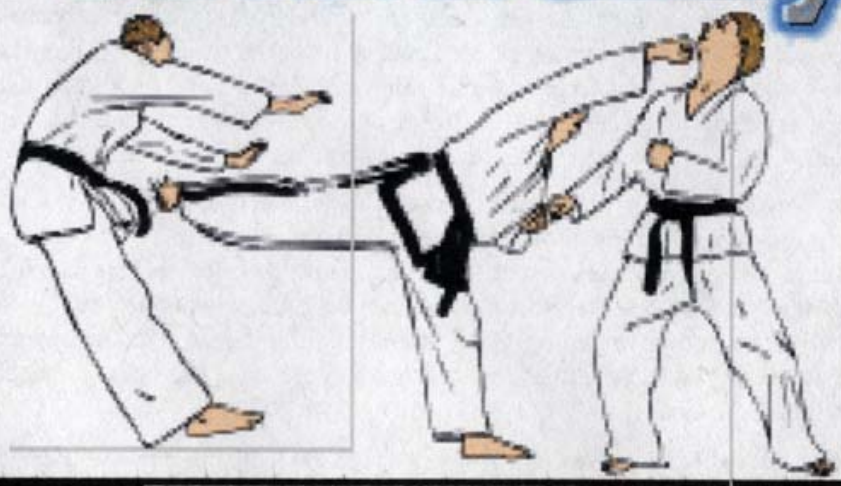




# Rayners Lane Taekwon-do Academy



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## CHRISTMAS MAGAZINE



# 2003



# Christmas Message



2003 has been a busy year as you will read in the yearly review, which you can read all about later.

What has been pleasing to see throughout the year has been the amount of development, personally, from student to student. It is always nice of course to see students coming up the ranks, going from junior grades to senior grades, winning medals at tournaments etc., but these are just small parts of Taekwon-do. Physical development is important and this year has seen vast developments for all students in that area, which of course I take all the credit for! No, not really, physical development is a joint package, one that I cannot achieve without you, the student, putting in the required effort, so that between us, you get to those higher levels.

However, as much as physical levels are pleasing to see, they are not the actual most important areas of development that Taekwon-do can offer. Mental & spiritual development out-reaches physical development & I hope, that for some these are being attained as well. Mental development I can help with, again its a joint package, but together we hone the spirit, the mental edge that each student can use in other areas, unrelated to Taekwon-do. Those tough lessons with endless press-up, when I tell you off for letting yourself down, when I play down something that seems a bigger deal for you, when its basics, basics & more basics, these are both physical & mental development lessons, lessons that perhaps cannot be obtained in many other areas of everyday life. Spiritual development I cannot teach you & I believe no-one can, it is something you will find one day for yourself, something that filters into your blood, in your life & into your soul, something I cannot even describe to you here, but when its there you will simply know.

Rayners Lane Taekwon-do Academy has always been one of those schools that doesn't shout & scream "We're here, train with us" & there's a reason for that, as I believe the best martial artists are not those that are somehow made or coerced to join a school, but those that actively seek it out, the only trouble is often seeking out the right school! I hope, as a student or a parent of a student you feel you have found the right school for you. As an instructor my number one priority will always be the student & getting them, through hard, diligent & consistent training, to be the best they can possibly be. I may seem tough sometimes, a little harsh sometimes but believe me, the students best interests are always there in my heart & mind.

The Academy has grown steadily throughout the year, with new students starting up, students that will hopefully be able to focus on their own development & take it to black belt & beyond. As a school, an atmosphere of 'family' is always present, which is how it should be. Beyond grades, students are recognised by each other for commitment & effort & respected for it, and thus, this way, newer students become part of that family.

2003 was as a good year for the International Alliance of Martial Art Schools, which in just over a year & is breaching the 400 school mark. Its been good seeing various instructors visiting throughout the year, chatting to them on the forum etc. I sincerely hope that if you are travelling in 2004, which I'm sure many of you will do, you won't be afraid to utilize what the IAOMAS offers every student. Grades are always earned at the Academy, and stand equal (or above sometimes) with grades at other schools, so no student has anything to fear by visiting an IAOMAS school, even if not Taekwon-do, plus every IAOMAS instructor that I've spoken to has been very friendly, in fact I'd hazard a guess and say they are some of the nicest, most pleasant people I have seen. So please don't be afraid to take that small step, as that's why the IAOMAS was created.

I'd like to finish up this little piece by thanking Mr Gautam for his help throughout the year, to the senior students for their assisting throughout the year, to my fellow IAOMAS instructors for submitting articles from themselves or their students for this magazine (Tim Posynick, Gordon Travers & Rod Polako), plus my good friend Mr Rhee (as he likes to be officially known - of course I don't call him that personally) for his article here & those on the web site. For the students that submitted articles or contributed towards the Xmas mag (Abhijay, Vijay, Justin, Sharad, Sonal, Bako & Bhavesh), hopefully one year we can have one almost entirely student written! And finally to you the students for making Rayners Lane Taekwon-do Academy such a great place to train!

So please have a merry Christmas & a great new year, and on January 5th or 7th kick yourself back into training mode ready for 2004.

Taekwon, **S Anslow III, Instructor, Rayners Lane Taekwon-do Academy**





# Students Of the Year 2003

## : Justin Goh

This year the 'Student Of the Year Award' was handled differently, usually it is the sole decision of myself as to who wins this award. But with a core of students all gaining merits in their own ways I thought it may be too difficult or even unfair for me to decide solely by myself, so I took votes off all the senior grades, plus Mr. Gautams & of course my own.

Student of the year is very difficult to obtain & the recipient could have received it for a multitude of things. It could be that they consistently train regular & hard, that they have helped other students in one way or another, that they support the Academy outside via tournaments, seminars etc., that they help within the Academy via helping with teaching or other bits & bobs. The award is not won for the sake of medals won (competing is enough), it is not won for training hard occasionally, rather 99% of the time & consistently (we all have our slack days after all), it is not for technical excellence, as effort is more important, it is not simply for turning up, as mind-set is important. It is for many things and also not for many things as well!

As I said above, all senior students had a vote (Black belts more than one), nominations included the likes of Sonal, Colin, Bako, Vijay & Martin, all for varying reasons, but as you've read above, the majority voted for Justin!

All of you will agree Justin is consistent, never having missed a lesson I believe from his first day of training. However, consistency, although a fantastic quality, is not enough. Justin also puts in 100% effort every time he trains, even after working late on Friday nights & looking like he could do with a few hours sleep rather than a few hours training. On a technical level he is very good, this is due to his own efforts & understanding that no matter how good, it can always be bettered! He is also helpful around the dojang, always willing to help out with mundanial tasks like basketball post shifting etc. He recently started his 'Tour Of duty' helping out in the kids class & on occasion helps out as well down the School.

He supports all events from tournaments to seminars (sometimes having to re-arrange his work schedule to do so) & his attitude is one of a respectful nature at all times, even though he has his own martial arts history in Wing Chun before starting Taekwon-do, he is always polite when discussing such matters.

Justin is a model student, technically good, helpful, polite, respectful, dedicated & consistent in all the above, in fact a credit to myself & the Academy & a deserved winner of 'Student Of The Year 2003'

*Mr. S Anslow III, Instructor, Rayners Lane Taekwon-do Academy*

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**"I don't have enough time to train!"**

*By William "Scott" Kifer*



This seems to be the new number one excuse for prospective students and existing students to not take classes. What with today's two working parents, multitudes of extra curricular activities and the computer they can spend hours with, it seems true, or is it?

• Use direct attacks on his closest targets. Lash out hard and fast at anything you can reach. Or draw him out, then counterattack. Do what he least expects, creating confusion about your tactics. When possible, use fakes, feints and deceptions to disrupt his defenses and create openings.

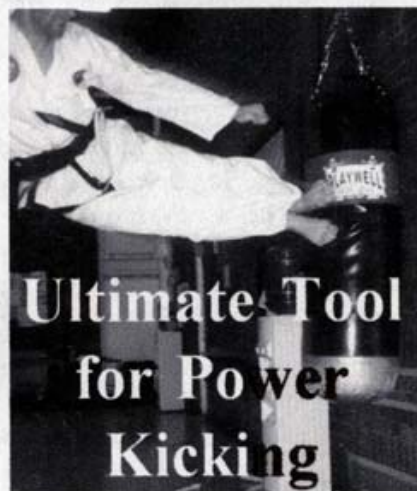


There are 168 hours in a week. If you sleep 10 hours per night that leaves 98 hours. If you go to school 5 days a week for 6 hours a day 68 hours are left. If you do 2 hours of homework per school night 58 hours remain. Take 1 hour a day for chores and 51 hours are

left. Waste 2 hours a day on TV and you have 37 hours. Take out 4 hours for martial arts and travel to and from leaves 33 hours for other activities, hanging with friends, hobbies, movies etc. That's just shy of a full time job!

