

Rayners Lane Taekwon-do Academy



CHRISTMAS MAGAZINE



2005



Martial Heart

Though I train
Its not to fight
Its so that I may put wrong to right

Though I laugh
I know when to stop
When I see others laughing not

I have shed sweat
I have shed blood
For the martial art I love

Tears also shed
Within my life
But never for my own strife

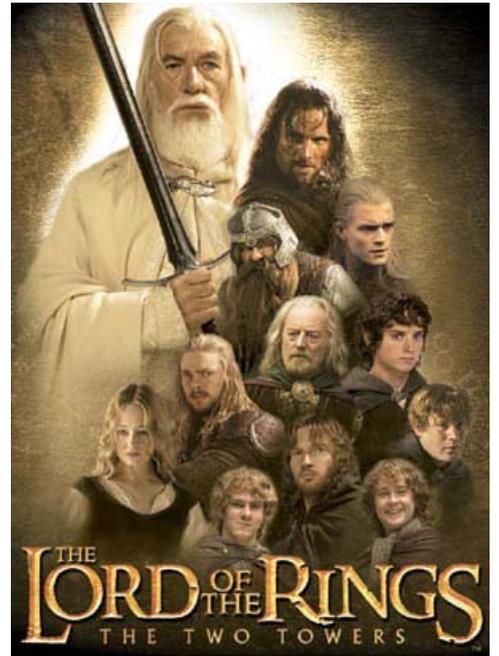
Though sadness brings a troubled soul
A strengthened heart also unfolds

Some injustice cannot be undone
One wish - if only I had one
Id give it to my son
My martial heart



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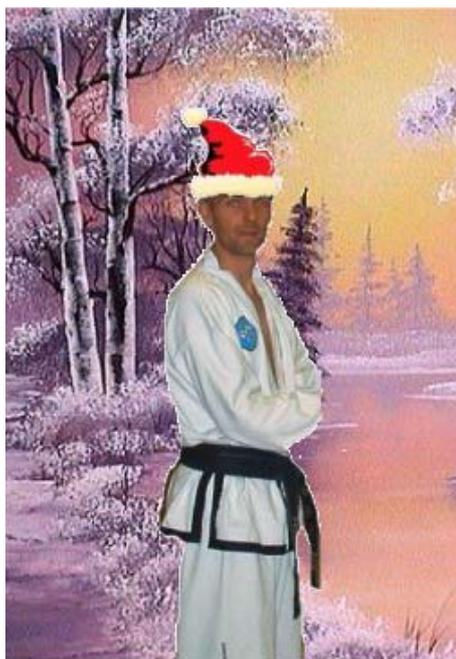


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- Many Thanks -

CHRISTMAS MESSAGE



2005 has been more quiet than most; no international competitions (despite the option to attend one), one seminar (not even the IAOMAS one this year), but still a few tournaments and the resurrection of Taekwon-do explosion 2005.

Many students have been diligently training hard this year and though the Student of the Year awards recognise only two of them, others have been doing the same and many, especially in the adult awards, came very close to snatching it off this years winner. The juniors, despite 1 or 2 contenders, unfortunately was not so close and many juniors should be asking themselves why (and their parents should also). The Student of the Year awards are based on many things: effort, commitment, behaviour, support etc.—have a think about how good or bad you would fare in each of these categories for your answer, for all have an equal chance of gaining this award.

One (two actually) final moan to get out the way before I get onto the good stuff. I was a little disappointed in the response to submissions for this Christmas magazine and though we got there in the end, you will notice it is 10 whole pages shorter than last year! I was also disappointed about how slowly the votes for the Student of the Year awards came in. Though some didn't even bother to vote (shame on you) the majority that did took their time to get to me, the consequence of which mean we couldn't get the awards ready in time for the last lesson of the year, which is a shame! - okay, moan over.

On the competition front, the academies students entered only four tournaments this year (five if you include the one in the USA). But still we managed a haul of 35 golds, 28 silvers and 16 bronzes (one of the tournaments had no 3rd place rankings), as well as Overall School award, and 2 out of the 3 *King of the Ring* awards at the South East Opens—testament to the quality of the academy and not

bad going for squads of between 8 to 12 students per tournament! What was extra nice about this years events was seeing, as well as the regular competitors, students such as Ladi, Marla, Gill, Tomasz, Zuphayr, Krishan and Dennis all competing at the events. Hopefully this will continue into 2006. on the competition front, the annual Kick It events are no more, so our first tournament next year will be in April (the South East Opens). What with kick its demise, we may have to seek out other options for competitions, though there is a new one in 2006, which is a Team championships—which should be great.

