

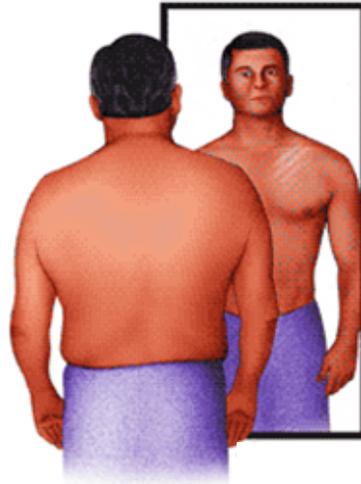


RAYNERS LANE Taekwon-do Academy



CHRISTMAS MAGAZINE





Man In The Glass

When you get what you want in your struggle for gain
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say!

It isnt your father or mother or wife
Whose judgment upon you must pass
The one whose verdict counts most in your life
Is the man staring back in the glass.

Hes the one you must satisfy beyond all the rest
For hes with you right up to the end
And you will have passed your most difficult test
When the man in the glass is your friend.

You may be the one who got a good break
And think youre a wonderful guy
But the man in the glass says youre only a fake
If you cant look him straight in the eye.

You may fool the whole world down the pathway of years,
And get pats on the back as you pass
But your final reward will be heartaches and tears
If youve cheated the man in the glass.

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Contributors

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IAOMAS: Gordon Travers, Stacy J Huffman, Oliver Van Overbeek & Amber Turner

Others: W Rhee & Craig Read

- Many Thanks -



CHRISTMAS MESSAGE

Let me start by thanking all students for the hard work and effort they have put into their training throughout 2004. 'Hard work pays off' is the saying and how true it seems to be, the skills and competition results (43 Gold medals from 5/6 competitions from an average of 14 entries each time) simply speak for themselves.

2004 has been an eventful year, a fair few competitions, a World Championship, great seminars and great visitors, but above all, solid training, resulting in solid skills, real martial spirit and a great academy, full of great students! As an instructor, I couldn't ask for more...

... or could I! Well, yes I could actually! My biggest gripe of 2004 is parents, not to do with the Academy per se, but supporting their children away from the Academy. Your child works real hard and deserves your support; it would be nice to see some more parents attend some tournaments. The under 16s from the classes that competed this year won World and British Championship medals, medals at other tournaments and most without their parents seeing the joy on their faces knowing all their hard work has paid off! You really are missing something special.. This is a great shame!

On the subject of young students and competition, many are maturing in skill levels now and it would be good for them to step outside the safety of the dojang and into the competition arenas! It helps in so many ways, from refining skills, to understanding and handling defeat, in order to make one a better martial artist.. Even if only a little martial artist!

It was great to meet all the IAOMAS guys this year, I really don't think many realise how lucky we are to firstly have them visit us and secondly, to have them visit us being the great people they are! I would however, like to see travelling students from the Academy visit other IAOMAS schools when the chances arise!

A couple of points of note in 2004 are Justin completing a years 'Tour of Duty' and Dev almost two! Quite an achievement, that, whilst being a requirement for black belt (a minimum 3 month tour) it will set them in such good stead should they ever run dojangs themselves. I would like to thank both of them for their help in the kids classes throughout the year.

As most of you will know 2004 was the year that I became a full time instructor. This was quite a scary thing, but something I had always wanted to do and in the end circumstances pushed me forward. It had been (and still is) an up and down/give and take process), which will be proceeding onwards through 2005, but those who made efforts to cap their training fees should be well looked after! The next big thing is perhaps a full time dojang.. maybe one day eh!

I would like to thank both Mr Ahmad and Mr Gautum for covering classes during 2004 ensuring that students were able to either attend events or train if they were not. It is not easy teaching and I am grateful for their efforts and support. And of course, Mr McCarthy, Mr Clarke & Mr Gautum again for all the grading work & assistance they have done through the year.

Amongst the new students this year (welcome to you all) it was nice to welcome Tom from Poland, who has joined the Academy, already an accomplished 1st kup. You can read more about Tom in the magazine. This year we welcomed quite a few new students and I hope as time goes by you all feel part of the Rayners Lane family and enjoy and participate when things happen!

I was hoping to see our first black belts emerge this year, but alas it was not to be, so maybe we will see it happen next year! It takes a lot of commitment, but it may happen!

I would also like to see students utilizing the web site resources more, there are many invaluable items on there, from the grade sheets to training tips to unique articles, please use them, they are there for you!

To finish, I'd like to thank everyone that I may not have mentioned in this short piece, those that give that little bit extra that usually benefits the whole Academy in one way or another, your help, support and efforts are much appreciated and do not go unnoticed.

Merry Christmas and a Happy New Year!

M r S Anstow, III
INSTRUCTOR
RAYNERS LANE TAEKWON-DO ACADEMY



STUDENT OF THE YEAR AWARD 2005

Student of the Year awards are very hard to achieve, this is especially true in an Academy of this nature, as so many students put forth so much effort throughout the year!

The award isn't solely based on one criteria or even a few, but a myriad of different reasons, from consistency in training, to hard work & effort both inside & outside the dojang, to support of the Academy or other students, to achievements, even to personal observations.

It is now the norm for the senior grades to help cast votes on what is a very hard decision. This year, the award has been split in order to make it even fairer. So there is a Junior Student of the Year & a Senior Student of the Year!

As I have said above, the nominations from the senior grades were many & varied, where obviously the personal observations of each played perhaps a small part in their decision process. Nominations were received for Avanish, Charlotte, James, Abhijay & Zuhayr in the juniors class and Sonal, Vijay, Sushil, Fayaz, Justin, Kate & Dev in the seniors class – none of which are in any particular order and all of which were just a hairs breath away from gaining this coveted award!

Any student is capable of achieving this, but it is won by 'realness', you cannot fake it, you cannot pretend, your good qualities will shine through in the end, just as your bad qualities will as well. To win it, simply do your best, do what is right, avoid what is wrong, be consistent, put in real effort, follow the tenets and you may well be up for nomination or even a winner of next years award.

However, this year's awards go to the following students:

JUNIOR STUDENT OF THE YEAR **Ben Clarke**

Ben is a model student inside the dojang and I hazard a guess that he is outside as well. He always trains hard, which shows in his technical standards and grading results, is friendly and supportive of his class mates, is of course consistent in his training and rarely fools around. In fact, as a young martial artist, he is very serious about what he does and I expect he will grow into a very rounded martial artist and human being! Hopefully we will see Ben have a go at competing next year as well and I look forward to the day I see Ben gain his black belt, as I've no doubt that if he keeps his interest up, he will be wearing one, one day! Congratulations Ben, for becoming the 2004 'Junior Student of the Year'



SENIOR STUDENT OF THE YEAR **Colin Avis**

Colin has been at the Academy a number of years now, following a steady pace with regards to grading, gaining decent marks all the way due to it. He is well liked by his fellow students and helpful to his class mates and junior members when needed. Colin is always willing to help out with demo's, gradings and other events that the Academy undertakes, he is respectful to all, polite and committed. Colin can always be seen not only attending tournaments, but doing extremely well at them, in all sections, as many saw with his outstanding performances at the UKTA Open, LTSI Open, Kick Its & the World Championships, surely the mark of great things to come. But, beneath it all, Colin remains very humble, despite his skill level, which has all the hallmarks of a good black belt in the making. Congratulations Colin, for becoming the 2004 'Senior Student of the Year'



Students of the Months of 2004

And what was said...



January Colin Avis

Straight back in at 2004 & Colin is up & ready to go (full steam in fact). No slow pick-up from & through Christmas/December, still looking technically good & setting a fine example to all. Congratulations Colin for being the first Student of the Month for 2004.



February Priya Shah

Priya is doing incredibly well. At yellow belt grade she is technically sound, her patterns are crisp & sparring spot on or even above her level. She rarely misses a class & is a credit to the Academy. Congratulations to Priya for winning the Student Of the Month Award



March Aaron Bennett

Aaron is a good student, recently graded to 8th Kup, always punctual, consistent in both training time & intensity in training, eager to learn, doesn't muck about (except before class with Fayaz :-), a model student all round. All these things have gone towards earning Aaron, this months award. Congratulations Aaron.



April Saphaa Simab

Saphaa seems to enjoy training a great deal, which in turn means she puts a lot of effort into her training. Always smiling & happy with the hard work required, she is coming along well & is an example for other junior students (and some seniors) to follow. Congratulations Saphaa.



May

There was no Student of the Month awarded this month!



June Sharad Najarja

This month's award goes to Sharad as he has really upped his intensity recently. He is progressing at a good rate, trains really hard & is a very regular student. And for that, he wins the Student of the Month award. Well done Sharad!

Students of the Months of 2004

And what was said...

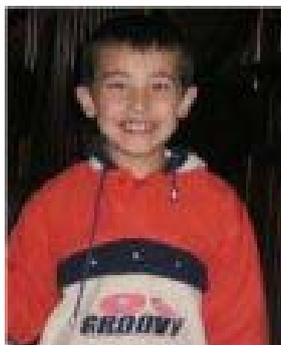


July
Justin Goh

Over the last few months tin has helped out a fair deal. For those who don't know, Justin not only filmed & participated (along with Parvez) in a video section for a new DVD (through the IAOMAS), but edited it all very professionally as well. He has also taken the trouble to ensure he understands the new change over so he can explain things to students and helped out ensuring those not at class have been kept informed, plus a few other bits & pieces for me.

And as always, he trains very hard, very consistently, having not missed any classes last quarter (and I think all year or longer) and is a credit to both myself and the Academy even if he does ramble a bit after blows to the head :-)

Well done Justin, it's well deserved.



August
Krishan Singhal

I was taking the sparring the other day & it was obvious to see just how much Krishans improved. It's so good to see our younger students coming along so well. Not only has he improved his sparring, to be much more courageous & together, but all areas of his Taekwon-do have improved. So this month, Krishan receives the award, well done Krishan.



September
Fayaz Latifi

Though it is still unclear when Fayaz was born, he is very very consistent about training & is there every lesson. This consistency has help elevate his technical level a fair degree & is possibly the most important element in training. I would however like to see Fayaz get involved in outside stuff a bit more like seminars & competitions, but that's simply a hint :-)



October
Sushil Punj

After his excellent performance at the World Championships, which was very much deserving of a medal placing which unfortunately didn't happen, Sushils Indomitable spirit has shone through. In every division he gave a fine account of himself with the results not reflecting the performances. Despite that disappointment and others he still trains & hasn't let them deter him from his goals. So this month, for effort & perseverance and hopefully to make up for the disappointment at the World Champs in a small way, Sushil is this months Student of the Month.



November
Hershal Shah

Hershal is coming along in leaps & bounds. Having recently turned 16 he is now competing in the adult divisions & though he gave everyone a brief glimpse of how well hes doing at the World Championships, he showed everyone just what can be achieved by consistent training when he entered the British Championships and won Gold in his division against some very good competitors! So this Novembers Student of the Month goes to Hershal Shah - well done!



December
Kate Barry

The final award for 2004 (December) goes to Kate Barry, whom despite a long layoff from training (due to medical reasons) has made a great comeback and is training harder than ever. Apart from training hard, Kate has been very supportive of the Academy and fellow students and is an asset to the Academy. I'm hoping the hard work will not falter so that Kate is rewarded for her efforts in the way she wants to be! Congratulations Kate, for becoming Decembers 'Student of the Month'.



How to get to black belt and win medals at competitions!

By Stuart Anslow III



There's an old saying in martial arts that only 2 out of 100 ever make it to black belt, and although that saying is sorely being tested in martial arts circles these days, with lowering standards & 'profit first' Mcdojangs, it still holds true for Rayners Lane Taekwon-do Academy, as we keep the standards very high, expect a lot, which in turn creates excellent, rounded students.

~ *We do not rise to the level of our expectations. We fall to the level of our training.* ~

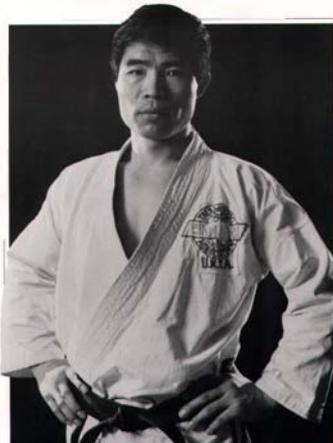
But just what is the secret of getting to black belt? As so many start out with this ideal, many parents have the same ideal for their children and there are lots of options you can take to get you there. First, the not so secret options:-

~ *A true master does not recognise himself as one* ~

If wearing the belt around your waste is the most important thing, simply go to the shops and buy one, its that simple, until someone reminds you that a black belt is not something you wear, its something you become and is something that should be earned through blood, sweat and hard work!. Besides, a true black belt isn't worn around the waste, it is worn around the heart!

~ *Two roads diverged in a wood, and I took the one less travelled, And that has made all the difference.* ~
Robert Frost

You could consider the path at Rayners Lane Academy to be very hard, with too many obstacles, so you could quit, join another club which is easier on you, that doesn't ask for such high standards, that allows you to slip through the grades even though you turn up infrequently for training, that doesn't require destruction or terminology etc. Yes you could do that, but when you meet a true black belt as a black belt yourself you will feel inferior and wish you never took that step, but by then it may be too late! And also, every other hard obstacle life throws at you, and believe me there are many, you will not be able to face with the strength of conviction needed to overcome



them, the hard training regimes I personally pursued, that you now pursue, has made me a stronger person inside, as well as outside!

~ *That which does not kill me, only makes me stronger* ~

I often stake my own reputation on the quality of the students I produce; at the minimum the grades you wear are equal to other Taekwon-do schools and other martial art styles, often though the standards are higher! This is a maxim I put on the line time after time as a student & competitor myself, competing against all styles and is something I place great value on as an instructor. We should all seek, no matter how difficult it may seem, to attain the levels of those that have come before us, the true masters of the arts!

~ *Never give in, never! Be it concerning large things or small things, never, never, never!* ~
Winston Churchill

You could quit, like so many do & kid yourself & pretend to others that it was never that important to you anyway! But you & I know different, every man & his dog 'was' a green belt in <insert art here>, not everyone is a black belt and further more, not everyone is a good black belt! If you quit somewhere along the line, you WILL regret it, though you may pretend differently to others, but inside you will know!