Take this assignment. Take two pieces of paper. Take one of them and draw 168 squares; 7 columns of 24. This represents your week by the hour. During the week fill in what you are each hour. With the second sheet of paper write out your goals in priority order 1st, 2nd, 3rd, etc. At the end of the week write the number of hours you spent on each goal next to the goal. Most people are surprised to learn that they are spending many hours on low priority items like TV. They also discover that they aren't spending enough hours on their top items. One of two things has to happen. Either you adjust your hours to your priorities or you rearrange your priorities. Most people really don't want TV to be their top priority.

• Finish it fast. When he is stunned, knocked off-balance or out of position, move in hard, swarming him with relentless combinations to his vital targets. When you have the advantage, don't give him time to think, breathe or counter. Once inside his kill zone, stay with him and don't let up until the fight is over.



Young Bo Kong long ago recognized the need to develop power to accompany the speedy kicks of taekwondo. He then set about adding that often-overlooked essential component of killer kicks, and the heavy bag proved to be the ultimate tool.

“Many people kick the bag merely to get it to swing high into the air,” Kong says. “But there is no power there. It is merely a lot of pushing. When you have a fast snap and the bag does not move, but rather it bends or caves in, you know you are developing your power.”

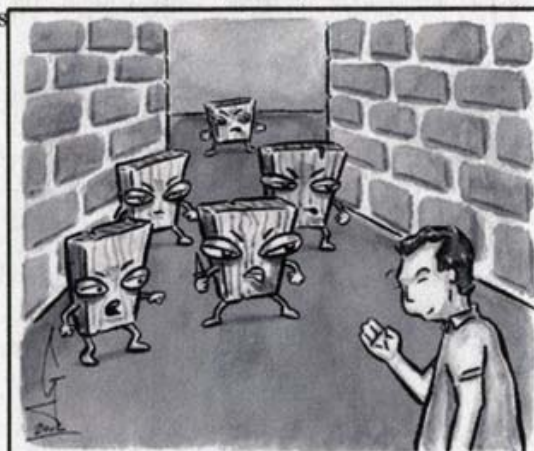
If you just push an attacker, you cannot deliver a critical injury to his body. But when you snap a kick so hard and with such speed that it lands properly, it will break right through his bones.”



Grandmaster Ki Ha Rhee demonstrates jumping knuckle press-ups

## 4 Rules for Beating the Big and Tall

- Stay compact and loaded. Don't expose yourself or overcommit until you have the advantage. Keep yourself in position to generate real striking power at all times.
- Use footwork to control the range. Try to maneuver yourself into an environment that allows you to move. Use distance to create a safe zone and quick footwork to confuse his range and reaction time.



Cornered by an unruly gang of pine boards, Robert suddenly remembers his Karate training...

# Lay That Demon To Rest

By Vijay Sood

Rayners Lane TaeKwon-Do has played a major role in the lives of my son, Abhijay, and I this past year.

One of the strong influences during my teenage years in the late 70's and early 80's was the explosion of popular martial arts on screen – Bruce Lee – Enter the Dragon and all of that. I also lapped up honour movies like the Seven Samurai (which became the Magnificent Seven in Hollywood).

You know - they say that there is a time and place for all things.

Try as I might, I was unable to join up a good school in East London where I spent my teenage years. The reasons/excuses were many – fees, location, travel costs, my 'O' and A-Levels, family issues ...

The other thing was that I was not certain if I was up to it. I was never the class champion at sports but I chipped away – took to the Judo lessons at school, really liked Fencing (evening school) but always stopped and started – there was no consistency. Even at University – friends dabbled into activities such as Aikido, Kendo, Tai-Chi and Shotokan Karate.

I checked them all out but there was always a missing bit – method of training, instructor ego, time clashes... So I moved on.

Almost twenty years later, post marriage, mortgage and career, I found myself with a five year old. The time had come to see if he would enjoy the things I searched for in my youth.

Synchronicity influences choice doesn't it? Hari, Shiv's Dad, was also looking for a good Martial Arts school - our boys are in the same class.

We ended up at Rayners Lane TKD and spent the next month or so sitting on the side of the Dojang watching our respective sons learn the first steps in TaeKwon-Do.

I read the article on Eui-Ri or honour and it struck a chord.

Mr Anslow had created an environment that allowed the youngest to flourish and the older ones to hone up their skills. The blend of discipline, fun and hard training was exactly what I was looking for. I also noticed the commitment of the senior grades like Dev and Lyndsey to the teaching aspect. It seemed everyone, despite their age, had something to give.

Still not sure how he did it, but Mr Anslow was able to convince both Hari & I that we were not too old to

start. The rest of the Dojang has accommodated, encouraged and trained with us.

Over the past year, I have graded twice, taken part in a competition, had bruised ribs (thanks Mr Gautham!) and still love it!. Sometimes my recovery times are slower than I would like but I try to consistently get to the training sessions.

Taekwon-Do has opened up a new chapter in my life where I have met many people who otherwise would have been closed to me. My family and friends are influenced by what both Abhijay and I are doing.

Who knows what the future will bring but I intend to carry on as I started and one thing is for sure – I have laid that particular demon to rest.



## Great Expectations

by Justin Goh

As students we come to expect certain things from our instructor or teacher. We expect them to teach us well, be on time to start the lessons and treat us with respect. We expect them to set a good example and not to defraud us with half hearted teachings. We expect them to help develop our skills and make us into a model student. We expect not to get ripped off.

Now that we have come to expect all of this, what should we be giving in return? What should we be doing to complement what our teacher is giving us?

Firstly we should give respect, for they have already travelled the part of the path that we are currently on and trained diligently in the martial arts for many years, making them wiser. We should be willing to sacrifice for our instructor, "many students believe that training is a commodity bought with monthly dues", and are not prepared to do things which they consider to be a hassle. We should also carry out instructions given to us, paying attention to detail, this involves handing training and grading fees on time, as to 'expect' the instructor to take them late is expecting too much.

Therefore the fine balance must be preserved in order to maintain a healthy student-instructor relationship.



# The Martial Virtues - An exploration of their meaning

By Rod Polako © York Karate-do

**Respect for your seniors**

**Compassion for your juniors**

**Gratitude for your parents who gave you life**

**for your friends because a good friend is hard to find**

**for your teachers**

**for your country that is it not at war**

**for your god, whoever that may be**

What does this mean really, and why should I care?

These are questions that have occurred to many karate-ka in development of their art. On the surface, the statements seem like obvious commands; Do this, this, and that. But is that all? In the course of this essay, we will explore these "simple"? little statements and see if one can find "a deeper truth" beneath it all.

**"... all I'm asking, is for a little respect " Aretha Franklin**

The issue of respect demonstrates an interesting facet of evolution. There exists the need to acknowledge the accomplishments and/or superiority of others and the need to be acknowledged by our peers. This trait exists not only in humans but animals as well, where animals will compete against each other for the right to mate and to gain superiority among the group. And humans, being mostly social by nature, crave the satisfaction that respect will give. American psychologist, Abraham Maslow, published A Theory of Human Motivation (1943) in the Psychological Review Journal which explains his "hierarchy of needs" with the fourth "need" being that of esteem and respect. There is that kind of respect, but there is more. The human need for respect is expressed through a number of different forms. Accomplishments, for example, are used as a mechanism for gaining respect. The Guinness Book of Records is such an outlet to keep track of accomplishments and to bestow "respect". Respect is also attained through specialized, exotic or unusual abilities or knowledge. Athletes, geniuses, and artists all share the fact that they can do something few can and earn respect that way.

Another way respect is acquired is through fear, intimidation and/or violence. History is littered with the debris and damage left from countless wars in the name of conquest, religion or pride, all in an effort to gain respect. Now this is undoubtedly a contentious point but it is nonetheless valid. The desire for respect is universal, however the means through it is gained is varied and dependent upon the individual seeking it.

For me, however, in terms of Karate, respect is present to remind ourselves that karate is older than any of us and that we must remember those that have studied it before us as they will know more and have a larger pool of

experience to draw from. This includes not just the masters of Karate (such as Chojun Miyagi), but to all those who have been training longer than ourselves. When we show respect to our seniors we are acknowledging them and the fact that they can teach us more than we already know. The point is to keep ourselves humble and to not allow ego to supercede ability or judgement.

For this, respect is a very important part of both the Martial Virtues and Karate in general.