On the IAOMAS front this year it was rather quiet as well. As mentioned there was no seminar so I plan to get it sorted early in 2006 (I wasn't in charge of arranging the 2005 one), but I did travel and stay with Master David Melton and Master Tim White in the USA, gaining my fourth degree in the process. Many IAOMAS schools were present at Taekwon-do Explosion 2005 which as nice and more of the Academies students are appearing regularly on the IAOMAS forum, which is good to see, though I would still like to hear of some visits from students of this Academy to IAOMAS schools when they travel and see more of you chatting on the forum!



On a personal note 2005 had a pretty rough period for me. In April, my son Logan went into hospital for major heart surgery in order to correct a double hole in the heart. As you can imagine, it was a very tough time and I appreciate Mr Gautum for managing the Academy in my absence, as well as the senior students who help out during that period and Mr Gautums help throughout the rest of the year.

This year we welcomed quite a few new students and I hope your first impressions of the Academy have been good ones and that you participate in any & everything the Academy does as you are now part of the Rayners Lane family as much as any other student.

I was hoping to see our first black belts emerge this year, as well as Mr Gautum & Mr Ahmad grading for 2nd degree black belts, but alas it was not to be, again but 2006 sees no less than 5 students at 1st Kup with no where else to go but up! As well as a few others hot on their heels which leaves me wondering just who will be the first to make it from 10th kup to 1st degree at the Academy. The last grading of 2005 was the one to watch, as both Fayaz and Colin went all out to get their last coloured belt grading under there belts and if they continue in the same stead, I'm sure their black belts gradings will be a breeze, despite it being twice as hard :-)) If you missed it, be sure to check out the video on the web site.

I would like to thank Mr McCarthy for all his invaluable help with gradings this year. Though he is tough sometimes, I'm sure you appreciate that having Mr McCarthy on the panel ensures we maintain a high standard and thus, you unconsciously train to a high standard. Yes, it's a standard I ask for, but its always nice to get a second opinion as an outside examiner doesn't care whether you pass or fail, just that you meet the standards your meant to. I have also had contact with Mr Clarke this year who assures me he should be more regularly in attendance for the 2006 gradings.

To finish, Id like to thank everyone that has helped out at the Academy this year, seniors who have helped teach or take the occasional class, juniors who turn up with a mind to train, parents who have gone that extra mile other than 'drop off, pick up'. If you fit the aforementioned description your help, support and efforts are much appreciated and do not go unnoticed and I thank you very much.

Wishing all students, parents and their families a Merry Christmas and a Happy New Year!
See you in 2006.

Mr S Anslow, IV
INSTRUCTOR
RAYNERS LANE TAEKWON-DO ACADEMY



STUDENT OF THE YEAR AWARD 2005

It is now usual practice for all senior grades to cast votes on who should receive the Student of the Year awards. The awards are very hard to achieve as so many students put forth so much effort throughout the year and it is very much in the eye of the beholder, though this year I have managed to arrange it so everyone has a look through those eyes.

The Student of the Year 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.

Again for 2005, the award has been split in order to make it even fairer with one for Junior Student of the Year & one for Senior Student of the Year!

Nominations from the senior grades were many & varied. As mentioned in the Christmas message, nominations for the Junior award were pretty clear with only a single student (Abhijay) offering a challenge to this award, but it was different for the adults with nominations received for Sonal, Lyndsey, Fayaz, Colin, Dev, Dennis & Marek (none of which are in any particular order) as well as the winners themselves. This takes nothing away from the winners, in fact it adds to it if you look at the competition!

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 you 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.

This year's awards go to the following students:

JUNIOR STUDENT OF THE YEAR **Zuhayr Chagpar**

Zuhayr is well known and well liked at the Academy. Despite his affection for WCW wrestling, when it comes to Taekwon-do he is as serious as any of the adults and enthusiastic about his training as well. He currently only trains once a week, but still excels... which shows how much he listens, how much he takes in and how much solo practice he must do. His attitude is second to none, I cannot ever recall having to pull him up for misbehaving or even being lazy in class—he is indeed a credit to himself and the Academy and will make a fantastic black belt one day.