~ *People don't regret the things that they have done; they regret the things that they have not done* ~

However, there are other, better ways to get your black belt which I will fill you in on in a minute!

Winning Medals At Competitions

No big secrets here, firstly you have to be there! Seems silly, but many students that only compete ir-

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regularly wonder why they don't win anything, or those that don't train regularly continually seeing others faring better in tournaments than they do!

Granted, not everyone is cut out for competition, but they still make a great training aid for everyone!

~~ *Satisfaction lies in the effort, not in the attainment - full effort is full victory.* ~~
Mahatma Gandhi

Staying at the same belt level & expecting to become the best at that level does not work either, as I have seen proved time & time again! You need to compete against those of a high standard to 'raise your game', the only exception to this is Black belt levels, where many opponents are of high standards, so maintaining that edge becomes the goal, though every fight, every patterns competition etc aids improvement!

~~ *Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat.* ~~
Theodore Roosevelt

So what are the big secrets to both the above? Well they are not really secrets, its just that many choose not to accept things for what they rare:

Secret No 1

Consistency – Regular training, on a regular basis is the base for improvement. Training furiously for a month, then taking one off is counter productive!

~~ *If someone asked me what a human being ought to devote the maximum of his time to, I would answer, "Training." Train more than you sleep.*

~~
Masutatsu Oyama

Secret No 2

Effort – Even with consistency, regular training, with little effort reaps little rewards! Everyone has off days, but 95% of the time full effort should be afforded in class. If your swimming is bad, jumping into a 2 metre pool will cause you to drown unless you put effort in, continually doing so will

make you better at swimming and so it is with martial arts!



~~ *Do not ask the Lord to guide your footsteps, if you are not willing to move your feet.* ~~

~~ *Part time effort leads to full time failure.* ~~

Secret No 3

Want & will – You need to want what you are trying to achieve, in turn this creates the will to achieve it, the will drives the hard work which makes you better, thus helping you achieve your goal. Don't ever expect that simply turning up to training, putting small amounts of effort in, with no will to succeed will earn you your black belt, because it wont!

~~ *Do you have the heart to push yourself? If you don't, find a way to get it because talent will only get you so far. You've got to be hungry. You've got to have heart. That's just reality.* ~~

Tiffeny Millbrett (2000 Olympic silver medalist, soccer)

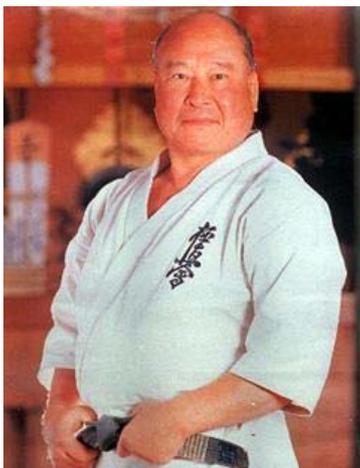
Secret No 4

Excuses – Finally, excuses! These are many & varied & easy to come by! The simple analogy of '*excuses or results: the two never come together*' should tell you not to make excuses, simply do what is required because you want it, do it with consistency and with effort and you will succeed! Make excuses, what ever they are, and you will not! Its that simple!

~~ *Every reason not to train, with a few exceptions, can be turned into reasons to train.*

The real strength to be attained is hidden within the hurdles and pitfalls, if you want that strength then you have to overcome and defeat them. ~~

Geoff Thompson, Joint chief instructor of the British Combat Association



So there you have the 4 '*not so secret ingredients*' to becoming a black belt at Rayners Lane Taekwon-do Academy, you can embrace, understand and accept them, and thus realise that though the path may be difficult, with many obstacles to overcome, it is not beyond your grasp, not by a long shot!

~~ *Courage doesn't always roar. Sometimes it is the quiet voice at the end of the night saying, "I will try again tomorrow."* ~~

What Is A Good Instructor?

By W Rhee

In some non-descript, intuitive, immeasurable, non-quantitative, inexplicable way I have begun to sense who the good instructor is and who is the journeyman that merely shows up and makes a presentation in TKD. The difference is not so much what each knows, what information each has stored in his or her brains, or what ready knowledge each has at his or her finger tips, or how each has their version of TKD. It is what each brings or does not bring to the student as a human being. Being human is not an arrangement of flesh and bone. It is a way of thinking, acting, and doing.

A good instructor is one who rises above the others with something extra.

-They are competent and know their subject, but do not identify so strongly with their discipline that they lose their humanity.

-They go beyond the mechanics of presentation, of organizing a class, outlining what to teach in a class, being prepared, creating what is needed to know by the student, grading performance, being prompt, and so on.

-They interplay on the mind, heart and spirit, for they believe that teaching without love is shallow and hollow, perhaps wrong and meaningless.

-They teach "wholeness" and realize that learning is not separated from other aspects of human activity.

-They are concerned with feelings and thoughts. They are concerned with the spirit and emotion of the student as well as the intellect realizing that they are all interconnected and interacting parts of the same person.

-They believe that love and caring is good teaching and don't let or technique substitute for caring.

-They believe that helping students is more important than how they feel and what is comfortable for them.

-They are more concerned with the learning styles of the students rather than their teaching style.

-They come as lovers of learning, as classroom stimulants rather than barbiturates.

-They find benefit and the positive in all student efforts and attitudes, and don't know what a "wrong" or "can't" is.

-They do not look for students in their

classes and therefore find only individual human beings.

-They are more concerned with the question "who are you" than the statement, "I am the instructor."

-They are more concerned with the question, "are you learning" rather than the statement, "I am teaching."

-They are in a relationship with the students rather than with the teaching topic, techniques, and/or class presentations.

-They do not entice, seduce or threaten with penalty or reward, by popularity, by grades, or by "feeling good."

-They earn respect rather than exercise authority and power.

-They care not only about their subject, but what goes on in the hearts and souls of each student.

-They listen more than they talk.

-They proclaim far less their ideas than help students to generate theirs. Their actions are designed to meet the needs of the students, not their own.

These instructors are nurturers. For them, everyone has potential. Everyone belongs in their classes. No one is a loser. No one is poor. No one is worthless.

-Their classes offer every student the opportunity to succeed.

-Their classes are filled by the enthusiastic spirit of humility, concern, trust, care, encouragement, community, respect, challenge, growth, and dignity.

-Their classes are cluttered with creativity, vision, and imagination. Their classes are loving and nurturing worlds of adventure, worlds of growth, worlds of transformation, and worlds of discovery.

-They are never in a comfort zone, never complacent with themselves.

-They are demanding of themselves as they are of their students.

-They make teaching seem so artful and effortless because they never stop working hard, never stop researching on their own, never stop reflecting and examining themselves, and never stop carefully reflecting.

-They struggle to understand why they became instructors, struggle to articulate the purpose and goals of their care, and always ask "Why do I do what I do?"

-They care about what goes on inside their own heart and soul, and understand that they are not unending fountains of wisdom or sacred caretakers of knowledge. Boredom and routine are not their companions.

-They get up excited each morning and can't wait to teach. For them teaching is a calling.

-They struggle not to be imprisoned in their own personal and professional ivory towers.

-They are humble. For them there are no sacred cows. Change is a welcome challenge.

-They leave the classroom convinced a better job could have been done.

-They assume responsibility when something doesn't work in class.

-They are sufficiently defined inwardly that they know how to say to students, "I don't know, but let's find the answer together."

-They are learners who realize that they teach best not what we know but what we want to learn.

-They act the way they want the students to live, with a value for themselves and each other, with values greater than the selfish, competitive, material rat race.

-They somehow understand the spirit of each student and touch that spirit.

-They come closer to the students, treat them with respect as individuals, and talk about themselves as human beings.

-They add to the stature of the student as a thinking, feeling, contemplating person.

-They embark students on unending voyage of discovering new interests and powers within themselves.

-They understand that doing TKD is not just a preparation for belts, but for a meaningful life.

-They dream big dreams, dreams not limited to the timely life of the dojang, but expansive, daring, and timeless dreams of life beyond the dojang.

That's my feeling of what a good instructor is. I have to maintain my "A" in teaching the students.

(BTW, believe it or not, there are some TKD instructors that fulfil just about every criteria mentioned above. Does yours?)

The Time Of Reflection

By Master Sensei Stacy J. Huffman
IAOMAS USA



The old Master grabs his sword and steps toward his young protégé of many years. With the Masters grin comes the reliance of the eyes. As the Master looks into the eyes of his young protégé; the Master no longer sees the young protégé's first instinct, which was to flee, but now the

Master sees the young protégé focus with out thought or fear on the centre of his body and prepares for the Masters draw.

The Master smiles, as he sees his own reflection in the eyes of his young protégé.

I have come to a phase of reflection in my life. I have been in Martial Arts for most of my life. Since the age of 8 I have dedicated my life to the world of Martial Arts. Through out the years I have learned many lessons, some hard, some painful and some well earned. I have had the benefit of being a second generation Black Belt and seeing the reflection of the old ways.

These ways have since been modified and changed through out the years. The Meaning of a Black Belt has since changed through out the years from the one of Stature too the Belt one wears around his waist in class. It saddens me to see the old ways slip away.

What of the age of the Master? Is it judged on the matter of time one carries the rank of a Black Belt or is it judged on the number of students that one promotes to Black Belt? Perhaps, Its the knowledge and the understanding of the Art one teaches. Could it be how one lives his life with knowledge of his Art or is it title one chooses when all that can be learned is learned.

Maybe it is burden of knowledge that has been passed down to Generation upon Generation that must be maintained in its purest and simplest form. The student has come to realizes that his path has not come to an end, but branched out into many paths and those paths have intertwined into the life he lives, thus his Art is lived and not just learned.

I hold such a burden, It was not title earned or worked toward, but a gifted burden to be not only able to just understand but be to able to teach such traditions. A burden that requires seeds of knowledge to be sown in fertile fields of dedication. This is not an easy task when the fields of dedication are few and far between, but we try as we may in hopes that we will find such fields for it is my gifted burden.

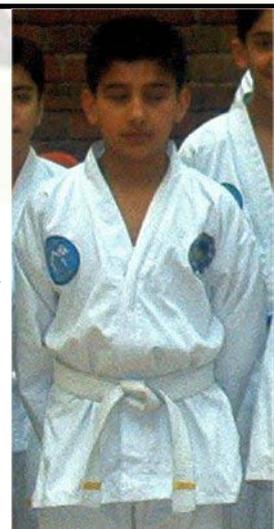
<http://home.ama-dojو.com/ama/index.htm>

Grading

By Fayaz Latifi, 3rd Kup

A Grading is when you are tested on how much you have learnt in the past months or even years. To become a ninth den (the highest grad you can become you must train nearly all your life). Too to able to pass a grading you will have to know and be able to demonstrate moves called patterns. There are 10 different patterns up to black belts. Patterns are to test on how you can attack and defend from an imaginary opponnet.

Also you will have to know theory (all in Korean) and be able to know how taekwon-do came about. For many grading you met have to go to a different club to be able to grad or teachers come to your clubs from around the country to see if u can pass the grading. From my experience I think the hard part of the grading is the theory and over coming the nerves and the braking, this is when you break a pieces of wood or a very hard plastic. A grading would take hours to complete and one mistake could cause you to fail the grading. In Rayners Lane Taekwon-do Academy we have one the best instructor in the country, which makes us work very hard so we can pass the grading easily.



Which Colour Are You?

Fiery Red

Fiery Red Assertive Action & Direction

Positive, Affirmative, Bold, Assertive Competitive, Decisive, Strong-willed, Demanding and Task/Goal focussed

People with a strong preference for using their Fiery Red colour energy know what they want and have little difficulty articulating their conclusions.

Typically they are concerned primarily with action. They deal quickly with the present situation and appear to have little concern for the past. Their responses are efficient, effective and focused. They know what they want and where they are going. They are impatient with delays.

They may show less concern for the feelings of others or for personal relationships. Others can see their actions as hard or critical because they limit the attention they pay to their relationships. They seek power and control over situations.

People using their Fiery Red colour energy, are extroverted and have high energy. They are action oriented and always in motion. They are positive, reality-oriented and assertive. They are single minded as they focus on results and objectives. They may well approach others in a direct, authoritative manner, radiating a desire for assertiveness and control.

Your Opposite colour energy is earth green. This is the personality type you will have most difficulty communicating with, selling to, motivating and generally building relationships with. You may see this person as: Docile, Bland, Plodding, Stubborn and Reliant



Sunshine Yellow

Sunshine Yellow Articulated Vision & Inspiration

Cheerful, Uplifting, Spirited, Buoyant Social, Dynamic, Demonstrative, Expressive and Creative

People with a high level of Sunshine Yellow energy may spend their efforts racing towards their dreams for the future. They build the possibilities of tomorrow. They will often move from one idea or activity to another, impatient to find the vision of the moment. Their behaviour can be fun and others get caught up in this. Because they focus their attention upon futures and often intuitive visions, they may be perceived by others as more imaginative and creative than the other colours.

They may become completely committed to an idea and then discard it within a few weeks if it loses its excitement. They may therefore appear to others as shallow, impractical and unrealistic at times of difficulty. Their optimism can mean that they will be prone to denial at times.

People with a strong Sunshine Yellow colour energy preference, are strongly extroverted, radiant and friendly. They are usually positive and concerned with good human relations. They enjoy the company of others and believe that life should be fun. They approach others in a persuasive, democratic manner, radiating a desire for sociability.

Your Opposite colour is cool blue. This is the personality type you will have most difficulty communicating with, selling to, motivating and generally building relationships with. You may see this person as: Stuff, Indecisive, Suspicious, Cold and Reserved



Cool Blue

Cool Blue Introverted Thinking & Reflection

Showing no bias, Objective, Detached Cautious, Analytical, Precise, Questioning and Formal

People with a high level of Cool Blue energy tend to live their lives according to the principles, facts and logic they find in reality. They often like to analyse all the possibilities to ensure they will avoid making an illogical or ill-informed judgement. They are planners, organisers, administrators and academics, with the ability to work out tasks systematically from start to finish.