**"... try, a little tenderness." Otis Redding**

The next aspect of the Martial Virtues is that of compassion. In some ways, it could be argued that it is the complement to respect. Instead of being acknowledged for your achievements, ability, etc, you are acknowledging to others that you are there to help and to teach. In karate, in order to allow everyone to practice and avoid danger, compassion is required from the more experienced members. The seniors must control and limit their ability and reach synchronicity with that of their partner.

But is that all? Is there nothing more to it than that? Well, it depends on the individual. Some may see compassion as a demonstration of mercy, where you could have done something bad to someone, but decided not to for whatever reason. Others would view compassion as a sign of the weak and that the strong only survive by staying strong and not helping anyone else. While that is a silly view, it is quite prevalent in all levels of society. This would explain why people don't help each other in day to day life.

**Focus is always on the self, before others.**

That, unfortunately, is the problem with these two viewpoints, the ego is present and it prevents them from truly understanding what compassion is. Mother Teresa, for example, was a woman who truly understood what compassion was all about. She abandoned ego and saw that she was no better than the people she helped. She saw the beauty in everyone and would help everyone before herself. For me, compassion is respect and it is just as important.

**"Nothing is more honorable than a grateful heart."**

Seneca

The last Martial Virtue, Gratitude, is no less important. Does it just mean however, be thankful? Do we just thank our parents, our friends, our teachers, our country, and our god? What, exactly, are we thanking them for? Well, that depends a little on who you are. For some, gratitude is merely saying "thanks". But for most people (I hope anyway), gratitude is a little more than that. It

means appreciation for what someone has done for you. It does not have to even be material in nature. Even the simple presence of some people in your life (such as your parents) should be reason to be grateful.

This appreciation for people stems from our own mortality and the fact that they will not always be there. We must make the most of the time we do have and be aware of this. But how do we appreciate? How about showing respect (for they deserve it) and compassion (for they are not perfect) towards them? This is what gratitude means to me.

#### "What'd I Say?" Ray Charles

So what am I saying exactly? Are Respect, Compassion, and Gratitude related?

Yes. They are all part of the same thing. They say Karate begins and ends with respect and they couldn't have been more correct. Respect equals Compassion and Gratitude. It

is all tied in to letting go of ego and recognizing the value of everyone. That is the importance of the Martial Virtues and that is what we should all strive for.



Rod Polako is a member of York karate along with Gordon Travers. York Karate are based in Canada and are members of the International Alliance of Martial Art Schools. Visit [www.yorkkarate.com](http://www.yorkkarate.com) for more fascinating articles

## In Nae

We may often feel life is not treating us fair. We don't have as much as our neighbor does, yet we seem to work as hard if not harder. We hurry to our jobs only to be slowed down by the "red lights" which seem to catch us at every corner. We find ourselves running out of milk when we need it, and having to drive down to the store. But through all these hardships and inconveniences, we persevere.



It seems that each day brings new challenges and problems we must face. It appears that there are some people who, for some unknown reason, hardly ever face the same difficulties that we do. They go from day to day without ever having to confront the obstacles we must. We pat ourselves on the back and tell ourselves, "Well done." We compliment ourselves on how well we are able to cope with dilemmas and catastrophes. We repeatedly acknowledge to ourselves that we have a special gift which enables us to deal with whatever problem faces us. We persevere.

Just when we think we are unique because we are able to handle the hardships and suffering we must face, we get a

slap in the face from reality. We see someone who truly knows the meaning of perseverance.

When I was a Green Beret in Viet Nam, I was wounded several times. One time I was at a hospital in Nha Trang. I had taken shrapnel in the neck, arm, hand, and legs. They flew me to Nha Trang because it was a primary care facility for the more seriously wounded. I remember thinking how lucky I was to have made it out of that tight spot. I was grateful that someone upstairs was watching out for me. I felt pretty good about having suffered and survived three tours of duty in Viet Nam. I had persevered. But I didn't really understand what perseverance was until a few years later.



When she stepped onto the plane she was leaving her entire world behind, perhaps never to return. She hesitated at the steps of the plane, turned and looked back at her family. Her mother was crying. Her father was too upset to even come to the airport. She walked onto the plane never to see her family again. She knew no one in this new world except one man, her future husband.

In 1975 her country fell to the communists. She could not see her family. They were unable to escape in time. She received a letter telling how her brothers were taken as slave labor to the north, never to be heard from again. Her father, in his 70's was forced to work as a slave, building roads. One day she received a letter telling how her father died from forced labor. His body was left by the road. She used to think if she had stayed perhaps things may have been different. Through all of this she kept her pain to herself, never complained, never gave up hope, never wanted pity, she persevered!

Now, every time I hear someone say how rough his or her day was, or how hard things are, I think of a young Vietnamese woman who gave up everything and asked for nothing. Who had suffered and endured enough for several life-times of hardships. Who had passed away in 1983 and never knew her younger sister had escaped and made it to America. I think of this woman who never got to see her three children grow up. So when you feel life isn't treating you right or things "sure are tough", think of others who have been through much more than you or I and be grateful for what we have. Think of this shy, kind, gentle woman, my late-wife Edna (Dieu), and how she persevered.



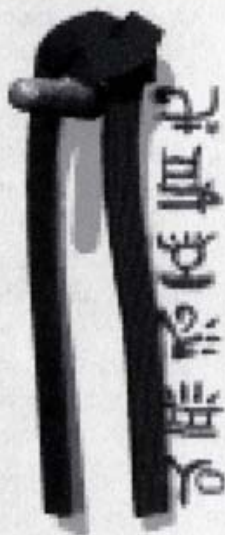
# The Meaning of The Black Belt

By Tim Posynick

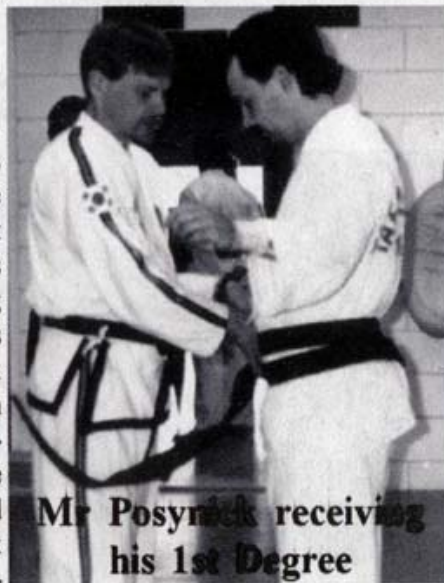
At an early age we are taught by society, that everything we see, feel, hear and taste, has a label or title. For the novice martial arts student, this is no different. Early in training students learn that each movement has a specific name and meaning. These names, or labels, must be used at all times when training. One of the first labels, or titles, that the novice student quickly associates is the word used for teacher, or instructor. The Japanese styles call the instructor, Sensei, which means big brother or teacher, the Korean styles use the term Sabomnim, which directly translated means senior. The Chinese styles use the term Sifu, which also means big brother or teacher. To the novice student this title has great meaning, although maybe misinterpreted. This newly learned title becomes synonymous instantly with any person wearing a black belt, even if he/she is not the main instructor. This usually meant, to the novice, that this person must retain superhuman qualities and abilities. Without knowing the instructor as a person, he/she is automatically associated with this vision of being superhuman, just because of the black cloth around the waist.

Early lessons burn deep into the memory. First impressions are usually the ones kept the longest. This is nothing to be ashamed of. The martial arts teach us that in order to learn good lessons, sometimes you will learn some bad ones. As training progresses and time goes by, attitudes and symbols change. At first, the black belt meant, to the novice, that this person wearing this cloth must be infallible. After a few years of training the title of the black belt and the meaning associated with the physical symbol of the black coloured cloth, comes to represent a figure that, does retain some great skills, but underneath is just a person. This "mythical" figure becomes a friend, a mentor and a coach, who can help walk you along the road of training, possibly keep you from faltering too badly, and on occasion, reward you with a coloured cloth around the waist.

As the novice grows in skill and knowledge, he/she comes to realize personal goals. At first it is to reach the coveted position of "black belt", this at the time, was the ultimate destination. The further the student travels the



training road, the less concerned he/she becomes with reaching the "end of the road". As a maturing person, the novice learns that there are many lessons to experience. The goals now change focus. The primary goal, now, is to learn and experience all one can as the road is traveled, without thought as to how long the journey will take. To know that no matter how long the novice trains, or how many times the black belt is reached, there are still lessons to be learned and new training to be experienced. The journey never ends. The novice learns that the black belt is not some mythical creature forged in the fires of eternity, but merely a human being, no different from anyone else. A person that, through personal sacrifice and discipline, has reached a personal plateau, one of many, along the road of training and knowledge, which just happens to be represented with a black piece of cloth around the waist.