Some of the senior students had the following to say when voting for Zuhayr:

*"He trains well and regularly. he makes good progress and shows maturity for a junior, setting a good example for others."
"Because he takes his training very seriously"*

Congratulations Zuhayr, for becoming the 2005 'Junior Student of the Year'.

SENIOR STUDENT OF THE YEAR **David Lane**

David is a genuinely nice person: Reliable, dependable, trustworthy, helpful, enthusiastic and thoughtful. David has been helping me a lot with a project recently (as well as a few other students), but this alone did not secure him this award, as even an instructors vote is just one amongst many. On the technical side of things David is doing well, possibly above well. Okay.. Better than well, but I suspect it is the 'little extra' that might have earned this award in others eyes; the way he goes a little bit extra to help out others. This can be seen by the comments some made when casting their votes. Comments like:

*"Is a man of great character, always trains hard, always helpful to students and the instructor and all in all a really nice guy"
"Because he contributes a lot to the class"*

David will make a fine addition to the black belt ranks when he gets there.
Congratulations David, for becoming the 2005 'Senior Student of the Year'



Students of the Months of 2005

And what was said...

January

Parvez Sultan

After a short respite, Parvez is making good efforts to attend training regularly realising the hard work needed for someone who wishes to attain their black belt through the Academy, concentrating on minimalising any weak areas in preparation for his black belt grading. Coupled with that is the efforts he is making to attend the childrens classes to help out. All these efforts do not go unrecognised, so the first 'Student of the Month' for 2004 is Parvez Sultan, congrats!



Richard I feel has done. Always eager & enthusiastic in training, he entered his first competition and did really well but also chilled out and had fun with many of the students after the event. For all these points, Richard becomes Aprils, Student on the Month, Congratulations Richard.

February

Zuhayr Chagpar

Zuhayr is an exceptional student in many ways. Since he started training he has pushed himself to excel in Taekwon-do, advancing through the ranks with good grade marks. Furthermore, never does he muck about in class, I never have to tell him off and he also has 100% focus in training which shows in his technical ability. Zuhayr



has a bright future within the Academy and I can see him going far; this award is just the beginning. Congratulations to Zuhayr for becoming the February Student of the Month.



May

Lyndsey Reynolds

Over the last couple of months, Lyndsey has done what many others havn't. Many should take a note out of Lyndseys book as despite the pressures of University, studying for a full time degree, work & sometimes having to travel for over an hour to training, Lyndsey has rarely missed a class!



When others have felt the best route or indeed the only route when exam time beckons is to simply stop training for that period, Lyndsey has proved that a different course, one through hard work & dedication, can be seen and indeed achieved! Coupled with the fact, that when she trains, she trains very very hard, she is an inspiaration to many and a role model for all, especially those with study! Remember, it is a proven fact, that study, interjected with breaks & the releases that training gives, achieves better results than just study, study, study as the brain simply shuts down after a few hours of it! Finally, I hope Lyndsey doesnt mind me mentioning it, but at the end of last month (May) Lyndsey took her degree (and still trained despite it looming), so I'm sure everyone wishes her good luck in the hope she gets the marks she is looking for! For her hard work & dedication, our 2002 Student of the Year now earns another certificate for her book!

March

Dev Patel

Dev has won awards from the Academy before, both Student of the Month & Student of the Year awards... does this make him luckier than others? The answer is no, he is simple consistent time & time again, in attendance, in effort and in attitude!



June

Colin Avis

Colin gave an impressive display at his recent grading, looking powerful, effective and give a great display of control techniques and superb ariel kicks, and the effort he put into training and preparing for it may of been enough this month. But Colin is reliable, supportive of his fellow students and consistent in his own training. And with the training records for the last couple of mnths looking rather grim, Colin stood out (as well as last months winner and a few others) head and shoulders above many others, whom I just hope, will read these awards and take note and hopefully become an awardee themselves one day soon!



