. When corrected the student asked why it should be done this way, and the teacher answered with the deductive points reasoning. This was not a satisfactory answer to the red belt who did not have any interest in



*Basic Application of an inward block*



competition so he pressed the matter further. The teacher was unable to come with a satisfactory answer so it evolved into a discussion between everyone on the seminar.

What I noticed was that eventhough there were many high ranking people there, and that the teacher himself being highly ranked no one could agree on it so I stepped forward and explained the bio-mechanical reason being that turning the elbow outward made you lose the involvement of the large body muscles on the side of the upperbody and gave a much poorer alignment of the body. I also explained how used as a deflection lifting the elbow outwards made the block cover a lot less of your body than having the elbow pointed down. These are combative sound principles that should be obvious to anyone practising Taekwondo as a martial art, but because of the dominant sportive mentality the participants were pretty much oblivious to it. And all this is not even touching on "alternative applications". This was just one example, but a whole new

generation of people are learning Poomsae movements with a "Do it like this or you get deducted points in competition" mentality.

Another way sportive mentality has broken Taekwondo is when it comes to free sparring. In the old days low kicks, punches to the head and grabbing + sweeps were the norm not the exception. I asked my teacher again about this fact a few weeks ago when I attended an instructors course held by the Traditional Taekwondo Union. He confirmed all of this. I can undestand why we dont do face punching but if I had my own Dojang I would throw Olympic sparring out and never let it back in! Poomsae movements are based on what you do in an emergency so there will never be a true complete overlap between sparring and Poomsae but there will be a lot more overlap between them if you started using hand techniques, simple kicks and grabs again. Simple changes that anyone can do but few dare to for some reason. The dominance of sport mentality in



Taekwondo is one of its main problems today in my own opinion, and it needs to change soon because when or if we loose the Olympic sport status (which might happen very soon) those who have practised Taekwondo as a martial art will still have its martial art, but those who have only Olympic aspirations will have nothing.

**Step 2: Include the training methods included in the old Kwan (plural)**

When we want to get back to martial art Taekwondo and we want it to be respected once again we should look back on the Taekwondo that was practised at the time Taekwondo was a respected martial art. This makes all the sense in the world to me, but few seems to be interested in it. If we get back to the subject of Poomsae we should all at the very least learn the hard style kick block punch applications that was ALWAYS included in the older textbooks of Taekwondo. We might ridicule them today, but at least the students that were exposed to them had a starting point and knew how to use the most basic

deflections, and strikes of Taekwondo. Today I often observe a total disconnect between "traditoinal basics" and the Olympic sparring basics. One is treated as outdated useless techniques and the other as highly refined competition techniques.

Strong traditional basics was one of the biggest strenghts of old style Taekwondo, but we need to understand them well if we are going to have strong basics once again. Look at the earlier example of the twisting outward knife hand block that perfectly illustrate this.

Another often used but by these days almost extinct training method (in the Kukki Taekwondo at least) is the formal sparring. I am here taking about 3, 2, and 1 step sparring. I have written a little about them before and many think that they are outdated and detrimental for the development of the practical minded martial artist. Personally I think that we should include them, but not be stuck in them. They are just a template for drilling. Great to introduce new concepts, or even starting to learn how to cope with another humanbeing standing in front of you. In short I would say that 3 step sparring drills how to receive an attack more so than how to counter. The counter is included at the end.



The usable bit of 3 step sparring is the last bit, but you drill how "to get there" by including more steps. To include more steps you have to step backward. Stepping in any other direction you will find it awkward to include more steps as the attacker would have to reorient himself to you for each step. 2 step sparring on the other hand is there to teach you how to shut down a combination to dominate an aggressive opponent. 1 step sparring is there to drill how to receive and how to counter as well as how to enter your opponents space. In my org at least the 1 steps all move forward. The earliest ones on 45 degrees and the later ones more and more straight forward. There are many faults with these drills and training methods when looked at in isolation but that can be said of anything we do in training. You wont hit anyone better by doing pushups alone, you wont be good at sparring by skipping rope, you wont be better at self defense by doing solo performance of a form yet all of these things are great to have in your training tool box. If your Dojang does not include formal sparring I urge you to reconsider their inclusion.

### Step 3: Include basic grappling skills into Taekwondo

At the very least a Taekwondo student should master the following:

1. How to break fall
2. How to free himself from any grab
3. Rudimentary locks, throws and sweeps



All of this was **widely taught** in early Taekwondo. You can look at any of the old textbooks or even newer ones as both the 15 Encyclopedias of the ITF (volume 5) and the Kukkiwon Textbook BOTH demonstrate grappling etc. These days you are lucky if you learn how to free yourself from wrist grabs but this was not always the case. Step sparring is a great





way to start including this stuff in your Taekwondo in a formalized safe way before introducing more live drills. I can not restate this enough, all 3 points in the list of what you should master in Takwondo was normal stuff to learn untill the sport focus became dominant the last 20 years. It was often covered by the Dojang`s Ho Sin Sul aspect of the syllabus. Ho Sin Sul being Self Defense.

#### Step 4: Include close range strikes into Taekwondo



By this I mean the things many now consider to be "not Taekwondo" but which again was common knowledge not that long ago. Knee strikes, elbow strikes,

finger strikes, headbutts, strikes using the shoulder and hips to unbalance the opponent etc. These are all found within Poomsae and most likely they are in your step sparring if you do them. It should not matter where your opponent is in relation to you. If hes in kicking range you kick, punching range you punch, closer than punching range you knee strike, elbow or finger strike him (at a vital point) and set up a throw or sweep. If he grabs you, you free yourself and keep on striking. I`m not saying to ditch the kicks of Taekwondo as they are the Korean Martial Arts Legacy, but we should not be so bound by them that once the opponent enters a closer range we are amiss as to what to do. We should be competent strikers for any range and our Taekwondo forebeares were just that. Their kicks might not be as pretty as ours, but they could effectivly strike from any range.



#### Step 5: Include vital point knowledge into Taekwondo

Rudamentary vital point knowledge should be taught with the very first technique and be expanded upon throughout the students

## Traditional Taekwondo Ramblings

The Pulling hand (Dangki Son) has many uses. Below are a few examples from Sihak Henry Cho's "Tae Kwon Do; Secrets of Korean Karate" published in 1968. Here we see the non striking hand pulling, checking, clearing of limbs etc. The non "blocking"/ "striking" hand has an important purpose



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least be helpful when applying other techniques that require grabbing.

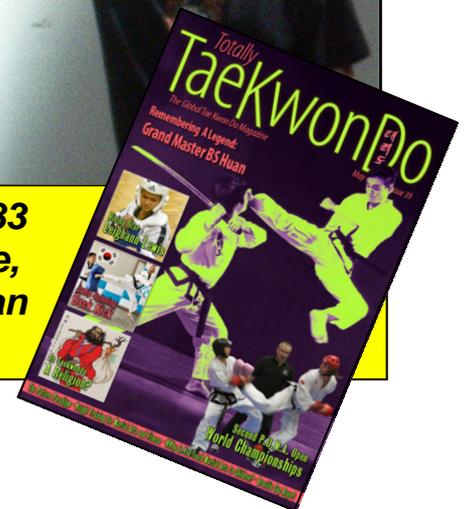
### Step 6: Include Dallyon as part of your training

Dallyon or forging was something seen as very important in the old Kwan (plural) and if you look to any old textbook odds are in the favour of you finding at least some reference to this kind of practise. Breaking is in part dallyon at least in old school Taekwondo. Another is the inclusion of the Dallyon Joo or Kwon Go which is perhaps better known as a Makkiwara in the west. References to weight training implements, striking boards/Makkiwara, gripping jars etc abound in the older writings on Taekwondo. Choi Hong Hi's 1965 book and even his 15 volume Encyclopedia gives perhaps the most thorough introduction to them. He being the founder of Oh Do Kwan makes this important as it was a very influential Kwan in the beginning of Taekwondo. Shihak Henry Cho also makes references and demonstrates the striking board, weight training, speed ball and Heavy bag in his book: "Better Karate for Boys" so we have written testimony that these things

studies. A black belt should know how to aim his strikes to vital points on any part of the body (face, back of the head, stomach, leg, arm etc) while the masters should have "advanced" knowledge of how to manipulate the vital points. "Keupso" is Korean for vital point and in Taekwondo the knowledge of where to hit was common knowledge until the sport focus took over. A red belt should without trouble be able to list 30-40 places to direct his strikes toward. A black belt should with ease be able to list a couple of dozen more. This knowledge (how to manipulate the vital points through striking them) is known as "Tae Heol bop" in Korean. The other one which should be taught along appropriate techniques for grappling is "An Heol Bop" or manipulation



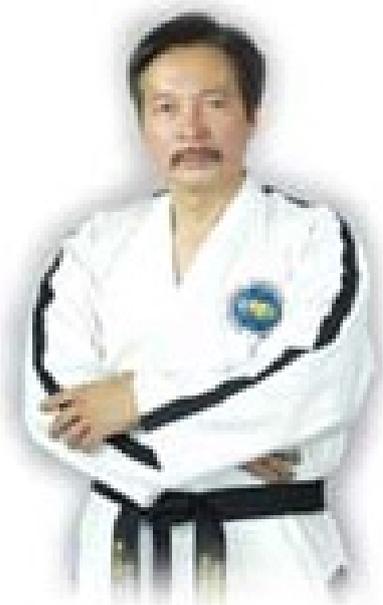
**\* You can read the rest of this article in issue #83 (January 2016) of *Totally Tae Kwon Do* magazine, plus many more great articles by Sabum-nim Ørjan Nilson in many other issues of the magazine.**



# A Tribute to Grandmaster Tran Trieu Quan

## *A Gifted Taekwon-Do Leader*

By George Vitale & Stuart Anslow



On January 12, 2010 a devastating 7.0 earthquake hit the city centre of Haiti's capital Port-au-Prince. Rarely does a natural disaster hit a congested urban location so directly. Its impact to what is the western hemisphere's poorest nation left over 200,000 dead and upwards of a million people homeless. Its true toll has yet to be accurately measured. The Taekwon-Do world waited anxiously for word on one of its leaders, as Grandmaster Tran Trieu Quan was there ironically as an engineer to help advise and teach local officials about improving their building code standards.

Sadly on February 13, 2010 it was reported

that the remains of Grandmaster Tran had been

recovered from the rubble of the Hotel Montana and identified. His body was sent back to his adopted homeland of Canada on February 14, new years on the Lunar calendar and Valentine's day. This sad news broke many hearts around the world which prayed for a month for his safe return. I was one of the countless numbers of people around the world that have felt the deep loss of this man as a result of our friendship that goes back to the mid 1980s.

Our common association was the result of a shared love of the Korean Martial Art of Self Defense, called Taekwon-Do. Even though one may never have met Grandmaster Tran, it is evident how his life and now his loss has affected so many who may have only trained under him a single time, or just read of his teachings. This point is made clear by just reading some of the thoughts written on condolence pages worldwide over the internet.

While I am not a trained writer, Mr. Stuart Anslow and I felt we should tell the



*GM Tran with Masters Vitale, DeICid, Barkley & the Gallucio Twins. Mid 1980s, Mississauga, Canada (Hometown of General Choi)*

readership of Totally TKD a little bit about a Taekwon-Do man that was taken from us all too soon. Grandmaster Tran was born in Hanoi Vietnam in 1952. Two years later when Vietnam was divided into two, his family, along with others started their escape from communist rule. In December of 1962, The Republic of (south) Korea started to dispatch Taekwon-Do instructors to South Vietnam to train Vietnamese soldiers in this Korean Martial Art of Self Defense that was developed in the ROK Army by Major-General Choi Hong Hi and soldiers under his command. The initial detail of instructors was led by Col. Nam Tae Hi, Gen. Choi's right hand man at the time. For his efforts, Col. Nam is considered the Father of Taekwon-Do in Vietnam.

Vietnam was one of the first countries outside of Korea to train in Taekwon-Do, becoming in 1966 a founding member nation of the International Taekwon-Do Federation. One of Vietnam's earliest students and most senior member of Taekwon-Do was a then 12 year old Tran Trieu Quan who started to train within 2 years of Taekwon-Do's launch in Vietnam. It took him about 5 years to earn his black belt. He led a high school class on Taekwon-Do when he was 17 years of age, starting his long career as a Taekwon-Do leader.

Since 1970 Mr. Tran was fortunate to have lived in Canada where he attended a university in Quebec to further his education.



*Grandmaster Tran & General Choi*



After graduating he obtained a job, started a family and eventually earned Canadian citizenship. Sadly such fortunate did not touch other members of the Tran family. His oldest brother was killed by bombs during the war. Then after the war ended his parents and 4 of his siblings, in an attempt to escape the control of the communists, vanished at sea when their boat was lost, never to be heard from again.

Living in Quebec, Grandmaster Tran opened one of the early Taekwon-Do schools in that area. During this time he developed a strong relationship with Gen. Choi who exiled himself to Canada in 1972. Dr. Janel Gauthier an ITF black belt member and friend, was quoted saying that Gen. Choi joked that Mr. Tran was like his adoptive son. Over the years Grandmaster Tran held such important posts in the ITF such as president of the Canadian National Governing Body as well as the Pan American Continental Body for the ITF. Additionally he served as the Chairman of their Tournament Committee.

In Montreal in 1990 and Quebec City in 2007 Grandmaster Tran hosted ITF World Championships. The City of Montreal gave

him an award for “Best Event of the Year” for his efforts in organizing the 7<sup>th</sup> World Championships in August of 1990. December of 2008 saw Mr. Tran attaining the highest rank in Taekwon-Do, IX Dan black belt and the title that is reserved for the holders of the terminal degree, Grandmaster.



*Mission in Vietnam with General Choi, 1990*

Perhaps maybe his greatest contribution was his focus on teaching the Do of Taekwon-Do. This was an aspect of Taekwon-Do that Gen. Choi readily admitted he simply did not focus enough attention on. Gen. Choi towards the end of his life, asked the next generation of his Taekwon-Do leaders and seniors to take up this cause.

Grandmaster Tran should be saluted for his efforts in this area. Hopefully other senior leaders of Taekwon-Do will continue the work Grandmaster Tran did in this all important area.



*Grandmaster Tran Teaching The 'Do'*

Grandmaster Tran was more than a Taekwon-Do man. While I am not qualified to speak to these areas with the attention and detail they required, we will simply list some of his other many accomplishments. The Museum of Civilization in Quebec City proclaimed Mr. Tran as one of the “Productive Citizens”. A

regional professional engineers association in Quebec named him “Personality of the Year” in 1997. For 2006-2007, the local Chamber of Commerce, the Ministry of Immigration of the Province of Quebec, and the City of Quebec proclaimed Grand Master Tran an “Immigrant of the World”.

One of Grandmaster Tran’s greatest personal challenges in life came in the 1990s when a commercial dispute where a supplier that he brokered a deal with never delivered the goods. This resulted in him being arrested in his native Vietnam. The undemocratic government there gave him a one day trial, convicted him and sent him to prison for life. Having to deal with the very harsh realities in a penal system not know for protecting human rights was very trying. Grandmaster Tran’s strong composition, aided by his life long study of original Taekwon-Do helped him to persevere, until outside pressure spurred by the collection of petitions totalling 125,000 signatures resulted in his release.

Mr. Tran was held for three years of suffering under conditions no human being

should ever face. His release was obtained a couple of months before Vietnam was to host a major international event that rotates among French speaking nations. The Taekwon-Do world hoped that his internal fortitude would once again serve him well, under such devastating conditions in Haiti. Tragically that was not the case in 2010.

The Tran Family was honored with the title "Family of the Year" for 1997. Grandmaster Tran is survived by his wife My Nguyen, his children, all black belts, Joliette (6th degree), Cecilia and Nicolas (4th degree). May they be comforted in knowing that he is now at peace and has made the



**GM Tran throwing a student at a seminar, teaching an all to often neglected part of Taekwon-Do**

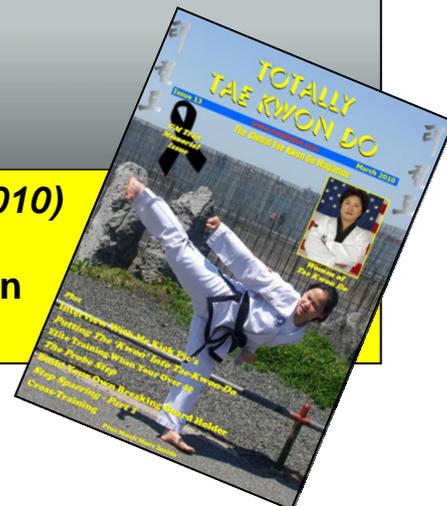
world a better place today with all that he shared with so many people over the years that we were lucky to have him. May we be inspired by his work and strive to continue it, for it is the way we "build a more peaceful world".

*The information gathered for this article was compiled from several sources. Among them were personal communications the writers have had with GM Tran, stories shared with us by others, articles appearing on line in the Globe and Mail, Agence France-Presse and the ITF website. Photographs courtesy of George Vitale, Phillip Hawkins & those previously supplied by Grandmaster Tran for his own articles.*

*In memory of Grandmaster Tran, we will continue to run the articles he authorised us to run and when exhausted, will contact the ITF in the hope that they will fulfil his wishes and offer further articles by this fantastic Grandmaster.*



**\* This article first appeared in issue #13 (March 2010) of Totally Tae Kwon Do magazine, following confirmation of Grandmaster Trân's tragic death in the Haiti earthquake of January 2010**



# Punching Injuries

By Brendan Doogan

The forefist 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), 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.

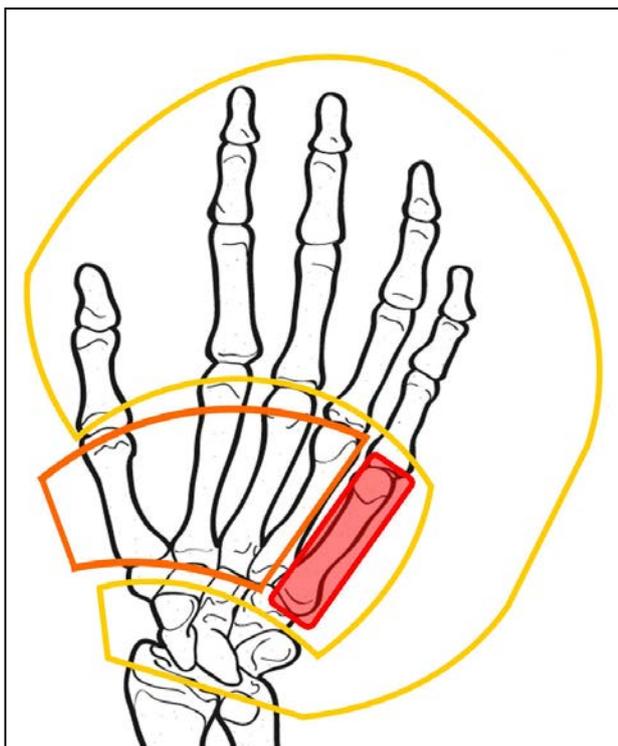
### Finding #2

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”.

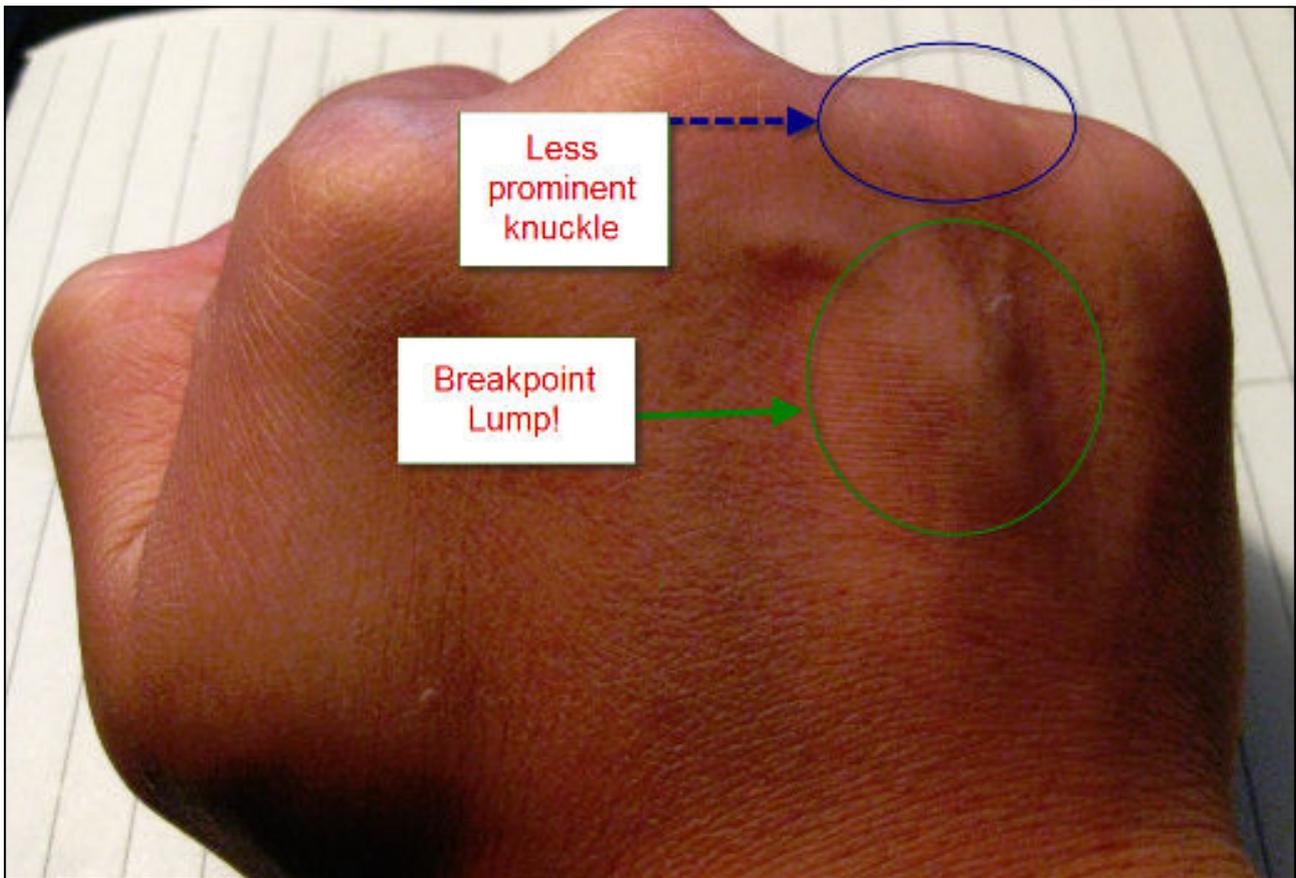
### What it means for Taekwon-Do

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.*

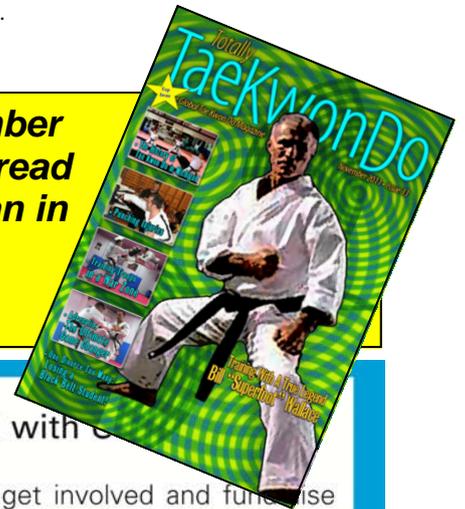


### About the author:

Brendan Doogan has been training in Taekwon-Do for 14 years under Kane Raukura, in Auckland, New Zealand. A 4th Dan, he is qualified as an International Instructor and International Umpire. He is the current NZ Power Breaking Champion, and was a member of the World Champion NZ Men's Power Breaking Team in March this year. Mr Doogan works as a school teacher and occasionally tricks his Physical Education class into doing some Taekwon-Do.

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

**\* This article first appeared in issue #33 (November 2011) of Totally Tae Kwon Do magazine. You can read more great articles by Sabum-nim Brendan Doogan in other issues of the magazine.**



### Get involved with

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

UNICEF can offer you guaranteed places in many challenge and running events, including the popular Royal Parks Half Marathon this October, so please get in touch today and help us change the lives of vulnerable children. You can make a difference.

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[www.unicef.org.uk/howyoucanhelp](http://www.unicef.org.uk/howyoucanhelp) ☎ 0844 801 2414 ✉ [fundraisinghelp@unicef.org.uk](mailto:fundraisinghelp@unicef.org.uk)

unite for  
children

unicef 

# Grandmaster Trần Triều Quân

## *My Thoughts*

By Stuart Anslow

Although I had heard of Grandmaster Trần following the ITF split after General Choi's passing, I had little interest in TKD politics so didn't pay it much mind until last year! I have never met Grandmaster Trần, nor have I ever had the privilege to train under him, but I have an insight or view on him that I feel I should share.



more powerful that his position in the ITF.

When I heard he was in Haiti following the disaster I was shocked and saddened and hoped/prayed for his safe return - sadly, a week or two later those wishes went unheard. Its weird, because I don't really know the man, except for the emails we shared, but his

Last year, a few issues after Totally Tae Kwon Do magazine was released I received an email from Grandmaster Trần pledging his support for the magazine - for some this may not seem like a big thing, but considering the political world of TKD, and more so the ITFs, I saw it as a big step - this was a man not scared to make great steps forwards - after all he has trodden where none of the other ITF leaders bothered - he saw the bigger picture, as despite being the head of one of the big, all powerful ITF's, he contacted me a non-ITF member and offered his support.

Through our email correspondence, I realised that his vision for Taekwon-Do was not just to ensure 'his' ITF was the best, or most well run or whatever, but he truly loved Taekwon-Do and that was even

death has hit me as if he was a close friend of mine and over the last few days I have been wondering why has it hit me like it has and I realised, that through his private emails, not only had I come to respect him, but I realised that he was the future of the ITF - not 3 ITFs but the one man who was probably capable of unity, not just of ITF, but of many TKD people around the world, as where others were not interested in going, he did - his articles spoke volumes when others wrote nothing, he was a man on a mission, not a pay cheque!

I learnt more about Grandmaster Trần up to and following his sad end, and the pieces fitted into place - he didn't get to his position in the ITF due to bloodlines or politics, but was voted in by the people, despite his past, which he turned around. - BTW - that isn't meant as a sign of disrespect to the other ITF leaders, just

that I mean he had no anchors, except the man he was!

Through his correspondence to me, I truly believe that 'HE' was the one person capable and willing to UNITE ITF Taekwon-Do, and I hope that ITF-V follow his lead and continue with the same cause.

Looking back at his life story, it seems Taekwon-Do changed his life, in return he changed others lives, but sadly, like all good men, his life ended tragically and all too soon, but I hope the other ITF leaders and masters now see Grandmaster Trân

for the person he was and are inspired by him... because I am, but I do not hold the same power of openness and unity that others do.

Either way, the death of Grandmaster Trân has affected me greatly, more than I could of ever imagined and like many others, I am now in mourning and cannot stop to think of how things would have continued to changed with him as ITF President.

**RIP Grandmaster Trân, you will be missed by many and not just ITF-V**



Dear Mr. Anslow,  
I read your good publications. I would like to congratulate you for your great efforts and passion to make them available on line as I know that is a huge work and the Tae Kwon Do people around the world need neutral, educational and professional means of communication!  
Please let me know if you need any cooperation from the ITF or myself.  
All the best to you and your Totally Tae Kwon Do Magazine,  
Gm Tran Trieu Quan  
ITF President

**Personal email from Grandmaster Tran in support of the magazine.**  
(I originally gained his permission to print it to help promote the magazine)

Hey there, lil lady, I can show ya some excitement more n that Tired Calm Dude you's is talkin about.



Actually, it's Tae Kwon Do we're "talkin about". The Korean art...



Of Self-defense-



Patrick McWade 2012

# You`ll Get Yul-Gok'd Out!

*And it would be my pleasure  
to kick you in the ribs!*

By Colin Wee

*"It would be my pleasure to kick you in the ribs."* However, with all things being equal, I doubt readers of **Totally Tae Kwon Do** would enjoy being subjected to this dubious honour. I'm confident, in fact, that your appropriate response would be to either simultaneously return or, soon thereafter, to return suitable chastisement.



Given the side kick isn't necessarily one's fastest attack, I'm willing to say that each of you could come up with fairly adequate counters or you could increase the gap; irrespective of whether I do the side kick as a standalone move or if I choose to grab you, then do the side kick.

What does this say about Yul-Gok's sidekick - guarding hand - open palm extension - elbow? The most obvious is that the sidekick doesn't propel you so far backward that I can't then elbow you without taking another step closer. Maybe I

used the side kick to successfully break your knee. Or maybe I failed to hit you because you countered my tactic, or maybe my kick was rubbish!

What I do know is that now I'm in an unenviable position, I can touch you and

you can touch me. I know this and you know this. Additionally, the creator of this form knew this too!



At this point, Yul-Gok calls for you to open your fist and slam your elbow into an awaiting palm and if that's how you believe



*Using the 'palm' from Yul-Gok tul to control limbs, clearing the way for a strike and/or strip away and trap any limbs to allow for a stronger, more powerful follow up with the elbow strike*

the story ends, maybe I might have willing volunteers for that call-for-punishment I put out early on.

**Here's my take on what happens;** you put up some resistance and I have to bypass this at close range and land that elbow. This is in variance to the overly simplistic interpretation of putting my open palm behind your neck and then sandwiching your face between my palm and my elbow without encountering resistance.

If you cover up, my open hand has got to weasel around your cover, I elbow strike you, I strip the guard away and land the strike. If you instead counter, my open hand has got to deal with your strike, possibly return fire, control or trap your arms then apply that elbow strike. In other

words, the open palm creates the opportunity for your elbow to land.

Wait, there's more. For this technique to be "fully armed and operational", the elbow needs to be more than just the other side of a neck sandwich. The form merely indicates that it can travel on a horizontal plane but the elbow is really only limited by a ball and socket joint. When you articulate the joint, you can lift that elbow, or drop it and this movement further allows you to create a flight path through your opponent's arms.

**Why let one elbow strike cramp your style?** Sure, pull back and sink another one but if you are on top of the situation and wanted to stay there, why not extend that arm and backfist the opponent during the recoil? How about a headbutt? You



*Using the 'palm' from Yul-Gok tul to slip over a guard, whilst still maintaining cover - striking the opponent, before slipping it round their head and executing the front elbow strike.*



*Similar to the above, but this time we use the 'palm' from Yul-Gok tul to slip under a guard, striking the opponent, before slipping it round their head and executing the front elbow strike from a side position. These manoeuvring of the palm to strike, remove guards etc can continue with each arm/hand until the all the opponents limbs are trapped, thereby offering them no protection at all from our front elbow strike.*

know what , the longer I look at the form the more I can see it end with a shoulder lock and knee strike to the face. Enough from me. How do **you** see this working?

Colin Wee (6th Dan) runs exciting Traditional Taekwondo classes out of his garage in Perth, Western Australia. In his spare time he oversees IAOMAS ([www.iaomas.com](http://www.iaomas.com)) - the organisation founded by Stuart Anslow. If ever you want to meet a practitioner busy doing his own thing, just look for him. Colin Wee is assisted by Colin Avis.