As a result of their thoroughness, people with a preference for using their Cool Blue energy are often reluctant to make or express decisions quickly. Facts, logic and principles can appear more important than personal friendships or personal gratification for these people. They may be seen as detached or even rather cold at times.

People with a lot of Cool Blue energy tend to be introverted and have a desire to know and understand the world around them. They like to think before they act and maintain a detached, objective standpoint. They value independence and intellect. They often prefer written communication in order to maintain clarity and precision, radiating a desire for analysis.

Your Opposite colour energy is Sunshine Yellow. This is the personality type you will have most difficulty communicating with, selling to, motivating and generally building relationships with. You may see this person as: Excitable, Frantic, Indiscreet, Over the Top and Hasty



Say it fast:

The winkle ship sank and the shrimp ship swam

(Continued on page 13)

(Continued from page 12)

Earth Green

Earth Green One to One Relationships & Support

Still, Tranquil, Calming, Soothing Sharing, Patient, Amiable, Caring and Encouraging



People with a high level of Earth Green energy are often concerned with the feelings of and relationships with other people. Their concern for other people's welfare can often lend personal warmth to a situation. They can be sensitive to the values implicit in people's actions and can act as useful barometers to the ethical consistency of an organisation's actions.

People with a strong preference for using their Earth Green energy can be slow or reluctant to modify their personal values despite the apparent logic of an argument or situation. They tend to avoid decisions that could involve violation of their values or risking the unknown.

People using Earth Green energy focus on values and depth in their relationships. They want others to be able to rely on them. They will defend what they value with quiet determination and persistence. They prefer democratic relationships that value the individual and are personal in style, radiating a desire for understanding.

Your Opposite colour is Fiery Red. This is the personality type you will have most difficulty communicating with, selling to, motivating and generally building relationships with. You may see this person as: Aggressive, Controlling, Overbearing, Intolerant and Impatient

HAVE YOU EVER STOPPED AND WONDERED....

WHO WAS THE FIRST PERSON TO LOOK AT A COW AND SAY, "I THINK I'LL SQUEEZE THESE PINK DANGLY THINGS HERE, AND DRINK WHATEVER COMES OUT?"

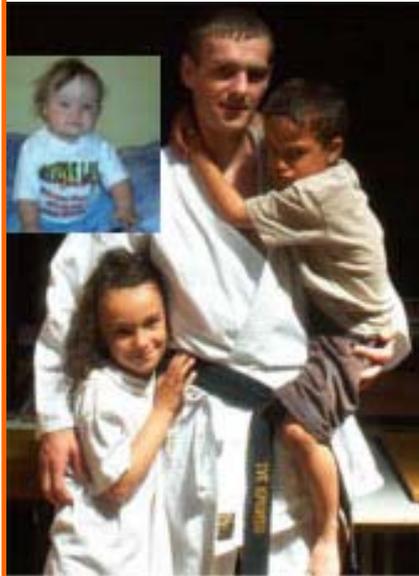
INSTRUCTOR FOCUS

By Kate Barry

Full Name: - Stuart Anslow

Grade: - 3rd Degree

Years Training: - 15 odd years (lost count now)



Favorite Technique: The one that hits the mark!

Worst Technique: The one that gets me hit!

Favorite Pattern: Chon-ji (as its fantastic for getting the basics right, then refining them, then getting them right again... and again. Ill get it one day!)

Favorite Martial Art film: Best of the Best

Favorite Martial arts book: My Way Of Life by Gichin Funakoshi & Living The Martial Way

Favorite Music: Linkin Park & 80's Hip Hop

Favorite Food: Roast Dinner.

What is your ambition as a martial artist? To see my students travel in all directions

What is your next goal as a martial artist? To get some students to black belt & possibly to grade for my 4th degree.

What has been your most rewarding part of Taekwon-do so far? Seeing students from the Academy get so good in body & spirit

Other interests and hobbies? - Erm, does martial arts count :-) Helping run IAOMAS and er, martial arts!

Why did you start Taekwon-do? I loved the Samurai films and the spirit they embodied, that of justice no matter what the odds etc. I wanted substance to enable me to back up the same ideals if needed!

What is your biggest achievement as a martial artist? The students doing so well everywhere they go, but mostly within themselves

What is your biggest achievement in life? Becoming a father, opening the Academy & becoming a full time instructor.

Training tips for other people? Never believe you have reached the pinnacle, gained perfection or learnt all you need to know!

Memorable moments within Martial Arts? Meeting fellow IAOMAS instructors from around the world like Colin Wee, Dave Melton to name but two, plus all those in England & Ireland that I've met.

A Quote for the readers? "Power is created in the mind, Rooted in the feet, developed in the legs, directed by the hips, transferred through the torso, focused in the feet or hands and felt in the spirit."



CHRISTMAS FUNNIES



And you think you got the worst job in the world!

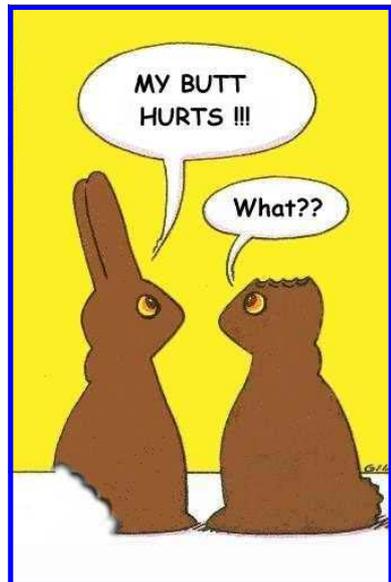
- Think again! -



I'LL ASK YOU AGAIN SIR!
DID YOU, OR DID YOU NOT LOOK AT MY CLIENT
AND, IN A CROWDED SHOPPING MALL, IN FRONT
OF HER CHILDREN, CALL HER, NOT ONCE,
BUT THREE TIMES...A "HO"!

HAVE YOU EVER
STOPPED AND
WONDERED....

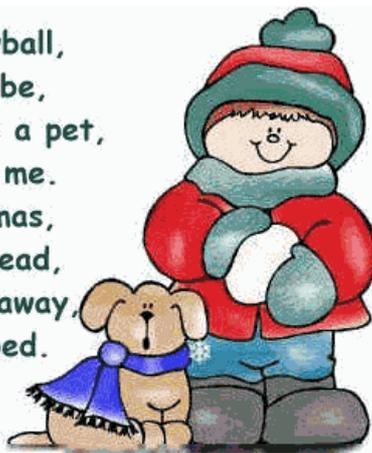
WHO WAS THE
FIRST PERSON TO
SAY, "SEE THAT
CHICKEN THERE...
I'M GONNA EAT
THE NEXT THING
THAT COMES
OUTTA ITS BUM."



MY BUTT
HURTS !!!

What??

I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first-- it wet the bed.



What My Training Has Meant To Me



Essay For Black Stripe Rank Exam
by Amber Turner, North Valley Martial Arts
IAOMAS Canada

My training has taught me many different things, and it has its benefits. I've Learned about the three keys;

Knowledge in the Mind
Honesty in the Heart
Strength in the Body

I have also learned about the six steps, which to me these are essential in training as well as in life. I still work on them because I believe you can always better yourself just by trying. To me giving and doing your best will show results in your training and in your life outside of class.

For me the definition of the six steps are as follows:

CONFIDENCE: Feel good about yourself and walk with your head high.

CONTROL: Being able to control your techniques when working or sparring with others, using reasonable force

DISCIPLINE: Having respect for others, patience and working hard during class.

RESPECT: Treating others the way you wish to be treated. This also applies to higher ranks and senior people.

HUMILITY: Being humble and mature, never bragging about your accomplishments.

INTEGRITY: Being open minded
All of the six steps build character and personality traits. Going up through the ranks, you learn that Martial Arts training isn't a class effort, it's what you as the student put into it.

The six steps, which I have recited at the end of every class since my training began, has made me realize what I have gained from them compared to when I started over four years ago. One of these steps, I truly believe that I have only recently realized as a personal goal, is confidence. Believing in yourself that you can do it.

When I started Martial Arts, my self-esteem and confidence was something I really lacked. I was the nice girl that people would walk all over. I finally realized that I would have to do something about it. I was in grade nine shortly after I joined Jung Shin Do. That



wasn't my only reason for joining. I liked the thought of being a girl and learning all about being able to take care of myself should the need arise.

Progressing through the ranks has been quite the learning experience for me, and my personal focus has moved forward which has changed my abilities like basic kicks, punches and balance, in a significant way. I believe that I have become a better person because of my training. I also have gained a higher tolerance level towards people that try to make me angry. I also believe that all of my Martial Arts training has taught me many things, and that another person in my class may have learned something different than me.

In conclusion my training keeps me strong, in shape, and gives me time to forget about the outside world to concentrate on something I thoroughly enjoy. With the support and help from my instructor and classmates, along with my family encouraging me to never give up, I'm sure to become a better person.

www.jungshindo.cjb.net

This is a conversation between me and my girlfriend, made me laugh...

by David Lane



Frances: You know when Stuart sends an email to you?

David: Yeah.

Frances: Well, you know it says at the bottom, 'Martial arts are not about fighting, they are about truth'?

Me: Yeah...

Frances: Then why do you always come home bruised!

The Donkey

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.



He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake

it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!



Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

1. *Free your heart from hatred - Forgive.*
2. *Free your mind from worries - Most never happen.*
3. *Live simply and appreciate what you have.*
4. *Give more.*
5. *Expect less*

Anyway . . .

The donkey later came back, and bit the crap out of the farmer who had tried to bury him. The gash from the bite got infected, and the farmer eventually died in agony from septic shock.

MORAL FROM TODAY'S LESSON:

When you do something wrong, and try to cover your ass, it always comes back to bite you.



HAVE YOU EVER STOPPED AND WONDERED....

IF WILE E. COYOTE FROM THE ROAD RUNNER HAD ENOUGH MONEY TO BUY ALL THAT ACME STUFF, WHY DIDN'T HE JUST BUY DINNER?

AND WHY IS THERE A LIGHT IN THE FRIDGE AND NOT IN THE FREEZER?

Focus On Breaking

By Colin Avis, 4th Kup

The art of breaking can be a very useful way of developing a student's ability in causing maximum damage to an opponent. Through training in patterns and sparring you may learn many techniques using the various weapons of the body, however it is important to learn how to make these blows more destructive. Learning Tae kwon-Do without mastering destruction is like using an unsharpened sword. It would cause harm, but it is not as an effective weapon. After only a short time in training it is possible to throw a relatively powerful side piercing kick into the air, whereas in striking a solid object or assailant's body, it becomes more difficult to generate the same amount of power or convert that power into damage.

Although patterns should develop focused techniques, it can be easy for the martial artist to overlook how the strike should be delivered to the imaginary opponent. When breaking, whether it is wood, tiles, bricks or breaking boards, you have an 'opponent' to make contact with and focus your energy on. The initial stages of breaking often see students throwing good techniques and simply rebounding from the board. Much of this relates to focusing your energy and having mental strength as well as physical. It is very important to commit everything to that single technique in order to deliver a decisive blow. Fear of injury or failure to break can cause you to subconsciously lose a little power. Before attempting to break you must be completely relaxed and see the technique you are about to perform in your mind. Measuring up to the board well can overcome any doubts. If you can perform the technique slowly, accurately and can hold the final position for a few seconds, then you have the basis for destruction. This helps develop your muscles so that when you try to kick or strike fast you can do so with ease. It is important to start slow and build up your speed without losing accuracy, as a slower, accurate strike is much more effective than a wild, unformed one.

Unlike other martial arts and striking arts in particular, Tae kwon-Do places a great deal of emphasis on form-

ing the technique and striking with the correct weapon. For instance, side piercing kick uses the foot sword as the impact tool. From General Choi's theory of power which is based on Newton's laws of physics, the same amount of force applied to smaller area creates a greater pressure or stress on the object. It is, therefore extremely important to practice forming your foot or fist. This does, however cause a problem. Reducing the impact area also increases the stress on your body as well as that to the board. This means that sometimes a great deal of conditioning is required prior to a breaking attempt. This applies more to hand techniques more than kicks but all weapons must be trained.

Another important point is that the speed and timing of the attack need to be considered. The split second contact is made with the board should be the time when the striking tool is accelerating the most. It is no use throwing a fast kick initially if it slows down the closer it gets to the board. In order to increase the amount of acceleration and speed you must be as relaxed as possible as tense muscles do not move as quickly. Although when you hit the board you must be as tense as possible. This way you get a quick movement and can deliver a solid blow. You must be like water, it can flow and it can crash. Additional methods to increase power include hip twist and dropping into your stances, so as to put all of your body weight behind the technique. By practising such methods as mentioned, it is possible to break effectively and cause ultimate damage to an adversary thus making you a better exponent of Tae kwon-Do



KOREAN SSIRUM WRESTLING

The art of wrestling is thousands of years old, but every year in Korea, it's the same old story as excitement begins to rise with the onset of the ssirum season.

Featured in Black Belt Magazine, September 2004

The Difference between a Punch, a Strike, and a Thrust

by W Rhee

WHAT: A punch is a closed fist technique usually delivered in a linear fashion. It is used in attacking, counter attacking, and defense depending on the situation.

TYPES: Horizontal & vertical. The two large knuckles or all four are used. Boxing type hooks and uppercuts are also used in some TKD styles where knuckle positions are between a horizontal and vertical punches. However, unlike boxing, the backhands of the fist are also used (i.e. back of the fist punch). Other punches (high uppercut, obverse twisting punch, double horizontal, simultaneous high & low, knuckle protruding, etc) are also taught in black belt (1st degree & up) curriculums of TKD. These punching techniques are not usually found in the color belt curriculums. This leads many people who only have short experience in TKD to criticize the lack of hand techniques in TKD.

POWER for the punches are generated from the torso and the waist. In some instances the power is also generated from the propulsion from a foot or both feet pushing forward. The twisting by ball of the supporting foot or both feet are also applied. In addition, there is an up & down knee movement called the "sine" wave in ITF to generate power.