Mr Posynick receiving his 1st Degree

After some years of training, and learning different meanings regarding the black belt and all aspects of the martial arts, the student may still not have come to one true definition, which honestly describes the black belt. This is yet another lesson which is offered up along the journey. Through maturity, the student will learn that, one can not give something like the black belt, which is as versatile and diverse as the people that wear it, one true meaning. Each person that wears the belt adds a unique and diverse quality to the overall image of who or what a black belt represents.

For a direct example of what it takes to be a black belt, the Korean system of Tae Kwon Do will be used as example. This particular system has nine levels of black belt expertise, which is based on personal skill, time spent training and time spent actively teaching others. Following is a list of the nine levels and the pattern or form, which is required for each level. Forms or Hyung in Korean, are a set pattern of movements, which teach basic coordination of techniques, balance of movement, personal focus and discipline, and basic technique combinations for self-defense use:



Dan Level:	Title:	Hyung (pattern for next rank)	Time Training:
1st	Novice	Kwan Gae Poe Ahn Kae Beck	4 years
2nd	Novice	Eui Ahm Choon Jang Joo Chae	6 years
3rd	Novice	Sam Ill Yoo Sin Choi Yong	9 years
4th	Advanced	Yon Gae Ill Yo Moon Moo	13 years
5th	Advanced	So Sahn Se Jong	18 years
6th	Master	Tong Ill	24 years
7th	Master		31 years
8th	Master		39 years
9th	Grand Master		48 years

As this list shows, first level black belt is not the end of training; in fact it is merely a new beginning. With each new level there is more to learn, more to experience.

Following is a list of accumulated personal traits that are considered a black belt should retain;

## **Six Aspects of Composition;**

### **The Make up of a Black Belt**

#### **#1. Confidence**

As a black belt one should project an air of confidence at all times, which doesn't say, "I'm awesome", but says I am confident with who I am and what I know. A black belt should endeavor to project a positive attitude at all times.

#### **#2. Control**

At all times a black belt's maturity should show through personal control. A black belt should never lose his/her temper in front of novice students or other black belts, and should never misuse or abuse the skills he/she has developed.

#### **#3. Discipline**

A black belt's discipline should show at all times in the

training environment. A black belt never argues with other black belts or other students. The black belt should always give 100% effort when training. This does not mean that the black belt must work harder than everyone else, but merely giving 100% effort at all times.

#### **#4. Respect**

Being a black belt does not automatically endow the person wearing it the ultimate form of respect. This must be earned through showing by example to give the novice student an image to model him/herself by. In order to earn this respect the black belt must first respect him/herself, the art that is being practiced, the availability of having a location to train, and foremost the privilege of having others to train with. The black belt must also respect all other forms of martial arts, as they are all equal with each other. Finally none of these examples listed should take precedence over another, as they all deserve equal amounts of respect.

#### **#5. Humility**

This trait walks hand in hand with maturity. The most honoured and respected of black belts should also be the most humble. A black belt should never boast or brag of personal accomplishments. He/she should always have time for novice students to share personal experiences and training tips. The truly humble black belt should never feel belittled to be able to put a white belt back on at any time.

#### **#6. Integrity**

This trait should run deep within all those who wear the black cloth. The black belt should not ever compromise, him/herself, the art that is practiced, or the fellow martial artists that train with him/her. A true black belt will always keep an open mind, be devoted to the art, and never in any way discredit another style or martial artist. In essence integrity is the sum of the first five traits; confidence, control, discipline, respect and humility. These traits build a person's character and strengthens the over all personality in a positive and life long manner.

*In conclusion, to be a black belt, wear the cloth with honour, and dignity, one must be strong of heart, more so than any other trait. Inevitably, the physical belt itself is just a piece of cloth. To truly show the depth of being a black belt one must first tie the belt around his/her heart before tying it around the waist.*

*Note:* Tim Posynick is a personal friend of Mr Anslow & is instructor of North Valley Martial Arts in Canada & a member of the International Alliance of Martial Art Schools.



Visit <http://balder.prohosting.com/enderby2/> for more insightful articles.

# Titans of Tae Kwon-Do Remembered



## Art, Life & Legacy: A Generation Passes

Some of the greatest martial art patriarchs seem to be passing as if they were all called home at once. I was lucky enough to have met some of these men during their lives, yet I feel that I have missed a great opportunity in knowing them better. I am upset with myself for taking for granted that they were here and at some level, believing that they would always be here. I think about my own father, who I am lucky is alive and well, but I know that he will not always be here. That is a frightening thought. Many of you have lost someone close and you know what I mean.

My heart goes out to the Songahm Tae Kwon Do family, the International Taekwon-Do Federation family, the Global Tae Kwon Do Federation family, the members of the Chang Moo Kwan, and the members of the Moo Duk Kwan as they have all lost their fathers recently. Life must continue and the legacy that these men have left literally changed the face of martial arts forever.

In the summer of 2000, Nam Suk Lee, the President of the Chang Moo Kwan, passed away. Grandmaster Lee was one of Byung In Yoon's original students. In 1946, he was appointed as the first instructor of the newly formed Chung Moo Kwan. In 1947, he was appointed as the first instructor of the Tae Kwon Do department of the Korean ministry of communications. In 1961, he was appointed Director General of the Korean Tae Kwon Do Association (KTA). In 1969, he was elected Vice President of the KTA. In 1973, he served on the Council of Techniques for the KTA and was appointed to the executive council of the World Tae Kwon Do Federation. Grandmaster Lee also held the position of treasurer for the WTF and traveled extensively teaching the techniques and philosophy by which he lived his life.

In the fall, Haeng Ung Lee, founder of one of the most successful martial arts organizations in America, the American Tae Kwon Do Association (ATA), died. He knew that he was dying and he used the end of his time here to make sure that he had set a course for Songahm students to follow. Before his passing, he nominated Soon Ho Lee to become the Songahm Grandmaster and outlined a detailed process for him to follow in order to be recognized. I am certain that it was with mixed emotions of pride and regret that S. H. Lee achieved the title eight

months after Eternal Grandmaster Lee's death.

In April of this year, we lost Jung Tae Park, the founder of the Global Tae Kwon Do Federation. Grandmaster Park was a pioneer in Tae Kwon Do and began his training in 1948 before the name of Tae Kwon Do existed. In 1964, he joined the Korean army and became a leading instructor. He spent two years in Vietnam teaching Korean and American soldiers unarmed combat. After his time in Vietnam, he was selected to train the instructors for the ITF in Korea. Grandmaster Park was also a pioneer of Tae Kwon Do in Hungary and Poland, being one of the first instructors ever to teach in these countries. Grandmaster Park was a driving force behind the worldwide spread of Tae Kwon Do. His organization, the GTF, includes members from 78 countries and is truly global.



In June of this year General Choi, founder of Tae Kwon Do died. During his life, General Choi was exiled, imprisoned, sentenced to death, maligned, honored, hated, and loved. I once went into a large and prestigious school in Denver, Colorado, to train while on vacation. The school owner invited me by phone and was very kind but when I arrived, he was not there. Instead, his son greeted me and asked about my background. When I told him that I studied the Chang Moo Kwan-style ITF forms he said, "Oh, you do communist style." The conversation spiraled downward from there.



That was the first time that I heard that phrase, but it was not the last. General Choi was born in 1918 long before there was a North or South Korea. Tong Il, or unification, of the two countries was his fondest wish. He saw the healing that Tae Kwon Do training is capable of and hoped that by sharing this all-Korea martial art with the people of the North, it might provide a common experience that

would hasten the unification. The South Korean government ordered him to stop and threatened to pull his visa and the visas of all of his instructors. He made an unbelievably difficult decision and one that would shape the rest of his life and the landscape of Tae Kwon Do forever. He refused. You know the story: South Korea recreated the World Taekwondo Federation, changed all the forms and, basically, started over. There has been a rift between ITF (traditional schools) and WTF (sport Tae Kwon Do schools) ever since. Regardless of the side you grew up on, it is undeniable that General Choi, Hong Hi dedicated his life to sharing Tae Kwon Do with the world.

In July, Hwang Kee, founder of Moo Duk Kwan and Tang Soo Do died. When he was born, his parents named him Star Child because they knew he was destined for great things during his lifetime. When Hwang Kee was 22, he had his first formal martial art lesson. I think about how many students express to me their sincere wish that they had begun their martial arts experience earlier and then I think of Hwang Kee. Every time he asked a teacher for instruction, the teacher denied his request because he was too young. Hwang Kee's first instructor was Yang Kuk Jin who accepted him only after Hwang Kee visited his house every day and asked to be his student. Hwang Kee was only able to train with Master Yang for a little over a year before he had to return to Seoul. Years later, Hwang Kee went back to train with Master Yang but in 1946, China became a communist country and Hwang Kee was cut off from his master. He worked for a railway company during this time and studied on his own from books that he found in the library including books on Okinawan Karate and a 300-year-old text called Moo Yei Do Bo Tong Ji. He was a true scholar and he will be missed.