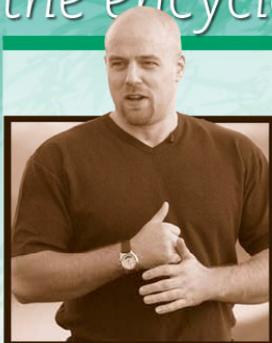


**\* This article first appeared in issue #65 (July 2014) of Totally Tae Kwon Do magazine. You can read many more great articles by Sabum-nim Colin Wee in other issues of the magazine.**



“The Most important book published on TKD since the encyclopaedia”

John Dowding  
4<sup>th</sup> degree ITF



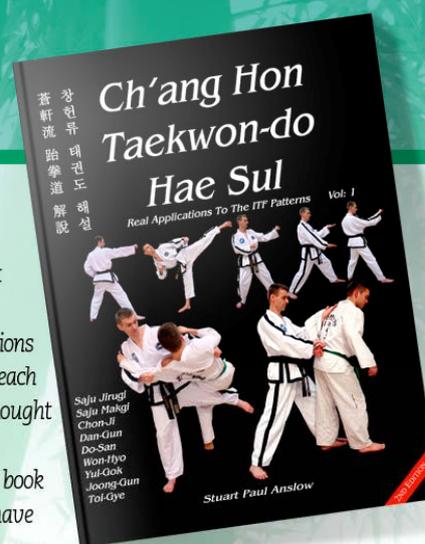
**Iain Abernethy**  
2006 6<sup>th</sup> Dan Karate  
British Combat Assoc. and Karate, England

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

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

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

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



Now Available on Amazon: 2nd Edition Hardback Version - ISBN 978-1-906628-04-8

## Down's Syndrome Association

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



A Registered Charity  
No. 1061474

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

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

### Our mission is:

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

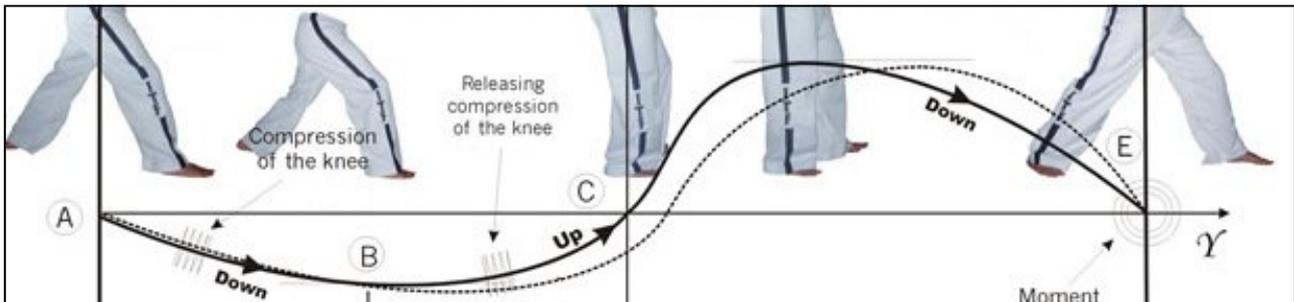
**Can you help?** As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site

# The 'Sine Wave' - Revisited!

## *Thoughts, Theories & Facts*

### *From The Last 15 Years*

By Stuart Anslow



In 2003 I entered an event that prompted me to write an article concerning the changing face of the the sine-wave, this article was written at the end of 2003 (I think) and published in the February 2004 issue of the UK martial arts *magazine 'Taekwon-Do & Korean Martial Arts'* (now defunct) and was later published as one of the appendices of my first book '*Ch'ang Hon Taekwon-do Hae Sul: Real Applications to the ITF Patterns, Vol. 1*', as well as on the Rayners Lane Taekwon-do Academy web site. You can read the actual article here: [http://www.raynerslanetkd.com/ARTICLES\\_Patterns\\_Sinewave.html](http://www.raynerslanetkd.com/ARTICLES_Patterns_Sinewave.html)

There is no need to rehash everything I said in the original article, though some context (for the sake of this article) is needed. Basically the article centred around the way the 'sine-wave', a so called method of 'power generation' employed within Cha'ng Hon/ITF patterns (and fundamental movements) which had been changed from simply 'rising and dropping' (now referred to as the up/down method) to, at that time, 'dropping, rising and dropping' (which we'll refer to as the down/up/down method).

Though my school encompasses all things relating to Ch'ang Hon Taekwon-Do and its practice/study, we are very self defence focused and part of that is the utilization of the patterns and their techniques/combinations for self defence techniques and the 'changing' sine-wave at that time, worked very much against using the same

techniques/combinations as viable self defence moves because, to put it simply, it made everything just way to slow!

Now, if you don't feel patterns and their practice have any relevance to anything self-defence related then that is fine and this (and the previous) article is probably of little relevance to you, unless of course you are interested in understanding a little more about this whole affair! For me, it was a big thing, as we train patterns for both 'performance' (at competitions etc.), as well as self defence related stuff (pattern applications) and now, with this change, the performance side came into opposition with how one may use them for applications and self-defence, in short, to win something at many tournaments around that time, you had to perform them one way (with the down/up/down sine wave), but to use them for self-defence

# PART 5

## PATTERNS

### IN

## TAEKWON-DO

(*hyōng*)

Until the perfection of the present advanced form of sparring, a series of sequence of movements and maneuvers had been established in order that the student could practice the various techniques of attack and defence without the need of an actual opponent.



The "pattern" is thus a set sequence of movement of attack and defence in a logical order. Imaginary opponents are dealt with in sequence logically and systematically under the assumption of various situations. Practice in the "pattern" enables the student to go through the fundamental exercise, to develop sparring techniques, to improve the flexibility of movements, to familiarize with the body shifting, to build up the muscles properly, to control the breathing and to acquire certain special techniques which cannot be obtained from the fundamental exercise alone.

*Part of a page from General Choi's 1965 book 'Taekwon-Do', where he states that patterns are a way for students to practice attack and defence techniques AKA Self Defence move!*

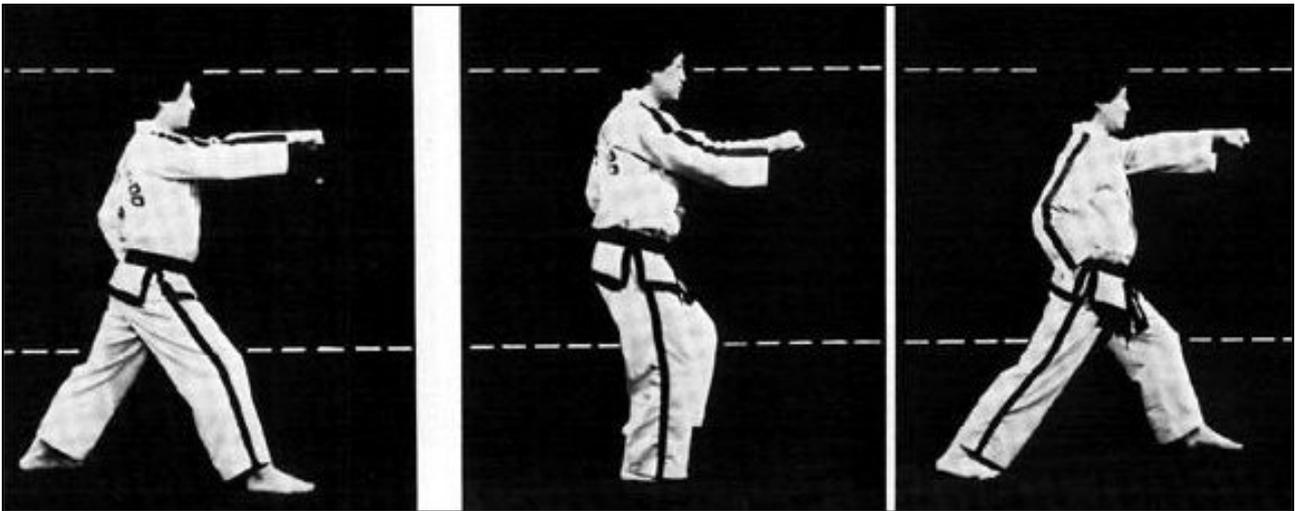
application (boon hae), you had to do them without the down/up/down' sine wave, as the simplicity of speed... is a vital (if not the 'most' vital) aspect of self-defence!

Don't get me wrong, in mine and my students patterns I still use the original (up/down) sine wave, but we also use hip twist to accompany it (just not the old big style 'hip twist only' type of method). I like the sine-wave, but not for power generation (as it doesn't do that, despite what you may have been led to believe), but because it's a valuable asset to 'applications' - if used correctly it enhances many application as the 'dropping' part of it helps to aid locking

arms (for breaks/locks) and 'pull' opponents, actually utilizing your own bodyweight (mass) to aid you, as opposed to just the strength of your arms!

However, I digress; the original article prompted many in-depth debates on Taekwon-Do BBS (Bulletin Boards - the forums of that time) and (either the article or simply the change of the sine-wave itself) continues to spark debate across martial arts forums and facebook to this day. At the time, people were even phoning me up about the article!

So why, after all these years am I revisiting



***The 3 photo's from the 1983/5 15 Volume encyclopaedia of Taekwon-Do that demonstrate how a sine wave is used! Even in updated condensed version (5th edition, 1999) the pictures and the text wasn't changed at all! Other versions updated (by others) after General Choi may have changed however, I do not know!***

the article.... well, it's Christmas! :) Not really, the real reason I am revisiting this article is simple; it has been 15 years since the sine-wave 'changed' in the UK (possibly longer in other countries like the USA and Canada) and around 11 years since that article was originally written and during that time, from all the discussions, new information has come to light, information that people should be made aware of. Also, during that time, the actual 'down/up/down' sine-wave has itself changed and much misinformation has been spread in an effort to 'prove' the down/up/down sine-wave as a good and effective way of adding power. Finally, there are black belts and instructors who were not even in training when the changed occurred and simply believe everything that they are told, but I don't mean that in bad way, just that if your instructor does it one way, then so does the student, as no other options, views or opinions are usually given. But, some of these students join the 'sine-wave' discussions and do not really know what they are talking about, they are simply defending their own 'way' of the sine-wave, as the 'right' and only way!

So in this article I am going to highlight some of the things I have learned since then and discuss some of the 'stated' facts that are often put across in relation to it - I

say 'facts', as that is how they are often portrayed, when in actuality, they are not always factual at all and often just opinions or added theories - some good, some not so good!

My original thoughts haven't changed from the original article; I still feel it has no benefit when it comes to most self-defence techniques, as it makes their execution to slow (especially stikes) and to me (and by General Choi's own words), the tul are a collection of self-defence techniques!

So let's start by putting things into a timeline. As I said, this may vary in other countries, but in the UK it went like this:

- 1983 - In Derby, UK the term 'sine-wave' was first used. It wasn't forcefully pushed, just a term coined to describe the original up/down sine-wave.
- 1983 - General Choi's 15 Volume Encyclopedia of Taekwon-Do is printed. (Via North Korea)
- 1985 - General Choi's 15 Volume Encyclopedia of Taekwon-Do is released. It has the term 'sine-wave' mentioned, as well as some photos demonstrating it, showing the 'up/down' method. It is mentioned exactly twice in the whole 5000+ pages, with the only

real description being a set of 3 photographs, showing the performer rising and dropping.

- 1999 - General Choi travels to the UK and holds a seminar. At this seminar everyone experiences his 'new' version of the sine-wave, using the down/up/down method.

However, there are bits of this timeline that are missing, now we have a fuller picture of things!

We'll come back to the time line in a minute, but for now let's discuss some of the statements, comments and theories made when regarding the sine-wave, often when people oppose the down/up/down version or sometimes the entire sine-wave altogether!

***'You do not understand the sine-wave! Or, you misunderstand it!***

***Most often heard from pro-sine-wave people about the later version!***

This is basically that, unless you do it all the time, you cannot hope to understand its use or how to do it. But come on, actually performing it is not hard to do, in fact, it's really simple... you dip as you start moving, rise as you continue and then drop as you execute the technique. I can do any pattern using it, I simply chose not to!

The other part to this is when some makes out you cannot understand it, but they do because they perform it and you don't! However, I often wonder who really misunderstands it, as those that claim they do, have a really hard time explaining it... in actuality, they can only explain how to do it, then try to say it's done because it 'adds power', but don't effectively explain why such a motion adds power! That is because it doesn't!

One salient point in a discussion was made (a group of which I am a part of as well and is a Taekwondo Study group). He said "

*have had the opportunity to have Gen Choi explain sine wave to me at a seminar back in the early 90's. Then, the ITF technical committee under GM Tran a number of years back. Neither were able to convince me that it is effective for any purpose. Both times the words "down-up-down" were repeated over and over. One of the technical committee told me that it might take all three members of the committee to explain it properly. My response was "if it takes three 8th Dan's to explain it to a 6th Dan, how is a white belt supposed to understand it?" His point is similar to one I made in my original article and that was that at the 1999 seminar, he (General Choi) lambasted (then) Master Rhee Ki Ha for not doing it properly and being 'too karate', to which I wrote that if someone as good as GM Rhee has trouble doing the sine-wave, what hope is there for the rest of us mere mortals - still, that was then, this is now!*

Other stories try to explain why the first 'down' move is over-exaggerated, such as General Choi always wanting it to be a 'slight' movement, but 'everyone' just couldn't 'get it' and he became frustrated, so exaggerated the motion to make it easier for everyone to understand, with the intention of making it a smaller motion once they 'got it', but it never happened and just kind of stuck that way! - I guess us Taekwon-Do people are just too thick to understand the difference between a distinct 'down' and a smaller, slight 'relax', even when demonstrated correctly right in front of us!

One final point regarding 'not understanding the sine wave'... I have been learning Taekwon-Do with sine-wave since I started Taekwon-Do, from a white belt (24 years almost).. I KNOW sine-wave, I saw it change with my own eyes... I disagree with the change, it's not that I don't understand it - in fact, I probably understand it more than most of those in the ITF itself, as apart from actually doing it, I have done my own in depth research into

the whole thing - such as this article - I try to find the facts and the truth and when presented with things, I give my opinions (some may call them arguments) about them!! Others, have of course been in Taekwon-Do longer... but when it comes to the sine wave, our cross-over timelines are exactly the same, so it comes down to research and who investigates the facts really!

### **Its A Natural Movement (And Too Many Over-Emphasis It)**

This is the counter-counter argument to those that say its 'too bouncy'! Some Masters will say it's because they are doing it wrong and it should be based on 'natural motion' - consequently that's the term that former ITF Masters (Such as Master C K Choi) have given to the older, up/down version of the sine wave, to differentiate it from the newer version. Basically they are saying when its performed too bouncy, they are over-emphasising the motions, often saying it should be like the natural motion of walking!

But, when one is walking (or running where it would be even more visible as the legs are bending more, or even riding a horse etc.), a sine wave occurs naturally anyway,

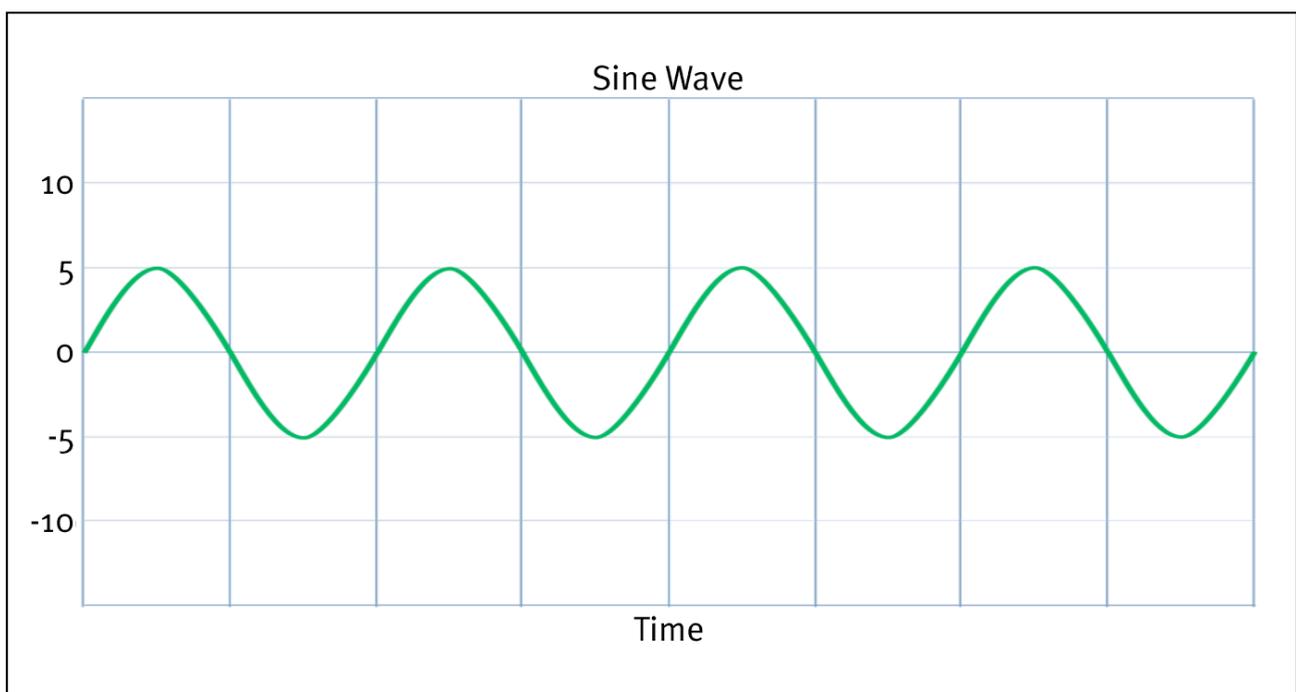
so if it is already there, then there is no need to tell anyone to actually perform it! More on this later, but when one walks, you do not see a 'visible' dip before each step (the rise and drop parts) - that is far from natural... if you filmed someone walking, over a number of repetitions you will see them going (slightly) up and down - this has created a sine wave motion. If you drew a line through the video frames, at the top of the persons head, you would see it more clearly and it would look like the diagram at the bottom of this page!

There are two things you notice about this diagram:

- 1) How smooth the line is - it simply goes up and down on a smooth curve
- 2) That the high part is exactly the same measurement/length/distance as the low part of the wave!

### **It's not 'down', its 'relax'**

As I said at the beginning of this article, the later sine wave has further changed. It changed in a couple of ways. Firstly, originally General Choi would say '*no hip twist, just sine-wave*', meaning you should be using just the vertical motions to generate the required power (YouTube



videos support this - such as <http://www.youtube.com/watch?v=iE2wpAjbHw> where you can clearly here him saying 'no hips'). However, over time many groups, including the ITF/s allow the use of hip twist with sine-wave to generate power, they simply don't say so. Of course, the hip twists are not as pronounced as the old style Taekwon-Do did it, but it is there none the less, which from a 'does sine-wave add power' discussion, sort of muddies the waters somewhat! There is quite a well known video on YouTube (from a very good practitioner) that tries to show how sine wave creates power, however, most of the breaking demonstrated in the video are 'downward' breaks, where the down motion creates power due to gravity (you could say the sine wave actually works here - either of them - but more on that later). The final part of the video is a back fist break, from the side, in a walking stance - a sine wave is executed, but it isn't even in the direction of the board holder, the boards break, but if you look properly, its due to a hip twist! So on one hand its trying to explain sine wave, but doesn't actually use the sine wave for the final break, but a twist of the hops instead - however, its well made, by a good practitioner and looks authorities!

Secondly, the original 'down' motion at the beginning, has been changed to 'relax' by many, meaning instead of 'down/up/down' it is now 'relax/up/down'. There are some good argument for this, in that some say that General Choi always relaxed (instead of dropping down) initially. This can be seen in some (later) videos - however, the counter argument is that if he wanted just a slight 'relax', why not just say that - or even explain it in his manuals - it not really that hard is it - maybe an extra photo or some text saying to relax before the wave etc.!

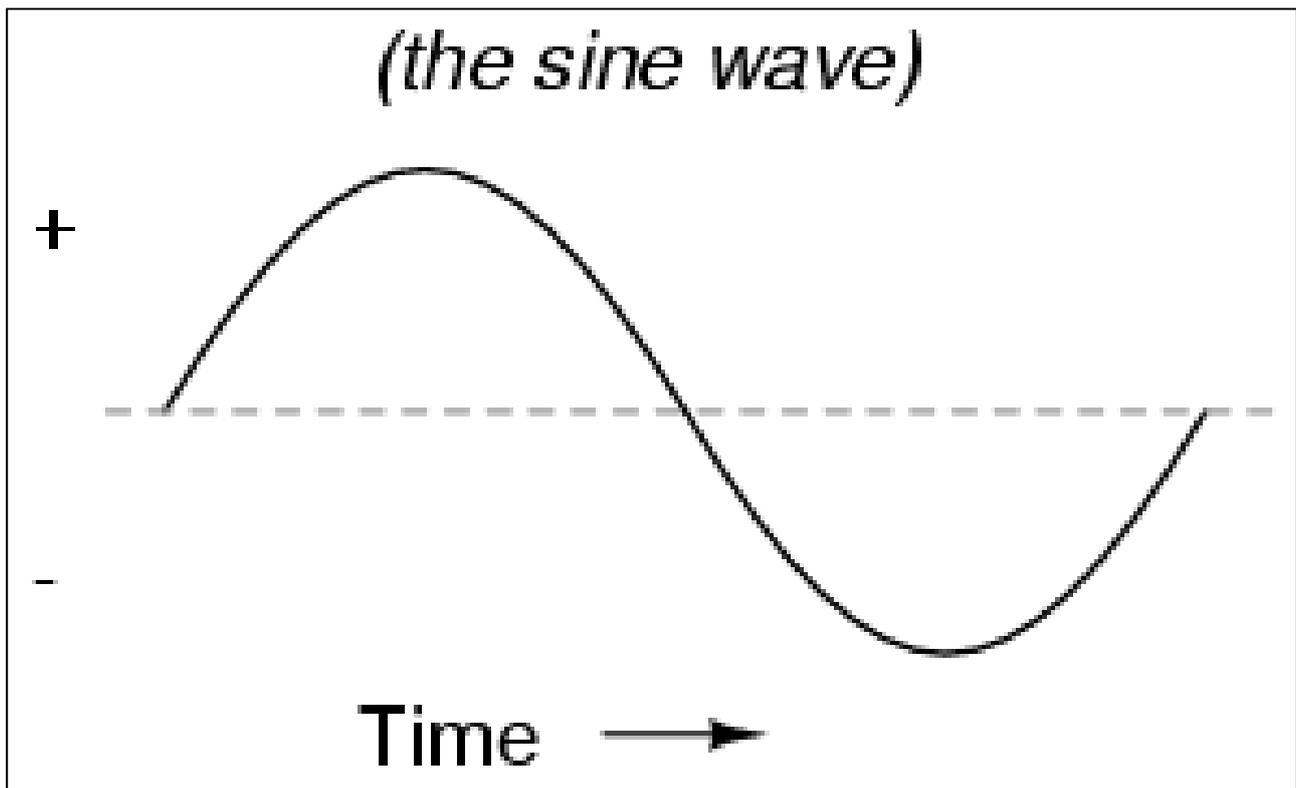
This argument is further enhanced by saying that when a person moves, it is natural to 'relax' the muscles first (and that is what General Choi actually meant and wanted), and thus it makes much more

sense to say 'relax' instead of 'down'. But I would argue that whilst it is true that the muscles of the human body must relax to create movement, the process is so slight, that when it comes to altering the height of the subject (in this case the patterns performer), that it isn't even visible to the human eye! Furthermore, if it is intrinsic and natural to relax before moving anyway, then there is no need to tell anyone to do it, as the student would do it naturally - right! In fact, if you think about it, the human bodies 'relaxing' before moving is so barely (if at all) visible to the human eye... it is that subtle.. as if it were, we would all walk with a visible 'dip' before each step we took - which we do not!

As I said in the section before, if we look at an actual sine wave, it is curved and technically has two parts - a curve upwards and a curve downwards and these are connected perfectly and smoothly. However, the later version of the sine wave as taught in Taekwon-Do has 3 parts, even if one is 'relax' as opposed to simply 'down'. I guess you could take it that it's a 'sine wave and a half, but any part of it would need to be equal to the other, meaning, if you are going to be technically correct, the 'relax' part cannot be a slighter motion than the other 'down' part, either they are both 'relaxed' and slight or they are both 'down'. Therefore, you would technically get lower and lower as you perform a pattern and by the end, you`d be crawling on the floor, as you are going 'down' twice, but only 'up' once, and as they are equal (in theory) the lower you would get with each move of the pattern - which we know doesn't happen really, but it's funny to think of it none the less!

### **Sine Wave Generates Power**

This is the biggest thing that many students are told. But it's a false concept according to those who understand physics as well. You see, most techniques executed in patterns are horizontal to the



floor and 'dropping' into something only generates power in a downward direction and has no effective increase in power for anything going horizontal/forwards - as I said, you only have to ask anyone with a knowledge of physics! (Which I have done numerous times).

One of my students, 3rd degree Colin Avis, is a high level engineer. Part of his job of course involves a high knowledge of physics and of course, his engineering degree's required him to know that knowledge inside out! His opinion of the sine wave is similar to mine and though I may be his instructor and consequently, like many students 'an instructors beliefs gets instilled on the student', he may just feel its correct, but more so, due to his high level knowledge of physics, his 'understanding' of it all goes much further and his opinion stand as follows (and I quote him) "*... moving up and down in no way helps your forward strike. It's basic physics. If you're striking downward then dropping your weight helps as you use gravity as well as muscle power to accelerate. Basically you need to accelerate as much of your body mass as*

*possible in the direction of your strike. Sine wave does not help you do this". He also says " [power comes from] core twist! Anyone with a decent punch is achieving it by twisting their whole core (not just the hip) and pushing into the floor with their legs."*

Colin further says "*Sine wave has absolutely nothing to do with martial arts. I could measure the height of someone's centre of gravity who's walking down the street. The result would be a sine wave. So what? It's like using the principle of buoyancy to explain how a ship is propelled.*". This actually coincides with another old article that I wrote called 'Taekwon-Do Science', which appears in issue 12 of Totally Tae Kwon Do magazine (you can read some of it here: [http://www.raynerslanetkd.com/ARTICLES\\_TKD\\_Science.html](http://www.raynerslanetkd.com/ARTICLES_TKD_Science.html)), which basically questions the use of 'science' as a reason for anything in Taekwon-Do, when most of the 'science stuff' appears naturally anyway, meaning technically we are not 'adding' it to make us better, it is already there! The same can be said of the sine wave, when things move in nature, a

sine wave is created, therefore, if it is naturally created, there is no need to tell anyone to actually do it - its already there! At most, you would only need to tell someone to 'relax' throughout, so as not to remain stiff or to 'not keep your head level' as this would counter act a natural sine wave (which may actually be a good thing - see below!)

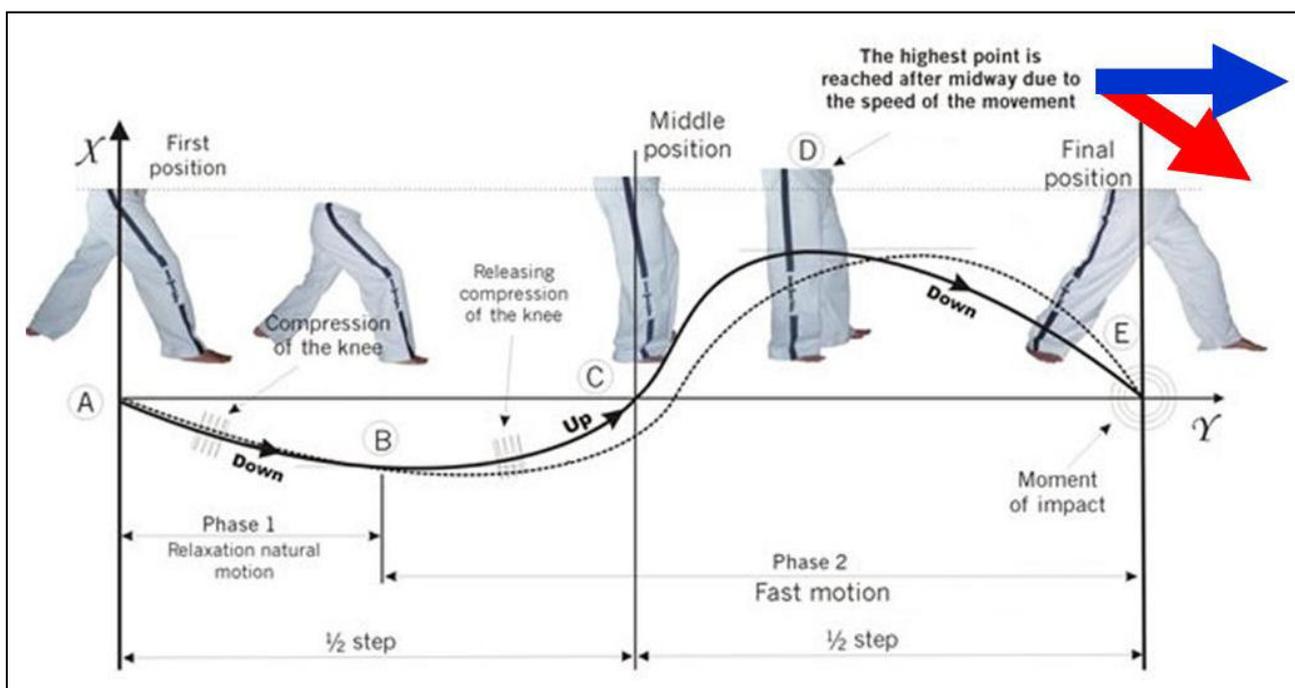
One friend of mine (an ITF 'Senior' Master) says, he doesn't know if it does or does not (generate more power), it simply "feels more powerful". That's fine and a good, non-committal statement as to its effects and whilst I am no scientist, I have done my own 'experiments' on the down/up/down sine wave (such as seeing how much the relaxing of muscles effects the height of my own body, as I mentioned above).

One such experiment was trying to see why people think the 'sine wave' generates power, when everything to do with physics says it doesn't (in relation to martial arts). So, I would execute a sine wave over and over trying to figure it out. The back door in my kitchen has a big glass panel and at night, acts like a mirror, so I was doing it in

front of this to watch my reflection as I did it and suddenly I realised, it's true, when you step forwards using the sine-wave it does add power, however it is not the 'bouncing' vertical motions of the 'wave' that is adding the power, it's the simple fact that you are stepping forwards.. it is your body mass moving into the target that is generating the power, the fact that you are executing a sine wave at the same time is nothing to do with it - you could dip 5 times before rising and dropping and the power would be the same! What I am trying to get across is that, you execute the sine wave in pattern motions and in many movements you move forwards and it is that forwards momentum that is moving your body mass and thus creating the power.

Another friend of mine, again an ITF 8th degree (a different one) once pointed out to me how General Choi's 15 volumes only show the (original) sine wave with pictures of the student 'moving forwards', there are no pictures of the student executing it when stationary - was it an error? Maybe it was intentional or even sub-consciously intentionally done!

You know it's funny! Many of us often felt



**A 2006 picture/diagram by Bob Wigman that has been edited only by adding the red and blue arrows. The red arrow shows the direction your mass should ideally be travelling to add full power a horizontal strike, such as a fore fist punch, while the red arrow show the actual direction your mass travels due to the sine wave!**

or were told that the sine wave was originally introduced as part of the effort to further distance Taekwon-Do from its father art; Shotokan Karate! In Shotokan they execute steps and techniques using 'horizontal' wave.. keeping their head level throughout (ie. no up/down motions at all). We were told this was not 'natural' in a way a human moves and thus the sine-wave (the original one) was more scientific, as it was based on natural movement! But, if you think about how power is generated, as discussed above, it seems they had it spot on, because by keeping the head level throughout the execution of a technique, it means the striking tool (say the fist) travels in a straight line towards the target, so all the mass (if it is utilized via a karate hip twist or just movement itself) is travelling in exactly the same direction, unlike the sine wave where our strike is travelling one way (forwards), but our mass is travelling mostly another (downwards)! Furthermore, we often talk about 'knee-spring' and how it aids in generating power, but in Shotokan, because the head is kept level throughout, it means the knee's must bend more to compensate this, so at the end of the movement, just as the strike hits its target, these bent knee's straighten and thus create a 'coiled spring' effect or as we call it, a 'knee-spring'!

However, you could also argue (as previously mentioned above) that sine wave does generate power, just not for many of the techniques within the Taekwon-Do patterns, but it can be used for some - specifically anything travelling downwards, which doesn't just mean the single downward punch found in Juche (and Kodang), but 'some' low blocks, such as Najunde Bakat Palmok Makgi! However, apart from the fact that ITF Taekwon-Do doesn't differentiate using the sine wave for 'only' these type of techniques, it also isn't really the 'sine wave' itself that is generating the power, just the end part of it - to understand what I am saying more fully, read the section on *'Ed Parker and the*

*'Marriage of Gravity'* later in this article, as its basically the same thing!