IMPACT DELIVERY: Either "push through" where the punch goes beyond the target or the "whip crack" where the punch is stopped at the point of impact.

DELIVERY PRINCIPLE: Action-reaction (Newton's third law of motion). A combination or flurry of punches works much more effectively than a stop action single punches. A fast action-reaction principle is applied here. Energy retained from a quickly pulled back punch is transferred to the other arm to propel the opposite punch.

TARGET: General area (on Head/Face, upper torso, under chin, etc.)

APPLICATION ANALOGY: A large hammerhead hitting a large surface area.

STRIKE

WHAT: Open or semi open hand techniques delivered in a CIRCULAR motion to increase speed of the delivery thus more impact. Circular closed fist techniques are also included as well as head butting (forward or backward) techniques.

TYPES: Hand and arm techniques, backfist, curved wrist (kok kwon), spinning back fist variations, open palm, open curved hand (index and thumb are opened), knifehand variations, elbow variations (up, down, side, back, back turning), arm bars, & others.

POWER for the strikes are generated by twisting or winding up of the torso and the waist plus the acceleration by the arm/hand. Footwork plays a crucial role in turning the body around 180, 270 or 360 degrees in combinations. The footwork and winding of the waist is important in accelerating the strike to deliver power. Acceleration helps the flow or transition in single or multiple counter spins. Immediately after one circular strike, a same or different circular strike comes from the opposite direction with the opposite hand) for both power and the surprise element.

IMPACT DELIVERY: "Whip crack" where the force is stopped at the point of impact after circular acceleration. To a lesser degree, "push through" is used as well.

DELIVERY PRINCIPLE: Circular motion in an arc. A car needs distance to accelerate. When water ski and boat is going at the same speed, the water ski making an arc to the side will accelerate by covering more distance. The ski will eventually go faster than the boat. The same principle is applied in strikes. The small rotational spin of body allows a larger distance covered by the outer body extremities-knifehand, backfist, arm, or striking elbow and can deliver a powerful hitting force. The strike may come from the top-down/down-up in an arc in a vertical plane or from the side in horizontal plane. Experienced martial artists will use arcs in any geometrical plane. Effective open palm strikes are linear plyometric strikes. However, palm strikes can also be delivered in an upward circular strike to the face or body.

TARGET: A specific pressure/vital

point is targeted with a fast single circular blow for immobilization. Specific targets on the face (eg. in-joong, jaw joints); neck (eg. wind pipe, artery); on the body (eg. floating ribs, sternum); various pressure points on the arm; certain points on the spine, skull, etc. **APPLICATION ANALOGY:** A small hammerhead swung with a high speed in an arc onto a small defined area.

THRUST

WHAT: Usually hand and sometimes foot technique. Linear delivery is involved.

TYPES: Knife hand tip thrusts to the neck and solar plexus. Twin finger thrusts to the eyes. Palm thrust to the target sometimes going beyond the outer body layer to impact inside the body. Pushing kicks to neutralize or attack by targeting attackers pressure points, etc.

POWER GENERATION: Generated from the waist, torso, and twisting on the ball of the foot. Also from the momentum created by the whole body pushing off with one or both legs. Sometimes simply shifting the angle or a slight in step of the supporting foot for thrusting-in effect.

IMPACT DELIVERY: Two main types. A "whip crack" OR a "push off". Both are used depending on situations. The third type is a combination of the "whip crack" AND a "push through" that comes from experience and training.

DELIVERY PRINCIPLE: First type is a plyometric type linear attack (whip crack) to a small specific pressure point as in a knifehand thrust using variety of finger tip techniques. Examples are thrusts to the solar plexus (middle section on the sternum), to the neck (section just below the Adam's apple), or to the pelvic bone (low section to the center of the pelvic bone plate).

Second type is to push off an incoming attack or attacking a narrow target. This

(Continued on page 19)

(Continued from page 18)

is done either with a foot or hand technique. Example would be intercepting and neutralizing movements (such as kicks of hard styles or circular take-downs of soft styles). The push/thrust in the counter technique makes it much more effective.

The third type requires an extra "thrust" to the narrow target area by combining "whip crack" AND "push through". This can be applied in both hand and foot techniques. Highly experienced martial artists use this thrusting technique instinctively by extra digging in/shifting/angle adjustment of the supporting foot and/or the body plus timing.

An example of the third type is what you often see in promotion tests. There the first board is intact and the second or third board is broken inadvertently by a white or yellow belts (alas, sometimes by upper belts as well). Most BBs trained under a good instructor or GMs know the details of delivering this technique. The GM will sometimes train the high ranking belts in refining this technique. However, in the U. S. most will not teach the technique due to legal implications.

TARGET: A very narrow specific point on the outside or inside the body.

APPLICATION ANALOGY: A small hammerhead hitting directly on a nail head with one and a half blow (the half is almost simultaneous) for deeper penetration OR to strike a target that is below the nail. The nail head transfers the energy. There is a subtle difference here in delivery of the two.

**HAVE YOU EVER
STOPPED AND
WONDERED....**

WHY DO TOASTERS ALWAYS HAVE A SETTING SO HIGH THAT COULD BURN THE TOAST TO A HORRIBLE CRISP, WHICH NO DECENT HUMAN BEING WOULD EAT?

INSTRUCTOR FOCUS

By Kate Barry

Full Name: - Vikram Gautam
Grade: - Black Belt 1st Dan
Years Training: - 13years



Favorite Technique:
Left leg, Jumping back kick

Worst Technique:
Right Leg Jumping or standing reverse turning kick

Favorite Pattern:
Choong Moo

Favorite Martial Art film: Do not have one

Favorite Martial arts book: Karate-do

Favorite Music: mainly R 'n' B type of music, or bhanga J

Favorite Food: anything really not fussy.

What is your ambition as a martial artist? - To be as good as I can possibly be, maybe one day run a club or satellite school.

What is your next goal as a martial artist? - Grade for my 2nd degree and passing.

What has been your most rewarding part of Taekwon-do so far? - Teaching and passing on knowledge taught to me to students at the academy.

Other interests and hobbies? - Not much really just going out with mates and designing websites.

Why did you start Taekwon-do? - I was about 10 years old, got forced into it by my mum and soon after it was me forcing her to drop me to training.

What is your biggest achievement as a martial artist? - Becoming a black belt was a big milestone for me to pass and I think that that is my biggest achievement so far.

What is your biggest achievement in life? - Completing and passing my degree, there were a few times where I did not think I was able to pass.

Training tips for other people? - Don't always train you stronger side to become stronger. Work on your bad side or your less effective techniques.

Memorable moments within Martial Arts? - Has to be when I competed in the TKD Explosion 2003 and finished my first round fight within 5 seconds



2004 YEAR IN VIEW



As far as the Academy was concerned 2004 was a good year. Students got back into training quickly in **January**, with Colin Avis winning the first Student of the Month award in 2004 for his good from despite the short Christmas layoff.

February saw the Academy enter its first tournament of 2004; the first of the 'Kick It' events, with students bringing home no less than 8 gold's, 5 silvers & 5 Bronzes, with student Justin Goh collecting two more gold's, one for 'Best Competitor' & the other for 'Best Technique' of the tournament.

The Academy was also honoured to receive a visit from Fereidun Dariagard, 6th dan, from Denmark *LAOMAS*, who graciously taught a few techniques from his system as well as observing the class.



Priya Shah became February's 'Student of the Month' as even then as a Yellow belt, she was technically sound, her patterns were (and still are) crisp & sparring was spot on or even above her level back then.

March saw the first grading of 2004 which was a joint grading with The London Panthers Taekwon-do School. Unfortunately it saw a few failures, but thankfully no one from the Academy. At this grading Bako Kadir, Sharad Nakarja, Krishan Tank & Qasim Hussain all promoted from junior to senior coloured belt ranks, with O+ marks being gained by Justin Goh & Bako Kadir!

March's 'Student of the Month' was won by Aaron Bennett, who unfortunately is not training at the moment

In **April** Saphaa Simab won the 'Student of the Month' award, which is a hard achievement for juniors. Saphaa won it due to her efforts in training and no matter the hard work, remained always smiling and happy.

May saw the *London Youth Games* squad selections take place, Sonal

Lakhman, Dev Patel, Sharad Nakarja, Fayaz Latifi, Krishan Tank, Bernard Rebello & Paaras Tank all made the squad under the watchful eye of Sensei Henry Francis, and Mr Anslow gained the position of Assistant Coach for the Harrow Squad for the London 2004 Youth Games. It should be noted that a last minute team was fielded, and the students selected had to compete in an unknown format against other students who have trained that way since they started training, so gave an exceptional account. 90% of the team was made up from students of Rayners Lane.

May was actually a 'lull' month for the Academy, as you may have saw in the June news letter; that talked of many disappointments, which culminated in the Academies own 'Taekwon-do Explosion' event being cancelled! No students received the 'Student of the Month' award in May!

June saw the 2nd Grading of 2004 take place which saw Fayaz Latifi make senior coloured belt ranks and Dev Patel reach 1st Kup, being only the second student ever from the Academy to achieve that in what was a very tough grading. There were a couple of failures at that grading unfortunately, but on the plus side, Marla Riddell, Zuhayr Chagpar & Ladi Oshunniyi all gained O+ level passes for their respective grades.

June was the month of the '1st South East Opens' run by Mr Chris Snow from St Albans. Thankfully notes were taken from the news letter and we had quite a few entries. This tournament was an Open weight event, but the contact was kept firmly in control. There were only gold & silver placings at this event and the divisions were big & tough. Justin Goh won the gold in the Green to Red belt patterns after battling some fine competitors including Parvez, Colin, Sushil & Dev (who gained the silver) amongst others. This division alone over 32 entries!



Li Sun won a Gold in the sparring, in his first ever competition and amused everyone with his 'Carry On' antics, Dev won Gold in his 13 to 15 year old sparring divisions, facing our own Paaras Tank in the final. Justin picked up his 2nd gold, despite getting physically knocked out on route; he recovered & finished the round against a very good

(Continued on page 21)

(Continued from page 20)
(and very big) opponent.

Mr Anslow fought in the Black Belt divisions, taking on both Taekwon-do & Kick Boxing black belts of varying weights to claim the gold; he also won Silver in the Black belt Patterns! Hershah Shah did well to get the Silver as well in his division.



The day culminated in an Open Grade & Open Weight event called 'King of the Ring' which saw some exciting stuff. Upset of the day must have been for Parvez Sultan who was beaten by Colin Avis, only to be beaten by Mr Anslow, who in his first round faced the giant that had previously knocked Justin out earlier on. The 'King of the Ring' was won by our own instructor, hopefully leaving students secure in the abilities of their instructor who keeps claiming total retirement from competition looms! As a final boost, the winning of this event secured Rayners Lane Taekwon-do Academy with the Best Overall School Award! Sushil Punj also gained a nice shiner that day and Krishan Tank managed to cut his foot open before the event even began!

Sharad Nakarja was June's 'Student of the Month' after great leaps & bounds were seen in his training. June also saw the first IAOMAS badges come into the club; these badges are now worn around the world by many students & instructor who are part of the IAOMAS family.

July was a rather quiet month, but saw Justin Goh (2003 Student of the Year) win 'Student of the Month' for all his behind the scenes work that he does & continues to do!

August saw us having to switch locations on a regular basis due to summer activities in the hall, which I'm pleased to say were fairly well attend by both juniors & seniors, many thanks must go to Kate for arranging these venues for us.

In **August** Mr Anslow was thrilled and honoured to receive a visit from his long time friend, fellow martial arts instructor & IAOMAS pioneer Dave Melton (and his lovely wife Annette). Dave graciously took the class through



a warm up, he showed some great hapkido techniques & some danjun breathing exercises then to his credit, kitted up & drilled with the junior grades & sparring with all the seniors & Mr Anslow, which was about 20 rounds in all.

Following the class (and to my surprise) Mr Melton presented Mr Anslow with an award that had been brought all the way from the US. It was from the 'Molum Combat Arts Honour Society' of which Sensei Tim White, 7th Dan (and IAOMAS member) is a founder member and called a 'Yap Suk Dai Ji Award' and read:



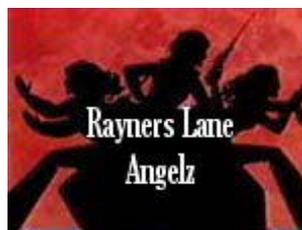
This is to certify that Stuart Anslow has obtained the privilege of Honorary Senior Yap Suk Dai Ji (Discipleship) within the Molum Combat Arts Association.

With all rights and privileges appertaining to that status within the organization.

Given under the authority of the Molum Combat Arts Association, August 1st, 2004, in the city of Whiteland, IN,

Signed Timothy J White, Director, Shihan 7th Dan
Molum Combat Arts Association"

Following the class, all students had the chance to socialise with Mr Melton at the local Kebab house which went well into the early hours. As Mr Anslow was sad to see him go, he arranged to meet up again before he went home, which he did with Justin, who took them all on a whirlwind tour of London..



Some of the girls from the Academy (Lyndsey, Sonal & Kate) made their (in)famous 'Rayners Lane Angelz' video (available from all good web sites) and Krishan Singhal won the August 'Student of the

Month' award after impressing everyone with his courage and abilities in sparring.

September was a fairly busy month. Early on we saw the 3rd grading of 2003 take place which saw the Academies 3rd (ever) graded red belt, Justin Goh (gained with an O+ level pass). It was a small, but very in-depth grading this time around.

September also saw the 2nd IAOMAS England Seminar, which we were fortunate enough to hold at the Academy for the second year running. Again we had very high quality instructors in Hapkido, Unarmed Combat, Wing Chun, Kempo Jiu Jitsu, Kali & Panakutan, Reikijitsu, Brazilian Jiu Jitsu, Self Protection and of course Taekwon-do. If you missed it, you certainly missed out!

Fayaz Latifi won the August 'Student of the Month'

(Continued on page 22)



(Continued from page 21)

award for his very consistent training, which has given him such great techniques!