"The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

"Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life." Choi Hong Hi (1918-2002)

### Extra Note by Mr Anslow

It seems we are coming to the end of an era. The

founders of many arts are long past, some more recent than others, and now the founders first pupils are now passing and to me these were the links between the 'origins' & us! (if you get what I mean) & thinking of such an era as passing I find quite saddening!

For those who have never seen the below in action I suggest you seek out footage as I feel their likes will never be seen again, they represented the best the arts had to offer. Its not that we will not have great martial artists, but there is something that surrounds the above, an aura of sorts, that I don't feel will ever be replaced. These were my personal inspiration, which came in many forms, but nether-the-less have inspired me in one way or another, so as well as those Taekwon-do masters mentioned previously, here are some other masters that should never be forgotten. I dedicate this page, to preserving their memory and forever recognising their invaluable contribution to our beloved martial arts.... may they forever be remembered



### Master Gichin Funakoshi

1868 - 1957

Founder of *Shotokan* Karate. Writer of the inspirational book 'My Way Of Life'

### Sensei Keinosuke Enoeda

1935 - 29th March 2003

'The Shotokan Tiger'

To me personally Sensi Enoeda was held in the highest regard & respect ever since my early martial arts days when I saw him perform, his Kata's were amazing to watch.



For those that have ever seen Sensi Enoeda in action you will agree the name 'Shotokan Tiger' was well placed.

### Masutatsu Oyama

1923 - 1994 Founder of *Kyokushinkai* Karate

Known as 'The God hand'

If he hit you, you broke. If you blocked a rib punch, your arm was broken or dislocated. If you didn't block, your rib was broken



### Master Han Cha Kyo - Born 1934

Of Chung Do Kwan extraction, covered Hong Kong and Singapore ITF under Gen Choi's direction. Han Cha Kyo was the creator of Hwa Rang tul and was part of General Choi's demonstration team to Japan in the 60's. He is also credited as one of the pioneers in the early 60s for back turning kicks and back kicks in TKD.





BRUCE LEE 李小龍

# Yin & Yang

by Bruce Lee (Oakland, California)

The Yin & Yang is one of the most universally recognised symbols. But what does this symbol have to do with the martial arts?

Here is a young Bruce Lee's view, taken from his first book "Chinese Gung Fu" when he was unknown by the masses.

The basic structure of Martial arts is based on the theory of Yin & Yang, a pair of mutually complementary forces that act continuously, without cessation, in this universe. The Chinese way of life can be applied to anything, but here we are interested in the relation to the martial arts.

The black part of the circle is called Yin. Yin can represent anything in the universe as: **negativeness, passiveness, gentleness, insubstantiality, femaleness, moon, darkness, night, etc.**

The other complementary part of the circle is Yang, which represents **positiveness, activeness, firmness, substantiality, maleness, sun, brightness, day, etc.**

The common mistake most people make is to identify the Yin & Yang symbol as dualistic; that is Yang being the opposite of Yin, and vice versa. As long as we separate this "oneness" into two, we won't achieve realisation.

Actually, all things have their complementary part; it is only in the human mind and its perception that they are being separated into opposites. The sun is not the opposite of the moon, as they complement each other and are interdependent of each other. In a similar way, male is but the complement of female; for without male, how do we know there is female, or vice versa.

The "one-ness" of Yin & Yang is necessary in life. If a person riding a bicycle wishes to go somewhere, he cannot pump on both the pedals at the same time or not pumping on them at all. In order to move forward, he has to pump one pedal and release the other. So the movement of going forward requires this "one-ness" of pumping and releasing. Pumping then is the result of releasing and vice versa; each being the cause of the other.

In the Yin & Yang symbol there is a white spot on the black part and a black spot on the white part. This is to illustrate the balance in life, for nothing can survive long by going to either extremes, be it negativeness or positiveness. Therefore, firmness must be concealed in gentleness in firmness, and that is why a Gung Fu man must be pliable as a spring. Notice that the stiffest tree is most easily cracked while the bamboo will bend in the wind.

So in Gung Fu, or any other system, one must be gentle yet not give anything away completely; be firm yet not hard, and even if he is strong, he should guard it with softness and tenderness. For if there is no softness in firmness, he is

not strong; in a similar way, if one has firmness concealed in softness, no one can break through his defense.

This principle of moderation provides a best means of preserving oneself, for since we accept this existence of one-ness (Yin/Yang) in everything, and do not treat it dualistically, we thus secure a state of tranquility by remaining detached and not inclining to either extreme. Even if we do incline on one extreme, be it negative or positive, we will flow with it in order to control it. This flowing with it without clinging is the true way to get rid of it.

When movements in Yin & Yang flow into extremes, reaction sets in. For when Yang goes to the extreme it changes Yin; and when Yin (activated by Yang) goes to the extreme, it returns back to Yang (that is why each one is the result of the other.) For example, when one works to the extreme, becomes tired and has to rest (from Yang to Yin). After resting, he can work again (Yin back to Yang). This incessant changing of Yin Yang is always continuous.

The application of the theory of Yin & Yang in martial arts is known as the "Law of Harmony", in which one should be in harmony with, and not against the force of the opponent. Suppose 'A' applies strength on 'B', 'B' shouldn't oppose or give way to it completely. For these are but the two extremes of 'B's' reaction. Instead, he should complete 'A's' force, with a lesser force, and lead him to the direction of his own moment. As a butcher preserves his knife by cutting along the bone and not against it, a martial artist preserves himself by following the movement of his opponent without opposition or even striving.

This spontaneous assisting of 'A's' movement as he aims it will result in his own defeat. When a martial artist finally understands the theory of Yin & Yang, he no longer "fusses" with so called "gentleness" or "firmness"; he simply does what that movement requires him to do. In fact, all conventional forms and techniques are all gone, his movements are those of everyday movements. He doesn't have to "justify" himself like so many other masters have, claiming his spirit or his internal power; to him cultivation of the martial arts in the long run will return to simplicity, and only people of half-way cultivation brag about themselves.



# Lua, the Hawaiian Art of Bone Breaking

Hawaii is a tropical paradise. Tradewinds blowing across sun-warmed beaches, rainbows over blue ocean surf, green mountains lush with verdant foliage. It has been this way for thousands of years. But in pre-contact times, war between island kings often resulted in bloody battles for sovereignty. The martial art of the ancient Hawaiian warriors is the fabled art of lua\*.

Lua encompasses both the armed and unarmed combat techniques of the ancient Hawaiian warriors. Isolated from outside influences, lua developed methods for fighting with wooden weapons and bare hands. The bone breaking techniques lua is known for resulted from battlefield expediency--break your opponent's bones, and he can fight no more.

## Army Men

Many ancient cultures developed martial ways as part of a military regimen. Best known are the Japanese arts of sumo, jujitsu, kendo, kyudo, and naginata-do, derived from samurai ryu, or schools of martial knowledge. African tribes such as the Zulu and Masai trained in the use of the spear and shield, and developed devastating close-combat prowess using the assegai, or short spear.

Back in the Pacific, the Filipino martial arts of arnis, escrima, and kali grew out of the combat training given to village fighters. Since fighters would need to be trained quickly during times of inter-village strife, or to protect against bandit attacks, the Filipino martial arts taught techniques using the weapons that were at hand--a short length of rattan cane, or the ubiquitous machete.

## Sticks and stones may break my bones...

This brings us to lua's famed bone breaking techniques, used with or without weapons. Lua is said to have encompassed over 300 techniques to break bones and dislocate joints without the use of weapons. Unarmed combat used joint manipulation, much as in jujitsu, and striking, much as in karate, kung fu, or tae kwon do.

Stories abound of how the adept lua practitioner would strike nerve centers in his opponent's body to render his opponent's limbs limp and useless.



The warrior would then start from the opponent's hand and work his way up the arm, dislocating joints and breaking bones. Some practitioners could reverse the damage they caused by massaging pressure points and joint adjustment, seemingly a precursor to the lomi lomi massage and chiropractic care of today. Most of the time, though, the opponent was left to perish.

It's interesting to note that lua contained techniques seen in other martial arts, even though the Hawaiian Islands were isolated for centuries. Pressure point striking is found in kung fu and karate, and is related to the ancient Chinese medical art of acupuncture. Joint manipulation in fighting can be seen in kung fu, jujitsu, judo, aikido, and hapkido, among others.