**'Sine-Wave' is just a term, which wasn't chosen due to its actual 'scientific' significance and we are reading too much into 'a name'**

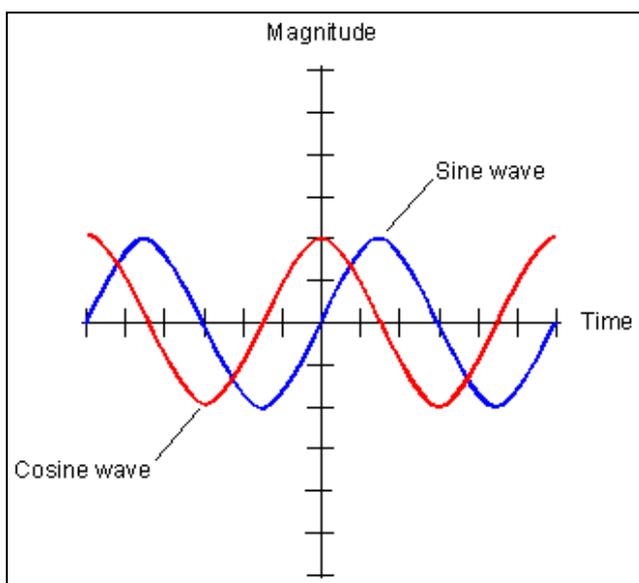
This is a 'lost in translation' argument, that was brought up in a discussion by an ITF 'Senior' Master, whom has a lot of great knowledge and who I highly respect. It's a good argument and basically is saying that its 'just' a term, a term chosen just to 'name' how General Choi wanted you to move and the fact that it has 'scientific' significant, is neither here nor there as the past shows that General Choi found difficulty naming many of his techniques in the past anyway!

As I said, it's a good argument, but I 'errr' on it for a couple of simple reasons. Firstly, Taekwon-Do is always put forward as a 'scientifically developed art', which makes the use of a 'scientific' word to help this 'end', probable at least. Notwithstanding that General Choi actually has a 'Sports Science PhD' - so one could argue he knew what he was doing with regards to his use of the term 'sine-wave' and all the scientific connotations it brings with it! However, General Choi's degree was given in North Korea and was an honorary degree anyway, so you could argue it either way. My actual main argument would be, that he (General Choi) could of used another term for it, still maintaining the 'wave' part, such a 'flowing wave', 'ocean wave' or even simply just 'wave' - no need for the 'sine' part of it at all, if it wasn't meant to be connected with science somehow!

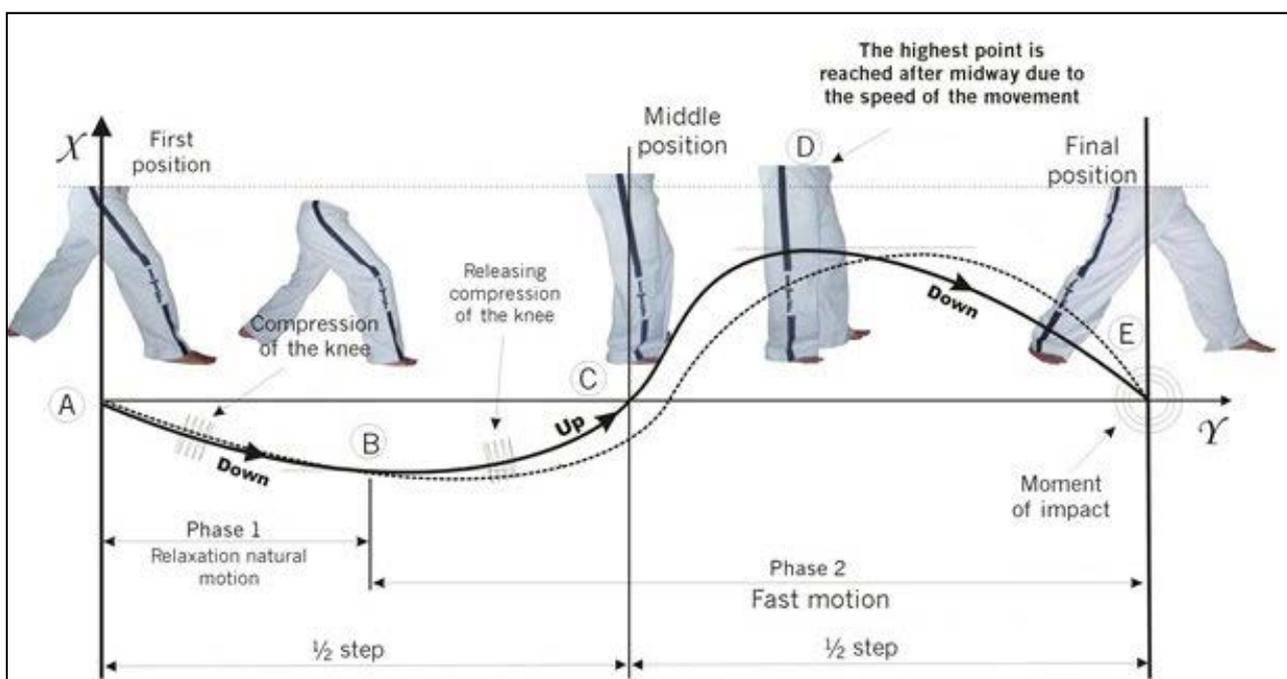
Furthermore, one Grandmaster who was very close to General Choi recalls a story of how General Choi actually came up with the idea of the sine wave; it was whilst on a boat and General Choi noticed the motion of the waves! So maybe terming it 'ocean wave' as opposed to 'sine wave' would

have been a better idea in retrospect, then it would have been less 'scientifically' scrutinised!

Consequently, an actual scientific drawing of a sine-wave does basically follow the original versions up/down motions, hence why the name was probably chosen, but the later version, the down/up/down version more closely follows the drawing of a co-sine wave - if you want to be scientifically correct!



Below is a picture from a copy of 'Taekwon-Do Generation' magazine, which was published by the ITF under the late (great) Grandmaster Trần Triệu Quân in 2006.



The diagram/picture was made by Bob Wigman to accompany an article about the sine wave, not to teach it, but to show that the initial 'down' motion was not as pronounced as everyone was performing it! Apparently some felt that the picture was not as accurate as it could be (for showing the actual sine-wave), but it has also been enhanced and refined over the years (I do not have a copy of this version though). But whether it is a 100% accurate representation of the sine-wave isn't my point in showing it to you, just look at the diagrams, mathematics etc. on the picture - they all look rather scientific to me!

### Take It Or Leave It

There are some that say it's like anything else in Taekwon-Do, that is just a training method, but you don't have to use it - especially in a real self-defence situation. However, is that really the case?

Personally, as per my previous article, I feel it is way too slow to be utilized as part of a self-defence technique, so their isn't really a choice there, as a choice suggest it could be possibly used - I suppose you could use it 'after' you have defended yourself, when you opponent is dazed and confused, as a finishing technique, so utmost speed isn't a necessity, but then

doesn't that go against the 'Do' of Taekwon-Do and even 'the law' in many countries!

More so, as its insisted upon in everything relating to patterns and fundamentals, which build 'muscle memory', the body may 'react' with it anyway and thus, there is no choice there!

Finally, if patterns are in any way related to self defence and in that, you can use or not use the sine wave, why doesn't that relate to training and performed. If you don't do it in training, your instructor would see you as making a conscious choice, just that you are doing it incorrectly! And imagine not doing it out of choice at an ITF tournament - no chance of any medals for you then!

### The Taekkyon Heritage Theory



There is one line of discussion that suggests that the sine-wave became more 'bouncy' to be like Korea's older folk art of Taekkyon. This suggestion is a point put forwards by some notable researchers, some of whom actually write for this very magazine!

To expand for those that don't know,

Taekkyon was a foot fighting 'game' (as some have described it) and uses a 'bouncing rhythm' whilst the students spar/play, quite similar in fact to how Capoeira students perform their 'sparring' (in the way they use their footwork) and I agree, this motion can be seen as 'similar' to the current down/up/down sine wave. So it is suggested that its a 'cultural' development based on this, which in turn is designed/ based on Korean's body shapes! However, Taekkyon uses the 'bouncing rhythm' as part of its 'free-fighting' which is fluid and it is used to disguise when a technique (a kick) may be thrown next, where-as Taekwon-Do uses it in the linear (and slightly static) motions of a pattern - so consequently, they are used for different reasons! Also, although Taekkyon was originally cited as part of the original make up of Taekwon-Do, over the years General Choi distanced himself from that - so if General Choi didnt really have any training in Taekkyon, how could he incorporate it into his Taekwon-Do?

However, maybe he just took the idea of it from seeing Taekkyon demonstrations etc. and wanted to include it to make 'Taekwon-Do' more authentically Korean! Well, this was never mentioned in anything to do with the sine-wave, by General Choi, so it's unlikely, but more so, Taekkyon was an old Korean game that all but died out during the Japanese occupation of Korea, and was resurrected many years later and so has still been in the public eye for decades, so why wait until 1999 to include the 'bounce' from it!

Also, remember the Grandmaster's story about how the sine wave came to exist and that story (above) has nothing to do with and doesn't mention Taekkyon or any connection to it!

### Kinetic Linking

The sine-wave has been 'connected' to what is known as 'Kinetic Linking', which is basically using the body, to connect with



***Kinetic Linking***

the ground, to accentuate the power of a technique. Whilst I can understand the connection, I don't feel General Choi had that in mind, as it is a modern, evolved connection!

Furthermore, I don't think the two are the same. 'Kinetic Linking; is mostly seen in boxing, but boxers use their hips and torso's to generate power, they use their foot, 'grounded' to the floor to ensure the power travels 'outwards', to their opponent, not 'backwards' into themselves. It's a similar, but not the same, principle of 'grounding' within martial arts. 'Grounding' is when you make your stance solid, but forcing it into the ground, either by physical action or even by thought alone! 'Kinetic linking' as found in boxing sees the grounding element (which is a part of it), most often with a bent rear leg, as a bent leg is used to transfer power in boxing, however, Taekwon-Do 'Walking Stances' advocate a straight leg on execution of

shouldn't be harsh on the sine wave, as other martial arts have similar 'wave' theories. To my mind, Grandmaster Ed Parker (who developed Kenpo Karate) 'Marriage of Gravity' is most well known to me, as I studied Ed Parkers theories (like the 'black dot' theory) quite a few years back. However, while the 'Marriage of Gravity' seems similar in nature, it isn't really! You see, 'Marriage of Gravity' is all about adding your mass to a movement (like the sine wave theories), but only when you are doing a downwards technique - I think (though I don't know the in's and out's of it completely, as I don't study that art), its basically saying, when you strike downwards, bend your knee's so your body weight gets behind the strike ie. using your body weight with the effects of gravity, hence its name.

For strikes that travel horizontally, Ed Parker taught a different technique called 'Back Up Mass' which

**\* You can read the rest of this article in issue #70 (December 2014) of *Totally Tae Kwon Do* magazine, many more great articles by Sabum Stuart Anslow many other issues of the magazine.**



# Taekwondo For 40-Somethings

## Starting Taekwondo Training As An Adult

By Ira Hoffman, WTF, 3rd Dan

Most of us are familiar with students who begin their Tae Kwon Do training as children or teenagers. The challenges facing those beginning their martial arts training - endurance, flexibility, kicking and jumping and spinning - seem, at first glance, well-suited to younger students. And the lead stories to the first two issues of Totally Tae Kwon Do profile martial artists who started their training as children: Dev Patel



at age 10, and Grandmaster Yoon Byung-in as an elementary school child.

But there are also students, like my wife and I, who begin their training as adults. What are the pluses and minuses, the strengths and opportunities, adult beginners bring to the dojang? How can instructors address the needs of adult beginners, and how do we take advantage of their strengths? How should we expect adults to respond to training, and how can we, as instructors, help them achieve their goals?

### Strengths And Needs

Our daughters were 10 and 13 when they began training 10 years ago. Within a

month my wife and I had also begun training, and we quickly discovered both our strengths and our needs in starting such rigorous and demanding training as adults.

The needs were more obvious. New students in Tae Kwon Do - or in any martial art, for that matter - face physical challenges. At age 41 I had less flexibility, less endurance, and less durability than when I was younger, and

certainly less than the teens training with us. When I was a teenager a muscle strain or similar slight injury would hardly slow me down, but as an adult such injuries have affected me more and taken longer to heal.

The strengths, though, were just as real - if more subtle. First and foremost, as an adult I had been through high school, college and graduate school. I've been in the workforce for decades, holding a range of jobs from flipping hamburgers to managing international projects. I'm a husband and a father. All of these events and activities and experiences required me to learn new skills, sometimes very, very rapidly, and as a result I - and other adults - have "learned how to learn". We

understand, through experience, how we most effectively learn new things and absorb new information - and that helps us learn Tae Kwon Do.

Second, adults tend to be more disciplined and focused. Adults are in class for a reason - for physical fitness, to be in a family activity with their children, because of the love of martial arts - and that reason helps keep adults focused on long-term goals.

Finally, adults are typically more mature than the children in class. We all have stories of the 15-year-old that has the maturity of an adult, and of the 40-year-old who acts like a teenager, but in general the maturity and behaviour of adults are key strengths.

As adult beginners, and as the instructors of adult beginners, our goal is to recognize and accommodate these needs while taking advantage of the strengths.

### Addressing the Needs

As an adult with knee injuries, I can't effortlessly jump high into the air, rotate endlessly, do some amazing number of kicks, land lightly and do it all over and over and over again, as it seems some teenagers can. So I don't. The first guideline for adult beginners: know your limitations. Push those limits - try new things, expand on skills you've learned,

add the extra technique to the end of a sparring combination, incorporate a hop or jump or skip into a combination - but don't try to do everything at once.

The second guideline: stretch, stretch, stretch. Flexibility is one of the most important tools of a martial artist, both for preventing injuries and for proper execution of techniques. After 10 or 20 years of desk jobs, housework, and raising children, most of us find our youthful flexibility is a thing of the past. The good news is that it can be recovered. The bad news: the recovery is hard work. You should work on this as often as you can, daily if possible.

And the third guideline: if you are training with your children you will need to walk a fine line between being a student and being a parent. Remember: you aren't in charge in the dojang. The instructors, assistant instructors, and other black belts are in charge. You are a student, so let the instructors teach your children. If you can do this, then you'll have something my wife and I enjoyed with our children: a fun, shared family activity.

As instructors of adult beginners, we need to be aware of these needs and limitations. Be absolutely certain you've been informed of any injuries or other physical limitations of your students, especially the adults. Encourage excellent form and technique in stretching. It's more important to do the



stretch correctly than it is to do the stretch deeply. Depth will come with practice, but only if the stretch is done properly. And don't expect parents to be parents in the dojang - expect them to be students.

## Leveraging the Strengths

Everyone learns differently. Adults - you know what works best for you. Absorb all the knowledge you can in the best way you can. And if a particular segment of the class isn't being taught in the best way for you as an individual, be patient - another segment will be. Don't be shy or feel self-conscious about asking for help, especially before or after class.

Use your maturity, your self-discipline, as a tool to help everyone train better. You aren't leading the class, but you are setting an example for every child and teenager. Your behavior, the respect you show others of all ages, and the effort you put into training are all wonderful examples for children and teens, and can only help improve the overall tone of the dojang. By contrast, if you are disrespectful, lazy, and simply go through the motions of training without exerting any real effort, children and teens will mimic that behavior, which can degrade the overall tone of the dojang.

Finally, use your judgment. When your body is telling you you've reached your limit, listen to it! As an adult you're expected to have the judgment to recognize when you're going too far with your training. Certainly train up to that limit; certainly you should gently push that limit to extend it - but know what you can and can't do. Training injuries aren't pleasant - the more you listen to your body, the more you can minimize injuries.

As instructors of adult beginners, use the experience and maturity of your adult

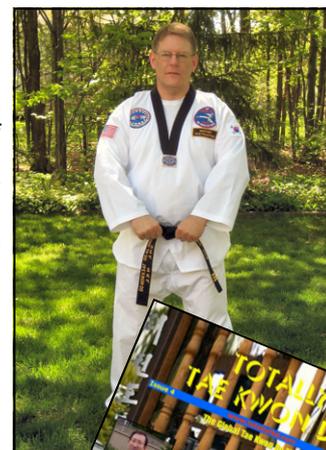
students to help the class. If you break into small groups, try to include both adults and children in each group. Recognize their accomplishments, even - or especially - when these are small, incremental improvements on the path to larger goals. Publicly recognize the efforts and the behavior of adults, so children will have positive role models. And trust your adult students to know their limits - when an adult says they need a rest break, it's usually because they really do need to rest.

## Summary

As an adult beginner I didn't start training - and I haven't continued training - to be better at Tae Kwon Do than someone else. I train to improve myself. As an adult beginner your goal shouldn't be, "I want to do everything and I want to do it now!" As an adult, you know how to plan for the future, to make long term goals. Use that ability. Whether you're learning a new poomse, improving a technique, or practicing a new break, focus on the incremental improvements: the little bits of improvement add up quickly.

Be a little better today than you were yesterday, and pledge to be a little better tomorrow than you are today. And that's not just a way to think about Tae Kwon Do training - it's not a bad way to think about life.

*Ira Hoffman is a 3<sup>rd</sup> Dan with five years of Taekwondo teaching experience, and currently trains with his wife, also a 3rd Dan, at the Yats' Tae Kwon Do Club in Gladwin, Michigan*



**\* This article first appeared in issue #4 (June 2009) of Totally Tae Kwon Do magazine. You can read more great articles by Sabum-nim Ira Hoffman in many other issues of the magazine.**

Sparring class was kinda rough tonight. I need a long soak in a hot tub.



You're almost 60. Maybe you should take a break from the Sparring classes.



These aren't just aches. They're learning experiences! Here: I shooda blocked to protect my ribs. My head?... should have anticipated that the middle roundhouse was a fake for the high turning kick.



But here... Yes!! This proves I have a Powerful low block.



Patrick McWade 2017

# **Koryo:**

## ***Han Sonnal Arae Makki and Agwison Kal Jaebi***

By Jeff W. Rosser

**Koryo is quite possibly the most widely practiced form in all of Kukki Taekwondo. It is the first of the yudanja poomsae and is commonly used in poomsae competitions. Unfortunately, the practical applications presented for this poomsae are often impractical, unrealistic, and illogical. The simple fact that this poomsae is so frequently used in competition has also led to numerous adjustments to the techniques in this form in favor of aesthetic beauty at the sacrifice of practicality.**

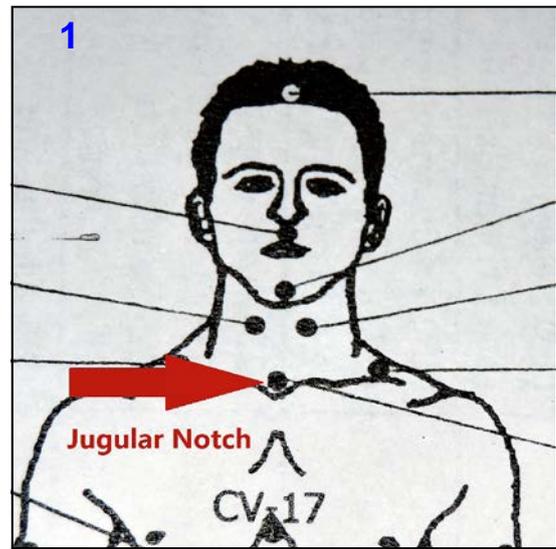
In all honesty, this is my least favorite form in all of Taekwondo. I will even go one step further as to say that this is my least favorite form out of all of the forms that I have studied in various martial arts. I am not saying that this form is not useful nor am I saying that this form is bad. If it's your favorite form, that is totally fine. Many people love this form. All I am saying is that I'm not a huge fan of it. That said, I do believe that there are still some valuable defensive techniques contained within this poomsae. In my opinion, two of the most useful techniques offered by this poomsae are the downward knife hand block (han sonnal arae makki) and the arch hand (agwison kal jaebi). These two techniques are presented three times in succession in the poomsae and are followed by a high front kick each time (which could easily be used as a knee strike instead). I believe that the fact that these techniques are repeated multiple times emphasizes the significance of their practicality.

The standard downward block in itself is not simply a block against a low attack. To the contrary, it is a technique that results in

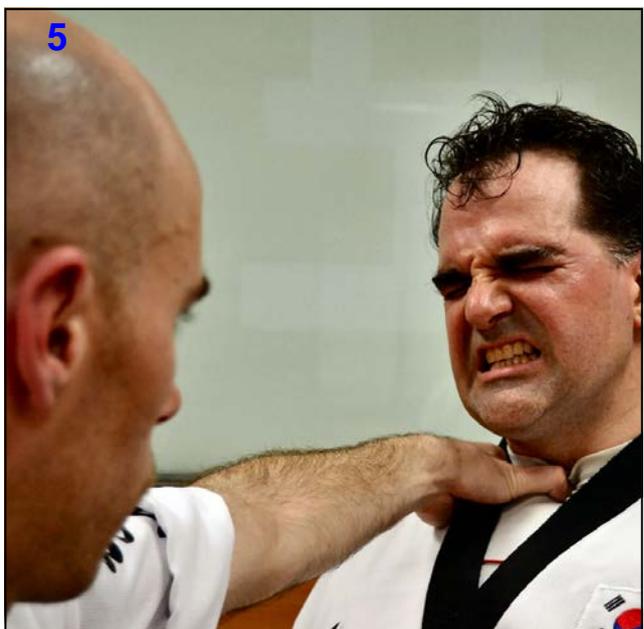
a downward motion indicating that the technique can be used to redirect a higher attack downward. The downward knife hand block as featured in Koryo is simply a more precise, open-handed version of the downward block. One way in which this block can be employed is as a downward parry. Whether you are parrying a punch downward or simply clearing someone's lead hand prior to launching a full attack, this technique is extremely useful.

The arch hand is also a useful technique as well. Most applications that I have seen offered for this technique purport using the technique as a strike to the throat with the area between the thumb and the index finger as the striking surface. While this is a possible application for the technique, I do believe that it is highly limited in terms of its effectiveness. For starters, the area between the thumb and the index finger is not a particularly strong striking surface and typically receives no conditioning. Furthermore, this technique is nearly impossible to land if the opponent has their chin tucked and thus, has reduced the accessibility to the throat area which is not

particularly easy to access in the first place. As an alternative, I propose using the thumb and jabbing it into the jugular notch (Figure 1). Although this is a small target, it can actually be easier to access and is not easily defended by tucking the chin. Furthermore, a strike to this area is far more precise and devastating and can immediately result in a choke. This is highly effective as a pain compliance tool. At the same time, the other four fingers are not without use as they can be used to clamp down on the clavicle.



Of course, there are a myriad of situations in which these techniques can be employed, whether in conjunction with one or another or independently. As an example, I will present just one possible application for these two techniques executed in succession. First, use your lead hand to block and parry an

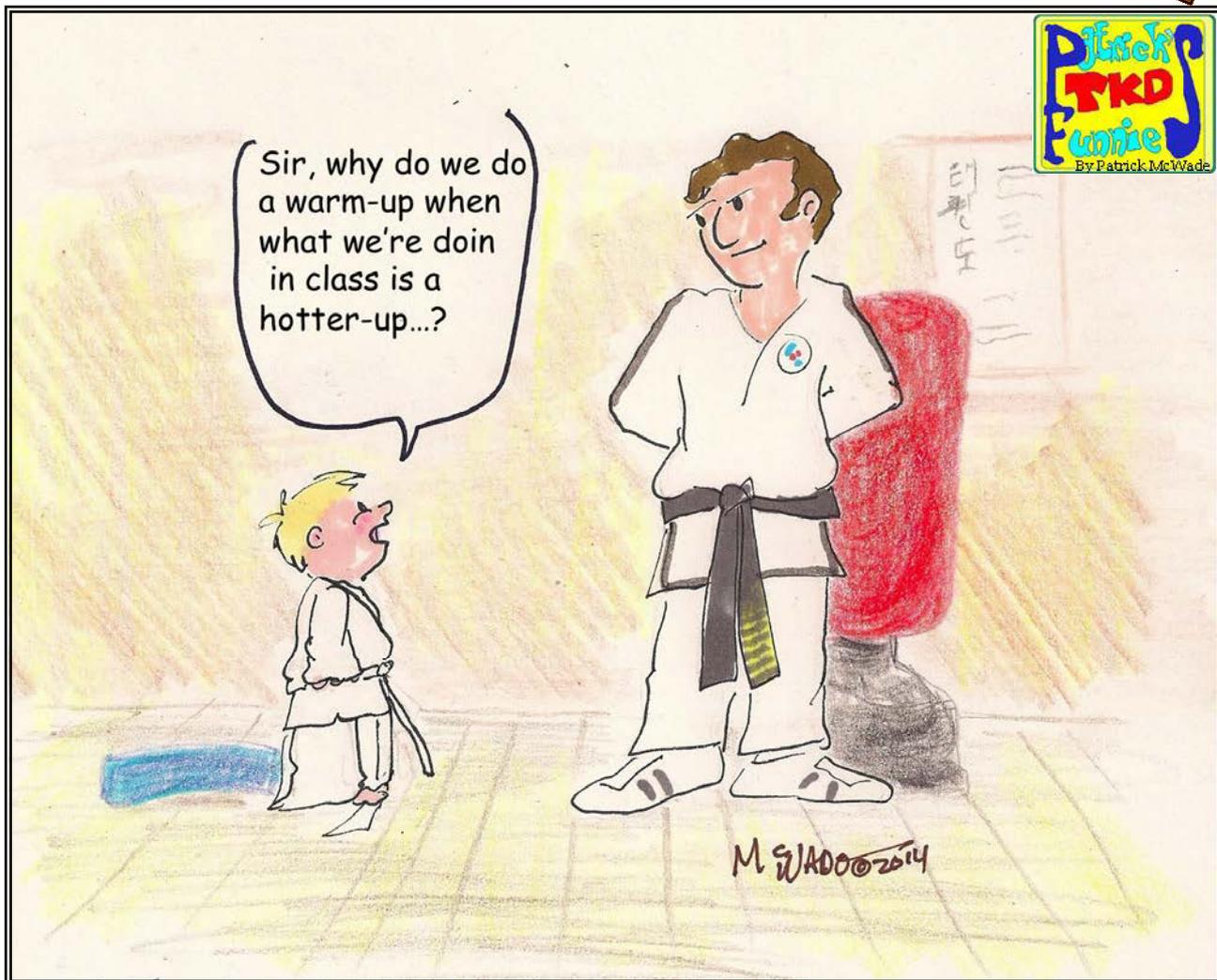
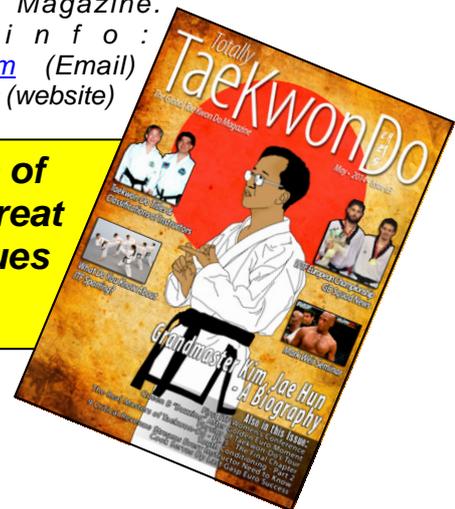


opponent's punch down and outward (Figures 2 and 3). Immediately follow-up with an arch hand strike directed at the jugular notch (Figure 4). Press in and slightly downward with your thumb upon penetration into the jugular notch (Figure 5). As for what you can do from here, the next move is up to you. I hope that you will have found this application useful and that you will experiment with this application to see what else you can come up with.