October was an even busier month! This month started off with many students attending the 3rd yearly 'Kick it' event. In this tournament we saw in the Patterns Divisions, Sonal Lakhman and Justin Goh win Gold's, with Dev Patel and Kate Barry gaining Silvers, and in the Individual Sparring Divisions Kate Barry, Dev Patel, Sonal Lakhman, David Lane and Mr Gutam all won Gold's.



Priya Shah, Gill Nightingale, Vijay Sood (who picked up a lovely broken nose) and Colin Avis all picked up silvers, with Justin Goh taking a Bronze. The 'Battle Royale' tag team, consisting of

Justin, Colin & Kate also won the adult team sparring event against some tough opponents.

Rayners Lane Taekwon-do Academy again won the 'Best Overall School' award and even though we only competed in 2 out of the 3 'Kick it' events, we still placed 3rd overall!

Just two weeks later and many students were off to the *World Championships* in Dublin, Ireland & whether you won or not, it was a great weekend away. Of those that went Parvez Sultan, Dev Patel, Justin Goh, Lyndsey Reynolds, Colin Avis, Sonal Lakhman, Kate Barry, Hershah Shah, Priya Shah, Vijay Sood, Gill Nightingale and Mr Anslow all brought home medals,



many more than one, with both Lyndsey and Sonal gaining Double World Champion status. Abhijay Sood, Sushil Punj & Sharad Nakarja were very unlucky not to come home with something!

Highlights of the weekend were Parvez fulfilling his 4 year long dream of becoming a World Champion and doing it in style, Lyndsey and Sonal battling it out

round after round in the Patterns divisions, Hershah defeating Sharad on his way to a medal, Justins lovely jump reverse break over Colins head, Sonals opponent bursting into tears every time Sonal hit her (which was often), little Abhijay battling hard, Dev and Sushils humungous patterns division (60+ we reckon), Vijays pride at winning, Priya taking on & beating a black belt plus her obvious joy at winning the first medal of the event for the Academy, Devs tear up with a black belt, Colins opponent in the Continuous finals running off to be sick half way through the bout (right next to Justin), the chief organiser personally coming to greet Mr Anslow in his division, the great photo of Sushils kick in his pattern, the big rough dudes in Sharads & Hershahs sparring division, Kates triumphant comeback, Gill winning a gold with only a few months training, Mr Anslow 3 board break (he should have done four), the 76 year old competitor and from Mr Anslow: meeting Mike Beard, Keith Finch, Jay King and other IAOMAS members, plus Luke from the IAOMAS forum, and of course the party in room 48!!!, the 'Spam' game, Vijays new undies, the cake fight and the mysterious hidden banana in the bag!

October's 'Student of the Month' was won by Sushil Punj, who we know (although he never showed or said it) was disappointed not to have gained a medal at the World Champs, showing true indomitable spirit all the way.

November saw us host the Pressure Point supremo Sensei Rick Clarke, 8th dan, who despite a poor turnout from students took those that did attend through an exhilarating 3 hours of pain. Hopefully more will attend the next one!

November also saw many students enter the BUTF British Championships, which was organised by Justin Goh. For those who don't know, the BUTF is Mr Anslow's previous association, so all students that attended were competing in front of his friends & peers & gave very credible performances which even saw Mr Choy, 8th Dan & head of the BUTF applauding.

On the day, we saw only Dennis & David win bronzes in patterns due to the nature of them being changed. However, Rayners Lane Taekwon-do Academy shone in the sparring. The White & Yellow belt heavy

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RAYNERS LANE TAEKWON DO ACADEMY CHRISTMAS MAGAZINE

(Continued from page 22) weights saw Dennis & Fintan facing off in the finals, this was repeated in the red and blue belt divisions with Justin and Parvez facing off in the finals as well. Hershah Shah fought and beat some good opponents winning gold, as did Paraas Tank in his division.



Our only destruction medal of the day came from David Lane in the men's hand destruction, whilst Krishan Tank, Colin Avis, Lyndsey Reynolds and Sonal Lakhman all took bronzes and had some tough fights (especially Sonal who got whacked in the face a few times) and Lloyd who fought a very good kicker... so good even his mum was scared! At the tournament we also met up with IAOMAS Poland instructor Piotr Bernat, which was nice.

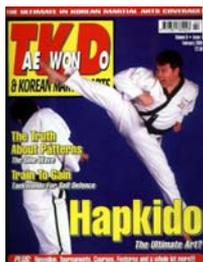


The next day Justin took his brother to Imperial Taekwon-dos tournament & managed to wangle his way to compete. He cleaned up winning silver in patterns, and gold's in sparring, hand destruction and foot destruction (his brother also did well).

December saw the last grading of 2004, with over 30+ students grading it was possibly the biggest grading to ever take place at the Academy. Despite a couple of disappointments, it saw David, Hershah & Priya move up to the senior ranks, and both David & Colin gaining O+ level passes. The night before, Dev, Justin, Colin, Kate & Mr Anslow performed a well received demo in front of a couple of local Scout groups. Kate Barry won the December 'Student of the Month' award for a triumphant comeback after a long lay off due to medical reasons, her hard work & effort in training and consistent support of the Academy, its students & its endeavours.

December will also see the annual Christmas dinner and the cool end of year raffles (see the prizes further on in this magazine).

For the record, in 2004 we entered 5 tournaments (6 if you include Justins extra one in November), averaging around 14 student entries each time, from which we brought back 43 Gold medals, 27 Silvers and 22 Bronzes (not bad considering one tournament had no bronze medal positions at all). From



these tournaments we also gained 7 World Champions, two of which are double World Champions and 5 British Champions.

In the martial arts press, the January issue of Taekwon-do & Korean Martial Arts Magazine featured last years IAOMAS seminar & plenty of photos.

In the February issue was the article 'Patterns: Telling it like it is - The Sine Wave' which had photos of Mr Gautam, Vijay, Justin & Marlon.

In the March issue was a report of Colin Wee's visit called 'Opposite Sides Of The World Meet'.

In Fighters Magazine in April was a report of the 'Kick It' tournament written by Dev Patel.



In Mays Taekwon-do & Korean Martial Arts Magazine Charlotte Fox appeared in the 'Kids In Taekwon-do' section.



Whilst in the September issue, many students photographs appeared with the report by Mr Snow of the 'Dawn of the 1st South East Opens'.



In November's issue of the same magazine, an interview I did with Grandmaster Kong Young Il appeared, along side an old interview of myself (a year & a half + old actually).



In November we also got some local press coverage in the Harrow Observer & Harrow Times, featuring those that competed at the World Championships. There was a great picture of Sushil & Lyndsey made the back page!

And December's issue of Taekwon-do & Korean Martial Arts Magazine featured a massive 8 page spread, with loads of photographs, of the 2nd England IAOMAS seminar.

Many of the magazine articles can be downloaded via the 'Zips' section (via the In The MA Press section) of the web site! Subscribe to ensure you receive all '05 TKD&KMA's



The Crocodile

By Tomasz Kubicki, 1st Kup



My name is Tomasz Kubicki, I am from Poland, and I'm 26 year old. I finished electronic college and after that, computer studies. I am married and my beautiful wife's name is Agata.

My story with Taekwon-Do was started when I was 16 years old and I was going to college. The club that I started at closed after one year and I moved to another club, which I stayed at for seven years. The name of my ex-club is *Green Sport Club*. I usually trained 5 times a week but from time to time, I couldn't go. My friends called me Crocodile because everyone at the club has got a pseudonym.

When I started to study I was able to make the choice; normal physical occupation or kickboxing. My choice was simply to start kickboxing whilst I was going to Taekwon-do. I did this for about 4 years. Taekwon-do 3-4 times kick boxing 1-2 times a week.

I was 5 times (years!! Ed) at a sports camp and my grading was very fast because I was



quite good (only joking). I attended several championships and won a few. Eventually, the day came to try and pass the exam for my black belt. I still think that I was robbed but I don't try to dwell on it.

After I finished studying, I married Agata and we arrived in the UK and this is where I decided to once again take up my Taekwon-do. I was missing it and I wanted to find a good club not far away from home. In the meantime I was trying to keep myself fit by swimming, running and very occasionally trained Taekwon-do alone. After 1½ years in the UK, I found your club and it was exactly what I was looking for. I will look to try again one day to pass the Black Belt exam when I feel I am good enough to take it. This is the story of me to-date and I look forward to training with the club in 2005.

Happy Christmas,
Tom (Crocodile)



HAVE YOU EVER STOPPED AND WONDERED....
WHY DO THE ALPHABET SONG AND TWINKLE, TWINKLE LITTLE STAR HAVE THE SAME TUNE?



HAVE YOU EVER
STOPPED AND
WONDERED....

IF CORN OIL IS MADE
FROM CORN, AND
VEGETABLE OIL IS
MADE FROM
VEGETABLES,

THEN WHAT IS BABY OIL
MADE FROM?

STUDENT FOCUS

By Kate Barry

Full Name - Dev Patel
Grade – 1st Kup
Years Training - 4 Years



Favourite Technique: Back Kick

Worst Technique: Twisting Kick

Favourite Pattern: Toi Gye

Favourite Martial Art film:
Enter the Dragon

Favourite Martial Art Book:
Art of Expressing Human Body
(B.Lee)

Favourite Music: Anything

Ode To **The Pitbull**

By Lyndsey Reynolds, 3rd Kup

This man cast fear into hordes of people,
Despite being a man of Diminutive stature,
My friend, the Pitbull.

He knew no fear, had eyes of violet,
had tasted blood and liked it,
My friend the Pitbull.

Crowds cheered, people marvelled,
At this fearless man, who fought regardless,
Of any Goliath standing before him-
My friend, the Pitbull

This is a tribute to you my friend,
As we are fighters who lost the fight
Of us versus gravity-
Pitbull – My friend,
I salute thee !



Favourite Food - Chinese

Favourite Film - The One

What is your ambition as a martial artist? – To become the best I can ever be.

What is your next goal as a martial artist? – Earn my Black belt and be a very, very good one.

What has been your most rewarding part of Taekwon-do so far?

Everything, But also teaching the little dragons.

Other interest + hobbies – Basketball, Tennis, Drama.

Why did you start Taekwon-do? My Mum introduced me into it.

What is your biggest achievement as a martial artist? Being able to teach people and gaining a lot of confidence.

What is your biggest achievement in life? Getting a gold medal in the world championships for Sparring.

Training tips for other people? If you want to be good at Taekwon-do then train hard.

Memorable moments within martial arts? Student of the Year Award in 2000

A quote for the readers? Money Lost, Nothing lost, Honour lost, Much lost, Courage lost, all lost.

Training tips for other people? Don't always train your stronger side to become stronger. Work on your bad side or your less effective techniques.

Memorable moments within Martial Arts? Has to be when I competed in the TKD Explosion 2003 and finished my first round fight within 5 seconds.



Directing The Force

By Sifu Oli Van-Overbeek, Wing Chun
IAOMAS England

Most martial arts recognizes that the legs power the arms to a great extent. In fact, all logically thinking people can see that that's the way. While the actual movement of the arm is generated by the shoulder and torso, it will not be effective if the movement of the legs doesn't support this action. Imagine standing on ice, punching a static and solid object, the stance or leg movement doesn't support the action of the upper body and as a result not much power is transmitted into the object of focus. This principle is recognized by many martial artists and different styles to some extent, as a direct example shows; stepping forward and punching will generate more of an impact than stepping backwards and punching.

This article will take it one step further to discuss the finer details of energy generation by the lower body, transmitting to and application of the upper body.

Firstly how not to do it:

There are certain styles that have mainly focused on application to such an extent that sometimes basic theory and common martial arts sense go out the window. You see this style of practitioners performing attacks while being very unstable on their legs and executing techniques without any real power. To the trained eye, it looks like the entire approach is half-hearted. A Wing Chun Maxim states: *"decide to fight or run, when stay you fight and stay, when run you run"*. Once decided, you can not change your mind.

This entails the principle of being empty minded and sensitive to the moment of action. When fighting, one can't think about how they should have run away, if one does, this then results in half-hearted attacks, and most likely defeat. Instead, go in and become an explosive and destructive force so intense that you overwhelm the opponent.

"Short motions with explosive power are very effective in jamming because they snap the opponent's bridge, destroying the structure and leaving little time for the opponent to react effectively. Short explosive power is whiplike power produced by the joints of the arm snapping together so that the power whips forward into the opponent. In a trapping motion, the snapping or whipping action can be so strong that it off-balances or destroys the opponent's body position as well as his bridge."

- Master Augustine Fong: Passing on the art of wing chun 'fighting strategies'

While some martial arts use moves to distract their opponents and others do not, they will all recognize when an attack is half-hearted and not fully powered, simply by the fact that nothing really happens.

So why does nothing really happen? This is because of a principle called chasing the hands, the practitioner becomes focused on the hands of his/her opponent solely, this is a catch up game and can never be won, simply because the hands can be removed but they will endlessly recycle and will keep coming towards the target. Within saying this the answer already lies. The focus must go to the source of energy, the body. We can see the body as the general and the arms as the soldiers, as long as we focus on killing incoming soldiers, the general will send in more troops. When we kill the general, the soldiers are lost, and will not fight without guidance. Unfortunately, we have to go through a certain amount of soldiers to get to the general. This is ok as long as we understand where our focus lies.

So what is the difference between chasing the hands and working through the soldiers?

The main difference of course is the focus, and in application this directly translates into the direction of force.

In other words, instead of removing and blocking the incoming hands in any and all directions, stop them sending force towards their origin being the central line that runs vertically through our body. As opposed to chasing the hands which would translate into spinning off the incoming force without real control. When the incoming attacks become more fierce our energy spins of as well due to a lack of control and direction.

Apart from exposing ourselves to more attacks on angles that not favorable, this also leads to a longer recovery time. In this our errors repeat themselves as we try harder and harder to recover.