April

Richard Simon

It is not that often that a 9th kup would win this award, simply because proving oneself takes a reasonable amount of time! That's not proving your skill, but simply proving that you are an asset to the Academy. Some students are content to turn up & train and that's it, others throw themselves into the rest of what the Academy offers ie. getting involved! Richard has done this very early on and though I know becoming part of the Rayners Lane family can be daunting to a new student, they are always welcome, but just need to make that little extra step, which



July

Krishan Singhal

Krishan wins this months award, as even despite not winning a medal directly at our recent tournament, he actually did more rounds all in all than anyone else. In sparring he fought 4 rounds, winning 3 fights and just losing out in the 3rd place fights offs, and this is despite



being off sick on the run up for the competition, which shows that he has ingrained much of what he has learnt to date. Krishan will also be the first student to get their hands on the new 'Student of the Month' glass award. Though you only get to keep it for the month, its a nice thing to have on your mantle piece (you keep your certificate by the way). Well done Krishan.

August Fayaz Latifi

He has earned this award before and a year later he earns it again. Fayaz is one of the most consistent students when it comes to training and it shows in his skill level. What more needs to be said except congratulations Fayaz



September Tomasz Kubicki

Tomasz has been with the Academy coming close to a year now and has proved himself a model for other students. He trains hard and consistently and represents his grade well by being technical, capable and tough. I look forward to seeing Tomasz get his black belt, but until then he earns this month's award. Congratulations Tomasz.



October David Lane

Apart from his actual training, which is of a consistently high standard, his effort, which is always 100%, David has of late gone above the call of duty whilst helping me on special projects to do with Taekwon-do. This has meant many extra hours at the Academy, plus many more at home, for which I am very grateful. Davids hard and consistent training, along side the extra miles means David is this month's worthy recipient of the Student of the Month award. Well done David.



November Dennis Potipako

Dennis is seen in the Academy as a bit of a dual personality. Firstly hes a joker, always smiling and making jokes, but that doesnt detract from the fact that he trains really really hard. His consistency is very good, and he is very supportive of the Academy and its endeavours. For example, the recent demo he couldn't attend (to be in it) because of work, but he still came down directly after work to support the others taking part, to me, that says a lot. And that all makes Dennis the Student of the Month for November, 2005. Well done Dennis



December

The final award for 2005 (December) goes to Mr Gautum, in appreciation for his help throughout 2005 and for keeping his standards high for ever one to see and endeavour themselves to achieve. Though not exactly a student, he often trains along side everyone & supports all Academies events and is an asset to us all. Congratulations Vik.



The Chav Nativity

Starring Lyndsey & Kate

There's this bird called Mary, yeah? She's a virgin (wossat then?) She's not married or nuffink, but she's got this boy-friend, Joe, innit? He does joinery an' that. Mary lives with him in a crib dahn Nazaref.



One day Mary meets this bloke Gabriel. She's like 'Oo ya lookin at?' Gabriel just goes 'You got one up the duff, you have.' Mary's totally gobsmacked.

She gives it to him large 'Stop dissin' me yeah? I ain't no Kappa-slapper. I never bin wiv no one!'

So Mary goes and sees her cousin Liz, who's six months gone herself. Liz is largin' it. She's filled with spirits, Barcardi Breezers an' that. She's like 'Orright, Mary, I can feel me bay-bee in me tummy and I reckon I'm well blessed. Think of all the extra benefits an' that we are gonna get.' Mary goes 'Yeah, s'pose you're right'

Mary an' Joe ain't got no money so they have to ponse a donkey, an' go dahn Bethlehem that. They get to this pub an' Mary wants to stop, yeah? To have her bay-bee an' that.

But there ain't no room at the inn, innit? So Mary an' Joe break an' enter into this garridge, only it's filled wiv animals. Cahs an' sheep an' that.

Then these three geezers turn up, looking proper bling, wiv crowns on their heads. They're like 'Respect, bay-bee Jesus', an' say they're wise men from the East End.

Joe goes: 'If you're so wise, wotchoo doin' wiv this Frankenstein an' myrrh? Why dincha just bring gold, Adidas and Burberry?'

It's all about to kick off when Gabriel turns up again an' sez he's got another message from this Lord geezer.

He's like 'The police is comin an' they're killin all the bay-bees. You better nash off to Egypt.' Joe goes 'You must be monged if you think I'm goin' dahn Egypt on dat minging donkey' Gabriel sez 'Suit yerself, pal. But it's your look out if you stay.' So they go dahn Egypt till they've stopped killin the first-born an' it's safe an' that.

Then Joe and Mary and Jesus go back to Nazaref, an' Jesus turns water into Stella.

Be Glad This Wasn't You!