**About the author:**

Jeff W. Rosser is a teacher, martial arts instructor, and freelance writer residing in South Korea. He's a former AAU U.S.A. National Karate Team member and has competed internationally in Karate and Taekwondo, medaling in Taekwondo. He has over twenty-three years of experience in the martial arts and has trained in Kukkiwon style Taekwondo, Shuri-Te Ju-Jutsu, Judo, Shorin-Ryu Karate, and American Open Karate. He's also a columnist for Taekwondo Times and a monthly contributor to Totally Taekwondo Magazine. Contact info: [karatekajwr@yahoo.com](mailto:karatekajwr@yahoo.com) (Email) [www.mawriter.webs.com](http://www.mawriter.webs.com) (website)

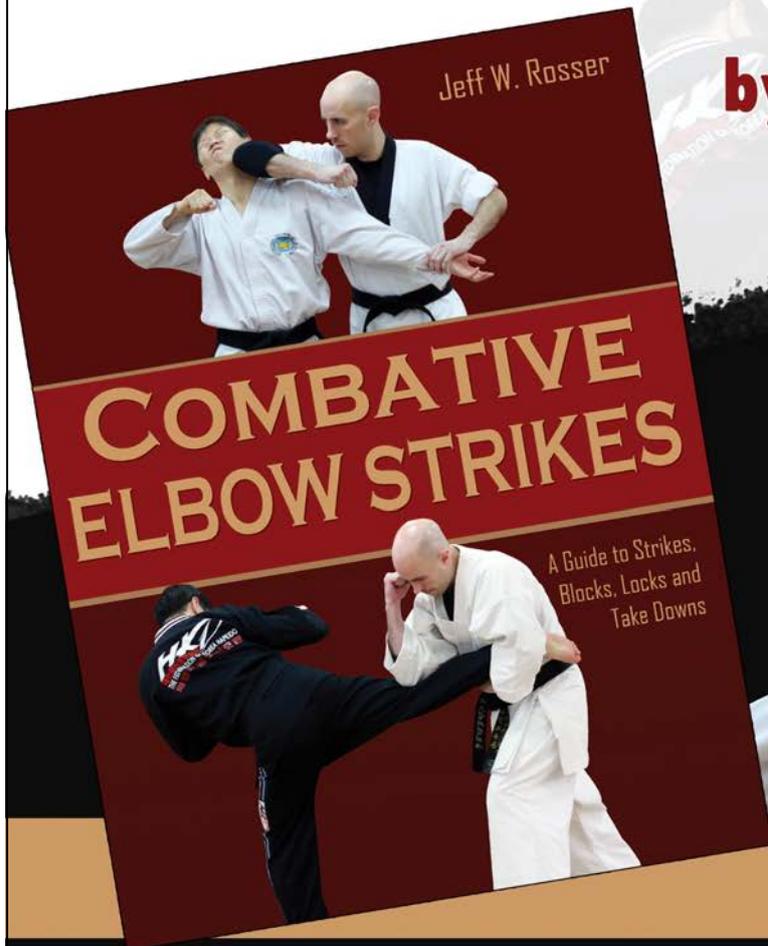
**\* This article first appeared in issue #63 (May 2014) of Totally Tae Kwon Do magazine. You can read more great articles by Sabum-nim Jeff Rosser in many other issues of the magazine.**



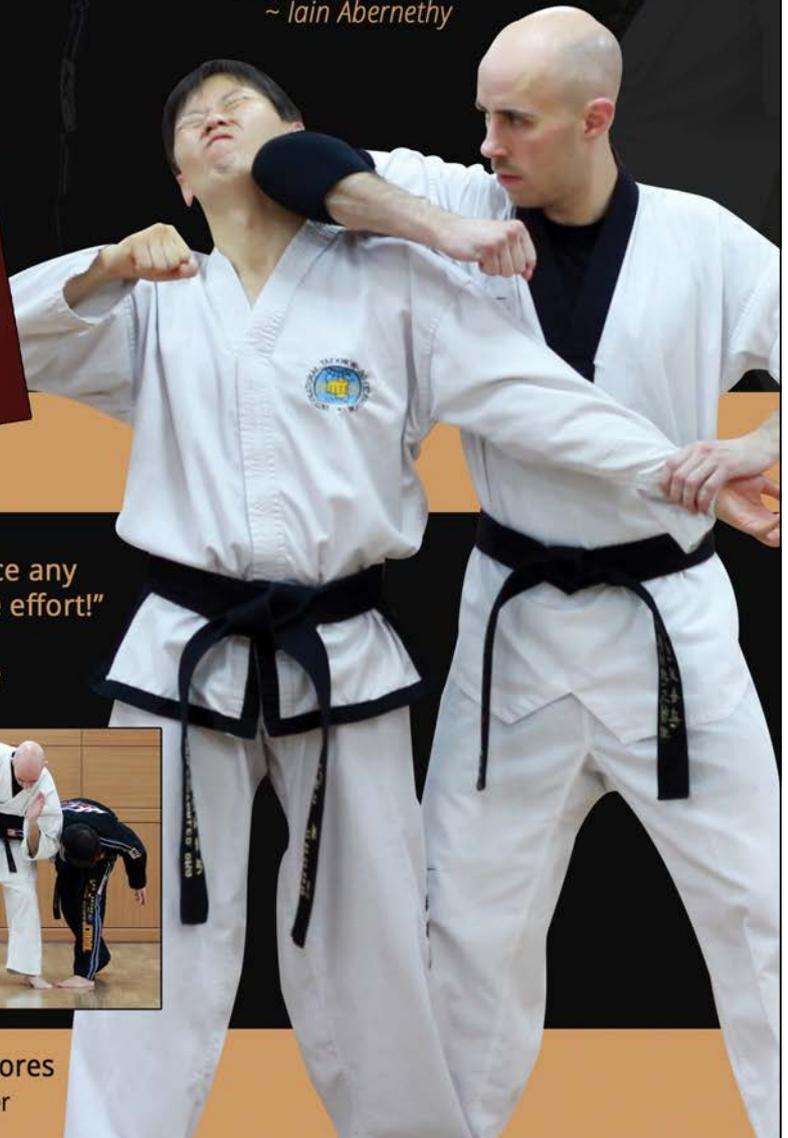
"Every person interested in learning to defend themselves and the finer points of protection will benefit from this book."  
~ Dr. George Vitale

# COMBATIVE ELBOW STRIKES

by Jeff W. Rosser



"Jeff Rosser has done a superb job of showing the versatility of the elbow strikes. Highly recommended."  
~ Iain Abernethy



"A highly recommended purchase, that will enhance any martial artists' arsenal of techniques - with very little effort!"  
~ Stuart Anslow  
Editor in Chief of 'Totally Tae Kwon Do' magazine



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# **Work Place Violence**

## ***And Other Security Issues That Matter***

**By Michael Munyon,**  
*International Taekwon-Do Federation H.Q. (South Korea)*  
*Global HapKiDo Association*  
*Retired Air Force Security Specialist/Security Forces Senior Non-commissioned Officer*

### ***Did you know?***

**“Violence in the workplace is a serious safety and health issue. Its most extreme form, homicide, is the fourth-leading cause of fatal occupational injury in the United States” (US Department of Labor)**



*“On average, each year there are 133,700 violent crimes against teachers at school and 217,400 thefts from teachers at school, reported by teachers from both public and private schools.”*

- Department of Education and Department of Justice

*“Private sector and Federal Government employees were victimized at similar rates.”*

- Bureau of Labor Statistics

Let's take a moment to break down the various types of harassment and violence. Work place violence consists of more than homicide and other physical assaults and also includes -

- . domestic violence
- . stalking
- . threats
- . harassment
- . bullying
- . emotional abuse

- . intimidation/other forms of conduct that create anxiety, fear, and a climate of distrust in the workplace

### **Workplace violence falls into four broad categories -**

- . Type 1 Violence
- . Type 2 Violence
- . Type 3 Violence
- . Type 4 Violence

**Type 1 Violence** is defined as violent acts by criminals, who have no other connection with the workplace, but enter to commit robbery or another crime

**Type 2 Violence** is defined as violence directed at employees by customers, clients, patients, students, inmates, or any others for whom an organization provides services

**Type 3 Violence** is defined as violence against coworkers, supervisors, or managers by a present or former employee

**Type 4 Violence** is defined as violence committed in the workplace by someone who doesn't work there, but has a personal relationship with an employee—an abusive spouse or domestic partner

### **Active Shooter Tips:**

What to do:

- 1.
2. **Escape:** Leave immediately, leave your belongings behind and keep your hands in plain sight in the event Law Enforcement shows up.
3. **Hide/Barricade:** Stay out of the view of the individual. Concealment is defined as protection from enemy observation. Barricade doors/windows, hall ways and avenues of approach.
4. **Subdue the individual:** This requires speed, surprise and aggression. Use items in your surroundings.

Improvised weapons.

### **Notifying the Police:**

*What should you say and how do you describe what's going on?*

Let's use a simple military acronym to up-channel this information to first responders. We call this...S.A.L.U.T.E.

- . **Size:** How many suspects
- . **Arms:** What are they armed with? Pistol, Shot Gun, Rifle, Machete, Knife???
- . **Location:** Location of the individual or last known location
- . **Uniform:** What are they wearing? Shirt (T-shirt, button up, long sleeves) Pants (Blue/Black Jeans, Dress pants, shorts?) colors and figures/symbols
- . **Time:** Time of observation
- . **Equipment:** What other items does the suspect have? Vehicle, back pack and etc.

It is normal for many martial artists, military, law enforcement and security minded people to people watch. When doing so you can get a head of the game by observing people's behaviors. I, personally like to make it a point to see who has a weapon or are in close proximity to an improvised weapon. Sometimes this is easy, but other times it is very difficult. One term we use in the law enforcement is called weapon printing.

**What is printing?** Printing is when you can observe a weapon outlined in an individual's attire. This can consist of observing a knife clip protruding from a pair of pants, terrible concealment of a firearm and more.

Earlier I mentioned suspicious activities observed by an individual. A few things that would catch my eye would be the



following:

- Wearing extra thick clothing during hot days
- Constantly looking around check out their environment for law enforcement, exit routes and easy targets such as the elderly, people walking alone and with their heads down or in a cell phone
- Observed scoping the building or a person from outside on numerous occasions

There is a very important point that many people who deal with work place violence, vacationing outside of their local area or deal with known criminals and that is **KEEP YOUR FAMILY INFORMED!**

### **Family Security:**

Informing your family of a potential threat is a WISE idea. This isn't meant to instill fear into the family, but educate them on potential threats and what actions they

should take. How would you feel if someone had a grudge against you and knew they can not directly seek revenge or wish you personal harm, but could mentally mess with you by sending pictures of your family members and mailed them to you? Image a note saying..."I can't get you but I can get them." That would scare the heck out of me. Teaching your family to be aware of their surroundings, preparing a plan with them and etc. can greatly increase their potential of not being a victim.

Sometimes the actions of a criminal or terrorists can have an adverse effect on the work place and cause various forms of tension and civil unrest. What to do if you feel there is a need for increased security posture at your work center?

1. Institute hourly checks of the building. This includes exterior and interior of the building.
2. Prior to opening up your building in the morning conduct an exterior check of the building and parking lot.

3. Alter your route to and from work
4. Alter times and locations for lunch/ smoke breaks

**Note:** When doing checks at your place of work if a vehicle is in a public parking lot and looks out of place you can look through the windows to observe anything in plain sight. This is known as the plain view doctrine. If you see something like a firearm, unusual chemicals and etc, you should immediately inform your boss and local law enforcement. These are the makings of something potentially bad.

**Finally let's discuss Suspicious/ Unattended Packages** (this includes boxes and gym bags):

*What should you do if you come across something out of the ordinary?*

**ACTIONS:**

1. Get a description of the suspicious/ unattended package.
2. Think to yourself, why is this a suspicious/unattended package?
3. Without touching it, utilize your senses to utilize critical thinking to get an idea what's inside of the package.

4. Notify your boss and first responders. However, keep in mind the boy who cried wolf concept. In the end, it's better to be safe than sorry.

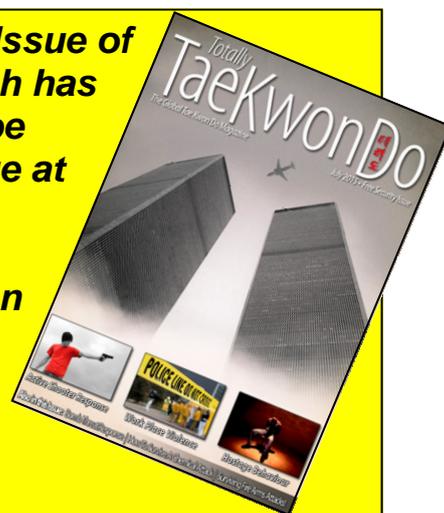
If a response were to happen think about what would happen. Streets would be cordoned off, people rallied in a collection area for interviews to seek out potential witnesses and etc., and it would mean a drain of time, resources and funds. The main concern is that an unnecessary response could cause public mistrust with you and your work center.

In conclusion I talked about work place violence, the types of violence, how to report incidents to first responders, informing your family, security operations for the work center and more. These are just a few tips to help harden you, your family and work center security posture. Having a plan and being aware of your surroundings is vital and not having them could cause greatly impact personnel and property. If you'd like more information concerning any security, law enforcement operations, please feel free to contact me at [munyonseldefense@yahoo.com](mailto:munyonseldefense@yahoo.com)

**“Stay Alert! Stay Alive!”**

**\* This article first appeared in our FREE Security Issue of *Totally Tae Kwon Do* magazine (July 2015) , which has many other security related articles and can be downloaded for FREE on the 'Special Offers' page at [www.totallytkd.com](http://www.totallytkd.com).**

**Many other articles by Master Michael Munyon can be found in many issues of the magazine as well, on a range of subjects.**



# The Pattern Paradigm

## *(The Ultimate Purpose of Martial Art Pattern Motions)*

By Master Earl Weiss

**Ask 5 Martial artists a question and you are likely to get 10 opinions. While confusing for beginners, the more experienced will find varying opinions food for thought. I often say when speaking about concepts, *"I am not telling you what to think, I am merely telling you to think."***

**The premise of this article concerning concept based training; You learn one concept and you may understand 100 techniques, as opposed to learning 100 techniques and only understanding one concept. (I may have heard or read that premise somewhere but cannot find the source.)**

Information should not be viewed as a destination on your journey of martial arts exploration, but one of many steps along the way. Except as noted herein I make no claim to have invented or discovered anything. I simply hope to provide a source of information to help assist you in your journey.

General Choi would make an analogy between instructors teaching beginning students and parent birds feeding little morsels to the babies. Yet, there comes a time for babies to leave the nest and learn how to feed themselves.

When I find students parroting answers contained in traditional texts I often do two things:

A. I ask them questions which require them to defend the legitimacy of their answer; and

B. If they have trouble defending their answer I tell them that there is no sign above the Dojang / Dojo door reading *"Turn of brain before entering."*

There was a time when I considered the

instructional methods contained in General Choi's texts to be far superior to some other methods. General Choi's methods contained intuitive names for many techniques such as a *"Middle inner forearm Block."* Intuitive names make it readily apparent what you were doing and what you were using to do it. For teaching large groups this is (In my opinion) far superior to the next method but it does have a downside.

A different method is where techniques have names like *"The Swallow Flying Over the Mountain Block"*. In this method you learn the motion first and later are taught how to use it. The names are non-intuitive and perhaps purposefully so. By not providing a stipulated Tool (In ITF parlance the "Tool" refers to the body surface making contact) and application not only did the student need to "figure it out" but they could figure out any number of Tools and applications.

Consider a recent article in Issue 38 of *Totally TaeKwonDo Problems With Korean and English Terminology* by Sanko Lewis. The author also addresses General Choi's

departure from the common practice of using abstract names for techniques and instead use terms that were descriptive of the technique.

This is not a new or unique concept. Fans of the original Karate Kid movie recall Daniel San being told to endlessly “Wax on, Wax Off”. (For the remake it was “Pick up Jacket, Put on Jacket...”).

Now, having people “figure it out” so they are not locked into a single application is great if they are living in a monastery 24/7 with lots of time on their hands. The method of stipulating the tool and applications works faster but tends to lock in the thought process.

Can we / should we do both, neither, or combine the two?

With the foregoing in mind we can now address the matter at hand which is concept based training or the (Ultimate) application or purpose of pattern motions.

### **Heavenly Glory**

Bruce Lee’s version of a Zen saying was: *“It’s like a finger pointing a way to the moon. Don’t concentrate on the finger or you will miss all that heavenly glory”.*

I submit for your consideration that in this case the “finger” is any stated application, be it traditional text or some of the “Real” or “Alternate” applications found in other sources. Perhaps the heavenly glory is not the application; traditional, real, or alternate. It is really something else.

Further along in the article I will share insight into how my thoughts in this area have changed. For those who want to fuel their thought processes I recommend you read:

- The Bible Of Karate: Bubishi, by Patrick McCarthy
- *The Tao Of Jeet Kune Do, By Bruce*

Lee

- Books By George Dilman, Vince Morris and Rick Clark

For Chang Hon Stylists:

- *Ch’ang Hon Taekwon-do Hae Sul – Real Applications to the ITF Patterns* By Stuart Anslow
- Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts By Kennedy & Snyder
- *Kyosho Secrets: The Modern Bubishi* By: Vince Morris

Last, but certainly not least:

- *Encyclopedia of Taekwon-do the Art of Self Defence – 15 Volume Edition* By General Choi Hong Hi.

Please note that not all the texts above, particularly “The Tao” and “Bubishi” were written as alternate or real application texts to contrast with traditional works. I include them as examples where one might find alternatives to what they have learned.

### **Outside the text**

I have come across those acquainted with General Choi’s work who feel that the applications in those texts were somehow meant to be exclusive. My personal classroom experience with General Choi as well as my reading of his texts indicates that this conclusion is erroneous.

During lectures he would often ask students questions and a common one was “*What is the purpose of this technique?*”

Now, those who had been in his classes before knew that he also often asked “*What is the most important training secret of Taekwon-Do?*”

General Choi’s desired answer for the most important training secret of Taekwon-

Do was: *"To understand the purpose and meaning of each move clearly."*

I know it's listed at #2 for the *"Eight Parts of the training secrets of Taekwon-Do"* but if the author says #2 is most important that is a judgment call for him to make.

Getting back to the prior question about the purpose of a technique, I will use the *"Upward kick with right knee (from left walking stance) while pulling both hands downward."* (Toi-Gae #21).

General Choi asks what the purpose is, and the eager student who has read the book (or has a good instructor) volunteers to answer and when called upon dutifully gives the textbook answer. *"Sir, the techniques is used to attack the Solar Plexus with the knee while pulling the head down."*

General Choi points at another student and says: *"He says it is to attack the head with the knee; what do you say?"*

Eager student says: *"Sir, your book says it is to attack the solar plexus."*

General Choi says: *"He doesn't care what the book says. How do we solve this problem?"*

The answer was to ask the student to demonstrate the application. If it was effective it was a good application, if ineffective or impractical then it was not a good application.

More important than the question and answer for this particular technique was

the process used to determine whether a particular move or motion was suited for an application. (Don't focus on the finger!)

## Angle and Distance

Just because one part of the training secrets of Taekwon-Do was emphasized

does not mean the rest should be discarded. Toward that end, (and this is my opinion) if I had to pick the next most important Secret, I would choose "#5. *"To become familiar with the correct angle and distance for attack and defense."*

To develop ideas about pattern motions, and how they apply to angle and distance we should consider what General Choi says about patterns at Vol. I, page 154: *"In short, a pattern can be compared to unit tactics or a word, if the fundamental movements are an individual soldier's training or alphabet."*

Rather than dismissing the foregoing as just a simple metaphor, let's explore the full implication. If the pattern is the word, the fundamental movements are letters of the alphabet. (Now, you wouldn't have a single word with 19 or more letters, so we won't take it to that extreme. Instead we can consider a pattern to be a series of words.) As we know with language, different letter arrangements form different words and letters have different effects depending upon other letters that precede or follow them in sequence. I submit that the same concept applies to fundamental movements.



Toi Gye #20



Toi Gye #21

Patterns are but one element of Taekwon-Do and we have various methods of sparring to help us learn proper angle and distance. Yet, I find that due to the solo nature of pattern practice this concept is often misunderstood.

Common examples are Toi-Gae #21 noted above, but I have seen many who did not grasp how the distancing of moves #1& 2 of Chon Ji would work if performed according to pattern specifications.

If I visit a class of another instructor and I am allowed some free reign I often asked whether these 2 moves are applied against the same opponent and often the answer is

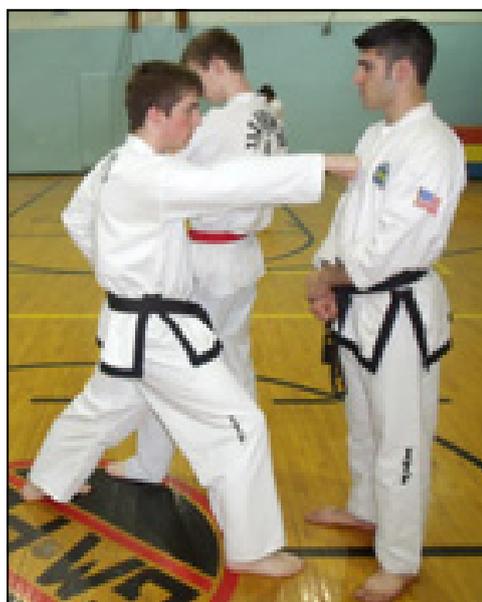
in the affirmative.

I then have the student choose a partner. The preferred attack for #1 is to defend against is a front snap kick to the left lower abdomen. I make sure the student places himself in relation to the partner so that the attack and defense will meet at a realistic distance. The student quickly realizes that a full step forward for the punch will put them well past where #2 can be done effectively if performed as the pattern dictates.

Now, while textbook stances and distancing require 2 attackers as shown at item #CJ A1 & A2 below, there are



**Chon Ji #1 - Photo CJ A1**  
**Textbook application**



**Chon Ji #2 - Photo CJ A2**  
**Textbook application**



**Chon Ji #1 - Photo CJ B1**



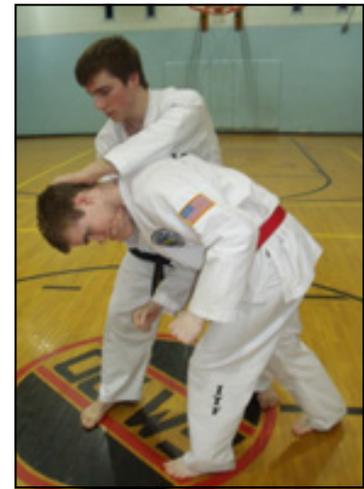
**#2 - Photo CJ B2**



Chon Ji #1 – Photos CJ C1



#2- CJ C2



#3 – CJ C2

alternate applications with similar motions shown at items #CJ B1 & B2, or an application for the transition from Chon Ji Shown at CJ C1 & C2. (NOTE: For CJ C2 the “Chamber” or intermediate position of the arms is reversed from the typical Chang Hon positions but found in other systems with the “Blocking / Right Arm being on the Bottom or further from the body as opposed to the traditional Top or closer to the body position.)

**CJ Application B.** Same Side Grab Defense. Strike radial nerve with outer forearm using low Block motion, exposes Attacker’s Mandible Angle point, for stepping punch. Impact is made at #1 causing attacker to rotate as shown in #2 below.

**Chon Ji Application C:** #1- Textbook Block to Cross side low front snap kick, slightly rotates opponent; #2 Stepping for punch puts the Left hand past opponents head to reach behind and place on the crown of their head with the Chamber for # 3 placing the Right hand on their Chin, stepping to #3 while using hands to grasp and rotate their head clockwise in a downward spiral fashion similar to how the hands would move for the low block in #3

## Positioning

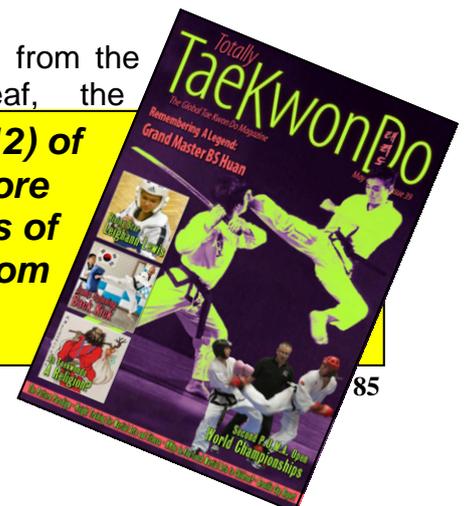
Similar to, but slightly different than angle and distance lessons are those involving relative positions. Unlike sparring where the opponent is more or less to your front, patterns have opponents positioned not only to the front, but also to the side front, side, side rear and rear. How many people consider the positional commonality of the first move of Chon Ji through Hwa Rang, (Yul Guk excepted)? Is it merely a coincidence that the textbook application has the opponent placed at your side? Or perhaps it is a lesson that when perceiving a threat this is one of the best positions to place yourself in from a tactical standpoint since it minimizes the exposed targets from a linear assault.

## Important Lessons missed?

Important distance lessons often overlooked are how patterns can teach us to evade a technique. These appear conspicuously in Hwa Rang #1 (sideways motion) and Gae Beck #1.

As can be seen from the pictures overleaf, the

**\* This article first appeared in issue #39 (May 2012) of Totally Tae Kwon Do magazine. You can read more great articles by Master Earl Weiss in other issues of the magazine, including the excellent ‘Lessons From The General’ series.**



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# *An Interview With*

# **Master John Black**

## **8th Dan**

By John Dowding, 4th Dan

I first met Master John Black when I was a 9<sup>th</sup> Kup and he was a Fifth degree and I was immediately struck by how friendly, enthusiastic and approachable he was. His knowledge was apparent and he had time for everyone and would give it freely. I am now a Fourth Degree and Master Black is an Eighth Degree and he is still as friendly, enthusiastic and approachable to all as the very first time I met him. I interviewed Master Black during the PUMA British Championship back in October 2011 and it was a genuine pleasure to listen to his experiences and gain his perspective on the Martial Arts. I'm proud that PUMA has Masters like John Black, and I'm proud to call him an inspiration and a friend.



**Can you just give us a bit about your background?**

*I was born in Glasgow and was the oldest of seven brothers and sisters. My mother was Catholic and my father was Protestant. I was the only protestant in a Catholic school and the area was pretty rough. You had to be in a gang to survive. We eventually moved to Southampton with my mum and again it was a rough time and being the eldest I was the one who looked after everyone else. I finally was able to join the Army when my Mum agreed to sign the papers.*

**When did you join the Army and how old were you at the time, what regiment?**

*I joined the Army when I was 16 at Wyvern Barracks in Exeter that was in the 1970's,*

*partly junior soldiers and partly a training company where I did my 18 weeks training before joining the Royal Hampshire Regiment when they were reformed, I eventually joined the regiment at Colchester Barracks.*

**I believe you first became involved in the world of self defence and boxing during your military career, can you tell us a bit about this.**

*In my training as a recruit there was a Sargent a PTI (physical training instructor) Dickey Dawes who was a Shotokan black belt and I used to see him doing training and think "that looks good", so I got chatting to him and he did a few lessons with us, we did a bit of self-defence in the army anyway as a recruit, basic self-defence to look after yourself, and I*

*thought I want to do something like this when I get to the Regiment I want to carry this on, and that's how it started off.*

**You must have travelled a bit and had some interesting postings?**

*Well my first posting was Northern Ireland as a young boy of seventeen, it was my first tour in Newry in Ireland and it was a big eye opener, you don't think you're going to get into anything like this and then all of a sudden its reality, you know you do the training and yes it is getting to you that is a reality but it's not reality until we are on that boat coming from Liverpool to Belfast, and they get you up at five o'clock in the morning and everybody is upstairs and as we are coming into Belfast we are getting bricks thrown at us, we are not even off the ship and we were getting stoned by the builders, spitting and shouting at us, you know "go home you \*\*\*\*\*" "you know that sort of thing. And I thought "were not even off and on the soil!" It was little bit scary. And then we had the journey to Newry, I was in the four tonner as we called them,*

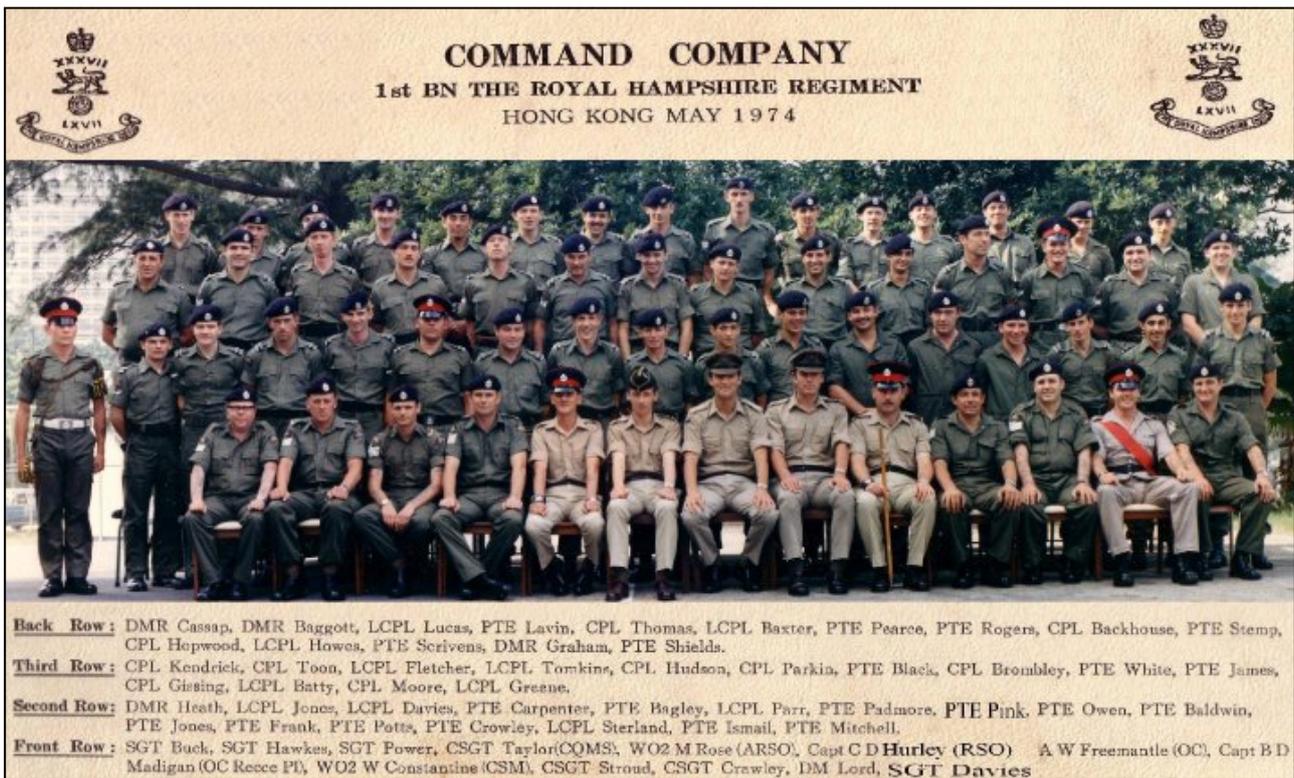
*the army vehicle that carried all the weapons, and we hadn't slept much on the boat and we were dropping off and getting bumped about by the road, and then we get to Newry and there is a welcoming committee with another load of bricks!*

**Were you involved in training in any other Asian Martial Arts while you were in the UK at that time?**

*I was interested in martial arts long before the Bruce Lee film was launched, but when the film (Enter the Dragon) was released we all went down, me and the lads to the premiere in Colchester, and thought Wow! The guy is awesome! I went to London to Leus Jacob who was doing a style of Kung Fu, he was a Mongolian and his Kung Fu style was like Mixed Martial Arts even then in the seventies. I went to London a couple of times and had a few lessons. There was also lad in the Army who was a red belt in Taekwon-Do under Master Rhee Ki Ha and I did a bit with him and thought this is alright.*



**Army Demonstration**



**You were shortly being posted to Hong Kong. There must have been a huge amount of excitement at the thought of being posted to the home of Bruce Lee and the Chinese Martial Arts.**

*After the film we were all thinking yes! Wing Chun that's his style and that's what we want to do when we are in Hong Kong.*

**What was the reason for your posting to Hong Kong at that time and what role did the British Army have there?**

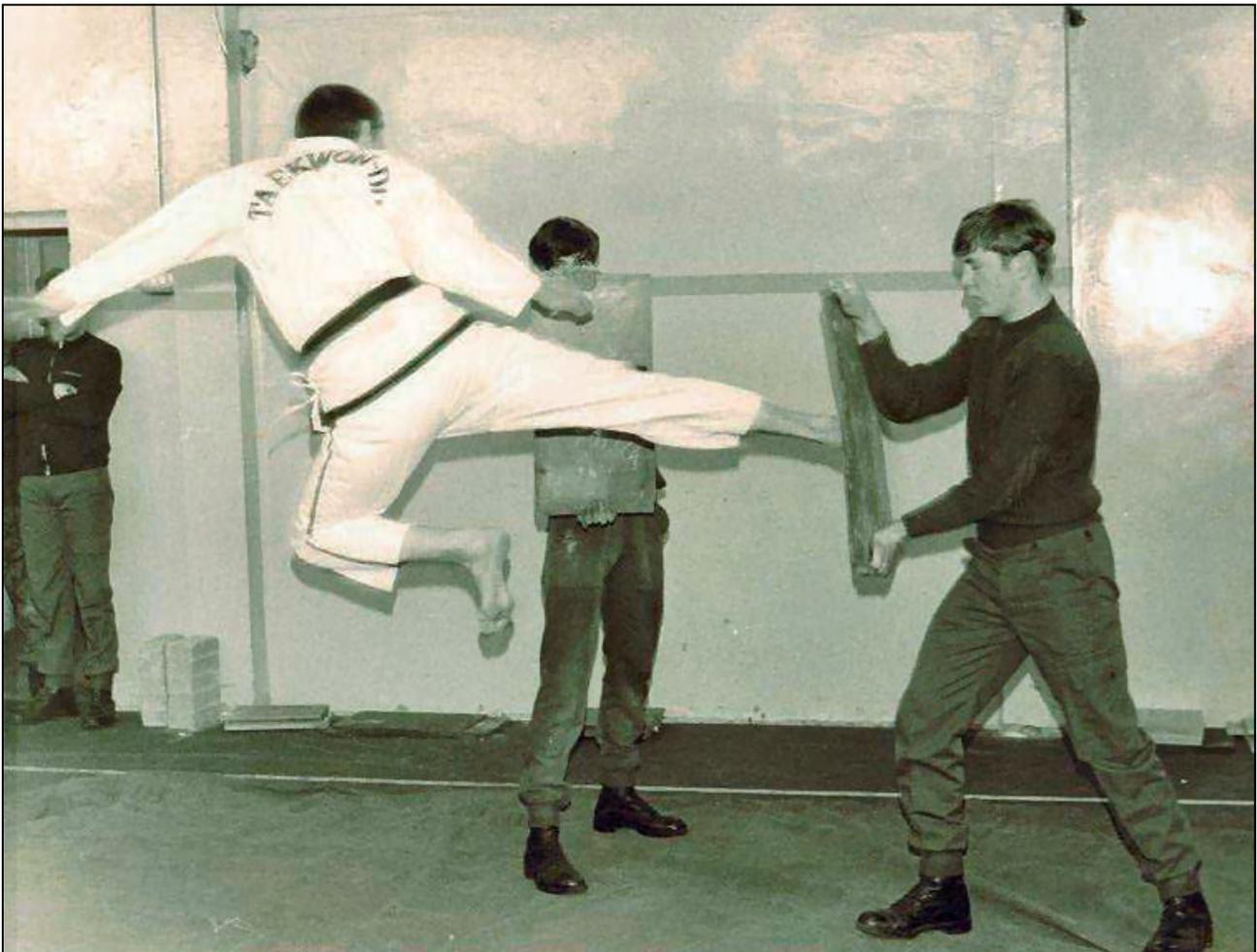
*We were over there to stop the immigrants coming to Hong Kong from China, but our other strategy was to show force because at that time the balance between China and the western world it was felt that they could attack at any time.*

**What was the atmosphere like in Hong Kong at that time, as the Vietnam War was in full flow, so it must have been a pretty strange and dangerous place with American Servicemen on R & R and the influx of Vietnamese boat people.**

*It was a very dangerous place because we were also there because the boat people were coming from Vietnam and they were in a terrible state coming off the boats.*

*Untreated wounds, some of them were dead, and we had to put the survivors into refugee camps and these people were on our side, well you know side of the Americans. What we didn't know was that some of the bad guys were on the boats as well and had got in amongst the refugees and were there to assassinate some of the top political figures who had become refugees or people who had sided or helped the Americans.*

*Part of my duties was to patrol the camps and I was a green or blue belt at the time, and I was walking round the camp at about twelve o'clock at night and there was a basketball area with a load of guys all in sitting stance and I thought they were doing Karate, then as I was watching they started doing Saju Jirugi and Chon Ji and I thought "blimey that's the same style as I'm doing". So I got chatting with the chap who was teaching and he had been a Captain in the Vietnamese ARVN Special Forces who were trained by the Americans and he was a third degree Taekwon-Do black belt, and he was trained in hand to hand combat which was his Taekwon-Do. I developed a great rapport with him and others and used to take them clothes and stuff to help them*



**Army Demonstration**

out. He told me he was part of a five man fire team with the American Rangers and they would go into areas behind the lines taking out Viet Cong sympathisers or other important targets that had to be done silently with no messing so hand to hand was very important. He told me that Taekwon-Do was an awesome weapon but that during Special Forces training in Vietnam they lost one person a week who either got killed or badly injured. He said they had loads of other injuries, broken arms, legs, sternums but they actually lost one a week, because they had to train for reality, using real knives and just one mistake with a knife or a fatal blow and that was it. I was laughing thinking he was joking, then I spoke to my instructor Lee Chong Oh who was also ex Special Forces and he just looked at me and said "that would be about right" that's all he said!