King Kamehameha, the monarch who united the Hawaiian Islands under his rule, was renowned for his fighting ability. It was said that the king could lift stones no other man could lift, and was undefeated in single combat.

Naturally, as king he undoubtedly was taught lua techniques that no other warrior could learn. I guess there are some perks to being king, huh?

While this bone-breaking focus might sound brutal, remember, this was war! Defeat meant the loss of one's kingdom--and certain death. And that included the loss of entire islands, not just a beach front condo in Waikiki.

## A Lost Art

Today, the ancient arts of lua are almost gone. In ancient times, it was kapu (forbidden) to teach lua to non-royal warriors. In later years, kumu (teachers) would instruct only native Hawaiians. Very few instructors of lua exist today--but without their teachings, lua will become yet another island fable.



# Whats the difference between a Front Kick & a Front Snap Kick

by W. Rhee



## One scenario:

Front Kick = Any kind of front kick

Front Snap Kick = A type of front kick

## Another scenario:

Front kick refers to Front Snap Kick since it might be the only type of front kick used at that school.

## Types of front kicks as I know it.

Many off shoots of TKD fostered different style instructors and different names which added to the confusion of terms. In the traditional TKD by Gen.

Choi, front kick referred to just any front kick by context. If you were doing front snap kicks and the instructor says, "do the front kick again", you did the front snap kicks. Here are some front kicks I can think of right off the bat.

They describe only type of front kicks. They are \*not\* in combination with side or round kicks. Not all kicks listed below are used in all TKD schools.

: Front rising/raising kick (no bending at the knees)

: Front snap kick (snaps at knee and comes back) x  
(ball of foot, tip of toes when wearing shoes)

: Front thrusting kick leaning back

: Front thrust kick leaning forward

: Front twisting kick to side (ball of the foot, snapping kick)

: Front thrusting kick to side (heel of the foot, pushing or snapping kick)

: Front kick (in-step of foot for kicking groin)

: Front twisting kick to face (ball of the foot angled straight upward, kicking knee is bent)

: Front axe (outside in) shaped like a "D"

: Front axe (inside out) shaped like a "reversed D"

: Front crescent (outside in) shaped like a "C with open end down"

: Front crescent (inside out) shaped like a "C with open end down"

: Front sweeping kick (starts as if kicking low front then hooks in or out to the side)



: Double front kick (in stationary position then you jump and both feet strike the target- this is found in Master Stuart Anslow's video, [www.raynerslanetkd.com](http://www.raynerslanetkd.com))

: Front "flutter" kick. Continuous multiple alternating (left-right-left-right or right-left-right-left, etc) while on ground or in air. Good for points in tournaments.

: Add a hop to all of the above

: Add a "shuffle" to all of the above (used in tournament competition)

: Add jumping to all of the above

: Add low, medium, high to all of above

: Add retreat/step back to all of the above

: Add repeated same front kicks to all of the above (continuous without letting the foot touch the ground)

: Add repeated same front kicks to all of the above (continuous by touching the ground for "chambering")

: Add combinations of different front kicks (eg. front snap & axe kick, front snap



: Do the above by doing the kicks with the front foot (i.e. lead foot)

: Do the above by doing the kicks with the rear foot (i.e. rear foot front kick)

: Do the above by advancing forward with one side only (i.e. left side) or by alternating sides.

When training the above, I prefer practicing with bags ranging from 20lbs (focus) to 40 (both focus and power) to 100 lb (power). My training preference is kicking bags over the focus pads since the kick to the bags (especially the

40 lb. ones) make a good simulation of a human target. Your preference may vary.

I might also add that there are about 5 ways of doing basic front kicks.

## 1. Without power (for acceleration, feints, or focus)

Training method: Do kicks with a stationary bag. The bag is barely touched. The purpose is focus.

## 2. With power thrusting (pushing effect)

Training method: Swing the bag as far back as possible,



and when it comes full speed at you, kick it so it gets "pushed" back.

### 3. Snapping kick (whipping effect)

Swing the bag as far back as possible, and when it comes full speed at you, kick it so the chain "wails" upon impact, the bag goes back but "shudders" upon impact from your front kick.

4. "Jamming kick" a modification of #2 & #3. It stops just at the right point of impact as the bag comes in. Somewhere between a thrusting and a snapping front kick. Good timing is required.

**Training method:** Swing the bag as far back as possible, and when it comes at full speed towards you, kick the bag so the bag stops "dead still" upon impact.

5. **Accelerating**, this comes by various movements. Leading with alternate foot by accelerating, rotating body (twirls), chambering with hips, leading with punches, combinations of several movements, etc. A slight upward rising movement (what some ITFers call sine wave when exaggerating this movement) also helps.

**Training method:** This is for speed and can be done in many different ways (eg. two full body spins to deliver the kick, one full spin plus a one full counter spin before kick, to deliver the kick- running forward, leaning forward, continuous drills. etc).



*Note: W. Rhee is a personal friend of Mr Anslow. More of his insightful articles can be found at [www.raynerslanetk.com](http://www.raynerslanetk.com)*



# A Winners Responsibility

John couldn't believe that he was actually on his way to becoming a Black Belt. It had seemed so impossible just a few months back when he had talked to his instructor about starting his training. Since then, he had practiced every day and worked especially hard during class. The work had been hard, but it was paying off.

An announcement arrived at his school concerning a famous Martial Artist who would be appearing at a local shopping center. It was to be a great display of the martial arts with a performer who had appeared in some recent action films. John was anxious to see someone who had become successful in the martial arts field.

The day of the performance was sunny and hot. John found himself standing with the other students in the middle of a large crowd in the shopping center parking lot. The show was to have started a half hour ago, but the announcer kept saying that the main attraction had been delayed. Finally,

with a great flourish, the man they had been waiting for appeared on the stage and started to go through a series of kicks and punches without ever acknowledging the crowd. In fact, John thought he looked rather bored.

After only ten minutes, the man left the stage. Someone asked the announcer where they would be able to meet and speak with the performer. The announcer told the crowd that the man had quite a busy schedule and wouldn't be available.

John thought about this person who was supposed to be someone who commanded respect in his field. He thought about the hard work it takes to be a Black Belt. Then he looked over at his instructor. His instructor was a Black Belt. Sure, he hadn't starred in any action films, but he was a man who was definitely respected. John wanted to be a winner and be successful, but not like the man on the stage. He knew that to really be a winner, he was responsible for how he used his training.

The man on the stage had forgotten that. John promised himself that he would never forget.



# 2003: A Year In View

by Mr Anslow

Its been a fairly busy year for both myself & the Academy! Did you miss it all? If so where were you?

In **February** I visited Chris Galea in Malta & attended a martial arts seminar over there following an invite from Chris (which featured ninjitsu that actually looked good, as well as Chris's Shotokan, Wing Chun, Budo, Kick Boxing & Jui Jitsu). But the first big thing of 2003 for Academy students was the **March** grading which brought out an A level & O+ level passes, which was excellent, this was followed the day after by the first of the Kick It tournaments.

At the beginning of **May** we held our annual tournament at the Academy, 'Taekwon-do Explosion 2003', which by all accounts was the best yet. The Explosion saw Firooz Nadiree winning the over-all competitor award & gleaming £100 worth of Blue Eagle equipment. Firooz also won 'Best Junior Competitor', while Justin Goh won 'Best Senior Competitor', something which they should both be proud of as they were not voted on by any of Rayners Lane Black Belts.



This was shortly followed by a well received 'Pressure Point' Seminar by Rick Clark, 8th dan, from the USA, which those who attended found both painful, & interesting.



Then in **June** we had another successful grading, with no less than 7 students obtaining O+ level passes.

On **June 24th**, Logan Daniel Anslow was born & instantly became the apple of his daddies eye. He's already in training so watch out!



In **July** students attended the 2nd Annual kick it event.



Unfortunately I couldn't attend, so Mr Gautam took the reigns & led the crew into battle, again with many students doing really well.

Early in **September** we had our 3rd grading of the year with some good all-

round O level marks, but only two students achieving an O+ level marks, so there's always room for improvement.

Also in **September** we had a visit from Colin Wee, all the way from IAOMAS Australia, which was great for the Academy as he took a class & fantastic for me personally to actually meet up with Colin in person. Colin also presented me with a certificate for work in diplomacy on an international level with the IAOMAS, which I was humbled by.



**September** was quite a big deal for myself & Mr Gautam as we started teaching at the John Lyon School to a class of 53 students (the majority of which were beginners in martial arts). I believe that this is a first in this country as its not an 'after school' class, but actually within the school day, as a weekly part of their curriculum. This reminded me of the early military days, when Taekwon-do was spread throughout the Korean army to large squads of privates.