I had been contemplating enrolling in a martial arts school this past summer. I was checking out various websites for local schools and had sent emails to a few schools enquiring about class availability and pricing. A little background on me, I am in my thirties, very overweight and in need of some good ole fashion exercise and fitness, I thought martial arts would keep my interest more than a typical gym membership. I had taken Shotokan Karate when I was about fourteen for a few months but lost interest quickly as I was getting a viscous addiction to Ninjendo at the time (that's why I need the exercise so bad now!) I received a call from the local ATA School first, less than an hour after submitting a web based request for more information. The instructor seemed very eager to have me come in for a free lesson and talk about what the school had to offer. I agreed to meet with them a day later and was set to visit the school and find out all about the ATA Taekwondo system.

That night I arrived at the school and was promptly greeted by a junior instructor and was handed a clipboard to fill out



some basic information, the instructor I had an appointment with was still teaching a class at the moment so I had a seat and watched the class. After the class the instructor was teaching completed she greeted me warmly and took me to an office to talk about what the school had to offer. I was told about how wonderful the school was and how they were the best martial arts school in the area and how I would learn so much about self defense and get in the best shape possible. Me being naïve as a catholic school girl got very excited. We went to the training area and was shown a few stances, punches and a few kicks. After the free lesson I was taken back to the office area and sat down with the instructor to talk about cost and commitment. The



basic plan they offered was \$135 a month for two lessons a week, each lesson is forty-five minutes long. The contract was a standard twelve month contract with an early contract termination fee. Me of course being a complete naïve idiot who was too stupid to shop around and check out different schools received a free uniform and signed the contract. I left the school that night so excited and ready to learn martial arts once again.

Two days later I was to attend my first class. I arrived early as I always do for things and waited patiently for the class to start. When the class before me finished I waited for the instructor who enrolled me to introduce me to my new instructor but she did not. I kind of stood there like an idiot and finally took it upon myself to find my attendance card and lined up in formation with the rest of the class. When the instructor took the floor the first thing she



did was wind up an old fashioned alarm clock to make sure the class was only forty-five minutes, even though there are several clocks on the wall. We then recited the "oath of Songham spirit" then proceeded to warm up. The warm-up in this school lasts almost twenty minutes, which leaves a whooping twenty-five minutes for curriculum! One of the first things we were told was that testing was six weeks away and we needed to learn the material ASAP as they wanted my basic class to test for orange belt at the next testing, which was six weeks away.

During the next few classes I started to notice a few things. First my class had a few adults (older than 18) and a few kids, two whom were both 13 years old. We had a few classes that after the warm-up consisted of the class lining up and we would each take a turn running up and kicking a wave-master then giving a high-five to the instructor as we were told "good job." I

should also add that we were constantly reminded to "CLAP FOR YOUR BUDDY!" I honestly believed that my school used the exact same curriculum that they used for the kids for the adults. There were a few nights that I thought I was back in an elementary school physical education class.

After a few classes I enquired to the instructor as to when we would start learning forms, 1 steps and the self defense techniques for the white belt rank. I was told that with the basic plan (\$135 a month for 2 classes a week) we would not be learning these as this was restricted to the Black Belt Club. I'll have to admit that my heart sank a bit when I learned this and I started to realize that I might be attending a Mcdojang, and I was involved in some sort tier pricing bullshit. Two days after enquiring about the lack of the traditional curriculum being taught I received a phone call from one of the junior instructors to meet with a co-owner of the school regarding enrolling in the Black belt Club. I attended the meeting and was told that I had what they were looking for in members of the BBC. They told me that I had the motivation and skill and should upgrade so that I could excel and become a great ATA black belt. Here again I'm an idiot. Perhaps

I have low self esteem or just like to hear people say nice things about be, anyways I agreed to a 24 month contract at \$150 a month for 3 classes a week. 2 of these classes were the standard curriculum; the third class was the elite BCB club stuff like learning how to handle foam Nunchaku and a foam/plastic single Escrima stick. I also had to pay \$375 entry fee to the BBC which included my foam weapons and some really cheesy sparring gear, and a really cool BBC patch! Yes, I can imagine that most of you are thinking "This guys an idiot" and you know what I probably am, but my story goes on a little further, please bear with me.