**I know from talking to you that you had**

**a great night out at the Cinema in Hong Kong can you tell us a bit about that?**

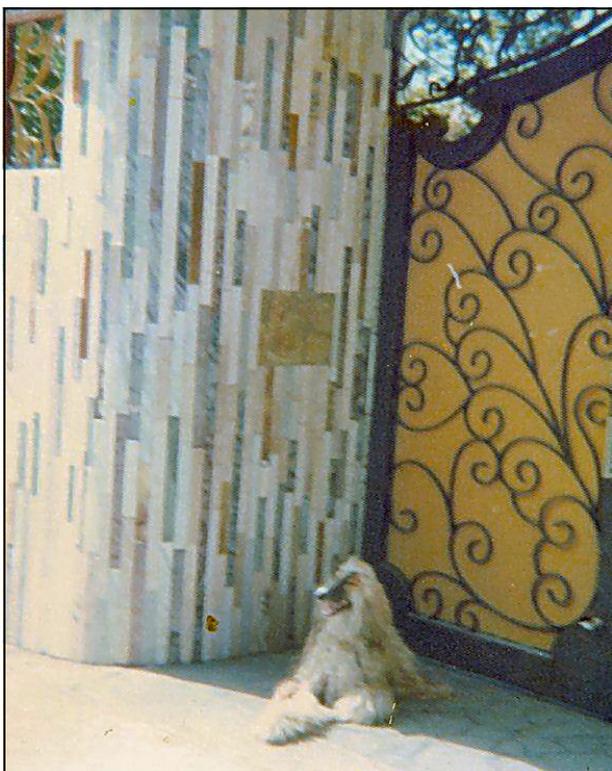
Yes, it was after Bruce had died and there was a new film out starring Bruce Li, who was supposed to be the new Chinese Martial Arts Superstar and it was a premiere and I managed to get a ticket. It was huge and there were loads of people outside who couldn't get in. So I was sat there with an Asian lad who spoke English and I was the only western guy in the cinema, and I was thinking this is going to be really good. The lights went off and the film started and within a couple of minutes I thought "this guy is rubbish, nothing like Bruce Lee" well that was it the Chinese were going mental, they were throwing their ice creams and all shouting in Chinese, and then all of a sudden someone ripped up a chair and threw it at the screen and they all started joining in throwing chairs, the lad I was sat next to grabbed me and said "we had better go,

they are not happy, they are shouting that its not the real Bruce Lee, its false and they are upset" so we left pushing our way through all these rioting Chinese.

### **Tell us a bit about your visit to the home of Bruce and your brush with the Hong Kong Police.**

When we got there it was not long after he died, and there were loads of stories going round, one of them was that he had been threatened by Triads who wanted him to smuggle drugs for them, and so his death had been faked so his family would be safe,

there were loads of "sightings" of him supposedly practising in the garden of his house, lights in the house being on, that sort of thing. Well the house was about six miles away from where we lived in married quarters. So I thought I will take the dog and a camera and have a look at his house. I had been looking for his house for about six months and had eventually found it. It had big golden letters on the front which was his name in Chinese. So I got



**Master Blacks Dog outside Bruce Lee's House**

there and tied the dog up, climbed up on the wall and it was a beautiful house with lovely Asian formal gardens, and there I was snapping away, sat on wall with no cares in the world. All of a sudden up come all these Police cars and they all jump out pointing guns at me and shouting in Chinese, I didn't have a clue what was

I was doing so I said sorry and I explained to him that I was a Bruce Lee fan and was taking some pictures. That changed things and he said "ah we are all Bruce Lee fans too!" They took the cuffs off me, and gave me a bit of a talking too and let me go. It could have caused an international incident at the time with me being a soldier and getting arrested. But they let me go, looking back it was funny but it wasn't funny at the time when they came screeching up and started pointing guns at me!

### **How long after being posted did it take you to find martial arts school and were you looking for a Kung Fu school at that time?**

When I went to Hong Kong my mind was made up. My second day there we took over from the Black Watch. One of the Black Watch guys was a Taekwon-Do Black Belt and we got talking and I said I'm thinking of taking up Wing Chun and he said "look I don't want to put you off but we have Taekwon-Do" he said "it's a Korean

form of Karate" and I went I don't really want to do Karate I want to do Wing Chun, Bruce Lee's style. He said "just come along and watch there is a big demonstration in the gym" So I thought I have nothing to lose I will go along. So five hundred squaddies packed into

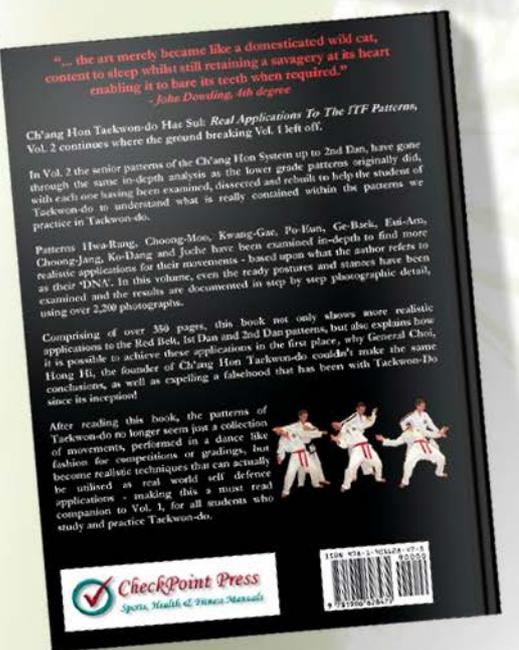
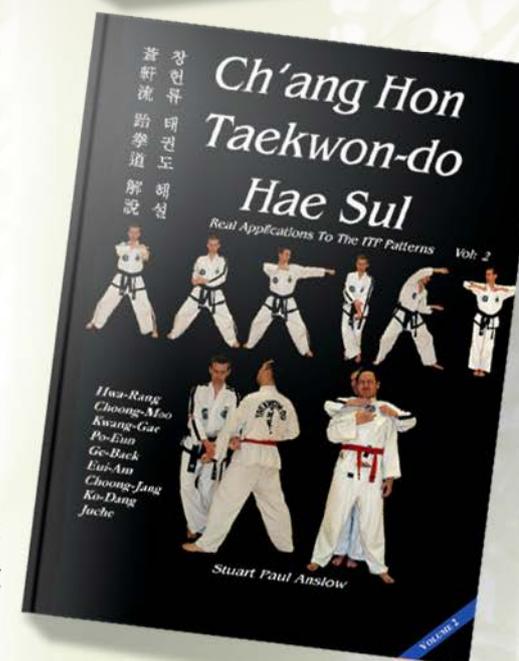
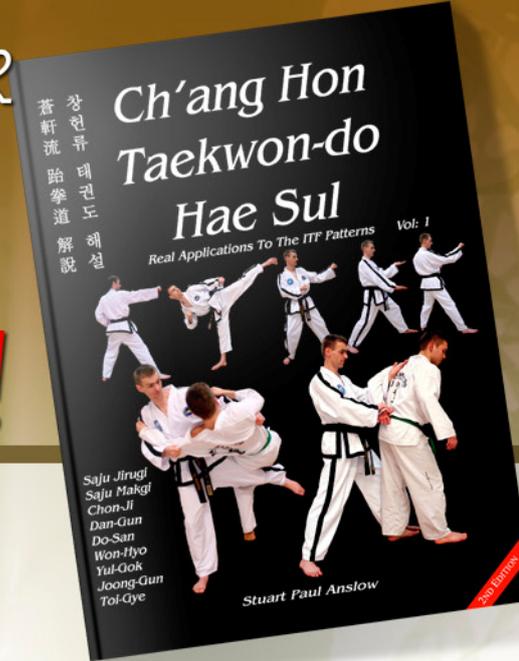
**\* This interview first appeared in issue #35 (January 2012) of *Totally Tae Kwon Do* magazine, with Pt. 2 in issue #36 (February 2012), but you can read both parts FREE in our special tribute issue to Master Jonny Black; available on the 'Special Offers' page at [www.totallytkd.com](http://www.totallytkd.com)**



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John Dowding  
4<sup>th</sup> degree ITF

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“Ch’ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns, Vol. 2 by Stuart Anslow (5th Degree) continues where the ground breaking Vol. 1 left off.

In Vol. 2 the senior patterns of the Ch’ang Hon System up to 2nd Dan, have gone through the same in-depth analysis as the lower grade patterns originally did, with each one having been examined, dissected and rebuilt to help the student of Taekwon-do to understand what is really contained within the patterns we practice in Taekwon-do.

Patterns Hwa-Rang, Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek, Eui-Am, Choong-Jang, Ko-Dang and Juche have been examined in-depth to find more realistic applications for their movements - based upon what the author refers to as their ‘DNA’. In this volume, even the ready postures and stances have been examined and the results are documented in step by step photographic detail, using over 2,200 photographs.

Comprising of over 350 pages, this book not only shows more realistic applications to the Red Belt, 1st Dan and 2nd Dan patterns, but also explains how it is possible to achieve these applications in the first place, why General Choi, Hong Hi, the founder of Ch’ang Hon Taekwon-do couldn’t make the same conclusions, as well as expelling a falsehood that has been with Taekwon-Do since its inception!

After reading this book, the patterns of Taekwon-do no longer seem just a collection of movements, performed in a dance like fashion for competitions or gradings, but become realistic techniques that can actually be utilised as real world self defence applications - making this a must read companion to Vol. 1, for all students who study and practice Taekwon-do.”

“... the art merely became like a domesticated wild cat, content to sleep whilst still retaining a savagery at its heart enabling it to bare its teeth when required.”

John Dowding  
4<sup>th</sup> degree ITF

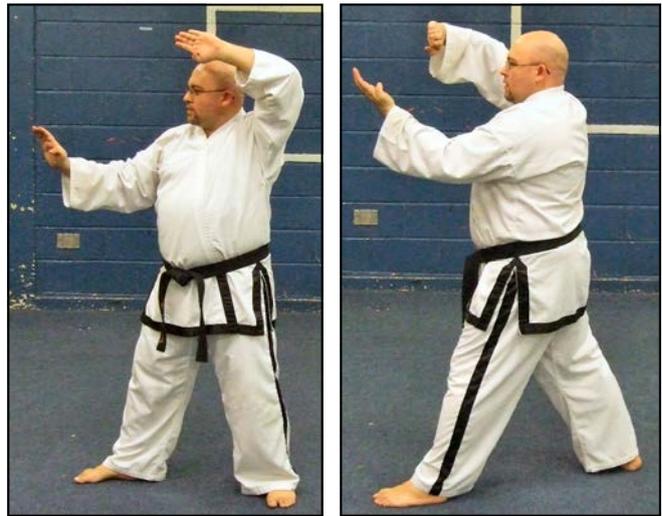
# What's The Point?

By Paul O'Leary

## Choong-Moo

Sometimes in the pursuit to find practical applications for the movements in patterns we can miss the value of the original application. Pressure points seem to give us a great way to increase the effectiveness of otherwise seemingly impractical actions. In this article we are looking at one such movement found at the start of Choong-Moo Tul.

The opening two movements in this pattern are pretty straight forward. But if you were to take the applications for the first move as being a block in two directions (as shown by many people) then you would be turning your head to keep an eye on both attackers. With the second movement we are asked to strike to the neck area and that is where we run into problems. While a good hard strike to the neck can hurt, knowing the exact place to hit that will result in the attacker dropping to the ground can make for an easier defence.



*The movements as found in the pattern.*

While this might seem simple, the results of hitting SI-16 can be KO or TKO and I urge you to try this one softly at first.

Check out our videos on YouTube under "jungshin". Finally I'd like to thank my attacker for this article Kenneth Cranitch from United TaeKwon-Do - Blarney, Cork, Ireland.



SI-16



*We then move forward cutting our left hand across the face and land another shot on SI-16 with our knife hand.*



*The attacker swinging at us with a left punch, which we block*

**\* This article first appeared in issue #13 (March 2010) of *Totally Tae Kwon Do* magazine. You can read more great articles by Sabum-nim Paul O'Leary in many other issues of the magazine.**



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Taegeuk Chil Jang · Taegeuk Pal Jang

# Tong-Milgi

## *The Opening of Koryo*

By Richard Conceicao, 6th Dan

The hand position that is the beginning of Koryo poomse is described in many ways, ranging from a Chi Kung energy concentration to the more fanciful “gazing at the sun”.

In this discussion I would like to propose an alternate interpretation of this movement, and the subsequent knife hand block.

For those unfamiliar with the form: both hands rise from stomach area, close to the body, to face level. They are then pushed forward with the side of the hands straight out. A knife hand blocking movement to the left follows this.

Our targets for this initial strike lie on the Stomach meridian. Specifically, St. 1,2,3. These points lie on the face in a straight line dropped from the pupils of the eye to the level of the bottom of the nose.



These points are symmetrical and will be found on both sides of the face.

We will be striking with the outside edges of the hands—Knife hand edge.

Of course this can be struck with only one hand, but since hitting on both sides of the body always has a more amplified effect, we will demonstrate it as the form does.



The key to success in this is to not allow the opponent to see the attack coming. If you just stick your hands in their face, they will simply block them. You have to raise your hands below their line of sight. This can be done by holding them close to your body, as the form does, or close to theirs.

The goal of the strike is to knock their head back and disorient them. Once this is done we move the next part.



Instead of viewing this as the so called “knife hand block”. Let us instead view it as a continuation of the prior defensive movements.

In this scenario (above), we have just preempted an attack, and in the brief interval created, we reach out to their opposite arm (in this case our right to their right), and with our other hand hit the opposite side of the neck.

By shifting to a back stance and continuing the knife hand block movement exactly as it is done in the form, the opponent will be thrown to the ground. Of course, as the form is symmetrical, the technique works to either side.

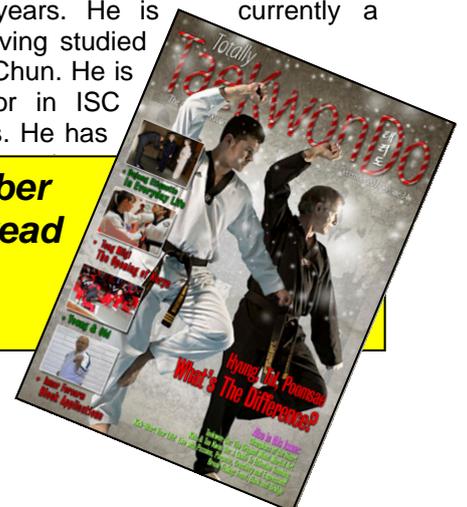
*perfectly capable of effecting a knockout, or causing serious injury. Please use only very light pressure when practicing.*

Richard would like to thank Master Mike Barnard and his instructors D. Macri, D. Post, and H. Stehlik of Han Ho Martial Arts for their kind participation. Also Bob Adams of RADesigns for the photography

*\*top image R. Chun “TKD Spirit and Practice” YMAA publications copyright 2002*

Richard Conceicao has been involved in martial arts for over 40 years. He is currently a 6th Dan in TKD having studied under GM Richard Chun. He is a certified instructor in ISC police control points. He has

**\* This article first appeared in issue #34 (December 2011) of *Totally Tae Kwon Do* magazine. You can read more great articles by Sabum-nim Richard Conceicao in other issues of the magazine.**



# The Real Original Masters of Taekwon-Do

Part 2

By Dr. George Vitale

**In the first article in this series I explained that the purpose of engaging in writing this series was an “attempt at clarification” as to who actually were the original Masters of Taekwon-Do. The information put forth “is not meant to be dismissive of others and their contributions. Rather it is offered to illustrate who was actually not only applying the label of Taekwon-Do to what they were doing, but were also involved with the first style of Taekwon-Do.” Additionally there is no claim that the information shared is fully complete.**

As always I encourage others to also contribute, as when that happens all would benefit, more historical figures can be credited and our understanding can be both more inclusive and comprehensive. It is believed that when more people learn about facts as they evolved through Taekwon-Do's developmental process, they will come to understand that we indeed have more in common, than that which separates us. Tae Kwon Do really is one!

When one examines whom these early instructors were, they will see that in all likelihood, their own personal training roots can be linked to these important figures in some way. While many of the original masters were at some point connected to the International Taekwon-Do Federation (ITF), most of them broke away and became instrumental in the World Taekwondo Federation (WTF) or sought independence as a way to contribute further. Some never were involved with the ITF, either always being independent or were members of the Tae Soo Do Association and helped to form the Kukkiwon and WTF.

*Please keep this fact in mind:* In The Republic of (south) Korea (ROK), where Taekwon-Do was initially developed, all

healthy Korean males were subjected to mandatory service in the ROK Military. Therefore untold numbers of Korean men were exposed to Military (or Original) Taekwon-Do from 1954 onward. It was not until after General Choi Hong Hi fled to Canada in 1972 to live a life in exile, in order to escape political persecution as an outspoken critic of a brutally harsh military dictatorship, that some elements of the ITF Taekwon-Do syllabus was removed from the ROK Military training regiment.

There is an idiom “knowledge is power.” I personally believe that this is especially true in the Martial Arts. Unfortunately and for many reasons, the history of Taekwon-Do and its development is very confusing. However that confusion is gradually being cleared up. Since many of the conditions no longer exist, that played parts in contributing to the distortion of the facts. We are seeing young scholars in the South Korean Taekwondo Universities being produced that are no longer facing the pressures of the past. As a result, more of the facts are surfacing, becoming more widespread and being accepted.

The Internet and non-Korean Tae Kwon Do leaders have also played a vital role in this



***In this photo there are at least 4 Original Taekwon-Do Masters depicted! Can you name them?***

process. In most places around the world, the Internet is a vehicle that is difficult to censor. Mediums like *Totally Tae Kwon Do magazine* have also done their part in the sharing of knowledge. However the Internet itself, by its very nature, lacks a mechanism to insure the reliability of information posted. One such example is the Wikipedia entry for the "Original Masters of Taekwon-Do".

That particular entry has been the subject of many conversations I have had, after fielding numerous questions about it. Wikipedia has its purpose and can be of some limited use. A benefit can be a quick reference inquiry that can lead you to more in-depth and more reliable sources of information. In some of my many communications with the Editor of *Totally Tae kwon Do magazine*, Master Stuart Anslow, we discussed how that entry has contributed to the confusion. Hence the motivation for this series of articles that it is hoped will not only help to clear things up,

but more importantly, credit those very deserving of this important distinction. For without the efforts and influence of these significant figures, we may not have the Tae Kwon Do we love so much today.

When discussing Taekwon-Do's history and development it is important to use precise terms and be careful with respect to semantics. After all, words mean things, so we must choose some words, phrases and terms carefully, so all can follow along clearly. Therefore for our purposes here, we will use these definitions:

The word *original* is utilized in this instance as an adjective to describe a particular type or set of Taekwon-Do masters.

*Original* = first

1. belonging or pertaining to the origin or beginning of something, or to a thing at its beginning: The book still has its original binding.

2. new; fresh; inventive; novel: an original way of advertising.
3. created, undertaken, or presented for the first time: to give the original performance of a string quartet.

*Taekwon-Do* = Korean Martial Art of Self Defense

*Masters* = Instructors (SaBum) or teachers, (ranks and rank levels in the 1950s and 60s had different meanings and connotations, so we will avoid including them to limit variances)<sup>1</sup>

### Now here is the Wikipedia entry:

*"Original masters of taekwondo is a group of twelve South Korean martial art masters assembled by the Korea Taekwon-Do Association (KTA) in the early 1960s to promote the newly established art of taekwondo.[1][2][3][4][5][6] In alphabetical order following Korean naming conventions, they are: Choi Chang Keun, Choi Kwang Jo, Han Cha Kyo, Kim Jong Chan, Kim Kwang Il, Kong Young Il, Park Jong Soo, Park Jung Tae, Park Sun Jae, Rhee Chong Chul, Rhee Chong Hyup, and Rhee Ki Ha.[3]*

*The group came under the leadership of Choi Hong Hi (1918–2002),[1][2][3][4] inaugural President of the KTA and later founder of the International Taekwon-Do Federation (ITF), and Nam Tae Hi (born 1929),[7][8][9][10] known as the Father of Vietnamese Taekwondo. Many of these men held senior positions in the ITF under Choi, but several left over time. Most of the men settled in North America, while others settled in Europe or Australia.*

*The phrase "original masters of taekwondo" is used to describe this group of men, but does not indicate that they were the first (or original) masters in the KTA. The leaders of the nine kwans that unified to form the KTA was a different group of men who, while perhaps senior to some of those listed as "original masters of taekwondo", were practising arts with other names, such as tae soo do, kong soo do, and others. Some of those leaders resisted using the name taekwondo. The men in the present group were among the first to adopt and promote the name taekwondo."<sup>2</sup>*

First of all the above entry limits the list to twelve (12). Why?

Secondly, they were not assembled by the KTA. The timeframe of the early 1960s leaves out many who really were the *original* Masters. Then even their disclaimer or definition doesn't make sense. This attempt in my opinion does respectfully and accurately rule out the Kwan Founders, but at the same time, leaves out many of who were the actual *original* Masters. It is also worth mentioning that some of the other names these Kwans were going by were Tang Soo Do, Hwa Soo Do, Kwon Bup and Su Bak Do. Finally their listing leaves out some of the teachers of those they chose to highlight, who were among the real *original* masters and deserve to be credited as well.

If we remove the connection to the Korean Taekwon-Do Association (KTA) - we are left with the original masters of Taekwon-Do and their listing does not reflect that in any way, shape or form! The KTA was first formed September 3, 1959 and General Choi was elected as their first President.<sup>3</sup>

The Military Coup, referred to as the May 16 (1961) Revolution, directed all organizations, including social and Martial Art ones to reorganize and consolidate under the new Military Dictatorship. As a result the Korean Striking Arts held a series of meetings just four months later, starting in September of 1961. The result was a new KTA that adopted the name Tae Soo Do, over the objections of the Military Taekwon-Do leaders led by Colonel Nam Tae Hi.<sup>4</sup>

General Choi at this time was preoccupied with military duties and his role in stabilizing the new government under the ruling Military Junta. He was of course elevated to a Corp Commander with the ROK 6<sup>th</sup> Corp with 100,000 soldiers under his command, including elements of the United States Army. However General Choi, while he initially supported the Coup, he was not a member of the "inner circle" comprised in

large part by graduates of the 8<sup>th</sup> Military Academy Class. General Choi of course was a founding member of the ROK Army when he graduated the 1<sup>st</sup> Academy Class back in 1946. Additionally General Choi was born in the northern part of a unified Korea during the occupation period.<sup>5</sup> These soldiers were examined more closely as well. Then as a result of his advice to the Military Dictator General Park Chung-Hee, to eventually return control of the government to civilian rule, he found himself forced out of the Army and deployed to Malaysia as an Ambassador in 1962. This was a common tactic utilized among various others to remove any opposition to the Dictator's iron fisted rule.

At the end of 1964 Ambassador Choi completed his diplomatic assignment and returned to Korea. In January of 1965 his lobbying efforts were successful and he was voted in as the 3rd President of the Tae Soo Do Association for what then was a one-year term. By August of 1965 he was able to get the Association to adopt the name of Taekwon-Do. However his strong-arm tactics and authoritarian leadership style further alienated the civilian Taekwondo leadership.<sup>6</sup> These second generation leaders already had their problems with the first generation, like General Choi, as a result of the latter's focus on the new sports rules they had devised to distinguish them from the shared roots of Karate. So General Choi's presidency at the KTA lasted only a year, when he was forced out by a vote of no confidence. Song Moo Kwan Founder, Grandmaster Ro Byung-Jik, succeeded him and served for the next year. General Choi then focused his attention on forming the International Taekwon-Do Federation (ITF) a couple of months later on March 22, 1966.<sup>7</sup>

Therefore it was not the KTA that "assembled" what they list as the original Masters. Some of those listed were actually officially dispatched overseas on their teaching assignments by the ITF. While

some others were assigned to teach abroad by General Choi, via either official military orders or his own personal connections, made possible by his high level government positions of power he held. Simply put, Taekwon-Do Instructors were not deployed by the Tae Soo Do Association.

Please do not misunderstand - the twelve Pioneers listed were indeed Masters who "*blazed the trail*" as the definition requires. They were also some of the most significant and influential Taekwon-Do leaders on the planet. However they, except for Sergeant 1<sup>st</sup> Class Han Cho-Kyo and Corporal Kim Jong-Chan, were not among the *original* Taekwon-Do Masters! The Wikipedia entry does correctly indicate they their twelve listed "*came under the leadership*" of General Choi and Colonel Nam. A possible exception may have been Grandmaster Park Sun-Jae, who did for a time have an association with General Choi that may have been formed after he was already in Europe.

The first four official Taekwon-Do Instructors to be dispatched outside of Korea were Colonel Nam Tae-Hi, then a Major. He was the Commanding Officer in charge of Kim Sung-Kyu, Choo Kyu-In and Jung Yong-Hi, when they were officially deployed to Vietnam in December of 1962.<sup>8</sup> Ambassador Choi assigned Master Sergeant Kim Bok-Man and Woo Jae-Lim to Malaysia in the Spring of 1963.<sup>9</sup> General Choi had already been in Malaysia since November of 1962 and he needed assistants to help him to continue the development of his new Korean Martial Art and start to disseminate it as well. It is these aforementioned six Koreans and General Choi who actually were Taekwon-Do's first Pioneers.

General Choi and Colonel Nam were *original* masters of Taekwon-Do. Along with Sergeant 1<sup>st</sup> Class Han Cha-Kyo they were actually the first 3 Masters of this new Korean Art. Every single other instructor came after them with respect to Taekwon-

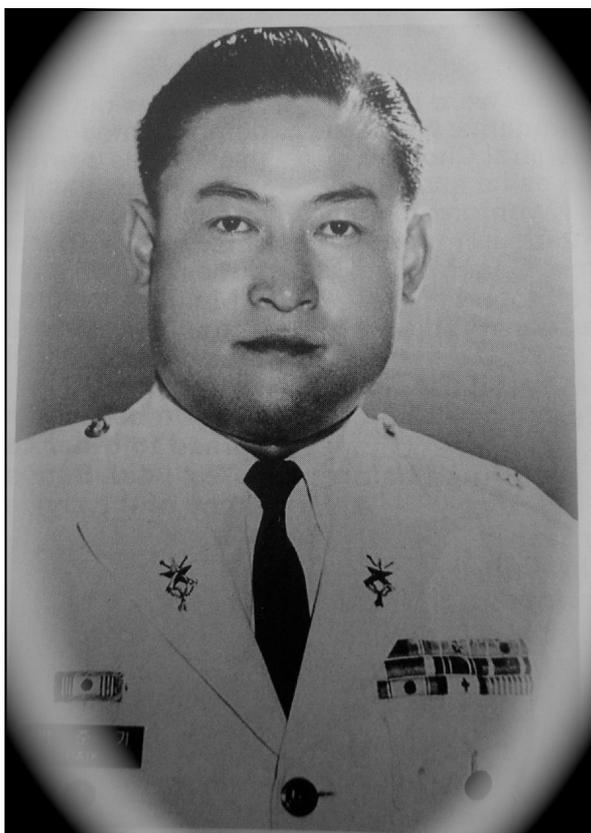
Do. So while it is entirely fitting to list the high-ranking Commission Officers Choi and Nam as leaders, it is also inaccurate to think of General Choi as just a leader and not a Martial Artist. General Choi was exposed to stories about Taek Kyon as a young teenager and may have been showed some basic exercises or techniques to bolster his weak constitution. Then he did indeed train in Karate while living in Japan while he was furthering his higher academic education. His training there was of a sufficient level to enable him to teach Karate while he was still pursuing his academic studies there.<sup>10</sup>

Anyone that knew General Choi like I did, would see that while he was visionary and was so very instrumental in putting together a system of Korean Martial Art. One should not be forget that he was also a dedicated Martial Artist in every sense of the term's meaning. Anyone that spent any significant time with him, trained under him or travelled with him, would have seen first hand his personal training regiment.

In my opinion, derogatory comments to the contrary and then maybe just acknowledging some of his efforts as a leader, were simply personal attacks designed to help remove him from his rightful place in history. The smear campaign was largely motivated because of

Now it is clear that certain military protocols and his Army responsibilities did not allow opportunities to engage as the junior Officers and soldiers under his command were free to do or assigned to do. But that should not confuse the issue at all.

One of the soldiers under his command Colonel Baik is highlighted in this issue. The series will continue in future issues using this alphabetical order. The Big 3 (General Choi, Colonel Nam and Sergeant 1<sup>st</sup> Class Han) were already covered in the first instalment that appeared in the previous issue.



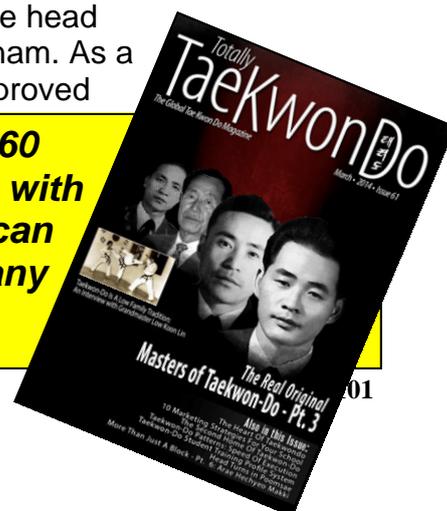
**Col. BAIK Joon-Gi, an Original (Military) Taekwon-Do Instructor in his Army Dress Uniform**

**Colonel Baik Joon-Ki**  
**Army Serial #210430**

- Colonel Baik taught Taekwon-Do to the 1<sup>st</sup> Army Corps in the mid 1950s, then in 1955 he taught Taekwon-Do to Foreign Troops and in 1957 performed in front of President Rhee.
- In 1959 he was a member of the historic Military Taekwon-Do Demonstration Team sent to Vietnam and Taiwan.
- In 1962 he helped create the Army Taekwon-Do Team.