Most trained fighters or martial artists use a double guard of some sort, often the 2 guard arms are not equally extended, therefore two Defence pyramids have been created; in effect, two lines of defense. These pyramids have their strongest points pointing at

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the direction of threat, their strongest point being their apex's. A smart practitioner will never attack the strongest point of their opponent with a linear force, as it could easily be neutralized. (unless the opponent is greatly weaker) Instead the practitioner will attack a weaker side of the pyramid, one of it's sides, this would preferably be the front guard as a more extended arm is more easily manipulable. This technique is known as increasing the cutting angle, making it more likely for an attack to succeed. The real skill in doing this is not making it obvious to see or feel for the victim of this technique. If he/she does, a simple turn would re-align the apex with the attacker and nothing would have been achieved. The practitioner that uses such a technique must convince the victim that his/her attack will be linear through the middle, this is done by coming forward with the guard providing a slight pressure on the victim's guard so that he/she registers a linear force with a certain vector, the moving stance of the attacker provides with an angle change that would increase his/her cutting angle, at that point it's already too late for the victim to react.

What is this moving stance? Sip Ma, also known as 'three angled stance'. When executed very big, it consists of a step out and forward followed by a step in and forward towards the centre of the opponent. This description in words and application makes it very apparent where the generated force is vectored at, the opponents centre.

When using the actual stance, it's motion becomes more subtle, in fact it becomes a weight shift to one leg with (maybe) a small step out, then a pivoting of that heel, pushing off towards the centre of the opponent. At the end of the stance a small shuffle towards the opponent is executed, to fine tune the range and add more power to the attack.

What does the upper body do?

There are 3 major options:

- 1) sending all power to one arm; the line clearing arm
- 2) sending equal power to both arms
- 3) sending all power to the other arm; the attacking arm

All options have advantages and disadvantages, it is simply a matter of selecting when which method is most advantageous. This would depend on the size and strength of the opponent and secondly at the level of tension he is presenting in his/her arms.



Option 1:

All power goes to the arm that impacts on the arm of the opponent (this shoulder is also slightly forwards), the opponent's arm is forcefully removed the other arm comes in with an attack. This timing difference allows for a hip snap and a forwarding of the other shoulder (as no great deal of power is needed on the original forwarded shoulder anymore) still providing the attacking arm with enough power to do damage. More importantly, the attacking arm is now behind both enemy lines and an entirely new set of rules applies where returning power plays a great role.

Option 2:

Power goes to both shoulders equally. Shoulders are both facing the opponent at an equal distance, the arm of the opponent is removed and the other arm follows in with an attack a fraction of a second later. Again, both enemy lines have been breached.

Option 3:

The most subtle option of the 3. The arm that impacts on the opponents guard is as light as a feather, and does not try to remove the guard at all, it simply places itself against the opponent's arm, this to ensure that it is still there and not moving anywhere else. All power goes to the attacking arm that attacks on such an angle that it will never hit the arm of the opponent. Again both lines of Defence have been broken. Although least spectacular, this in fact would be the most devastating initial attack, the opponent never felt anything coming in, and never had a chance to block anything.

So light, so subtle, so fierce, so devastating!

The footwork on these 3 options is identical, however the shoulder positioning determines where the force is sent to. Think; Newton cradle.

As stated above, when behind one or two enemy line(s) the rules change and this description of not chasing the hands and how to do that applies to a "non-contact" situation flowing to a contact situation with 2 lines of defense still intact.

An alternative way of entering the structure of the opponent would be to use a non-linear force against his/her linear force, this could be a drilling force or a circular force, more about this in future articles.

Sifu Oli Van-Overbeek, Wing Chun A.S.A.P. Copyrighted 2004

<http://www.wcasap.com/>

The Possible Emergence of the Chav Species into Martial Arts!

By Kate Barry, 5th Kup & Lyndsey Reynolds, 3rd Kup

Introduction to the Study of Chavs in TKD and the Martial arts

In recent times, a new diverse sub-culture has presented itself in the realms of Rayners lane and in many other areas of Britain. This subculture spans through all ages, race and gender. Caution – They maybe in your street, your local newsagent, even in your house!!!

Individuals of this ‘type’ were first sighted in magazines, especially the teenage girl magazines for example, ‘More!’, ‘Hello’ and ‘OK’ have printed many pictures of celebrity victims who have succumb to the charm and majesty of this way of life.

This way of life we speak of... is the chav’s way of life, where bling is king and Burberry is queen, the trainers are their work shoes and fake designer clothing is their uniform. Females of this sub-culture tend to wear large hoop like ear-rings, preferably the ones which stretch the earlobe to twice its original length. Males of the same type tend to drive Vauxhall Novas and wear at least one type of sports branded clothing and say ‘innit brov’ a lot.

Even members of the royal family have surrendered themselves to the ways of the ‘chav’, a prime example of this is Prince Harry and his persistent wearing of branded baseball caps!!

Recent reports have illustrated that the chav trend knows no bounds, and even areas of Martial arts practice have been affected by this tragic yet fascinating new trend.

Rayners lane Tae kwon-do academy had a recent scare when a pair of pink Burberry style socks was found in the ladies changing room, causing concern to the Academies instructor and other members of the academy.

It is this scare which has resulted into a detailed study of the prevalence of chav in the students of the academy and whether of not this will cause detriment to their progression in the Martial Arts.

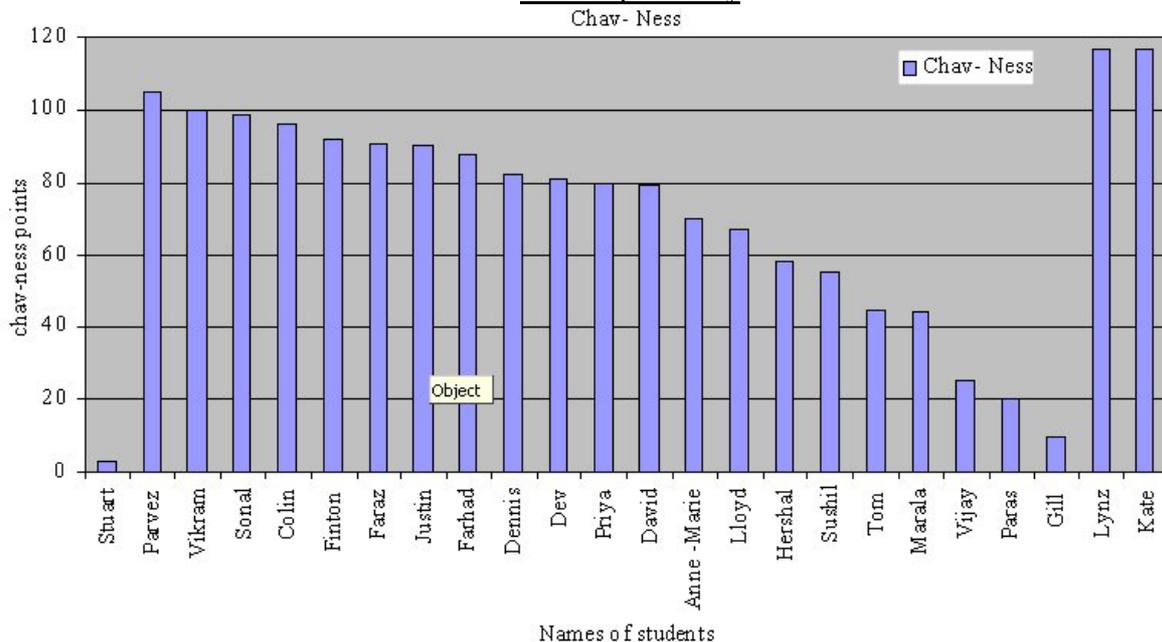
Explanation of the Study of ‘Chav’ in Martial Arts

All members of the Academy have undergone a twenty point psychometric testing process which appends this study. This has explored areas which the ‘chav’ trend could intervene in their practice. Questions ranged from the academy’s attire to their social habits to ensure every avenue was effectively explored. This enabled us to rate our subjects in a belt system of ‘Chav kwon-do’, basing their level of ‘chav’ in each student and liking this to the meaning of belt rankings in Tae kwon-do.

Hypothesis of the Study/ Expected Results of the Study

We expect to see that the ‘chav’ subculture has not yet become entrenched within the academy, that, the academy is resilient to exterior changes in society, and is fully devoted to furthering its students in the realms of Martial Arts.

Results of the Study



The Possible Emergence of the Chav Species into Martial Arts!

By Kate Barry, 5th Kup & Lyndsey Reynolds, 3rd Kup

Analysis of the Results

As can be seen from the 'Chav Kwon-Do ness' graph, This does show some worrying signs, especially as two members of the academy have scored points which equate them to the position of Master Chav. There are four more black belt chavs as well! This means many of their mannerisms have indeed become chav like and their attire is devoted to the ways of the chav. There are four more red belt chavs, well on their way to owning Vauxhall Corsas and wearing droopy earrings and therefore aspiring to black belt status! The most disturbing evidence though is the fact that 87% of subjects studied had subconsciously exhibited varying levels of chaviness!

Conclusion of our Study

Some may say that it is a sad testimony to the times that the purity of a discipline as age old and traditional in its ways has been invaded by such a parasitical and malevolent intrusive force.

However there is some hope. Even though the instructor has taken to wearing a dodgy fur trimmed bomber jacket, and there is suspicion that the pink burberry socks belonged to him, the light at the end of the tunnel is this. We have seen that martial arts practice and chaviness can co-exist equally, as if two streams which run parallel never cross. There were no results to show that there was a negative correlation between the aptitude of a student and the levels of chaviness they bestow. In conclusion, becoming a chav is not something which is learned consciously it is inherent in certain individuals. In comparison, Martial Arts has to be studied and practiced constantly to become a good martial artist.

But, those of you who have been

identified as chavs, be warned, we know who you are, and have forever been emblazoned on our minds as chavs!

Below is a Belt system so that you can see how much of a chav you are. If you look at the graph and find your name, look at the score you have been given and then read the point system below and you find out how much of a chav you are.

Chav-kwon-do Belt System

0 - 20 points – White belt (Non Chav)

Innocence, a beginner who has no knowledge of Chav-kwon-Do.

21 – 40 points – Yellow Belt

Signifies earth, from which a plant sprouts & takes root as Chav-kwon-Do foundation is laid.

41 – 60 points Green Belt

Signifies the plants growth as Chav-kwon-Do skills begin to develop.

61 – 80 points Blue Belt

Signifies the heaven, towards which the Student Chav matures into a Competent Chav as training continues.

81 – 90 points Red Belt

Danger, warning opponent & wearer to exercise control towards non chavs.

91 -100 points Black Belt Chav

Signifying wearer impervious to darkness & fear of non Chavs.

101- 110 points Master Chav

Someone who has learnt all the basic elements of Chav-kwon-do, has in-depth knowledge of the Burberry pattern & other various elements that compose Chav-kwon-do.



Chav Jokes

What do you call a Chav in a box?

- Innit.

What do you call a Chav in a filing cabinet?

- Sorted.

What do you call a Chav in a box with a lock on it?

- Safe.

What do you call a Chavette in a white tracksuit?

- The bride.

Why are Chavs like slinkies?

- They have no real use but it's great to watch one fall down a flight of stairs.

What's the first question at a Chav quiz night?

- "What you lookin' at?"

How do you get 100 Chavs into a phone box?

- Paint three stripes on it.

2 Chavs in a car without any music. Who's driving?

- The police.

THE PHILOSOPHICAL SIDE OF JET LI

Star of 'The One' Lives His Life According to the Buddhist Teachings of Kung Fu

By Dr Craig D. Read

Situated atop a 40-foot-high, rickety-looking catwalk, Jet Li looks like a puppet on a string as he prepares for one of Corey Yuen's action-directed stunts. Wires protrude from Li's body in four directions, and as Yuen bellows, "Action," a menagerie of Chinese stunt guys yank on them by leaping off 10-foot ladders or running back and forth in a controlled-chaos tug-of-war. Li and his opponent fly upward and then 60 feet backward in opposite directions. Then, as if being struck by invisible tennis rackets, the two fly back toward each other for their final clash of pugilistic mayhem. Who is Jet Li's opponent in this ultimate battle? None other than Jet Li.

Moments later I'm sitting with Li in his trailer. The most striking image there is a photo of the Dalai Lama. It's ironic when you consider the religious persecution that takes place in China and the fact that the Dalai Lama is considered a political criminal there. In a way, the photo portends the direction of our talk. I broach the thought that for a man who follows Buddhism, a life of film, fame and fortune might not exactly mesh. "It's not about having to lead a simple life—although that is one [path]," Li says with a smile.

"Regardless of those things, you are still just a normal person. You really are, in the cycle of life, nothing special, and the idea is not to think of yourself as something truly special. I can think that I'm No. 1 in the world, or I can think that I'm a normal guy with a lucky life be-

cause I'm able to do these films. It depends on how you think and what kind of personality you have. You must always be kind to other people, try to help them and have a good heart."

I ask Li if it's hard for him to have a good heart in an industry where everyone wants something from him to make themselves rich or to improve their status in the business.



The idea of making a science-fiction film in which multiple versions of himself exist appealed to the Buddhist nature of Jet Li.

"Well, that's the part of life where one must learn," he replies. "I'm not a perfect monk yet; this is why I learn every day. And even though I may not reach my goal in this life, I can still continue to learn and become a nicer person. You may have a name, a house and money, but it is all temporary. When you die, your name is gone, your money is gone. The point is you never really own anything. Everything you have now is an illusion."

Movie stars are expected to gracefully handle all the questions and requests they get bombarded with. That may wear thin the patience of

some, but not Li. "If you think about it, it could be tiring [because] I've done this for 21 years," he says. "Hundreds of reporters ask the same questions, and that can make you tired; but when you're a Buddhist, you learn to see things from different angles. I could have retired already, but I want to share [this kind of] knowledge with young audiences. I want to talk about philosophy and try to get people to not hate each other. That is part of my life."

I jokingly apologize that I must now become one of those reporters and ask about *The One* because, after all, that is why the studio has let me onto the set. He impishly laughs and says, "OK."

The One is the brainchild of the outrageous X-Files writing team of Glen Morgan and James Wang. Pro wrestling pseudo-hero The Rock was slated to star, but when WWF chieftain Vince McMahon refused to let him go, the

film's action was destined to take on a more mythical dimension with Li.