About a week before the testing (still in the basic program) we were taken through simulations of the testing. I should now tell you what was required of me for the ultimate Orange belt test. We had to perform an outer forearm block, double outer-forearm block, twin low block and the deadly back fist strike! We also had to perform the round kick. That's it! That is what the orange belt test consisted of. We were hounded to ensure that we had our ATA membership dues up to date and testing fees paid a week before the test that Cost me \$70 this included a one year ATA membership and the testing fees for orange belt. There was a very nice older lady in my class that had suffered a bad car accident a year earlier and had had serious head trauma that caused her to loose her balance. She had taken TKD many years before and decided to try it to help in her rehabilitation. She took things slow and had a hard time but was having some fun. I witnessed the instructors attempt to guilt her into testing by telling her she would be left behind and she really need to test. This left me feeling ill, but being a giant idiot I continued on.

Well test day had arrived. I had a hard time sleeping the night before with lots of butterflies in my stomach. I arrived with my wife early and got ready to test! My class tested first and the test lasted about 3 minutes. After that I watched the rest of the tests. I witnessed some of the sloppiest NO CONTACT sparring by black belts. I watched a 10 year old black belt throw a round kick in sparring and fell over! The forms were atrocious and unbelievably sloppy. I also saw at least two adult brown belts that were unable to break a friggin plastic re-breakable board! After the so called testing was over I was greeted by my wife and we went to lunch. Maybe it was me realizing what a joke my school was; maybe it was my wife telling me "wow, your class didn't have to do much to receive your orange belt." that was then I started to wakeup to reality.

I attended a few more classes including a few of the elite Black belt Club classes before my final awakening to the fact that I attended a Mcdojang. During one of these classes which was being taught my a smug first degree black belt, we were scolded because we had not properly bowed to the many legions of pre-puberty black belts that exited the studio before our class started. I could hardly believe what I was hearing. They barely took the time to properly teach the techniques, but had the gall to chastise my class for not ensuring that we bowed to all the child black belts. I also started to understand some of the nasty things about how they teach, such as block teaching. A lot of ATA schools also use "block teaching" where they group white,

yellow and orange students together, the next block is Camouflage and green mixed and so on. So depending on when you join you may start learning the yellow belt form as a fresh white belt. This was explained to me as being a superior teaching method because the instructor only focuses on teaching one form. The problem I see with this is a white belt does not have the foundations for a yellow belt form, this just makes them learn something they are not ready for because they use block teaching to cram more students into classes.

About two weeks after the testing I attended my last class. The class started off fine and I knew tonight was the night that we would find out the results of the testing. I was anxious during class but at the same time excited. When there was about five minutes left in class the instructor picked up a stack of paper and said that it was time for certificates. My name was called and I responded with a loud Mam, and made my way to the front of the class. I bowed and shook the instructors hand and was handed a paper certificate. I then returned to my lineup position on the mats. I watched everyone else receive their certificates and was expecting to be receiving a belt, but that did not happen. We recited the pledge of Songham spirit and the class was over.

I waited near the counter area for a few minutes to speak with the instructor, when she came over I said "I received this certificate but what does this mean? Did I become an orange belt?" In which she replied "You are an orange belt! You just need to pay an additional \$6 fee at the counter to purchase your new belt and you're all set" It was about that time that I felt about two inches tall. I had finally come to the realization that I was in fact attending a Mcdojang. I had paid \$70 to join the ATA and test for orange belt (I found out later it was actually orange recommended, they fleece their students by paying twice to test for each belt. Recommended then decided.) I paid them \$70 then had to pay another \$6 to have some kid behind the counter unceremoniously toss me my belt. I was crushed to say the least. Perhaps some of you will say that you never went through any formal tying of a belt on or whatnot, but my previous experience had led me to believe that most schools did some kind of ritual. In the ATA their belts and their system don't mean much else besides the quest for money, so I guess that's why they just accept the cash for the belts and hand them to you over the counter.

In my two short months involved in the ATA I saw so many things that I find disturbing, I believe I could write a book exposing them for what they really are if I had of stayed in longer. That night after I paid for my belt I went home saddened and dismayed. My wife immediately knew something wasn't right, she said I looked like I had just lost my best friend or my dog had just died. I was genuinely hurt by the situation. That same night my wife suggested that I pay the early termination fee and never return to the school, I took her advice.