In 1963 he applied along with 10 others for the position as the head Instructor in Vietnam. As a Major he was approved

**\* You can read the rest of this article in issue #60 (February 2014) of Totally Tae Kwon Do magazine, with parts 1 & 3 in issues #59 & #61 respectively. You can read more great articles by Dr. George Vitale in many other issues of the magazine.**



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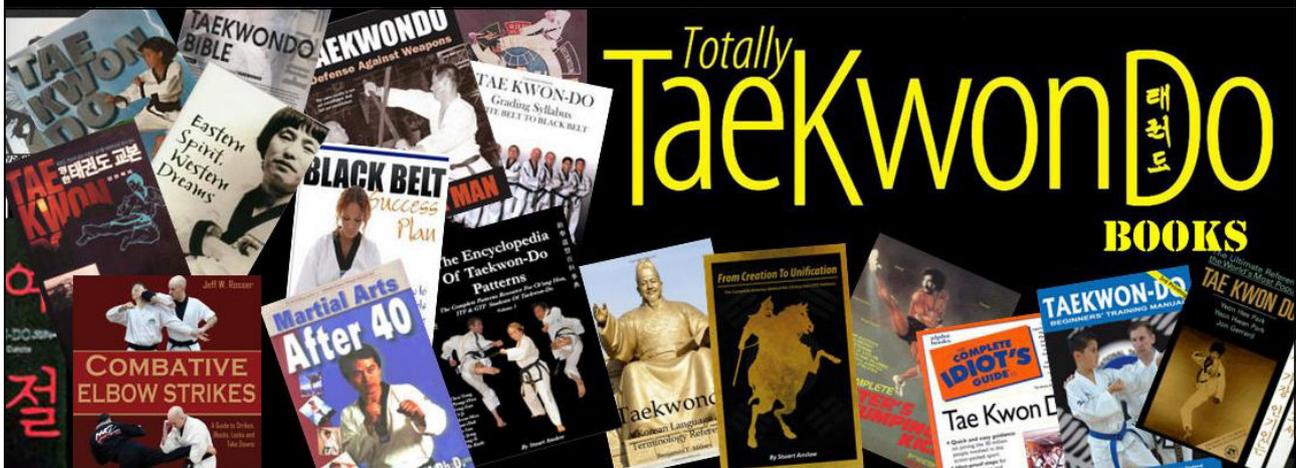
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# Sparring The Martial Ego

By Master Frank Murphy

Allow me to transport you dear reader, back to when my parents gave me a pair of Boxing gloves in October 1965 for my tenth birthday. I wore them all the time and tested my skills on my younger, terrified brother. The Rolling stones had just released, “I can’t get no satisfaction”, and so I will leave it to your own imagination to conjure up the upstairs bedroom scene of our terraced house in Cork of a Saturday morning. We would stick on the record, load on the needle and Mick Jagger would belt out for about two or three minutes. With no school, our weekly boxing ritual commenced, whereby wearing one glove each, we battered away, (well I did mostly) and the result was, my sparring ego was born.

Fast forward ten years later and I am a nervous Taekwondo green belt and my sparring ego dies. The community hall we trained in would have made an excellent set for a present day Martin Scorsese movie and the blokes going there were not what you might



call student- friendly. Come to think of it, there wasn't anything student- friendly back then. I got into Taekwondo because I was beaten up by thugs, so getting over the fear of any physical confrontation was not easy. The training I loved and still do, but the sparring, scared me, just as I had terrified my younger brother. Karma must be paid regardless. As a green belt I casually pretended to love it, as this was the only way to fit in and be accepted.

After the warm up, the harsh command of “Put your sparring gear on, find a partner and make two lines ” greeted our cold ears.

I stroll off to the side and say “Yes Sir” as loud as I can to bluff my fear. Lacking the enthusiastic adrenaline rush of my mates, I joke as we discuss the usual male topics in the changing room such as football and the current state of our love lives. Deep inside

me I always had turmoil, because I am afraid of sparring, even more afraid to make this admission public on such an unforgiving and testosterone laden environment. Fearful, slow and clumsy, I struggle with tying the foot protectors, and wonder if I should wear my groin guard inside or outside my trousers, and which way will provide me with the best safety and security.

Hoping my kit is on correctly, I line up and try my utmost to avoid the confident students. These are easily recognised. They always manage to change quickly

into their sparring kit and be first on the floor. Like confident dancers at a posh wedding, the middle of the floor belongs to them. Wearing taped up, well worn sparring kit and a dangerous smirk to match, they strut around like fighting bantam cocks, stuffed to the gills with illegal hormones, confidently punching, bobbing and weaving as they hiss and grunt at imaginary opponents. These exhibitions serve a dual intention, to boost their shadow boxing skills which is all fine and well, but also to send intimidating signals to all the rest of us less aggressive souls to announce that “Yes”, they are indeed “Open for Business” In the corner of this big cold hall the muffled strains of laughter help conceal the nerves of the few female students. They always seemed to quickly partner up and move towards the floor in block, their acute female instincts completely tuned into a well-rehearsed survival plan. I used to

that lead leg high hooking kick, in the direction of your nose like a heat seeking missile, all you can do is to hope the gum shield does exactly what it says on the box. I take all day to bow and hope the cold sore on my lip will scare him into believing this was a previous encounter, and as we begin I hope he will either get a sudden pain, so as to make me look good or that lady karma will forgive me for inflicting all that pain and terror on my younger brother all those years ago.

Fast forward again to 1999, and the nervous green belt is now 44 years old. By now I have been on the Irish Taekwondo Team, won a few sparring competitions and overcome my fear of sparring. I run a successful academy in Kent; I am featured in martial arts magazines and the local



always wait for the other guys to partner up before me, secretly hoping that I will be the odd one out and using the ostrich technique, commence my umpteenth warm up. The attempt fails; my weak body language is spotted by the Instructor.” Frank you go with Alan”... Alan Dalton is one of those blokes that has a chambering leg position that defies human anatomy. Not only can he chamber his lead side kick high and fast, but his upper body contour stays upright so as he slides towards you, his intention is brilliantly disguised. You have a choice to take it in the ribs or if he changes course mid chamber and whips

papers most months. I am no longer that nervous green belt and am in the business of putting the frighteners on folks again. Ego has crept upon me but I am unaware of it. My team have been invited up to Huddersfield to enter one of the UKs premier Sparring Competitions “The Clash of the Titans”. We spent a few years at this competition, so my team have the experience and have spent six months training hard. When we get to the venue I use an unfriendly body language, and my team, I instruct to do likewise. I question the weights of the other fighters, I made it known that I mean business and question the judges and want to know who is the referee. Huddersfield Sports Centre is full

to capacity and two busloads of supporters have travelled up North to support us. When our team is announced I lead my team out to a huge roar from the Kent supporters. With their red flags waving I offer spontaneous high fives to well-wishers as we trot around the arena. We are drawn against PUMA, one the largest Taekwondo groups just formed in the UK. I



get my team to line up, but take the lightweight Wayne "The Bullet" Busted to one side and impress upon him why it is so important to win this first fight. Off he goes and the crowd really get behind him every time he as much touches his opponent. Not just from one corner of the mats but from all four I strut around screaming at Wayne, "Ata Boy Wayne Ata Boy"... "He is

only a schoolboy Wayne, you got him in your pocket now" . The fight gives the crowd value for money and when Wayne is announced the winner, the crowd go completely mental and I myself go into a kind of religious ecstasy.

Everyone sees the coach with the flat cap, banging two focus pads together, my confidence is now unstoppable, I challenge any decisions made against us, I feel supreme and continue banging the two focus pads together as well as walk all round the matted area shouting encouragement to my charges. It must have been well into the last round when I felt my sweaty arm being pulled as a man started shouting at me. I turned around fully so that he could vent his protest better. He pointed out that my coaching was frightening his young son and scaring him half to death. About three rows up from the mats sat a boy of about eight or nine, looking intimidated and frightened. I walked up towards him and offered my hand but he rejected it. I said sorry to his Dad. As I stood there amid the noisy din I saw myself back once again as that nervous green belt. I felt this was not a dignified way to enter middle age, let alone be a role model for others. While I had got over my fear of



Sparring my ego had surfaced again and come full circle.

Sparring and healthy competition are fine, but when it intimidates others, when we give out negativity we will one day get it back. When it comes to paying our Karma absolutely nothing goes unpaid. It is better to give out something of value, something that will help others and better again silently and unannounced. Sometimes those we give to may not appreciate us, but I strongly suggest that you give anyway because sooner or



later you will get it all back. This is one sure way to keep the ego in check. It puts "We" first instead of just "I" and the amount of energy needed to keep the ego propped up can be costly. This has taken me five decades to see this play out again and again. For many of us are so fortunate to be able to practise martial arts, to be able to train, and grow physically, emotionally

and mentally is a blessing. Ego will find lots of ways to creep into you're training because martial arts gives us a certain degree of power as we get stronger.

However, when we share the arts and help others to grow positively, we go a long way towards helping ourselves. But the opposite is also true. We can remain, as I did in my career, for a long time a slave to our ego, or we can promote an openness to others from today, from now onwards, towards each other. When we accept our differences and start accepting others for good and bad, the ego will not take hold of us

so easy. This is hard to do at first, but the payback is increased energy and something almost better than confidence, what I would call 'a knowing' or an awareness of our real potential.

So Train hard, push yourself more, share knowledge and enjoy the growth....

**\* This article first appeared in issue #38 (April 2012) of Totally Tae Kwon Do magazine. You can read more great articles by Master Frank Murphy in other issues of the magazine,**



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# Living The Taekwon-Do Way Of Life In Our Training

By Grand Master Trần Triều Quân,  
President of the ITF

Living the Taekwon-Do way of life means:

- living in harmony with the Taekwon-Do philosophy
- adapting ancient philosophies to our modern life
- training to have a healthy mind in a healthy body
- having a well-balanced life
- always seeking self-improvement
- promoting respect for human rights
- working for justice and peace
- building a better world and much more.



In this message, I will continue to explore what it means to make Taekwon-Do your way of life. You will recall that in my previous message I described how living the ITF Taekwon-Do way has helped me to survive the difficult times and to have a happier and more satisfying life. We also saw that living the Taekwon-Do way of life applies to all aspects of our lives.

In the present message, we will look at the importance of our Taekwon-Do training and how learning about the Do and applying it in our training will help us to become true martial artists for the 21st Century.

I have invited Dr Janel Gauthier, Ph.D., who is a Professor of Psychology at Laval University in Quebec City (Canada), to join me for this discussion.

Dr Gauthier has been practicing ITF Taekwon-Do for almost twenty years and



*Dr Janel Gauthier, Ph.D.*

will soon undergo testing for the 4th degree Black Belt. In addition, he is the Chair of the ITF Ethics & Discipline Committee and one of the developers and presenters of the first workshop on Teaching the Do: Self-Control.

**TTQ:** Dr Gauthier, perhaps you could start by telling us how your personal and professional experience has made you aware of the value of living the Taekwon-Do way of life.

**JG:** I have been a practicing psychologist for the last 32 years and because of my interest in the application of behavioural psychology in health and education, I am convinced of the importance of solid moral values in achieving a happy and balanced life.

I was attracted to the practice of ITF Taekwon-Do as a martial art but also because of the strong philosophical component. This combination forms a

foundation that we can build on to achieve our goal of a healthy mind in a healthy body.

My work on the development and application of codes of ethics for various professional organizations has reinforced my belief in the need for ethical guidelines. This has carried over into my work for the ITF, particularly as Chair of the ITF Committee on Ethics and Discipline and, most recently, the development of a master teaching program for the Do.

**TTQ:** I thought we could discuss how the Taekwon-Do way of life applies to our Taekwon-Do training by looking at certain aspects of our training and how the Taekwon-Do way of life may influence them. The aspects I would like to consider today are:

- fundamental exercises (basic movements) and patterns;
- prearranged (step) sparring and free sparring;
- breaking;
- competition;
- overtraining.

**JG:** It is certainly worth taking the time to consider how the ITF Taekwon-Do philosophy and moral values apply to these aspects of our training. We will be able to benefit fully from the value of Taekwon-Do only if we integrate the Do into our training – and into our daily life.

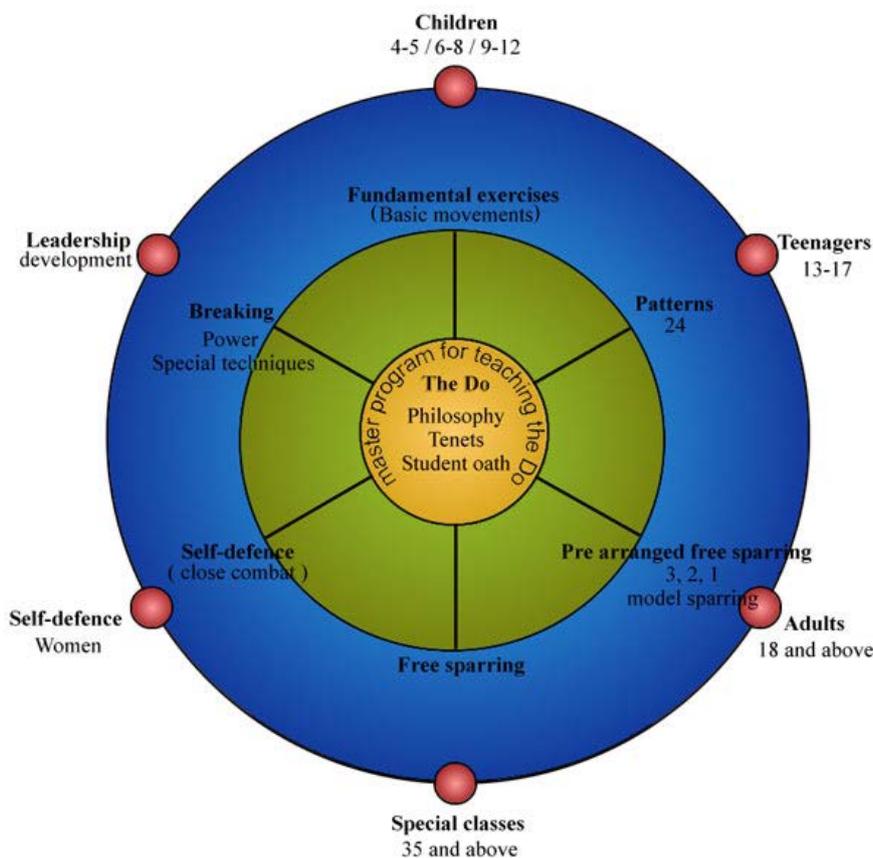
**TTQ:** I remember how proud General Choi was of the more than three thousand fundamental exercises that he created for the ITF Taekwon-Do system. He described these movements as a scientific, rational, and

natural use of the human body for effective combat techniques. The movements were synthesized into logical sequences to facilitate training.

Practicing the 24 patterns as defined by General Choi helps us to improve our level of technical skills: the quality of techniques and stances, notably the power and beauty, sense of balance, flexibility, rhythm, coordination, etc. In addition, when we realize how much there is to learn, we begin to understand the value of perseverance.

General Choi gave a name to each of the 24 patterns. Most of the patterns were named in honor of important figures in the history of Korea, people who made a contribution to their country and their society.

**JG:** Looking at it in the historical context, we can understand why General Choi chose these names. He was a military man



designed by Master Trần Triều Quân, February 27th 2007.

**ITF Training's circle (composition and clientele)**

and he originally developed Taekwon-Do for the Korean military. Each of the names refers to an important figure, a specific achievement or an historical event well-known to Koreans.

**TTQ:** General Choi wanted to express his pride in his country and its achievements, as well as his pain that Korea had been divided into two countries.

**JG:** Today, our ultimate purpose is not the study of the history of Korea. However, learning about the stories of these Korean heroes can help us to understand more fully what we are trying to achieve by practicing the twenty-four patterns. One of those lessons is to show respect for the land of our birth and help to make it a better place to live.

**TTQ:** Everyone will remember that the 24 patterns reflect the 24 hours in a day. General Choi said that the 24 patterns and 24 hours remind us that to reach our goals we need to be devoted, work hard, and not waste time. Time moves steadily on – no matter what we do – so it is important to use our time wisely and work to make the world a better place. Whether we work on the local level or on the international scene, this is how we can leave a valuable legacy.

From General Choi, I learned an oriental proverb:

***When an animal dies, it leaves behind its skin.***

***When a human dies, he leaves behind his name (his legacy).***



***Presentation of the pattern Moon-Moo at the 2nd World Cup in Benidorm, Spain, October 2006 by Mr. Maxime Bujold 4th degree from Canada who won the Gold medal for this event.***

The desire to leave a beneficial legacy is a potent motivator that should inspire us to work hard and with conviction to make the world a better place.

I would also like to point out that the composition of the ITF patterns – including the number of patterns, the way to perform the movements, and the diagrams – has evolved since General Choi first introduced them on the international level in the early 1960s. He continued to make

adjustments until he felt the patterns were complete. After the introduction of the sine wave theory, he believed he had found the right balance.

The shape of the diagram for each pattern also has a specific meaning. For example: A diagram shaped like the capital letter “I” resembles the Chinese or Korean character meaning “student” or “scholar”.

In ancient civilizations, scholars were part of the elite of society. They enjoyed the privileges of their status, but they had to earn that status. The scholars also had a greater responsibility to make a contribution to their society and their country. In addition, they were expected to demonstrate exemplary behavior at all times, just as the ITF expects its grand masters, masters, instructors, and all other black belts to set a good example for their juniors.

Another example is the Po Eun pattern. The diagram is simply a straight line: —. Po Eun was a brave individual who proved his loyalty by refusing to leave his master

for another, even though his loyalty cost him his life. The straight line of the diagram represents his unwavering loyalty.

There is a story behind the name and the shape of the diagram of each of the 24 patterns, and we can all benefit from learning more about them.

Now let's move to the second aspect: ***prearranged sparring and free sparring.***

**JG:** Could you describe how training with step sparring can be complementary to free sparring and the benefits from using both types of training?

**TTQ:** The program and methods of teaching ITF Taekwon-Do are based on progressive learning.

Because practicing the patterns is in effect sparring without a real opponent, General Choi introduced prearranged (step) sparring with an opponent as a method of training to prepare for free sparring. The two participants agree on the movements to be used and work together to improve their sparring. The goal is to understand the purpose of the movements, to master interaction with the opponent (stances and distances), and to develop faster reflexes, particularly an instantaneous response in self-defense.

By training with *three-step sparring*, the student can master the effective application of the techniques and develop his ability to judge distance, a key element for success in free sparring.

*Two-step sparring* introduces the spirit of sparring and gives the student the opportunity to practice attack, defense, and counter-attack techniques with combinations consisting of one hand technique and one foot technique.

The purpose of *one-step sparring*, used for more advanced training, is to be prepared for any kind of attack at any time with a

single effective technique.

Step sparring is a very effective methods of training and can be particularly useful for older people. This is another example of how Taekwon-Do can be accessible and adjusted to the practitioner's physical condition.

During my visits to ITF organizations around the world I have observed that many of our members do not train enough on step sparring. As a result, they may find it difficult to perform with proper techniques, distance, and timing when they practice free sparring.

It is like someone who is learning to play the piano but who doesn't want to practice scales. After all, it is much more fun to play real music than to run your fingers up and down the keyboard repeatedly! But experience has shown that by practicing scales the student learns techniques that serve him well when, eventually, he plays more complicated pieces of music.

General Choi always stressed that step sparring must be an integral part of our training. When I was younger, I was more interested in free sparring. I wanted to progress and to do so quickly and I thought free sparring was the best way. However, as I grew older and gained experience and maturity I understood that General Choi was right.

Step sparring is essential and should have an important place in everyone's training.

**JG:** Yes, practicing with step sparring is an important tool that we can use to improve our free sparring, but I would add that we have here an excellent opportunity to apply the tenet of *perseverance*, exercising patience as we persevere in our training.

**TTQ:** That is very true. As Confucius said, ***One who is impatient in trivial matters can seldom achieve success in matters of great importance.***

*Free sparring* is also a valuable training technique. It is good for improving physical condition and for mental conditioning. It also helps us prepare for the challenges we face in life.

I recommend the following approach to successful training with free sparring:

- train using the proper techniques,
- use your mind (your brain) to analyze each situation rapidly;
- make a quick decision about what your reaction should be and execute the technique with confidence, determination, and positive emotion from the heart.

Developing a strong mind is particularly important. Good techniques are important but having a strong mind allows you to use those techniques to best advantage.

After a free sparring match, it is really important to analyze how you performed:

- Identify your strong and weak points and those of your opponent.
- Were you able to take advantage of his weak points?
- Did you stop him from taking advantage of your weak points?
- Did you use an appropriate strategy?
- What could you have done better?

This type of honest self-evaluation, combined with the approach proposed above, will help you to apply appropriate strategies in sparring – and in life.

**JG:** I would add that in free sparring, as in life, it is essential to show courtesy and respect for one's opponent.

This is a basic principle of the martial arts.



Of course we always want to win a free sparring match, but winning isn't everything. The real value of free sparring is what we learn from it. This is an opportunity to put into practice the principles of the Taekwon-Do philosophy and clearly demonstrate that we are living the Taekwon-Do way of life.

For example: I might be tempted to resort to "dirty fighting" to win a sparring match. Would that be acting with courtesy and respect toward my opponent? Would I be showing that I have self-respect? No. I would be cheating my opponent and cheating myself. Even if I did win, how could I be proud of such a victory?

I am sorry to say that in the past I have seen some students attempt to intimidate their opponents who are smaller or weaker. Some are not satisfied with winning easily and will attempt to "demolish" a weaker opponent. I have noticed that very often these same students prefer not to face a larger, stronger opponent. They will find an excuse to avoid fighting a more skilled opponent and may even pretend to be injured in order to stop a match. It is very clear that individuals who act like bullies are not applying the Taekwon-Do tenets.

*Free sparring requires the application of all five of the Taekwon-Do tenets:*

- The rules require opponents to show courtesy and respect to each other;
- The opponents show integrity by not indulging in “dirty fighting” tactics;
- Perseverance will help the participants to train effectively and not give up;
- Self-control is essential in Taekwon-Do sparring, step and free. Each movement must be purposeful and controlled. Emotions must be kept in check;
- Cultivating an indomitable spirit helps the participants to be motivated to train well and do their best in sparring matches. An indomitable spirit means not becoming discouraged and quitting because you are not winning.

**TTQ:** Indeed, living the Taekwon-Do way of life means applying the Taekwon-Do tenets in sparring... and in life.

At this point I would like to mention the need for safety in free sparring. By using the appropriate equipment, following the rules, and fighting with respect we can avoid unnecessary injuries.

Now let’s move to the next aspect of training: **breaking**.

**JG:** People who do not practice a martial art are usually very impressed by breaking. They think it is amazing, but at the same time they wonder why anyone would want to learn to break boards!

**TTQ:** There are good reasons why breaking is a part of Taekwon-Do training, and the purpose is certainly not just to impress people!

Breaking is a visible demonstration of good training. You cannot be successful at breaking if you have not

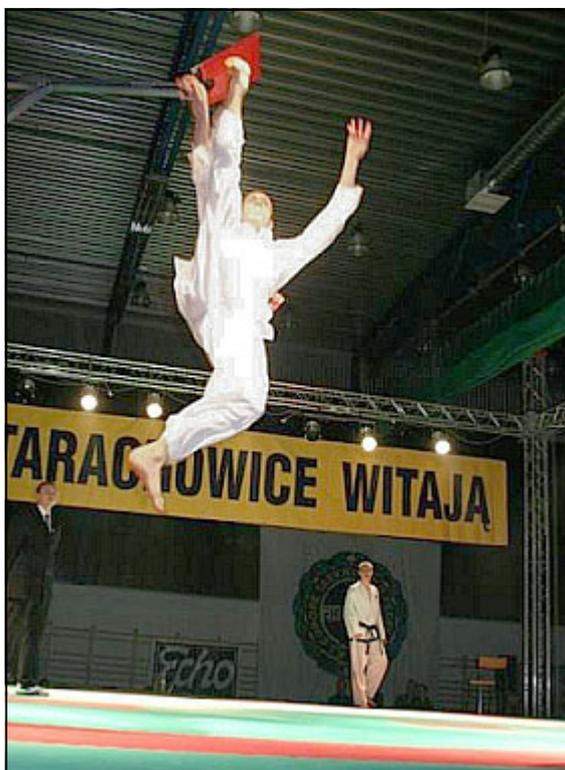
trained well, mastered the techniques to produce maximum power, and developed your mental strength.

Breaking teaches the student the importance of cultivating perseverance, self-control, and an indomitable spirit.

**JG:** I would add that a student’s first success at breaking is an important step in his progress in Taekwon-Do. Mastering the breaking techniques gives an enormous boost to a student’s self-confidence.

Many students start out believing that it will be impossible for them to learn breaking, but with proper training and preparation they can do it. And being successful teaches a valuable lesson: By training well and persevering you can achieve your goals.

The student who applies this lesson in his life as well as in Taekwon-Do training will be more motivated to continue to progress and to work toward the goal of a happier, more balanced life.



**TTQ:** Another aspect of training is participation in **competitions**. I encourage students to participate in competitions because it is good preparation for life. Preparing properly for a competition requires that the participant set goals and make plans to reach those goals. This is also how we can achieve success in life, at school and at work.

As in free sparring, participants in ITF Taekwon-Do competitions must demonstrate all five ITF Taekwon-Do

tenets: courtesy, integrity, perseverance, self-control, and indomitable spirit. We should also mention the broader purpose of our competitions, which is to improve the overall quality of Taekwon-Do practiced in the ITF.

Preparing for a competition is hard work, and participating in a competition can be stressful. It is not like sparring with other students at your Taekwon-Do school. There is more pressure to perform and more pressure to win.

Of course we all want to win. But we mustn't forget that every time one competitor wins, another competitor loses.

Yes, it is important to learn to be a "good" winner, but it is equally important to learn to be a "good" loser.

A "good" winner is humble in victory and shows respect for his opponent. He realizes that each match gives him the opportunity to learn something about himself – his weaknesses and strengths – and his use of Taekwon-Do techniques. He is grateful to his opponent for participating in this learning process.

A "good" loser is humble in defeat and shows respect for the umpire's decision and for his opponent. He too uses the opportunity to identify his weaknesses and strengths and how he can improve his techniques. Like the "good" winner, the "good" loser is grateful to his opponent for participating in this learning process.

As we can see, although one is a winner



and one is a loser, the outcome for each of the opponents is a better knowledge of his strengths and weaknesses. They will both be motivated to continue their training.

**JG:** We can see that humility and respect for others must define the moral character of all competitors.

**TTQ:** Actually, those who win all the time, or most of the time, are more at risk of losing their self-confidence when they experience a string of defeats, whereas those who view their defeats as an opportunity to learn

will become more resilient. When faced with failure or defeat in patterns, free sparring, breaking or other obstacles in their lives, resilient people will bounce back more effectively and efficiently than others. They see challenges instead of obstacles, and that helps them to keep a positive attitude and motivates them to work even harder.

Indeed, when examining the value of competing we must consider the mental, moral, and social aspects in addition to physical condition and the performance itself. In training, we frequently compare our performance to our own past performance, trying to do better. But by participating in competitions we have the opportunity to measure our performance in comparison to others.

To make competition a valuable experience, it is essential that we learn how to analyze our performance and determine how we can improve. This analysis must be carried out in a spirit of

humility and for the purpose of self-improvement, not in a spirit of self-promotion or arrogance.

**JG:** As you mentioned, it is essential to understand that there is much more to competition than just performance. To benefit fully from participating in a competition, students should use it as an opportunity for self-examination and self-evaluation as well as an opportunity to apply the tenets of Taekwon-Do.

*Whether you win or lose, there are valuable lessons to be learned from participating in competitions.*

**TTQ:** I am pleased to say that in the past couple of years I have noticed that there is a very good spirit among the participants in our ITF competitions. We have made changes to improve the quality of ITF competitions, particularly the rules and the work of the umpires. When competitors and their coaches respect the rules and accept the decisions of the umpires, the result is better quality competitions.

Now I see competitors who fight each other but are still able to enjoy fellowship together. This is living the Taekwon-Do

way of life.

**JG:** I certainly agree that the psychological aspect is as important as the actual combat. It is important to learn how to lose and how to win.

Imagine that you are a young person who excels in competition. Perhaps you win almost all the time. Eventually you come to see yourself as a successful person simply because you are a winning competitor. However, the process of aging will catch up with you (as it does for everyone) and eventually you will no longer be able to win all the time. Where will your sense of self-worth and your self-confidence come from then?

On the other hand, if you make it your goal to become a good person with a balanced life, if you work hard to apply the tenets of Taekwon-Do, if you strive to reach what General Choi called “the perfection of moral behavior”, you will have the inner strength and the ability to believe in yourself, no matter whether you win or lose in competition. That is why Taekwon-Do is for life.

**TTQ:** Striving to reach “the perfection of



moral behavior” is certainly a noble goal, but it can seem rather overwhelming. As I have said before, we have to take it one step at a time.

Finally, I would like to talk about the dangers of **over-training**.

We who practice ITF Taekwon-Do have a passion for our martial art. This passion is a wonderful thing: It enables us to make progress in our training by doing something that we love to do. But we must be aware of the danger that this passion could push us to go beyond what is reasonable in training.

There is a misconception that training must be “hard” or even painful to be effective. But successful training is not measured by how many times you have repeated a certain movement or sequence. In fact, by setting unrealistically high goals for your training, you risk injury and discouragement.

It is important to have a realistic plan for your training, one that is adapted to your physical condition and your training goals. Certainly you should push yourself to do your best, but make sure your goals are realistic.

**JG:** I would add that if training results in unnecessary pain and injuries, it is not in harmony with Taekwon-Do principles. In training – as in life – perseverance and indomitable spirit (which some may cite to justify “hard” training) must be moderated by self-control and integrity.

Many martial artists believe in “hard” training. According to their way of thinking, the goal of extreme training is that the mind should dominate the body and, as much as possible, the body should be trained not to feel pain under any circumstances.

We have to remember that General Choi first developed Taekwon-Do as a martial art for the members of the Korean armed

forces. They were healthy young men in top physical condition, so the training was rigorous. However, Our Founder later realized that Taekwon-Do training could be beneficial for everyone, and he modified Taekwon-Do to make it accessible to all.

This shows us that Taekwon-Do training does not have to be “hard” to be effective and is another example of how ITF Taekwon-Do has continued to evolve.

**TTQ:** And ITF Taekwon-Do continues to evolve, because we are always working to make it better. For example, we now put more emphasis on controlled breathing to ensure better oxygenation of the body, which has been shown to be beneficial and can result in increased life expectancy.

This would be a good time to mention the work of the ITF Technique & Instruction Committee whose mandate includes improving the quality of ITF instructors and ensuring the uniformity of teaching standards around the world. The Committee is always interested in receiving questions and suggestions from Taekwon-Do practitioners.

**JG:** Because Taekwon-Do is accessible to everyone, it is essential that the intensity and duration of training sessions be adapted to the physical condition and the needs of each practitioner.

The human body has been described as “the best machine in the world”, but it does have limitations. Your body will let you know when you have pushed it too far, but you have to pay attention and recognize any signs that your training regimen is not realistic.

**TTQ:** Here again, there is an abundance of information available in magazines, books, and on the Web. Learn as much as you can about how to train properly and seek guidance from those who have more experience.

Think about your physical safety and your physical and mental health. If you try to train too hard, you could reach a point where you lack the physical and mental energy to keep up. Even if you do train for three hours a day, it is possible to avoid the negative effects of overtraining by making sure to give yourself time to recuperate. We lead busy lives, but it is important to get enough sleep and to include some time for relaxation. By making sure your body has an opportunity to recuperate, you will be ready and motivated to continue training. Make it your goal to have a balanced life.

**JG:** Overtraining can lead to physical and mental exhaustion and, eventually, to discouragement. “Hard” training is promoted as an example of supreme self-control but, if taken to extremes, it can actually become an example of a lack of self-control.

In any case, although you may train for two, three, or more hours, there are still all the other hours in the day.

What you do with those hours is very important, because how you act when you are not training shows how well you apply what you have learned. That is when you demonstrate that you are truly living the Taekwon-Do way of life.

**TTQ:** It is also very important to set realistic training goals so that students will not become discouraged and lack motivation. It would be a pity if a student stopped practicing Taekwon-Do because he was unable to achieve success in “hard” training, when a more realistic approach to training would have allowed him to continue to improve and enjoy the benefits of ITF Taekwon-Do.