**September** also saw a change in class schedule, splitting kids & adults & junior & senior grades which was warmly received by most students. It was necessary due to class sizes & to enhance teaching levels, but I know a few had some problems due to their vast extra-curricula agendas, but we have tried to accommodate all students where possible.

In **October** we attended the UKTA Open with some disappointing results in the Patterns divisions (due to the marking, not the students performance I should add), but many of the same students took home golds in the sparring as they literally tore the competition apart.



Also in **October** I was fortunate enough to be nominated & receive a Combat Magazine 'Hall Of Fame' Award which was nice.

Another big day for me personally was **October** the 30th, as me & Julie (whom many of you know) finally tied the knot & got married.



**November** saw an historic



event when Rayners Lane hosted the '1st International Alliance Of Martial Art schools Seminar', an 8 hour seminar that was very much enjoyed by all that attended.



Also in **November** we received a visit from Axel Markner, Alexander Hartmann, Debbie Paterok, Heidi Hartmann & 8 other students from IAOMAS Germany schools who trained along side us, which was great.

Then in **December** the final grading of the year was held with some very good results, (eight O+ level passes, one a whisper away from an A).

2003 was also a good year in the martial arts press, in **January's** 'Taekwon-do & Korean Martial Arts Magazine' there was a Kick It Championship 2002 Report. In **July's** 'Budo International / Black Belt UK Magazine' there was a feature on the 'International Alliance Of Martial Arts Schools'. In the **August** edition of 'Taekwon-do & Korean Martial Arts Magazine' there was an article on the Rick Clarke Pressure Point Seminar with some nice photos of Parvez & others in pain!



In **August** 'Martial Arts Illustrated Magazine' featured an article called 'The Current State Of Taekwon-do' which was a write up of a poll from the web site & again featured many Academy students in the photo's. **Combat Magazine** in **September** featured an old article I'd written called '10 Tips for Successful

competition' but listed it under someone else's name (arrh!) but still has Peng & some others pictures on it!

Taekwon-do & Korean Martial Arts Magazine featured a massive 8 page spread report on Taekwon-do



Explosion 2003, featuring pictures of all the medal winners & many more of Academy students & other competitors in action, which was great.

In **October** 'Taekwon-do & Korean Martial Arts Magazine' featured another old article of mine, titled 'Taekwon-do Blues', whilst in the same month **Combat Magazine** featured 'Get Motivated! : How To Achieve Your Goals using Martial Arts' which I again wrote some time ago, again all with students pictures abound.

In **Decembers** **Fighters** magazine there was a feature on Mr Wee's visit to our dojang.

All the above articles & pictures can be found on the web site & back issues are usually available by calling the magazine direct

**Just for the record**, in 2003 we entered 4

competitions, but brought back a total of 39 Golds, 27 Silvers & 27 Bronzes (that's 93 medals in total!), which is pretty good I'd say & says a lot about the overall standard of students at the Academy. A good majority of students passed through the junior ranks into senior grades which is, of course great & quite a few new students started at the Academy which is always good to see, I hope you all keep it up, to & beyond black belt!.

**Dev** I think had the most training injuries this year, followed by **Peng & Parvez** I believe (unless they are just all whiners :-), although nothing major luckily. Both **Charlotte & Kanai** broke bones, as well as **Colin** who broke his finger the day before a tournament! **Charlotte** broke her leg & **Kanai** his collar bone by the way, neither were Taekwon-do related.

**Good Points of 2003:** Logan being born, getting married, seeing the standards of students flourish in the tournaments, meeting loads of great martial artists at the IAOMAS seminar, making history at the John Lyon School & seeing some of the students advance really quickly, receiving the 'Hall Of Fame' award, getting Bako in loads of leg locks, watching Justin fall over practising his 540 kicks, getting a photo with karate legend Unel Wellington in fighting stances, seeing consistency in many students, knowing that the Taekwon-do we teach is the real deal! The IAOMAS seminar & the IAOMAS flourishing worldwide, Bakos 'Student of the Month' T shirt, seeing Vijay & David get into the ball game, still flying higher than my students at Taekwon-do Explosion 2003 (come on you lot!), Mr Gautams amazing 3 second jumping back kick win at the Explosion, two students (Dev & Lyndsey) completing their 'Tour Of Duties' & gaining valuable teaching experience, with Justin just starting his!

**Bad points Of 2003:** Having to pull up a few adult students for childish behavior, two students losing their tempers in class, listening to all the excuses of 'I havn't been training because...', watching my students get biased decisions in the pattern sections of a certain tournament, not enough Academy support from parents of young students, some students inconsistency in training, having to disappoint students by not allowing them to grade because of their inconsistency, students not reading the news letters, senior students not starting their 'Tour Of duties' and knowing that we may not be able to run 'Taekwon-do Explosion 2004'!

**So what could happen in 2004?** Well possibly one or two of the students could be taking their black belt gradings (if they put in the training), Mr Ahmad may go for his 2nd degree if he knuckles down to training too, Mr Gautam will hopefully be going for his 2nd degree as well & I may even take my 4th degree. Theres the 2004 World Championships in Ireland, Kick it Tournaments plus probably some others, a seminar with the Army featuring the infamous 'redman' suit, the 2nd IAOMAS seminar plus Im sure a whole lot more to keep you training hard throughout 2004.



# Hee Il Cho - Taekwon-do Legend

Legendary Taekwon-Do kicker Hee Il Cho was about 10 years old when he started studying martial arts. That was back in the 1950s when Korea was in a state of chaos because the Korean War had just ended. The people were poor and undernourished. Cho and his family lived in a small, poverty stricken city called Pohang. Until fairly recently, it used to take Pohang people 12 or 13 hours on a train to reach Seoul, the nation's capital.

Back then, Koreans used names like subak, tang soo do, kong soo do and tae soo do to describe their fighting arts. "After the Korean War, Gen. Choi Hong-hi said people should get rid of all the names and call it Taekwon-Do," Cho says.

In the '50s martial arts training wasn't for exercise, he says. It was for survival.

"Although they were not really gang members, young people used to roam from town to town and beat up kids and take away their toys," Cho says. "One time I was beaten up by some boys around 12 or 13 years old. At the time I thought it was pretty bad, so I wanted to protect myself." Taekwondo turned out to be the answer.

Martial arts training facilities were very basic then, Cho says. "The buildings had a roof, but sometimes they didn't have walls. The floor was dirt. Many children didn't have shoes, so we all walked around barefoot."

Instructors did not know the proper way to teach martial arts. Instead, they merely followed the ways they had learned from their own instructors. "There was no master teaching philosophy or how to behave," Cho says. "It was all physical. We would just spar or stand in line and follow the leader. No questions were asked because that was considered disrespectful. Traditionally in Korea, the father was the king of the home, and no questions were asked of him. Martial arts were taught that way, too."

Whenever Cho or his classmates got out of line, their instructors, often just 14- or 15-year-old kids, would give them a painful reminder of their mistake. "There was a lot of physical punishment, Cho says. "Sometimes they would



just keep hitting us. We would get black and blue. Everything was very disciplined. Today, I look back on it as good training, but no kid would do that these days. They would quit right away and never go back.

"But in those days, the only way to survive was to get tough," Cho continues. "So it didn't bother us that much. Hunger was a natural thing; we ate maybe once a day. Your character becomes stronger when you have to go through hardships like that."

As far as martial arts techniques go, the basic principles of what Cho learned then in Korea were the same as what he teaches now in America. "But taekwondo has changed so much since I started," he says.

"The training methods were very primitive then, not based on a scientific approach as they are today. The



instructor would say, 'Block this way, kick this way, punch this way,' and no questions would arise.

"In the old days, we had only the front snap kick, roundhouse kick, side kick and jumping side kick," Cho continues. "And the kicking method was different. It was not as technically good as it is today. Today's method is much better. The only things better then were the discipline and respect that were taught."

Another thing that is better nowadays is the overall effectiveness of the martial art. "These days, many people work out and are physically strong, but in those

days, people were weaker; to defend yourself, you did not have to be such a skillful fighter," he says. "So I don't think the art was as effective as it is now. Students used to punch hard surfaces and make their knuckles big. The



training was tougher, but not as skillful."

Even the kids conditioned their hands because they followed the example set by their seniors without ever wondering if it would harm their body 20 or 30 years down the road. "Then it didn't matter if you did it at such a young age, but now people say you will mess up

your hands or develop arthritis," Cho says. "I, too, conditioned my hands, but I haven't had any problems so far."