The movie's plot revolves around the theory that an infinite number of parallel universes exist in the same space as ours but in different dimensions. The theory also holds that bridges can be opened between them. In *The One*, the worlds that exist in some of these universes have joined a futuristic United Nations called Multi-Verse. Because the inhabitants of some worlds have learned how to travel between uni-

(Continued on page 31)

(Continued from page 30)

verses, Multi-Verse has established a police force to monitor for Hitler types and squash them before they get started.

Li plays two characters: Gabe Law (“Good Jet”) and Yu Law (“Bad Jet”). Yu is a Multi-Verse agent who, while fighting in one universe, accidentally kills his other self and Highlander-ishly discovers he can absorb the energy of his counterpart. As he travels to other universes and kills the equivalent of himself in each one, he becomes stronger. When he arrives in our universe, he must be stopped by his last self, who is oblivious to what’s going on.

What made Li decide to star in this type of film? “I am ‘the one,’ ” he says with a laugh. “Sorry, just joking. Seriously, the script and ideas are very cool, and I always wanted to do a sci-fi film. I like that there are many universes and each one has your life in it. When I first saw the script, it was a typical American action/sci-fi movie, but after they picked me up, I said: ‘Wait a minute. I like the idea, but we need to do something about the martial arts.’ That’s because I also want to share information through the characters and physical movements. So we got Robert Kamen (Karate Kid) to re-write my two characters because he knows the martial arts and philosophy.

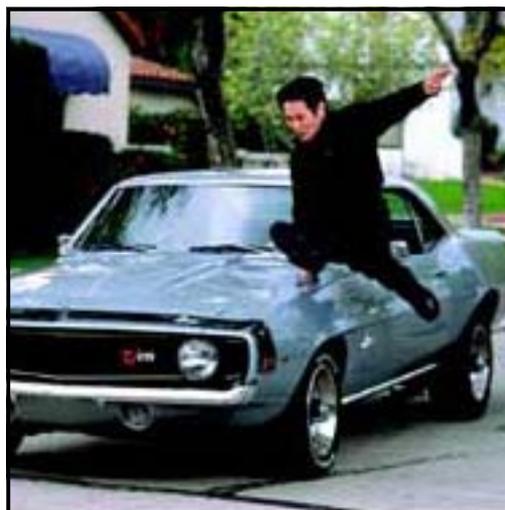
“So for each character, we developed a philosophy. Bad Jet only kills ‘himself.’ He uses a martial art called hsing yi—[which uses the] attack idea of the shortest distance between two points. He just kills to reach his goal. Good Jet is trying to keep his family and life normal, and he doesn’t want to become a hero or be ‘the one.’ So his philosophy is like a



In ‘The One’ Jet Li portrays two battling Characters who come from parallel universes

circle—like pa kua and yin-yang. He’s looking for balance. He must protect his family and his life. The two are a balance unto each other: good-bad, happy-unhappy.”

The most interesting part of The One, according to Li, is that Jet fights Jet. The difference between this and other films in which the same actor plays two versions of the same person—such as Jackie Chan in Twin Dragons and Jean-Claude Van Damme in Double



The fight scenes in Jet Li’s The One were directed by Corey Yuen, who also oversaw the action in Lethal Weapon 4, Kiss of the Dragon and Romeo Must Die.

Impact—is that you never really see them fight each other, Li says. “They just act [using a] split screen

and play two parts looking where they think the other will be standing but never crossing the line to fight. In The One, with special effects I can hit someone, and he will fly up and fall down in slow motion while I still move fast; but this is done in the same frame, which has never been seen before. It’s really cool. And Bad Jet is very powerful and has ching gong (the power to jump high, walk on tree tops, etc.) like in old Chinese period-piece films where they can fly.”

When Li was a teen-ager training in wushu, did he ever imagine that all those aerial maneuvers he was learning would one day be put to use on the silver screen? “In my opinion, there are four kinds of martial arts: sport style, filmmaking and TV style, health and treating your body, and self-defense,” he says. “When I started, it was for sport.

In the beginning, I trained three hours a day doing basic forms and then weapons. Six months later, I became a pro athlete and started training eight hours a day, six days a week—just doing martial arts. Film was never an objective; my goal was to become a champion in hopes of representing my country and then to show other countries what it’s all about.

“But with all the basic training you do, you get to a point where the most important [thing] is how to think about your form and yourself, and how to learn something new and different.

Of course, after years of doing the physical, it’s important to do the internal martial arts. After the internal, you should do chi [training], and after that you must reach into religion and

(Continued on page 32)

(Continued from page 31)

philosophy—which is the aspect that should be most important.”

Li waxes philosophical when asked about the trials and tribulations of being a martial arts superstar with a message. “It’s not good or bad,” he says. “If it happens, it happens. You’re born, you become human and you bring nothing.

Then you die, you go, you take nothing. You can only use your body for 70 years or so, but your spirit is always with you. About being a star, you have to thank the audience because they make things happen, not the studio.

And now they have discovered Hong Kong martial arts films. So with all of this, the audience grows bigger, but again it’s really about sharing what the martial arts are all about through film.”



State of the art digital effects enable Jet Li to fight himself in The One

Throughout the evening I spend with Li, listening to him talk and observing his facial expressions and body language, it suddenly strikes me who he resembles: Bruce Lee. Anyone familiar with my writing knows that for years I’ve interviewed most of

the big stars and filmmakers in martial arts cinema. Inasmuch as they share their cinematic experiences or are anxious to talk about their latest

projects, sadly none of them has ever felt the need to talk about philosophy and how that applies to their martial arts, their life and their films. However, it always seemed that whenever Bruce Lee was interviewed, the topic was his philosophy of life and how it fit into the martial arts, as well as how the martial arts fit into his philosophy of life. Until now, no actor except Jet Li has shared that inner light about his art and philosophy.

As the night ends, I mention this observation to Li, and a long, heartfelt silence ensues. At a loss for words, he tries to clear his throat. An appreciative nod later, we shake hands, exchange smiles and part ways. Although Jet may have changed the English spelling of his name from “Lee” to “Li” to avoid cinematic comparison to Bruce, his wheel of life has led to a comparison based not on his movies but on his heart and philosophy. In a melodramatic sense, perhaps Jet Li is, in fact, “the one.”

Dr. Craig D. Reid is a Los Angeles based freelance writer and fight choreographer with more than 18 years in the business.

Sonal's Overview Of 2004

By Sonal Lakhman, 4th Kup

THE BEGINNING OF 2004 – I did not attend many Taekwon-Do lessons as I had exams to revise for. I started training again properly in June. From here on I did my best to attend every class.

KICK IT – 10/10/04 – We left very early to get to Kent on time although David’s car broke down so they were a little late. They missed the patterns but made up for it in the sparring. There were a lot of competitors from Rayners Lane, mostly those going to the World Championships. Everyone did exceedingly well at this competition. Staying as a blue belt for a year finally paid off as I won my first gold medal in patterns. I was quite gutted when it came to sparring as I was only up against one competitor, a challenge would have been good but I managed to walk away with gold in sparring too. After all that hard work and effort everyone put in that day, we ended it by going down to



MacDonald’s and eating very unhealthy food!!!

SUMMER – wasn’t as great as last year when we were at the park once a week playing manhunt! That was fun but we did do a lot of intense training this summer. For me, this was all in preparation for the World Championships. We also went to train in a hall in Wealdstone, so thanks to Kate for organising that at such short notice! The flying side kicks were quite fun, though I nearly cracked my head on the wooden floor!

IRELAND – This was the highlight of my year. The competition itself was not all that well organised but we did manage to scoop 26 medals between the 15 of us. The divisions were quite tough which was good, so everyone felt like they earned what they got. All competitors did really well, as the video

(Continued on page 33)

(Continued from page 32)

shows (of which I did most of the recording). I started by doing patterns, this was real hard as faced Lyndsey in a tie for the gold. I just won the gold but I think we equally won that after watching it on the video. I also won a bronze in points sparring. This was quite hard to get as I had to have 3 fights as our division was really big. In continuous sparring, I got knocked out in the first round because of a biased judgement, I thought, oh well, it happens. I also entered a team event with Lyndsey and Kate. We got the gold because no one wanted to take on the Rayners Lane Angelz!! The black belts could just about handle us!! Generally, the atmosphere at this competition was great. I would like to say thanks to all those who came to support, it really did make a difference. This event was also a very good opportunity to get to know everyone that little bit better. The good..... and the bad things!!!

OVERALL – This year has been real good Taekwon-do wise. I feel I've improved in many areas such as flexibility, strength and also in some breaking techniques. I was quite gutted when I failed my grading in September but I've learnt from everything bad, something good comes. I realised that something like this could really change how you think. It holds back your ego and lets you better your training to the level it should be at. I've had a great year and have achieved more than I thought I would have in a single year.

*Merry Christmas
and a
Happy New Year*

STUDENT FOCUS

By Kate Barry

Full Name: - Justin Goh
Grade: - 2ND Kup
Years Training: - 3 years



Favorite Technique:
Back kick

Worst Technique: Jumping reverse Dodging kick

Favorite Pattern: Toi Gye

Favorite Martial Art film:
Fist of Legend

Favorite Martial arts book:
Training and fighting skills (Urquidez)

Favorite Music: Linkin Park

Favorite Food: Chips

Favorite Film: - Shawshank Redemption

What is your ambition as a martial artist? - To become a 9th Dan

What is your next goal as a martial artist? - Open a Club after my Black Belt

What has been your most rewarding part of Taekwon-do so far?
Getting an 'A' in two grading's

Other interests and hobbies? Football & Biking

Why did you start Taekwon-do?
Because I could not attend my old club.

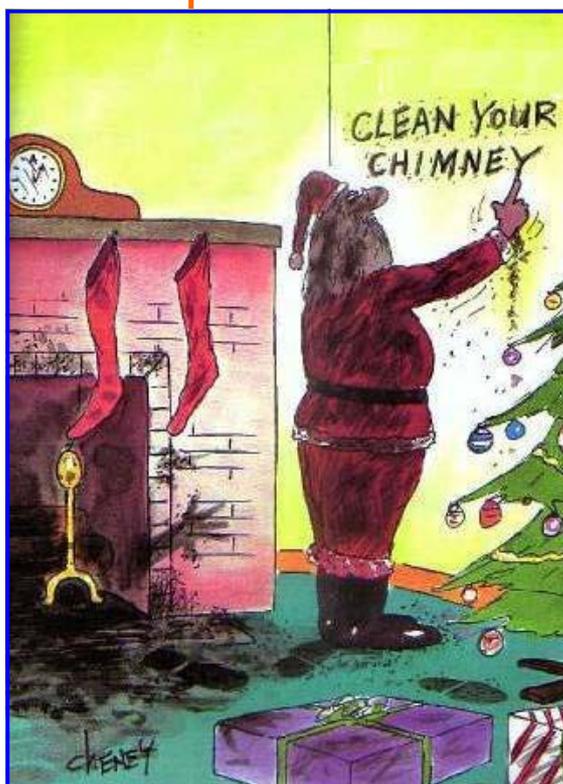
What is your biggest achievement as a martial artist?
Teaching Others

What is your biggest achievement in life? traveling to the Far East alone

Training tips for other people?
Pivot on Supporting leg.

Memorable moments within Martial Arts? Going away with others to Ireland to Compete in the World Championships.

A Quote for the readers?
Look to the person to your side in his or her life, he or she will meet many people content with mediocrity try not to be one of them.





Helpful Tips For Competition

Dev Patel , 1st Kup



Competitions are very important, not only because they help boost your confidence but also because they are the closest experiences you can get to a real fight. This is because when your sparring in the club with your own mates it is less challenging, because you have seen the way your partner spars and what their strengths and weaknesses are, but in competitions you don't.



Here are some tips to success in the ring:

- Always remember to prepare properly before competing. You should try to do some extra training at home and train extra hard and push yourself during the lessons building up towards the competition.
- You should have confidence in what you're doing and most of all you should have confidence in yourself. If you're not confident enough and you don't believe you can do it, then all the hard work and training you've done will have gone to waste before you've even stepped into the ring.
- Make sure that you're fit and ready to fight, because you may have to fight many opponents before even getting to the quarterfinals. To prevent tiredness do lots of stamina training at home e.g. skipping, running etc.
- Eat the right foods on the day and remember to take in plenty of water to keep yourself hydrated. A good tip is to eat lots of foods with carbohydrates in them, e.g. pasta.
- Make sure that you have learned your patterns thoroughly, because it can be very nerve-racking doing your pattern in front of hundreds of people.
- Finally remember winning is not everything, and as long as you know you have tried your best then it doesn't matter, because you'll always get more chances later on in other competitions to get medals.



International Alliance Of Martial Arts Schools

...the true spirit of martial arts

(abbreviated version of a magazine article in Black belt Magazine)

On 12th of September 2002, Rayners Lane Taekwon-do Academy instructor, Stuart Anslow, put forth a realisation of an idea he'd mulled around with for a long time, now one year down in September 2003 the International Alliance Of Martial Arts Schools celebrates its 1st birthday with over 300 martial arts schools & thousands of students blowing their paper trumpets & donning their party hats.

In 2002 Stuart put the first stone down to establish the I.A.O.M.A.S (International Alliance Of Martial Arts Schools) & in just one year its built a whole universal virtual dojang (thats meant to be a sort of metaphor).

So how did the International Alliance Of Martial Arts Schools come about? Well, as mentioned above, an idea was set forth, Stuart contacted a few International friends involved in teaching martial arts & they came on board as well. England IAOMAS site was established.

First to join up & now defiantly considered a co-founder was Tim Posynick from Canada who works tirelessly on IAOMAS (Canada & International items). A little while later David Melton had established a US Country Page, followed by Piotr Bernat from Poland, Ger Healy & Philip Fox from Ireland & Christian Hell from Germany. Country sites (hosting schools in that particular country) have also been established in Australia (Glen Doecke), Holland, India, Iran, Ireland (Phillip Fox & Ger Healy), Nigeria, New Zealand (John Burton), Pakistan, Scotland (Robert Bass), Spain, Thailand & of course Wales (Neil Murhead).