To help students stay motivated, I recommend that ITF teachers encourage them to compare their performance to their own past performances, rather than comparing themselves to others.

*For example:* A student could evaluate his progress every month by seeing how many pushups he can do in 30 seconds. By setting realistic goals and tracking the results, the student will see that he is making progress and will find the motivation to continue to train.

**JG:** To sum up our discussion, we have seen the importance of applying the Do, cultivating the tenets of Taekwon-Do, and living the Taekwon-Do way of life in all aspects of our training – and of our life.

**TTQ:** In conclusion, I want to emphasize that to benefit fully from Taekwon-Do, it is essential to integrate the Do into your training and your life.

As we have seen above, when General Choi was creating and developing Taekwon-Do he gave a lot of thought to the philosophical concepts underlying the physical training. He chose the names and diagrams for the patterns in his 24-pattern system to tell a story and teach the Do.

Our Founder shared with us his secrets of Taekwon-Do training and introduced speed-motions (particularly the natural, slow, continuous and connecting movements: soft motions), breathing control, and the implementation of the well-known “sine wave”. After mature reflection, he made major changes to the ITF system to achieve a balance between the hard and soft styles. This modernization made the ITF technical system coherent with his philosophy and his objective of promoting a harmonious society with peace, justice, and freedom. As I mentioned at the beginning of this message, General Choi made it possible for all ITF practitioners to adopt Taekwon-Do as their way of life and enjoy a well-balanced life.

An obvious example of his attention to detail is the name our Founder gave to this martial art and even the way he chose to write that name. We all know that “taekwon” means “hands and feet” and

“Do” means “the way”. Notice that they are joined by a hyphen to form “Taekwon-Do”; this reminds us of the importance of developing the physical and the philosophical in harmony.

When you reach a certain level of knowledge and understanding of Taekwon-Do, you are able to integrate the Do seamlessly into your life. You live your life according to the values of the Do. Some would say that you eat, drink, think, and breathe Taekwon-Do. The Do truly becomes a part of you, and you become a true martial artist.

This is a worthy goal for all Taekwon-Do practitioners.

I am sure you agree that living the Taekwon-Do way of life is a very interesting and important subject, I intend to continue to explore additional aspects in future messages.

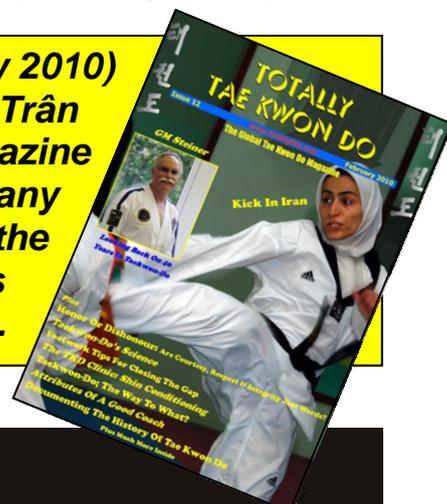
I trust you have found this message both interesting and instructive.



Master Trần Triệu Quân  
ITF President

Article photo's courtesy of Mr. Dag A. Ivarsoy

**\* This article first appeared in issue #12 (February 2010) of Totally Tae Kwon Do magazine. Grandmaster Trần was the only ITF head to actively support the magazine from the early days. His articles can be read in many other issues and out of tribute, the magazine ran the final articles he offered the magazine prior to his death, for the benefit of Taekwon-Do worldwide.**



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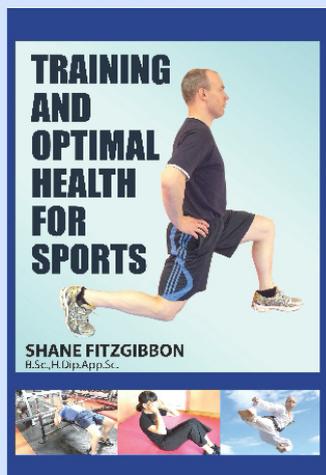
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# **Injury-Proof Your Classes**

## ***(Part 1 of 2)***

**By Shane Fitzgibbon, B.Sc., H.Dip. APP.Sc.**

**As instructors, how much responsibility do we bear to ensure our students/clients stay injury free as much as possible? Many of us take first aid courses, instructor courses, child protection courses, etc... for the welfare of our students, but is it enough? Does it end at responsibility? Isn't it also to our own benefit (as well as theirs) to have students training injury-free as much as possible?**

I see it often at circuit training classes, fitness classes and boot camps – instructors giving the same old exercises to the class and then “letting them off”. The “better-than-average” coaches will give coaching cues as to how the exercises should be correctly performed, but many will give a quick demonstration and that's that. While I understand that clients that want to get as much “bang for their buck” as possible, by taking the time to really teach exercises correctly, an instructor's credibility can only go up.

In the martial arts, just like most sporting activities, we should spend approximately 80% of a class on skill work. Flexibility and conditioning training should, ideally, be done in the students' own time. However, unless a student has a personal trainer, then it is incumbent on us, the coaches, to teach the exercises (in class) that we would like done at home. And as we know all too well – practice does not make perfect, practice makes permanent! Hence, what they learn and rehearse in class is what will be done at home, whether it is learnt correctly or incorrectly.

It seems to me, that coaches/instructors can minimise injury and maximise performance in three particular areas:

- warming-up
- strength training
- core training

You will notice that I have omitted the 80% of skill work. This is because that is specific to the particular discipline that is being taught and outside the remit of this article. The fact is that most injuries are caused by errors of a chronic nature such as poor warm-up routines, inefficient movement patterns, and inappropriate exercises for particular athletes, etc... as opposed to acute injuries such as a sprained ankle. If we deal with the three areas I outlined, we will have stronger, faster, and more agile athletes with less risk of downtime. This applies to boot camp and circuit training instructors, etc... as much as martial arts instructors. In this section (Part 1), I will cover warming up and next month, the conclusion of the series will cover strength exercises and core work.

### **1. Warming up**

Warming up is, I believe, the most important parts of any training session, and often, the most misunderstood.

A well devised warm-up should (in no particular order):

- a. Increase the temperature and blood flow of the muscles, tendons, etc...
- b. Raise heart rate
- c. Prepare nervous system for the workout ahead
- d. Psychologically prepare the athlete
- e. Correct any posture anomaly
- f. Activate any inhibited muscle groups
- g. Lengthen any chronically tight muscles; especially posture related ones, e.g psoas, etc...
- h. Mobilise key joints and spinal regions
- i. Improve co-ordination
- j. Improve breathing efficiency

When we warm-up students/clients we have to consider where they have come from – work, school? Did they come by car? In any case it is nearly always from a seated position and probably seated at a computer. This common scenario has resulted in pathology of biomechanical dysfunction in our students. Almost all of them suffer from tight, overactive hip flexors and weak, inhibited gluteals, lower-back erectors. There can also be “protruding chin” and associated neck posture issues as well as “rounded” shoulders from tight chest muscles and stretched/weak upper back muscles. Failure to tackle these issues in the warm-

up will result in continued dysfunction throughout all of their exercises. It is pointless building strength, skill, stamina, etc... on dysfunction. That would be like building a house on a weak foundation.

We can easily start to improve these deficiencies by incorporating key exercises in our warm-ups designed to activate the weak muscles and reduce tightness in the over-tight, muscles. These are general exercise that will be beneficial in any sport alongside the more sport-specific warm-up exercises that coaches will use.

### Chin Tuck (See Fig 1)

**For:** neutral neck (cervical spine).

**Method:** Keeping eyes focused straight ahead, try to create a double chin while visualising holding a golf ball under the chin. Hold for 15-20 seconds. Repeat as needed.

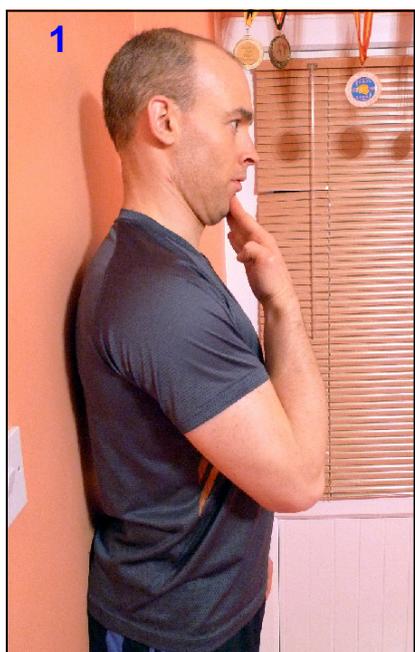
### 2. Glute Bridge (See Fig 2)

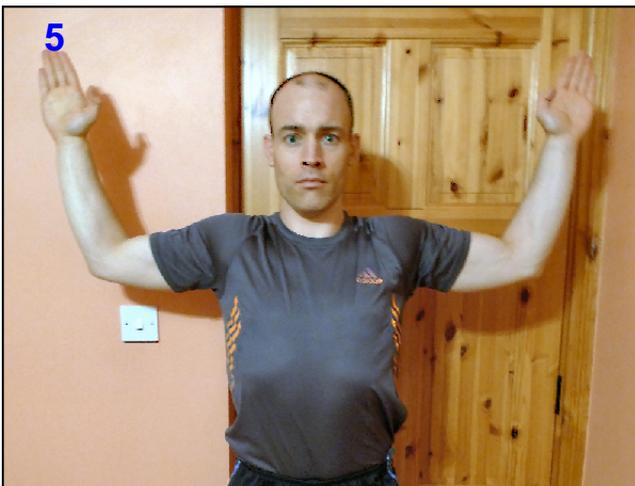
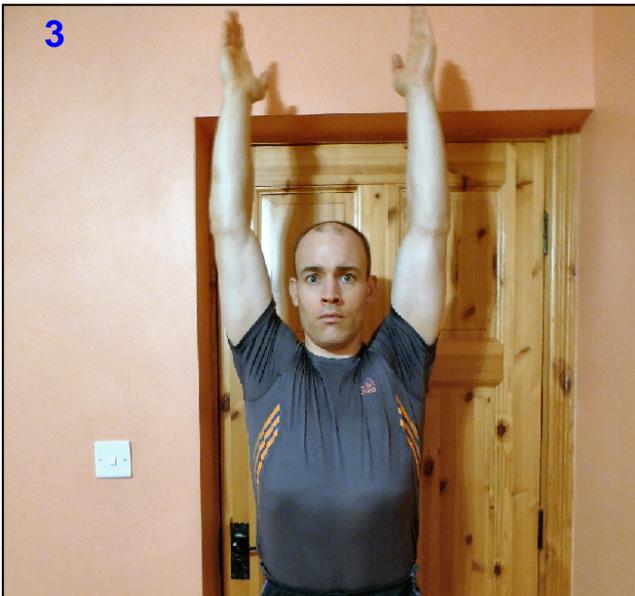
**For:** activating gluteals and stretching hip flexors.

**Method:** lie on your back with knees bent 90 degrees, feet hip width apart. Using the gluteus muscle, raise the buttocks off the ground and slowly lower. Do 8-10 repetitions.

### 3. I's, Y's, & T's (See Figs 3, 4, & 5.)

**For:** stretching anterior shoulder and chest





the lumbar spine. Keep the movement in the shoulders, thoracic spine.

**4. 90-90 Kneeling with rotation (See Fig 6)**

**For:** improving thoracic extension-rotation, stretching hip flexors, activating glutes.

**Method:** Adopt a half-kneeling position, pushing hips forward, with hands at side of head and elbows back. Rotate in the direction of the front leg. Perform 8-10 repetitions and change legs.

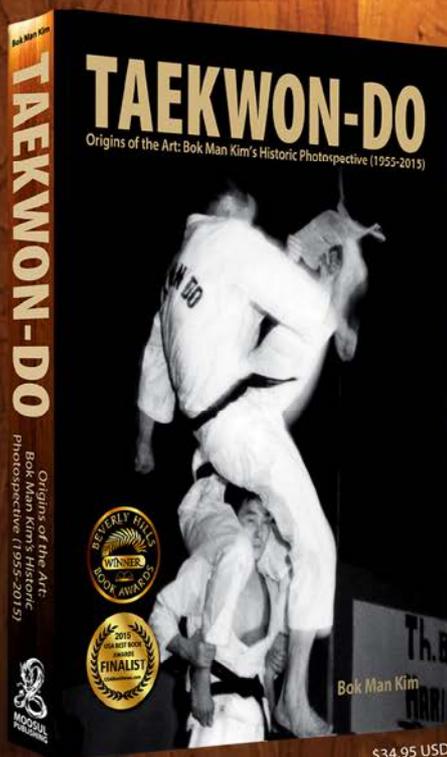


**NEXT MONTH: Part 2 of “Injury-Proof Your Classes”**

Shane Fitzgibbon is a 6th degree black belt in Taekwon-do and is a full-time martial arts and fitness instructor. Holder of a B.Sc and H.Dip in General Science, he dedicates his career to enhancing his sport in the modern era, constantly evolving and improving his training methods in line with the latest research. Fitzgibbon has won numerous gold medals representing Ireland in European, World

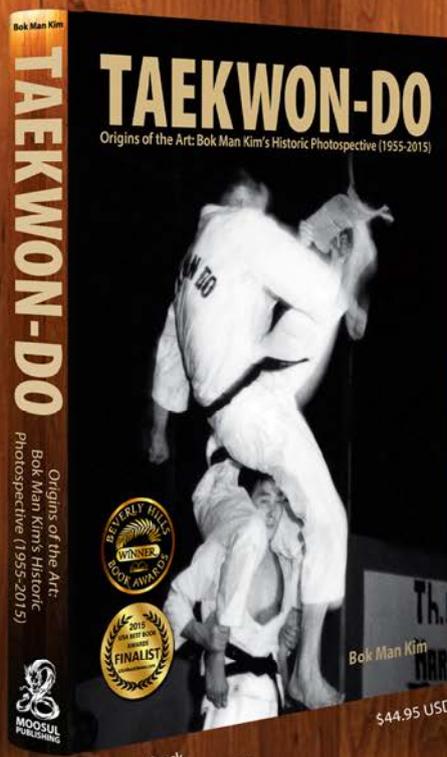
**\* Part 1 of this first appeared in issue #47 (January 2013) of Totally Tae Kwon Do magazine, with Part 2 in issue #48. You can read more great articles by Shane Fitzgibbon in other issues of the magazine.**





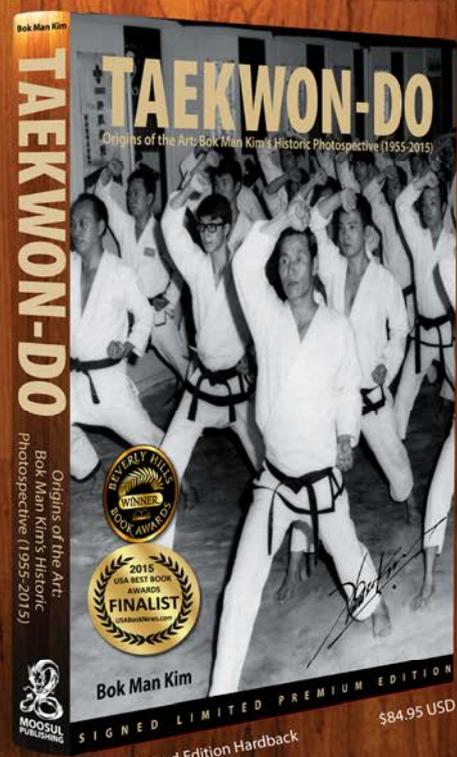
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# 60 Years of Taekwon-Do History

**Taekwon-Do: Origins of the Art: Bok Man Kim's Historic Photospective (1955-2015)**, selected as a Winner in the 2015 Beverly Hills International Book Awards and Finalist in the 2015 USA Best Book Awards, reflects upon the history of Taekwon-Do through Grandmaster Kim's personal photo collection spanning nearly 60 years, especially the art's earliest and most pivotal events. Grandmaster Kim, one of the most influential and important pioneers of military Taekwon-Do, began his martial arts training in 1941 when he was 7 years old. By 1950, he had joined the Korean Army and in early 1955 was transferred to General Choi Hong Hi's division before the new Korean art was named. He drove Gen. Choi to the Naming Committee meetings where members would agree in 1955 to name the martial art "Taekwon-Do." Grandmaster Kim was a member of the first Taekwon-Do demonstration team to perform outside of Korea in Taiwan and Vietnam in 1959. He helped Gen. Choi develop 15 of the Ch'ang Hon tuls and provided input on as many as four more. Master Kim also helped Gen. Choi develop the techniques and write the first English textbook, Gen. Choi's *Taekwon-Do: The Art of Self-Defence*, published in 1965. Master Kim was a founding member of the International Taekwon-Do Federation (ITF) in March 1966, and every country where he demonstrated and set up Taekwon-Do organizations became founding nations. Master Kim lead the historic first ITF International Demonstration Team in 1967. In 1978, he sponsored the 3rd Asian Taekwon-Do Championships in Hong Kong at the request of Un Yong Kim and the World Taekwondo Federation (WTF). Ten years later, Taekwondo would become a demonstration sport in the 1988 Olympics in Seoul, South Korea. For more than 60 years, Grandmaster Kim Bok-Man has been practicing, developing, teaching and promoting Taekwon-Do. **Taekwon-Do: Origins of the Art: Bok Man Kim's Historic Photospective (1955-2015)** documents Grandmaster Kim's exceptional journey and priceless contributions to the art.

"Grandmaster Kim Bok-Man's illustrious history in Tae Kwon Do is not a 'mere' thing.... Take a trip through Grandmaster Kim's life in Tae Kwon Do and you take a trip through the history of the martial art itself; they are one and the same!"

~ **Stuart Anslow**, Editor  
*Totally Tae Kwon Do Magazine*  
& Author of *From Creation to Unification: The Complete Histories Behind the Ch'ang Hon Patterns*

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~ **Dr. George Vitale**, Ph.D.  
*Taekwondo Hall of Fame® Lifetime Achievement Award, 2009*

"Grandmaster Kim Bok-Man has created a photographic record of Taekwon-Do which has no peer."

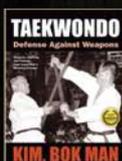
~ **Matthew Sylvester**  
Former Features Editor, Consultant and Columnist for *Fighters, Combat, Tae Kwon Do & Korean Martial Arts*, and *Traditional Karate Magazines*

Also by Bok Man Kim



Chun Kuhn Do:  
The Complete  
Wellness Art

2002, 414 Pages  
World Chun Kuhn  
Do Federation



Taekwondo: Defense  
Against Weapons

2012 Best Book  
Awards Finalist

2012, 432 Pages  
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# On the Shoulders of Giants

## *A Tribute to Supreme Master Kim Bok-Man*

By Mike Swope

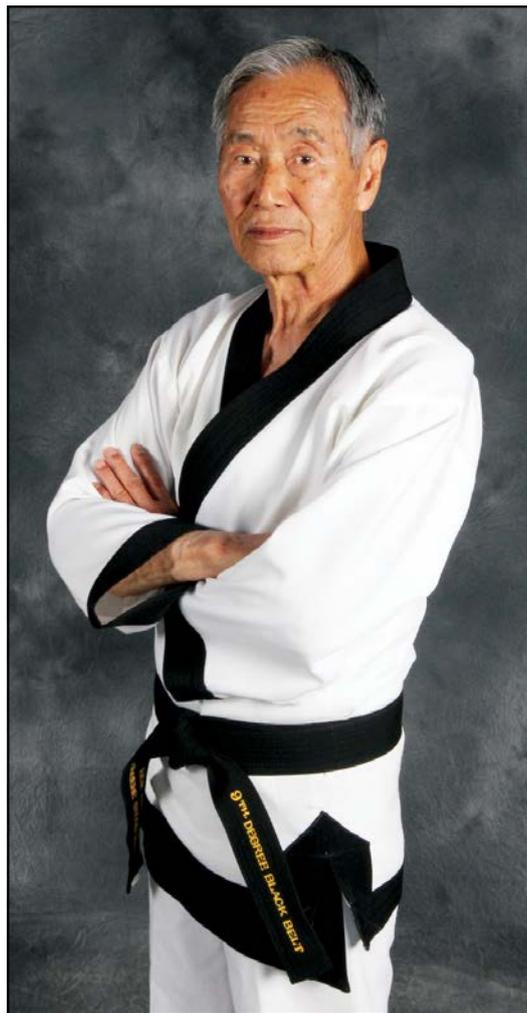
***“We are like dwarfs sitting on the shoulders of giants. We see more, and things that are more distant, than they did, not because our sight is superior or because we are taller than they, but because they raise us up, and by their great stature add to ours.”***

~ John of Salisbury, *Metalogicon*, 1159.

How I came to meet and eventually study with Supreme Master Kim Bok-Man, one of the earliest pioneers of military Taekwon-Do, was a wholly unexpected turn of events. Returning to Taekwondo after a 15-year leave of absence, I began to purchase books about the art, particularly older books by highly respected authors. When possible, I contacted the authors and asked them to sign their books.

I first read about Kim Bok-Man on Wikipedia in the spring of 2013 and, after a Google search, discovered that he had written at least two books. I further discovered that Kim Bok-Man was alive and well and teaching at Complete Martial Arts in Roseland, New Jersey, in the United States, so I purchased his latest book, *Taekwondo:*

*Defense Against Weapons*, published only the year before in 2012, and contacted him through his senior student, Grandmaster Brad Shipp. When Supreme Master Kim returned my books, he included a yellow Post-It® with instructions to call him, written in what was likely his own hand, along with his personal telephone number. A few months later, Supreme Master Kim and Grandmaster Brad Shipp taught the first Chun Kuhn Taekwondo seminar in Kansas. Soon after, my brother, nephew and I joined the World Chun Kuhn Taekwondo Federation and formed the Kansas Chun Kuhn Taekwondo Association to learn and teach the patterns and techniques of Chun Kuhn Taekwondo, in addition to Kukkiwon Taekwondo, because there were significant



*Supreme Grandmaster Bok Man Kim, 2014*

differences.

Some things I had been practicing in Kukkiwon Taekwondo puzzled me, previous to training with Supreme Master Kim. For example, I had long considered the inside wrist outward block, or *anpalmok-bakkat-makgi*, of Kukkiwon Taekwondo the art's weakest technique. The technique is practiced in Geicho Sam Bu, a common base form used in many dojangs, and in some renditions of Palgwe Il Jang. Interestingly, the technique never appears as a single technique in the Taegeuk or Yudanja patterns. In Taegeuk Pal Jang (Taegeuk 8), for instance, it is accompanied by a downward block, or *naeryo-makgi* at the top of the pattern. This technique, as I had learned it, starts at the opposite hip and, as the body turns into the technique, the arm pivots into position to deflect an attack. The technique had always felt slow and weak, and therefore ineffective, when I performed it. For me, *anpalmok-bakkat-makgi* remained uninspired. It had frustrated me for four years prior to meeting Supreme Master Kim. Frankly, I had all but given up that it would become anything more. After only a short time with Supreme Master Kim, however, this technique became as powerful and effective as any other block in my arsenal. It is now one of my favorite techniques. In Chun Kuhn Taekwondo, this technique is called inner forearm side block.

Sometimes called Chun Kuhn Do, Chun Kuhn Taekwondo is the aggregate of Supreme Master Kim's practical knowledge of the martial arts. Supreme Master Kim spent more than eleven years in the ROK Army, many of those teaching martial arts for hand-to-hand combat and to defend against weapons which were common at the time, i.e. bayonet, pole, baton, sword and pistol. Having grown up during the last decade of the brutal Japanese occupation and having fought against his countrymen in the Korean War, Supreme Master Kim forged and tested his art, one might say,

on the battlefield. Supreme Master Kim remembers the war well, despite its martial fruits. "All my friends die," he says. "We go out; they not come back. I taught soldiers so they might not die." Supreme Master Kim has been recognized by the South Korean government as having survived among the highest number of patrols and battles of the Korean War.



**Supreme Master Kim founded the World Chun Kuhn Do Federation in 2002, which published Supreme Master Kim's second book, *Chun Kuhn Do: The Complete Wellness Art (Volume 1)*, that same year. In 2014, the Federation changed its name to the World Chun Kuhn Taekwondo Federation.**

The inner forearm side block described above embodies several essential merits of Supreme Master Kim's Chun Kuhn Taekwondo. It is a hard art; in this aspect it is like the Moo Duk Kwan Tae Kwon Do that my brother, nephew and I first learned in the 1980s. When Supreme Master Kim blocks during one-step sparring, for example, his blocks are like iron. I believed this phrase to be cliché until I experienced his techniques first hand. Like iron was suddenly an apt description. Each kick, each strike is done with purpose. The hand and arm movements, compared to Kukkiwon Taekwondo, are truncated to only essential elements. While *anpalmok-bakkat-makgi* of Kukkiwon Taekwondo chambers at the opposite hip and is executed in a circular motion, the inner

forearm side block in Chun Kuhn Taekwondo chambers in front of the body with the fist in front of the opposite chest and is executed in an outward linear whipping motion. The inside wrist outward block is performed in a similar manner in Moo Duk Kwan Tae Kwon Do and Soo Bahk Do patterns. It should come as no surprise that the inner forearm side block of Chun Kuhn Taekwondo is performed in a similar manner as the patterns of the International Taekwon-Do Federation since Supreme Master Kim helped develop many (nearly two-thirds) of the Ch'ang Hon tuls.

### Kukkiwon Inside Wrist Outward Block vs. Chun Kuhn Taekwondo Inner Forearm Side Block



The Kukkiwon inside wrist outward block chambers at the opposite hip while the Chun Kuhn Taekwondo inner forearm side block chambers in front of the body with the fist at the opposite chest. Notice the initial rotation of the wrists in each chamber. The Kukkiwon-style block faces the palm either toward the body or toward the floor/ground (in the case of more experienced Taekwondoin). The Chun Kuhn-style faces the palm outward, inducing greater rotation in the technique.



The Kukkiwon inside wrist outward block rotates in a circular motion from the hip (much like a similar block in Shotokan Karate). The Chun Kuhn Taekwondo inner forearm side block is executed in an outward linear whipping motion. Due to the reduced initial rotation of the Kukkiwon inside wrist outward block, the blocking tool will experience less rotation overall and, therefore, be less powerful. The additional volume of the Kukkiwon-style block also requires more time to



perform the movement when compared to the Chun Kuhn-style block, which can be executed in a fraction of the time.

The Kukkiwon inside wrist outward block and Chun Kuhn Taekwondo inner forearm side block finish in the same approximate position, although the Kukkiwon block should be

only shoulder high to be absolutely correct while the Chun Kuhn Taekwondo block should be level with the philtrum or eyes.

The inner forearm side block also demonstrates Supreme Master Kim's theory of Taekwondo action, a complex interaction of forces generated by the body. Supreme Master Kim has published this "Theory of Taekwon-Do Action" essentially unchanged in each of his first three books. This treatise is perhaps the most overlooked and neglected published description of power generation in the martial arts. While other theories of power are only several paragraphs long and seek to describe how Newton's second law of motion ( $\text{Force} = \text{Mass} \times \text{Acceleration}$ ) applies to the striking arts, Supreme Master Kim demonstrates how the body's mass and limbs can be accelerated to generate force. When Supreme Master Kim's principles of motion are applied to the inner forearm side block, it becomes a formidable tool for the martial artist. When the principles are applied throughout the martial artist's arsenal, the improvements of even the most basic techniques are astounding, and unexpectedly beautiful. Readers should pick up a copy of any of Supreme Master Kim's first three books for this treatise alone.

The inner forearm side block also requires one essential element many students and

instructors today often overlook, if videos published on Facebook, YouTube and elsewhere on the Internet are any indication. This element is the application of Supreme Master Kim's theory of Taekwon-Do action at the wrist, which further accelerates the attacking tool at the final moment to create "snap" in our techniques. Although I have not seen any written description of the importance of rotation at the wrist and hand, even in Supreme Master Kim's published theory, to create this snap, make no mistake: When Supreme Master Kim instructs, he emphasizes this rotation in the limbs to create power. Supreme Master Kim in no uncertain terms corrects this error during classes and seminars.

I have become well-acquainted with Supreme Master Kim since 2013. I have heard him tell personal stories from the foundation of the art: of times in Vietnam and Taiwan during the historic first Taekwon-Do demonstrations in 1959; of visiting Okinawa to see Okinawan martial arts first hand; of gorging on bananas for one meal and huge chicken (or turkey) legs for another; of experiences with General Choi Hong Hi, Nam Tae Hi, Han Cha Kyo, Woo Jae Lim, Son Duk Sung and other legendary figures of Taekwon-Do; and more. He has praised each in turn. Supreme Master Kim has talked late into the night as I took notes and asked



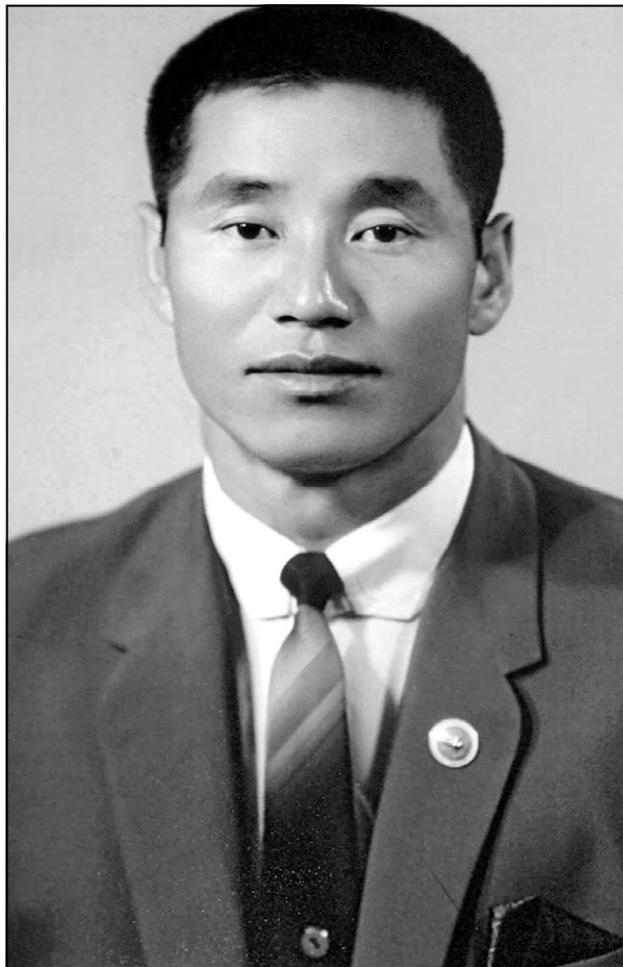
**Supreme Master Kim Bok Man (in suit) poses with instructors, masters and students before a Chun Kuhn Taekwondo weapons defense seminar hosted by Integrity Martial Arts in Firestone, Colorado, U.S.A. on Saturday, April 11, 2015, to celebrate Taekwon-Do's 60<sup>th</sup> birthday.**

questions. The personal experiences he has shared with me have helped me to understand and respect what it has meant for him, General Choi and other pioneers to give so much of their lives to Taekwon-Do.

Words cannot express how deeply honored and surprised I was to be asked by Supreme Master Kim to help prepare his latest book, *Taekwon-Do: Origins of the Art: Bok Man Kim's Historic Photospective*, published in June 2015 to celebrate Taekwon-Do's 60th birthday and commemorate Supreme Master Kim's 74-year odyssey with the martial arts. *Taekwon-Do: Origins of the Art* is Supreme Master Kim's life story told through photographs. These powerful, historic photos capture and memorialize many pivotal events and pioneers from Taekwon-Do's raw, golden years to the present.