Cho used to train six days a week for one and a half or

two hours a day. Unfortunately, all his time was not spent at maximum efficiency. "Training is like driving a car - you have to put gas in your tank," he says. "In those days, because of malnutrition, many things were not so effective. After training we would get dizzy because we didn't put anything into our body. That's not the way people should work out."



Sparring used to take place daily with no protective pads. "We punched and kicked as hard as we could - not to smash someone's face, but sometimes noses got broken," Cho says with a smile. "In any physical confrontation where you have two people sparring, at first they say, 'Let's use control.' But as time goes by, it's natural for them to start hitting each other harder."

All that hard sparring would seem to be ideal preparation for tournaments, but for most martial arts students in the '50s that was not the case. "Korea had only one or two national tournaments a year," Cho says. "We seldom participated in them because they were held in Seoul, and travel by train was very difficult. But we did take part in local tournaments."

Today, looking back on his tough childhood in Pohang, Cho believes that perhaps he was fortunate to have experienced all those hardships. "It makes you more appreciative of the most valuable things, like the love of your parents," he says.

"These days kids have almost too much; that can make them less disciplined," Cho says. "A certain amount of hardship helps people know how to live life properly."

## TAEKWON-DO and I



### An Acrostic Poem

By *Abhijay Sood* (6 years old 8th Kup)

Taekwon-do is fun and hard  
 Always training even if you are tired  
 Exciting all the time  
 Keeps you fit  
 Which makes you very strong  
 On Saturdays and Wednesdays  
 Never ever give up  
 Do lots of games, punches and kicks  
 Over an hour and a half!

## Natural Ability

by *Hoi Kwan Lee*



"We can't all and some of us don't. That's all there is to it." Eeyore in *Winnie the Pooh*

Ever notice how some people in your belt level just have a certain knack or talent for karate? They may be people who have been training the same amount of time as you have and yet you can tell they are a few steps ahead of you. Maybe they move very gracefully and effortlessly during a kata, maybe they have squeaky clean technique during basics, or maybe you secretly dread sparring with them.

The fact of the matter is that we are all built differently with varying natural abilities. By natural ability, I'm referring to the mental and physical traits that are endowed upon us when we are born; the tangible and intangible things that we carried with us when we first stepped onto the dojo floor as white belts. It's a little hard to describe but it's very easy to notice. It goes without saying that people who have a ton of natural ability have an advantage in their karate training.

But what about the rest of us? As Sensei says, those of us with less natural ability need "to work the system more". In other words, we cannot rely on our own personal traits to give us an advantage. We must use more of our karate training to complement our lack of natural abilities. We do not adapt ourselves to karate -- if this were the case then only the biggest, baddest, and fastest people would ever be allowed to train in karate. We adapt karate to ourselves. The first step in this process is to first recognize your limitations. As the Zen saying goes, "to accept your limitations is to move beyond your limitations".

I'm going to frame my discussion in the context of kumite because it is where natural ability is the most apparent. I think that most of us have a specific person in the dojo with whom we just dread sparring. As you become acquainted with your fellow karateka and begin sparring, you quickly find out who the warriors, or natural fighters in the dojo are. My "dojo nemesis" is a certain taller and faster senior belt who has a lot more natural ability than I do. He thwarts my attacks fairly easily, he has great reflexes, he is unpredictable enough to keep me guessing, he manages to hit me in places I thought were protected, and he quickly capitalizes on the mistakes that I make. To make things worse, he's also taller and faster than I am. So, every time we spar he always rides roughshod over me and I've only been able to score on him once in the 2 years that I've been here (yes, I've been keeping track!). As I moved up the ranks I noticed that I was having trouble sparring with certain people and I gradually became dissatisfied with my sparring. I began to think "oh if I were only lighter and faster I'd be better" or "gee, maybe if I learned some fancy combinations I might improve". I had this premature image of myself one day becoming fast and dynamic at sparring. So, for a time I

was trying to be as fast as possible and started experimenting with spin kicks. As a result, my technique became sloppy, I was overcommitting myself during my attacks, and worse of all I was becoming impatient. In addition, I was throwing very ineffective spin kicks. It was only later that I realized I was trying to be a different person than who I was. By accepting the fact I was a slow person, I was able to adapt my sparring to myself instead of vice versa. Now, I am more patient, I rely on the "bread and butter" techniques that work for me and stay away from those that don't.

In spite of this improvement, I am still not a natural fighter by any stretch of the imagination. Some days I feel as klutzy as I ever did and the more adept junior belts can still make my life difficult. So is there any hope for people with little or no natural ability?

Absolutely. Although I'm totally unqualified to say this (after all, I've only trained for two years), I believe that if you train long and hard enough, you will eventually begin to develop some natural ability at karate.

I read an interesting article a few weeks ago about how the movie Star Wars borrows a few ideas from our culture. The concept of the Force is actually from Chinese Taoist philosophy. It teaches a concept called wu wei which means 'creative quietude'. If your actions are in accord with the Tao, then you will perform the right action without effort when the time arises. So, when Luke uses the Force, turns off his targeting computer, fires his missiles manually, and blows away the Death Star without even breaking a sweat, that was wu wei.

The Japanese word "Do" is exactly the same as the Chinese word "Tao". Since we are practitioners of a Do/Tao, I would venture to make a direct connection between these two systems. That is, I am claiming that wu wei is directly relevant to Karate. If our actions are in harmony with the Do/Tao of Karate, then we will perform the right actions effortlessly. In a crude sense, if we always maintain our balance, turn our hips with our gyaku zuki, chamber the leg before and after our kicks, stay within 30 to 36 inches, and all the other fundamental principles of Karate. We will do the right thing at the right time without effort.

In Sensei's illustrious tournament career, he has had rare experiences where he gets a premonition on what his opponent is going to do next. In one example, he told us that "it was as if somebody in the audience held up a sign that read 'He's going to throw a front kick!'". So, gedan barai -- "thank you"-- gyaku zuki, end of fight. I experienced wu wei myself in a sparring match that still surprises me to this day. As I've said, I am not a natural fighter. I'm somewhat sluggish, slow to respond, slow to react to opportunities, and feel downright clumsy at times. When I was a blue belt, I had to spar against a brown belt who was around 6 feet tall and over 200 lbs.. In other words, he was taller and heavier than I was. Since I had never sparred with him before, I had to feel him out in the first minute to see what he could do. He

lumbered around like the giant that he was but he had an impressive hook kick. I noticed that while he was fast in throwing it out, he was slow in bringing it back. I also noticed that he liked this technique and threw it fairly often. Since you don't have time to think in a fight, I just filed this information away. Then, I suffered one of those lethal lapses in concentration that I often get where I just sit back on my heels and don't react to what's happening. I can't remember seeing what happened next but -- wham! He nailed me on the left side of my head with a hook kick off his lead leg.

The first thing that came into my mind was "Ugh, he kicked me in the head!". What happened next was unforgettable. Usually when I get hit, I have the bad habit of immediately retreating and regrouping. What surprised me was that this time I charged forward to tackle him without consciously thinking about it. I was in cruise control and my legs just moved underneath me. Since he was slow in retracting the hook kick, I was able to catch him while he was still standing on one leg and knocked him off his feet.

Since I was still feeling a little woozy, I lost my balance and fell with him. My next thought was turn the match into a groundfight but the match was stopped.

In principle, I did the right thing: as the shorter fighter an opportune moment to strike is when the taller, slower opponent has finished throwing a kick. However, given the manner in which I reacted, I would hesitate to call it a true case of wu wei. First of all, if it had been a real fight, I would have been lying on the ground with my lights knocked out. Secondly, since I was the lighter, weaker fighter, I would have been at a huge disadvantage in a ground fight. Nonetheless, for that brief moment in time, I felt like a natural fighter. I took what my opponent had given me and turned it back into his face. I reacted without hesitation and did the right thing effortlessly (even if somewhat ungracefully). It was a great feeling and it also gave me hope: if I train long and hard enough Karate-do will become natural to me one day. This thought echoes what Sensei says about natural movement: we all begin as white belts with a lot of natural movement and no technique and gradually progress to a point where we have a lot of technique but lose a lot of natural movement. The next and final step is to regain our natural movement with our technique. As human beings, we are all capable of moving naturally.

With enough training, Karate can become as natural as walking down the street and you don't need any natural ability at all to do that.

Since that match, I have yet to experience that feeling again. But, having experienced it, I now know what I'm looking for and what I'm trying to achieve with my training. So, if you're feeling clumsy and wondering how you'll ever do well at Karate, don't get discouraged. It will come -- naturally. [Author's note: I do not recommend getting kicked in the head as a means of enlightenment].

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