Clubs have also joined from Argentina, Austria, Brazil, Cuba, Dominican Republic, Cyprus, the Isle Of Man, Estonia, Italy, Mali, Malta, Morocco, the Philippines, Russia,



Saudi Arabia, Singapore & South Africa, while the Country sites continue to gain even more members from their home countries. Each 'Country Site' have numerous schools, in fact at the last count (some months ago) the IAOMAS was fast approaching 300 schools (now 500 in 2004) worldwide, although by the time this goes to print it will more than likely be closer to 400 as Canada is fast approaching 100 schools alone, with England not far behind.

Everyone is able to keep in touch via email, all the web sites & Country pages are linked to all the others & recently, Colin Wee a very active Australian member enabled the IAOMAS to launch IAOMAS.com & IAOMAS.org (the forum)

In one year the IAOMAS has grown from a support system for students (see below) to a worldwide phenomenon, with instructors from virtually every discipline discussing every single facet of martial arts, from training issues to business via the IAOMAS forum.

What's even more amazing is this unity was brought forth without any costs to Instructors or students, without any political problems, because no-one has to leave their present associations. The amount of co-operation on such a vast worldwide stage I don't think has ever been realized & even if it has, never so quickly, this truly is a new era for martial arts!

Its simply a list of forward thinking, open minded, good natured,

good willed martial arts instructors, some famous, others not but with one common thread, world wide unity, transcending style, associations & ego's.

Virtually every style is covered somewhere & hopefully one day every country will be covered as well.

The IAOMAS has its own forum, with instructors & students around the world discussing all manner of martial arts related subjects, from competitions to training & pattern/kata applications to tuition billing services to Self Defence courses for OAP's & sharing resources, all done with openness & a willingness to help, such a wealth of knowledge in one place is reason alone to be part of the IAOMAS.

All this has been achieved free, with no charge to instructors or students, which is one of the main aims of the IAOMAS.

So What is the IAOMAS?

The International Alliance Of Martial Arts Schools is a student support system, the co-operation of Martial Arts schools worldwide to allow all martial arts students to continue to train wherever they go (ie. On holiday, vacation, work etc.). Its good for all students involved (through the club) & good for instructors to be able to offer training where-ever their students are in the world. After all, open minded martial artists can all learn from each other.

It is also an amazing online resource of knowledge, information & above all friendship.

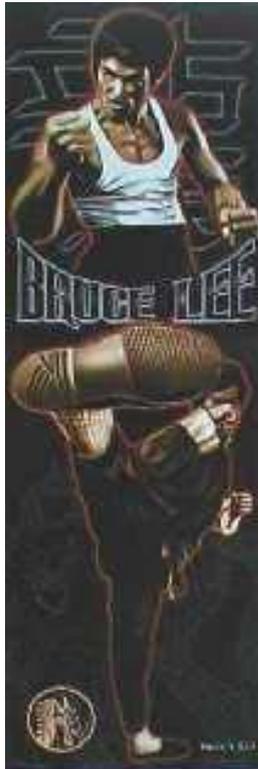
**See for yourself
by visiting**

www.iaomas.org

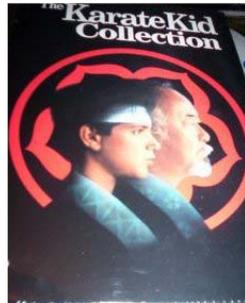
and

www.iaomas.com

If You Missed The Last Lesson Of 2004...



A Bruce Lee 6 Video Set



Alfie Lewis Book

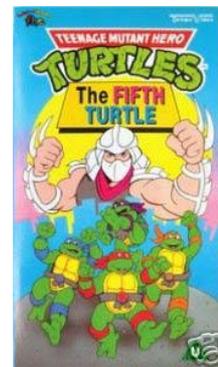


Best of the Best Videos



Cool Samurai & Bruce Lee Statues

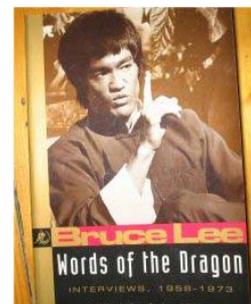
Words Of The Dragon Bruce Lee Book



A funky Samurai Sword Letter Opener

Bruce Lee posters

A wicked Kill Bill 'The Bride' poster

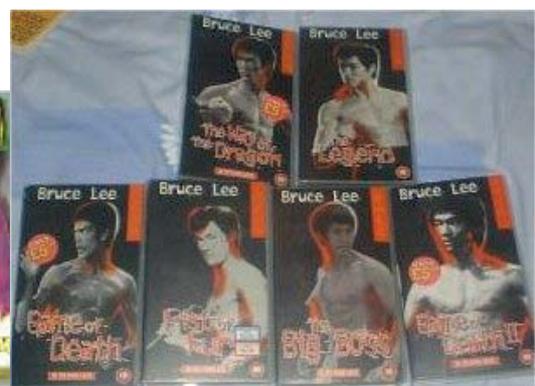
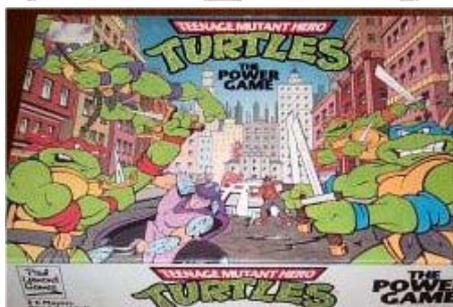


A giant Bruce Lee door poster



Bruce Lee Collectors Items Postcards

Funky Basil Brush Karate Flannels

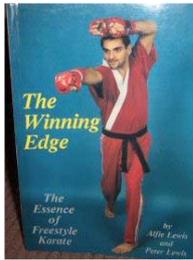


... more fool you!

... cos you missed the Christmas raffles



Cool Taekwon-do Tops



Cyber Ninja Play sets

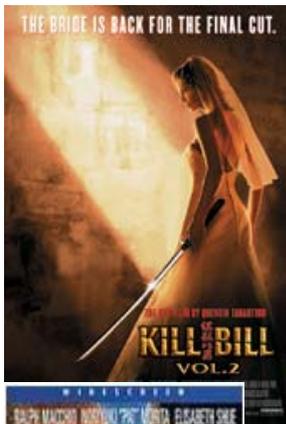


A rare Teenage Mutant Ninja Turtles board game

Karate Kit + Bag + Video



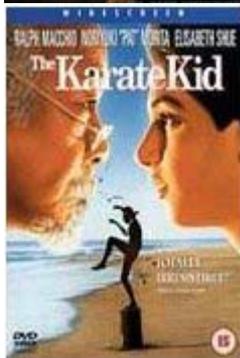
Turtles T-shirt transfer



Power Ranger Figure

Teenage Mutant Ninja Turtles Vis

A Teenage Mutant Ninja Turtles cuddly Toy



Streetfighter 'Ryu' Figure

+ other stuff



Van Damme's Return to the Big Screen

LOS ANGELES—In 1996, after teaching the martial arts for 25 years, I decided to move to Hollywood. I dreamed of being part of the next Enter the Dragon, The New Karate Kid or the cult of Bloodsport films. I was prepared to take any job I was offered—be it sweeping floors or carrying towels—just to be part of the excitement. But never in my wildest dreams did I imagine I would be working with Jean-Claude Van Damme on his new blockbuster, Kumite.

Most people know that Van Damme was a martial arts champion in Europe, but he gave all that up to start a film career. He immediately moved to Tinseltown to become the next action star. Following the success of Bloodsport, he made one spectacular movie after another, which his legions of fans lined up to see.

But Kumite is expected to be even better. The ultimate fight film, it will feature the best martial artists and champions from around the world. The fighting arts will be elevated by fresh ideas, an engrossing story line and a new type of tournament. It will create a fresh approach for showcasing the arts by casting real champions in leading roles.

Van Damme worked on the script for more than three years to achieve the perfection he demanded. He assembled a team of professional actors, stunt choreographers, consultants and filmmakers to bring this extraordinary story to the screen. K-1 veteran Jerome LeBanner, muay Thai champ Malaipet "The Diamond" Sitpraprom and top Japanese karate competitor Kenji Yamaki (discovered after his appearance in the January 2004 issue of Black Belt) are among the skilled practitioners who've been brought on board. Having read the script, I believe Kumite will restore to the martial arts the dignity and respect they deserve. I recently visited Van Damme at his home, where he explained the inspiration behind the final fight scene. The idea includes featuring quality martial arts and a level of respect that masters like Jigoro Kano, Gichin Funakoshi and Mas Oyama would have loved.

When I asked Van Damme why he was so passionate about the project, he replied: "It's time the public got to know the martial arts for exactly what they are—real karate, real muay Thai, real savate and real no-holds-barred. They are all equally good with their strong and weak points, and they all deserve the respect of non-practitioners. That is my goal in Kumite."

Van Damme is taking the attainment of that goal very seriously. He and one of his co-stars, Bolo Yeung (Enter the Dragon), train for three to four hours a day to prepare for their roles. Their regimen includes weight-lifting, stretching, bag work and cardio exercise. Sparring and diet are also important components of their daily routine, and both are pushing themselves to achieve their personal best.

They realize this film has the potential to revitalize the martial arts industry the way The Karate Kid did in the 1980s. Because several characters have yet to be cast, martial arts experts, fighters, coaches and instructors are invited to send a professional demo reel (no longer than five minutes) and a martial arts résumé for consideration. Aspiring actors should mail the materials—including their current height and weight, head shot, nationality and contact information—to Rising Sun Productions, Kumite, 628 North Doheny Drive, Los Angeles, California 90069. For more information about Van Damme, visit <http://www.jeanclaudevandamme.net/>.



Jean-Claude Van Damme has whipped his body and mind into top fighting shape for his martial arts movie comeback.

Important Dates You Should Remember

Special Christmas period lesson: Wednesday 29th December

This is open to all ages & all grades, no matter what you scheduled training days are:

First Official Classes of 2005: Wednesday, 5th January 2005

Back Training



MORE

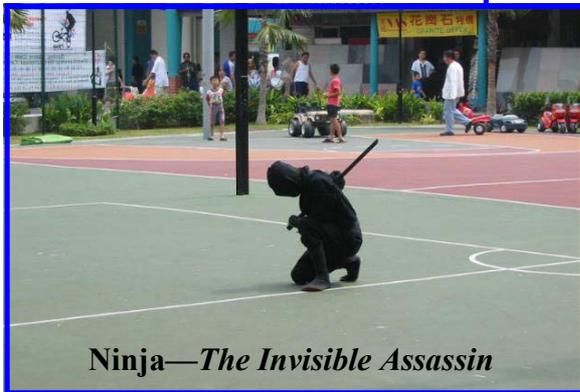
CHRISTMAS FUNNIES



So secret you can even buy the book!



How Taekwon-do can help if you ever get attacked by a...
...Pokemon!



Ninja—*The Invisible Assassin*



scary!
A green belt ghost! :-)



What happens to Teenage Mutant Ninja Turtles when they grow up?



scarier!
A black belt one! LOL :-)

A tutor who tooted the flute
Tried to tutor two tooters to toot
Said the two to the tutor
"Is it tougher to toot
Or to tutor two tooters to toot?"

Dojang as a The Microcosm of the World

By Sensei Gordon Travers R.I.P.
York Karate, IAOMAS Canada



As many martial arts leaders will tell you throughout your career, the dojang is a microcosm of the world. It is a world of its own within our everyday life, simultaneously mirroring and differing from the outside world.

Like any society, there are certain fundamental elements that allow it to survive and flourish. The rules of the dojo, like the constitution of a country, are the backbone preventing chaos. Peter Urban best describes the dynamic of the dojang when he says: "Sabumnim's word is law by consent of the governed." Due to the inequities of power and knowledge the dojang is not, and cannot be, a democracy. The dojang can be compared to a constitutional monarchy. The principles behind the dojo's constitution are the martial virtues: respect, compassion and gratitude.

Sabumnim's role is to enforce these guidelines in order to make the dojo a place where everyone can learn and grow as martial artists and as people. The rules governing conduct in the dojo are clearly delineated in the student manual. It is, however, necessary to observe some guidelines governing attitude to create and preserve a positive atmosphere in the dojang.

Your first priority as a member of the dojang should be to learn. In order to learn effectively you need to be open to instruction. In other words your first reaction to the teachings or criticism of your instructors should be acceptance. Only after accepting, trying and practising should questioning come into the picture. An open mind is the key to continual learning. Different people bring their own strengths to impact your training. You can gain something from every teacher you encounter. Learn to look for something to take away instead of something to criticise.

Teaching is both an honour and a great responsibility. There is a fundamental question you need to ask yourself when you are asked to teach your peers: "Is the way I am treating my students or peers the way I would like to be treated?" Teaching requires tolerance, flexibility and patience. If your students/peers do not understand what you have taught them it is your responsibility to find a way to teach them. Teaching also allows you to learn about yourself. As Sensei Chuck Merriman says: every criticism you give needs to be applied to your own training. Attitudes are contagious. In order to ensure that the dojang is a fun, nurturing environment everyone needs to contribute positive energy. As the saying goes, you get what you give. If you apply energy to your training you will get results. Conversely if you fail to exercise control with your fellow Taekwon-do student they will respond in kind.

The principles learned within the dojang are applicable to the outside world. Since life's fundamental activities are teaching and learning the lessons we learn in the dojang serve us well in our everyday life.

Editors Note: *Sadly Gordon passed away in January this year. He was an early member of IAOMAS, supporting it in its entirety. Often outspoken on the use of Pressure Points in martial arts, leading to many interesting discussions on the IAOMAS forum. He was a passionate martial artist held very much in high regard both by his own personal martial art friends, students & associates and fellow IAOMAS members. Sensei Travers left an indelible mark on myself & many other IAOMAS Instructors which is why I am proud to present this small piece by him, but prouder still that I had the pleasure to converse with him in the short time I knew him.*



Good men must die, but death can not kill their names

More of Sensei Travers articles can be found by visiting
www.yorkkarate.com