Supreme Master Kim's odyssey with the martial arts began, like that of all other first generation pioneers, during the Japanese occupation of Korea. The year was 1941, and he was seven years old. Supreme Master Kim's grandmother arranged to have him taught martial arts by a Buddhist priest named Lee so he could defend himself. Korea had been brutally occupied by Japan for more than 30 years, since 1910, and Koreans young and old were oppressed and bullied at school, at work and in the street by their Japanese co

-workers and neighbors. Lee, a member of a civilian protection group, taught the young Master Kim for several hours once or twice a month. Physical conditioning was an important part of Master Kim's training. Lee expected him to condition his body by kicking and striking trees and jumping over large obstacles such as tree stumps every day. Lee taught Supreme Master Kim a martial art called *Taekyun Moosul*. *Tae*, Lee explained, meant jumping or flying with kicks; *kyun* meant fighting position; *moosul* meant martial arts. When World War II ended in August 1945, Lee no longer came to Master Kim's village to teach. Master Kim, however, continued training by himself and began to develop new techniques, a habit he follows yet today, more than 70 years later. Supreme Master Kim for many years was renowned for his jumping and flying techniques, feats captured in many of the photographs in this book. For Taekwon-Do pioneers in the Korean armed forces – including General Choi, Colonel Nam Tae-Hi, Master Sergeant Kim Bok-Man and others – the



*Supreme Master Kim Bok Man, circa 1966*

Japanese occupation proved to be a powerful catalyst to develop, teach, demonstrate and distribute Taekwon-Do.

On September 15, 1950, Supreme Master Kim made the pivotal decision to join the ROK Army 8th Division to fight in the Korean War. He was only 16 (the legal age to enlist was 17, but the recruiter liked

Supreme Master Kim's spirit and enthusiasm). After six weeks of training, Supreme Master Kim marched into combat and, by 1951, was teaching martial arts to soldiers in his unit. A short time later, Supreme Master Kim began to formally teach martial arts to larger groups of soldiers. Supreme Master Kim taught hand-to-hand combat, as well as guerilla warfare with knife, bayonet and baton. Supreme Master Kim has always believed that weapons were a natural part of the martial arts and has taught weapons techniques throughout his life, even when doing so opposed General Choi's vision for Taekwon-Do. Supreme Master Kim fought in the Korean War for two and a half years, until he was critically wounded by shrapnel in his left hip in February 1953, just five months before the war ended in a cease-fire. He was sent to the Army hospital in Dae Jeon City for treatment. Although doctors feared he would never walk again, much less do anything as demanding as a martial art, Supreme Master Kim recovered, and in March 1954 he was re-

assigned to the Dae Jeon City Army Hospital for his ability to keep order among and lead the more than 3000 patients who were sometimes unruly. Despite his injury, Supreme Master Kim Bok-Man would later astound audiences with his extraordinary skill, particularly with jumping and flying kicks. Sixty-two years later, the wound has not slowed him down.

While stationed in Dae Jeon City, Master Sergeant Kim Bok-Man met Sergeant First Class Han Cha-Kyo, a martial arts instructor for the ROK Army under the command of General Choi, and they became loyal friends. At the time, Han Cha-Kyo was also an outstanding student at the Chung Do Kwan under Grand Master Son Duk-Sung and Colonel Nam Tae-Hi, who was then a young Captain and General Choi's chief assistant.

"1955 was a lucky year," Supreme Master Kim says. "Lucky for me, lucky for General Choi and lucky for Taekwon-Do." In February 1955, Grand Master Son



*Grand Master Kim Bok Man leads a demonstration of Taekwon-Do for members of the National Armed Forces in Korea, 1958. Captain Nam Tae Hi, standing at the microphone, directs the demonstration from the stage.*

scheduled a demonstration to celebrate the opening of a branch gym in Dae Jeon City, and Han Cha-Kyo invited Master Sergeant Kim to join the demonstration. Master Kim agreed and afterward met General Choi Hong-Hi and Grand Master Son Duk-Sung for the first time. Master Sergeant Kim privately demonstrated his kicks and punches for General Choi and Grand Master Son, and they interviewed him about his martial arts and military experience. They also talked about the future of the martial arts in Korea. Grand Master Son recommended to General Choi that he award a black belt to Master Sergeant Kim for the skills exhibited during the demonstrations. Toward the end of the meeting, General Choi also asked Master Sergeant Kim if he would like to transfer to his division and help him teach martial arts to Korea's armed forces. Master Sergeant Kim respectfully declined

both offers. Just 20 years old, the future Supreme Master Kim was not interested in learning or teaching a Japanese martial art. Instead, he wanted to establish and promote a martial art for Korea. After the meeting, Master Sergeant Kim returned to his duties at the hospital. Three days later, General Choi called Master Sergeant Kim's commanding officer and ordered Kim to meet with him to continue their discussion. General Choi's request was so urgent that Master Sergeant Kim was given a car to drive to the meeting. Supreme Master Kim laughs yet today about the unusual situation of being given a car to drive

“Grand Master Kim Bok-Man is one of the most profound Taekwon-Do pioneers of our day. He is world renowned as a key technical advisor and was an instructor par excellence during the founding period of our beloved martial art. *Taekwon-Do: Origins of the Art* is an important publication which highlights his lifetime commitment and contributions as one of the most active and influential persons to affect the development of Taekwon-Do, under the stewardship and in concert with the Father and Founder, General Choi Hong-Hi.”

*Michael Cormack, 4th Dan  
Member, 6th ITF Demonstration Team,  
Argentina, 1979  
Member, 7th ITF Demonstration Team,  
Sweden, Former USSR, and DPRK, 1980  
2nd ITF World Champion, 1978  
General Choi Hong-Hi 사-위*

alone. Within days, Master Sergeant Kim transferred to General Choi's division to help develop and establish the Korean martial art they both desired. Supreme Master Kim and Grand Master Son remained lifelong friends until Grand Master Son's death on March 29, 2011.

The kicking and punching arts taught at the *kwans* in Korea, including the Chung Do Kwan, were Japanese karate, the Japanese name simply translated into Korean depending on lineage: *tang soo do* or *kong soo do*. General Choi himself had earned a black belt in karate while studying in Japan. Supreme Master Kim, on the other hand, had no formal training in Japanese karate, only in *Taekyun Moosul*, a martial art native to the region of his village. In this, Supreme Master Kim was unique among the pioneers of Taekwon-Do in the Korean military.

General Choi and Colonel Nam respected Supreme Master Kim for this aspect of his martial art.

For the next 13 years, General Choi often asked for Supreme Master Kim's opinion and advice on many matters regarding Taekwon-Do, and as a result Supreme Master Kim became a primary influence on the art's technical development and growth. General Choi shared the name Tae Kwon Do with Supreme Master Kim, although he was not a member of the Naming Committee, and asked his opinion. After General Choi explained the strange,

unfamiliar name, as he would later explain it to the Naming Committee (a scene which General Choi describes at length in his memoirs), Supreme Master Kim agreed that Taekwon-Do was a good name for the new Korean martial art. Master Sergeant Kim Bok-Man and Sergeant First Class Han Cha-Kyo for the next few months drove General Choi and Colonel Nam to the meetings of the Naming Committee and waited outside with the car, smoking.

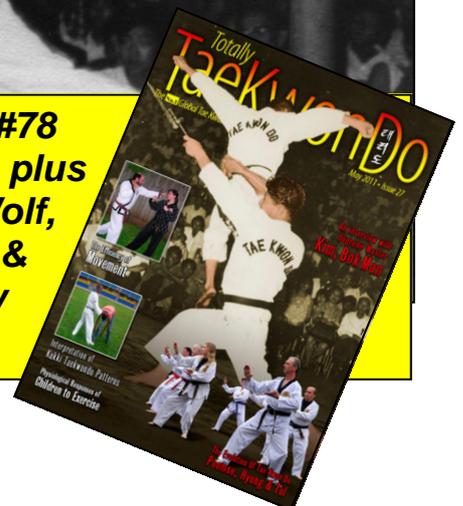
It is generally accepted that Taekwon-Do was born on April 11, 1955, but few living today know why. Some believe that this is the date that General Choi, with the assistance of Colonel Nam Tae-Hi and a Chinese dictionary, came up with the name *Tae Kwon Do*. Others believe that this is the date that General Choi proposed the name to the Tae Kwon Do Naming Committee he had convened with Grand Master Son Duk-Sung. Some believe that is the day President Rhee Syng-Man first wrote *Tae Kwon Do* in Chinese *hanja* on a scroll for General Choi. Supreme Master Kim chuckles when this date is mentioned. "That is the date that we began to use the

name Taekwon-Do," he says, "even before it was proposed or approved." If that is the case, it was a Monday. According to Supreme Master Kim, President Rhee would write 跆拳道 for General Choi four months later, thereby approving the name in August, 1955.

Supreme Master Kim believes that General Choi liked him not only for his native martial arts and advanced skill but also because Supreme Master Kim always gave him his proper opinion and advice, despite his junior military rank. Many blindly agreed with General Choi due to his rank and authority, so they could avoid trouble. Supreme Master Kim and General Choi, however, had many disagreements and arguments during the 13 years they worked together for the benefit of Taekwon-Do. There was much raising of voices and slamming of doors. "General Choi worked very hard," Supreme Master Kim acknowledges. "I respected him very much. He had a sharp mind, and he was not corrupt. He was very straight forward. Without General Choi, there would be no Taekwon-Do, no Korean national martial of



**\* You can read the rest of this article in issue #78 (August 2015) of *Totally Tae Kwon Do* magazine, plus many more great articles by Sabum-nim Jack Wolf, as well as many more articles featuring the life & times of Supreme Master Kim Bok Man in many other issues of the magazine.**



# Strength Training For Tae Kwon Do

By Jason Ainley

The old myth of weight training making the martial artist stiff muscle bound and slow is long gone and serious practitioners from all martial arts styles now include weight training in their conditioning programmes. Weight training can have many benefits for us and not just having a toned physique here are just some:

1. *Strong muscles, tendons and ligaments that are much more capable of withstanding stress.*
2. *Improves your muscular endurance*
3. *Helps improve flexibility*
4. *Reduces the chance of pulled muscles and back pain*
5. *Increased metabolism*
6. *Increased bone density.*

The exercises in this article are based on developing a strong core and activating the bodies stabilizing muscles.

All powerful movements come from the centre of the body and a strong core will give our limbs a strong base to pull from, improving our techniques and resulting in concentration of force.

When we are trying to build a base of core strength, basic exercises are the key to our success, as martial artists the way our bodies function as a unit is of paramount importance and the basic compound movements involved in strength training will give us the best gains because we are using multiple muscle groups while doing them.

## **Please Note**

1. Make sure you are physically fit before starting any training programme.
2. *Undergo a medical screening before beginning your strength training programme [most gymnasiums follow this policy]*
3. It is important to work with a

knowledgeable weight training Instructor or fitness specialist familiar with proper weight training technique

4. *Always use a spotting partner when using heavy weights.*

5. Drink water between sets to keep well hydrated.

## **Warm up**

10 minutes on stationary bike or any other CV machine to elevate the heart rate plus joint rotations.

## **Dead Lift**

*1 light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

The deadlift is an exercise that primary works the lower back, quads, hamstrings and gluteus.

- Squat down with your feet at shoulder width apart, and grab a barbell on the floor with an alternating grip (One hand under, one hand over the bar) a little wider than shoulder width apart.

- Your back should be straight, not bent, or arched.
- Pick up the barbell, bringing it up to waist level, exhale during this motion
- Use your legs in the motion as much as possible so you avoid back injuries.
- Do not bend your back as you bring the weight up.
- You should end up standing upright with your shoulders back, not hunched forward.



*The deadlift will strengthen the entire back and its surrounding muscles, and is the most effective exercise for building the core strength that supports all other major muscle groups.*

## **Barbell Bench Press 1**

*light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

Bench Press, an exercise that primary works the chest, front deltoids and triceps.

- Lay with your back down on a flat bench, with your feet flat on the floor.
- Use a grip that is no wider than 6 inches larger than shoulder width.
- Lower the bar to about an inch below your pectorals.
- Push the weight back up in a controlled motion making sure not to arch your back excessively, or lift your hips off the bench. Inhale when lowering the barbell and exhale when pressing the barbell up.

***Always use a spotting partner.***



*The bench press will strengthen the pectorals major and minor, anterior and middle deltoids, triceps and wrist flexors (grip). Also, the rotator cuff and biceps work as shoulder stabilizers are slightly strengthened.*

## Barbell Squat 1

*Light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

Squat, an exercise that primary works the quadriceps, hamstrings and gluteus.

- Stand before a rack or smith machine with the bar at about chest height, grasping a barbell with palms down.
- Place the barbell behind and below your neck and evenly across your trapezius muscles and shoulders.
- Your back should be straight, your feet hip-width apart with toes pointed forward.
- Your knees should be slightly bent and your back should have a slight forward lean.
- Inhale and squat down keeping your shins close to perpendicular to the floor until your thighs are approximately parallel to the floor.
- You should be looking upwards, your upper torso slightly leaned forward and your lower back slightly curved inward or straight.
- Now stand up to the starting position forcing your hips in and your head up exhaling during this motion.

The squat will lay the foundation for explosive hips. Squats will also assist in developing strength in the abdominal and back muscles allowing us to transfer power from lower to upper body.



## Training Intensity

The muscles will only strengthen when forced to operate beyond their customary intensity (overload). Overload can be progressed by increasing the:

- Resistance e.g. adding extra weight to the barbell.
- Number of repetitions with a particular weight

Adding resistance to the barbell should be done by using small plates e.g. 1 kilo at a time, extra barbell safety collars or by using light homemade metal discs, this is so lifting technique will not suffer and this should only be done when the 8<sup>th</sup> repetition of a set becomes easier.

Handling heavy weights while performing the exercises will require a recovery of 3-5 minutes between sets while performing light stretching exercises. Finish the workout with a 10 minute cool down on a stationary bike then perform a full body stretch to help promote recovery and to remove any waste products that can accumulate during exercise e.g. lactic acid build up.

After the workout you can drink a good quality protein powder mixed with water {milk will slow down the absorption} together with a tablespoon of glucose powder this will assist your body in its repair process about one hour after eat a good meal of protein and carbohydrates.

Try this lifting routine twice a week with two days rest in between and not on the same day as martial arts classes. Train for 8 weeks then take a weeks rest, when starting back start with weights at 70% of your highest weight and build back up over 4 weeks then try to make more gains.

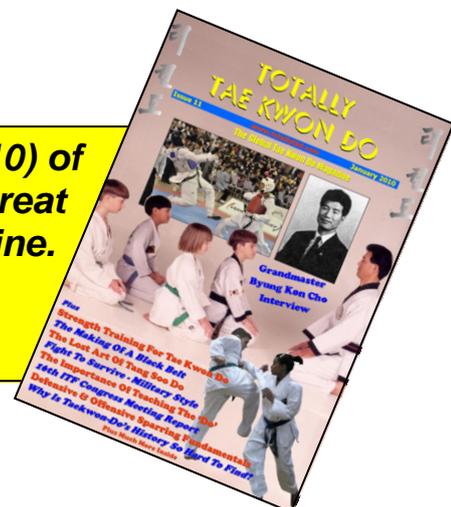
Remember we are not training to become an Olympic power lifter we are building power and stability in the core muscles so train with control and form.

Jason Ainley  
4<sup>th</sup> Degree Black Belt  
Eastern Cyprus Taekwon-do  
YMCA qualified weights and resistance trainer

### Disclaimer

Strength training requires professional supervision and should only be practised in good health and in the correct training environment. Neither the author or Totally Tae Kwon Do magazine accept responsibility for injury due to the use or misuse of exercises demonstrated in this article.

***\* This article first appeared in issue #11 (January 2010) of Totally Tae Kwon Do magazine, You can read more great articles by Jason Ainley in other issues of the magazine.***



# 10 Marketing Strategies For Attracting A Steady Stream Of New members To Your School

By John Karstadt

If you don't have a steady flow of new members enrolling in your school each and every month, your school is slowly dying. Whether you like it or not, no matter how good you are at what you do, your students are going to quit. Some move, some get bored, some discover boys or girls, some start other sports, some go off to college and some just quit for seemingly no reason at all. But the bottom line is that they quit. Some sooner than others, but it's probably 1 in 10,000 who start that will become lifelong Taekwon-Do practitioners like you and I. And I think that is even a little generous.

***The average student lasts around 11 months.*** This means that it is imperative to have a system in place that can consistently and reliably bring new students through your door!

I'm going to share with you 10 strategies that I use to keep a steady flow of new members coming to my school every month.

All of these strategies are low cost/ no cost strategies that you can easily implement whether you have an established storefront location or are running a program out of a club or community center.

In other words, these are all internal marketing strategies that *you can implement in your school without buying expensive traditional advertising* (commercials, print ads or radio spots).

One of the dangerous traps that many instructors fall victim to is looking for the

magic bullet when it comes to attracting new members – looking for the one thing that is going to solve all of their problems and magically bring business their way.

I can assure you, over my 16yrs of experience (plus my dad's 30+ yrs of experience) running Taekwon-Do schools, that magic bullet doesn't exist.

Even if you did discover something that came close to that, you don't want to be reliant on only one way to bring in new members anyway. If something were to happen and you were unable to use that method, or if it became ineffective, you'd be in big trouble.

A mentor of mine, Dan Kennedy, once said, *"I don't have one way to get 72 clients, but I have 72 ways to get one."*

***That's the mindset you want here. You want a broad base of events and marketing activities, cohesively working***



*together, that are actively bringing you new people.*

I am going to go into some detail with each of these events, but you want to take the information I offer you here and figure out how you can put it to work for you.

I have step by step templates that allow my instructors to effectively implement these strategies. As you take in this information and begin applying what you learn, you'll want to systemize these for your school as well.

## **My Top 9 Marketing Strategies for Attracting New Members**

### **1. Buddy Night**

Buddy Night is a once a month party we have for the kids who attend our school and their friends. We make these a community event so that there is a reason for non-students to attend.

We do this by having themed Buddy Nights. For example you could do a Valentine's theme, a St. Patrick's theme, a Bully Buster theme, a Beach Party theme etc.

We fill these by giving all of our students invitations to hand out to their friends. On the back is a small form the friend's

parents must fill out in order for them to participate, like a permission slip. This allows us to be able to follow up with the non-students after the event.

The beginning of Buddy Night is almost exactly like what we'd do in an introductory appointment and then there's a short workout. This way the new kids learn the rules, get to do some moves, have fun with their friends. Then we play games eat pizza and at the end, all non-members receive a special offer to join our program.

Additionally, (thanks to the training at the beginning of the night) we have everyone complete Buddy Night by bowing out in front of the parents.

This blows the parents' minds. Most of them dropped off a crazy person and are suddenly seeing their child holding still, saying "Yes Sir!" and respectfully bowing. They are now picking up a respectful future martial artist.

### **2. Buddy Week**

After each testing, every student gets two passes to give to a friend who would like to attend class with him the following week.

After that class, we contact the parents and schedule an introductory lesson.

This is the perfect week to do this. The student's excitement level is extremely high after earning a new rank and during that first week in class after testing, everyone is learning new material. Given that, the buddies that join in won't feel like they are just being left in the dust during class.

Similar to the Buddy Night invite we ask for the friend's information, like a permission slip to participate just in case the friend's parents don't attend.

### 3. Ongoing Referral Program

We have a referral program that is broken up in to three components. They are the New Student Referral, the Upgrade Referral and Current Student Referrals.

We have opportunities to request referrals built into our initial enrollment process and our upgrade process.

Just like with testing, the enrollment and upgrade phases of a student's membership are windows of opportunity where the student and their family are excited about your program and want to share. Just like when someone goes to a new restaurant they love or see a new movie, they talk. We just make sure they are talking with a referral card in their hand to give to whoever they are sharing with!

The offer we use is a fake \$50 bill for the student to give to their friends. The referral gets \$50 off their initial basic membership and the student gets \$50 to apply to

anything they want at the Taekwon-Do school. We call it KTKD Cash.

The Current Student Referrals are done during a special occasion two to three times a year and we spice up the offer so that it's more enticing than the other two referral offers. For example we did a Valentine's Day promotion and upped the offer to \$100 for the new member and \$50 in KTKD Cash for the current student.

### 4. School Talks

For most of you, the majority of your students are children. So where is the best place to find all the children in your community? At school!

Depending on where you live, some public schools will not let anyone who is a "for profit" organization into their schools. To this date I've never had any issues with private or charter schools.

To get around this, what we do is give a "notice of intent to promote" to the students who are ready and that notice must be signed by their parents and their teacher. At the bottom of the note we mention the school talks that we do at no cost and ask them if they are interested. We have several talks about grades, respect for others, self-discipline, etc. If they are interested then we schedule a time to come speak to the class.

While we are in the classroom we hand out flyers for a free Kid's Safety Class that they can attend that Saturday. At the end of



that class they have the opportunity to enroll or to schedule an appointment for more information.

By utilizing the “notice of intent to promote” you have a direct access to teachers and can create yourself as a resource that they can count on. Your relationship with the schools in your area is by far one of most critical relationships you want to cultivate for your business’ success.

## 5. Online Deals

(Groupon, Living Social, Amazon, Google, etc)

These are tricky. If they are not done properly you can get overwhelmed with a ton of people who don't really want to do Taekwon-Do but are just looking for a great deal. Or you can over price your offer and get nothing at all.

What we've found most successful is a 30 day offer for \$39. You'll have to test it, but there is happy medium where the price point isn't so low that everyone jumps on it, but where those who have a genuine interest will invest in the deal and you will be able to handle the influx of new members.

Part of the allure of these deals is that it costs you nothing and you actually get paid a percentage of the money made on the deal. So you get a rush of new members who you now have the opportunity to enroll and some cash!

The flip side of that coin however, is that you rarely ever get to choose when your deal will go out. You often get put in a rotation and they give you a few weeks notice before your deal is launched.

**\* You can read the rest of this article in issue #61 (March 2014) of Totally Tae Kwon Do magazine, plus many more great articles by Sabum-nim John Karstadt (many aimed to help your schools grow), in many other issues of the magazine.**

This is something that you should obviously take advantage of, but don't walk into it blindly. One year we did a deal over the summer and they posted it while we were closed for a week over 4<sup>th</sup> of July. It still worked out but was not optimal.

## 6. Birthday Parties

These are amazing. Who comes to a kid's birthday party? ALL his friends and the friends' parents!

The birthday parties are similar to the Buddy Night in that we start them off with some basic training so they know what to do and how to act. We highlight and make a big deal out of the birthday boy or girl, let them help teach, and give them a gift. We play a few games, open presents, they eat cake and an hour and a half later it's all over!

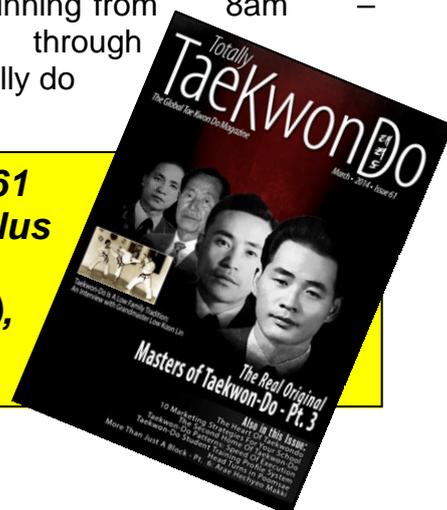
Parents love it because the kids have a blast and it's quick and painless for them. We love it because we get a free stream of new prospects every month. Each guest receives a small gift bag with a few treats and a special offer for beginning training.

When you make a parent's life easier, they will love you forever!

## 7. Summer Camps / Day Camps

We use our summer camps to generate an additional \$12,000 to \$16,000 per year.

We charge \$200 for a half-day, week long summer camp running from 8am – 12pm Monday through Friday. We usually do



# Ch'ang Hon Taekwon-do Hae Sul

## *Real Applications To The ITF Patterns*

By Stuart Paul Anslow

*Part 5*

**Following on from last months article we are going to skip quite a few chapters of the book in order to get into some actual combative applications for this months edition.**

The chapters I'm skipping cover how the scientific principles apply when using applications for self defence, as well as many common misconceptions about Taekwon-do and the patterns, their techniques/performance, differences with Shotokan, how I research them and what factors are involved which helped to shape and define the tul – though we may come back to these sections in a later article, all this really sets the ground work to ensuring they are appropriate, that they work and that they fit in with the self defence aspect of training.

### **When Are Applications Applicable to Self Defence**

Contrary to what many are told, I don't believe patterns as a whole were designed as fighting at all, well not what most would consider fighting. To me, patterns are the first instances of self defence, not fighting, not squaring up, those first few seconds when someone grabs your arm (but has darker intentions), thus the heavy emphasis on training them over and over, to make movements instinctive in these instances (hence visualization is essential to correct solo patterns practice). Of course, applications can be used within a fight should the situation occur, but they mainly concern themselves with *first instances* rather than a fight, where, if all goes well, the fight is actually over before it begins fully and if not, this is where sparring, real sparring, all in sparring, comes into play<sup>1</sup>. Patterns are more akin to one step and hosinsol than free sparring, especially the competitive form of free sparring practiced in many dojangs.

Pattern applications are not fighting, neither is sparring, fighting is fighting period. Real self defence should last 1 to 5 seconds or less - after that its a fight! The idea behind patterns is to make that 5 seconds count. Consequently, when *'in fight'* so to speak, opportunities can and do present themselves, its up to the student to capitalize on them! Running through patterns over



and over with no basis wont help, learning, practicing and testing applications will!

The applications shown on the previous page (and at the end of the last months article) are taken from Joong-Gun tul. It involves just 3 techniques and moves forward by two stance lengths. The first two techniques are commonly known as blocks, with the last referred to as a punch (strike). Here we see it as it looks in the actual pattern, during solo practice:

The combination we are using starts with *Kaunde Palmok Daebi Makgi (Forearm Guarding Block)* in L-Stance (*Niunja Sogi*), followed by *Sonbadak Noollo Makgi (Palm Pressing Block)* in Low Stance (*Nacho Sogi*) and finally with *Kyockja Jirugi (Angle Punch)* in Closed Stance (*Moa Sogi*)



In the pattern itself we could practice all this from the previous movement, but as discussed in other sections of the book, in the real world we are more likely to be in a neutral, non-aggressive stance, using a fence etc. When we break down the previous picture into its combative applications (move by move) we see the following:



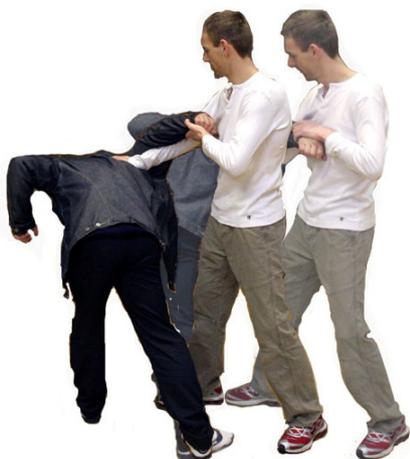
*An opponent starts to become aggressive. Shouting, swearing and posturing aggressively as the student puts up a fence.*



*The situation quickly develops and the aggressor becomes frustrated and moves forward to attack, grabbing the defenders 'fenced' arm to move it out of the way to*



*The defender quickly steps forward to nullify the attack, performing Kaunde Palmok Daebi Makgi to lock up the attackers arm and off turn him to render*



*The immediate follow up is the next motion in the pattern (the chamber). Used to push the attackers shoulder down and pull on the attackers arm.*



*The actual pattern technique is brought into play, locking the opponents arm behind his back.*



*Keeping hold of the attackers arm, the defender slips round and chokes the opponent out. The opponents arm is still held and pulled across his back.*

It starts by the defender (the student) being shouted at, then grabbed by the aggressor and finishes with the attacker being choked out! The pictures are slightly off-set in the hope that you can see how the applications flow from one to another, You will notice that there are no actual 'blocks' or 'strikes' at all! Remember, this should all happen in a few seconds or less and performed with speed and with surprise on our side (another important factor)! The book also offers alternative applications to these techniques.

The bottom line is that patterns taught with no real application knowledge in ITF or any other schools have little use but to help make technique better, but with minimal realism due to lack of resistance or simply poor applications. Visualization in solo patterns performance cannot be emphasized enough, but drilling applications is equally important. Do not expect that by simply memorising this combination and then trying it out that it will work immediately against a resisting opponent, because without repeated drilling, with a partner, until its ingrained, it wont!

### **Knowing The Application Isn't Enough**

*The master said, "I will not be concerned at men's not knowing me, I will be concerned at my own lack of ability."*

- Confucius

We can look at training applications in the same way as training a single technique. To get a grasp of a technique, you need to practice it over and over, the more you do it, the better it gets, the same applies to applications. When an instructor teaches a student a side piercing kick, they break it down to teach the basic elements, then it is practiced, only then it can be applied, but even the most technically correct side kick has no value if it can't be used to hit the target, this is where partners come into play, at varying levels of resistance until you are able to shoot off your side kick at

full speed and hit your opponent. Its not applied via sparring straight away... the mechanics need to be learnt in order to think less and deliver faster, almost instinctively. So when practicing applications we must learn the mechanics, practice the applications over and over, then apply them to resisting partners at varying levels of resistance. If you know the application, you no longer have to think about it, so it can be applied quickly without thought when needed, the more you practice the better it becomes!

Applications do need partner work, with varying levels of resistance, then the field needs to be widened in scope, as it is almost impossible to apply an application to a fully resisting partner if they know exactly or even partially what you are going to do. This is where hosinsol comes into play. You may also like to consider '*kata based sparring*' or in our case '*pattern based sparring*' a term coined by English martial artists Iain Abernethy.

I feel patterns were simply drills of one, two or a few movements, that were meant to be practiced solo and with partners. By combining lots of small drills into a pattern, they were easier to remember and allowed practice when solo, allowing someone to train when not at a school or club or when in a suitable location like a park or at home etc.

Back then, when Taekwon-do was formulated, competition was low or non-existent, pads weren't invented and ways of training/fighting safely were not modern like today, thus it was considered a safer environment to train what was considered dangerous moves (i.e. arm breaks, finger jabs etc.) that pertained to these first instances. With the advent of sport, sparring evolved to be safer and thus fighting (in training) has evolved to be safer as well, and sadly in many schools the only form of sparring practised now is sport based competition sparring, which although highly enjoyable, disallows most

of the pattern applications as they are too dangerous because of the target areas (vital points) or had to be struck to an ineffective area (as far as actual combat is concerned). Modern patterns training has evolved to a point where apart from not knowing proper applications or even any real application, the emphasis is again on winning competitions, so placing your block X amount of inches from the floor at X angle, is more important than what that block actually is for.

Properly taught patterns still retain many benefits if trained properly, and both patterns and fighting work hand in hand for combat. Patterns (with visualization) is a valuable resource for self defence, after all, you cannot practise an arm break over and over without going through a multitude of unhappy partners, even in hosinsol you must pull your movement before your partners arm is broken, pattern practice allows the full motion, with follow through. Patterns do not replace partner work, pad work, fitness work, basics, fundamental

training, sparring, hosinsol or live opponents, they run concurrent with them, with each overlapping and complimenting the other, forming the whole: what we know as Taekwon-do.

Next month we'll look at some of the techniques of lower grade pattern applications, as well a few tips and insights on teaching or practicing applications.

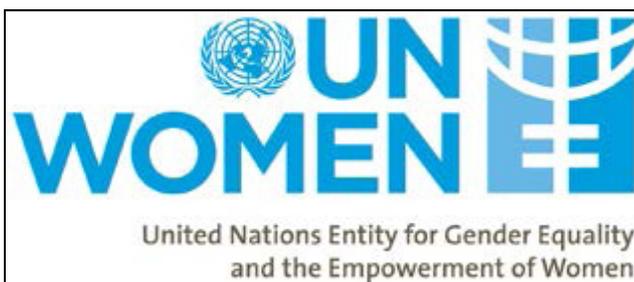
*<sup>1</sup>Sparring has many different variations. By 'all in sparring' I am referring to the type of sparring practiced mainly by the red and black belt levels in my dojang (what we called 'Traditional Sparring'). 'All in sparring' allows the students to grab, sweep, take down and throw as well as strike and they are sometimes allowed to continue on the floor. Contact levels can vary, though control to a certain degree is also emphasised on certain techniques that are obviously dangerous (elbows, eye gouges etc), though these techniques can be used, the defending student needs to be able to acknowledge their effect, rather than feel it first hand.*

Reproduced from the book  
**"Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns"**  
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***\*This article first appeared in our issue #5 (July 2009) of Totally Tae Kwon Do magazine, with the previous and preceding articles in the other early issues.***

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4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
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