I basically wanted to write this article to give folks an idea of what the ATA is all about. I have spoken with other people who have encountered the same issues that I have. In browsing numerous martial arts forums I see that there are many ATA protectionists out there so called "defenders of



their faith” that always say “that doesn’t happen in my school, we have high standards.” All ATA schools may not be as bad as the one I dealt with, but the bad ones do seem to make up the majority of ATA affiliated schools. I have left the school for good now. All told, it cost me two months of wasted time and a grand total of just over \$1500 in wasted money. I really wish I had found this site earlier and done more research on the Internet before jumping into a contract, but that can only be blamed on my own idiot self.

If you have kids or are an adult looking for a school, please shop around and try out a lot of different schools and styles. Sometimes those small Karate or Taekwondo schools are far superior to the flashy ATA school, even if there smaller and the equipment isn’t as nice. The ATA is money oriented period, which is fine, but what worries me are these kids who think they can defend themselves on the street are going to get hurt or killed. I really don’t think most ATA instructors even care about this aspect though.

Anyways that’s my two month journey in the ATA.... *Be glad it wasn't you!*



History On Tibetan White Crane Kung Fu

By Lloyd Lewis, 2nd Kup

From the name Tibetan you can tell this kung-fu style is not Chinese, but from Tibet. It is a long arm style that uses five different hand techniques, they are:

Wood hand- The characteristic of Wood is "straight," so Wood Hand uses straight fingers mainly used for weak points in the body.

Fire hand- The characteristic of Fire is "expanding upward," so Fire-Hand points fingers upward, you use the heel of the palm much like a palm strike.



Earth hand- The characteristic of Earth is "receiving," so the fist-like Earth Hand can take pressure and deliver power to strike the opponent's body.

Metal hand- The characteristic of Metal is "changing," So metal Hand changes in form, it can be used to block or counter-attack.

Water hand- The characteristic of Water is "flow downward,"

so Water Hand goes downward.

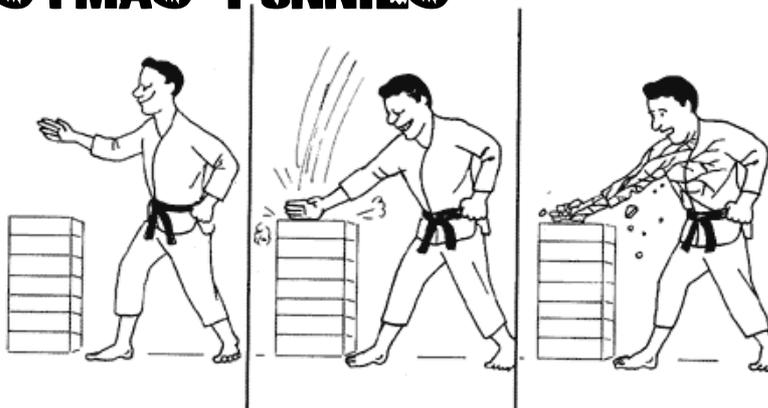
The style is characterized by the way the practitioner keeps their arms outstretched like the wings of a crane when they fight. The hands sometimes are called beaks of a bird and there is an old saying that while one hand lies and one hand tells the truth. It's basically saying that while one hand feints the other strikes. White crane kung- fu uses some weapons such as a staff and a saber, the style mostly concentrates on conditioning. The practitioners use stone rings which are worn on the arms to help strengthen the lower and upper body. Also they use sand pottery jars which are balanced on the tips of the fingers, to strengthen your fingers. The style teaches flexibility and being able to posture your movements in such a way that it confuses your opponent making vital points open for the practitioner to strike at.



Q: How many martial artists does it take to screw in a light bulb?
A: Two. One to screw in the light bulb, and one to say, "We have that technique in our system too"

Q: How many Ninjas does it take to change a Light Bulb?
A: No no no don't fix it, someone will see us

CHRISTMAS FUNNIES



Courtesy means to me:

By the Rayners Lane Juniors

In the October & November News Letter we set some homework for the junior students of the Academy.. For those that completed it.. Here is what they wrote:

Courtesy

To me courtesy means being good. That includes:

- behaving well
- listening to what your told
- helping others
- being polite
- being kind
- giving respect to the teacher
- stand up to wrong things

Courtesy is the first tenet of Taekwon-do. It is also known as ye ui. Courtesy in the Do-jang means that we are fair to each other and can train well.

Abhijay

Courtesy (Ye ui)

Courtesy means polite behaviour or act, for example, opening the door for someone, or giving up your seat on a bus.

Other examples of courtesy could be :-

- A kind heart
- good manners
- caring about others
- helpfulness
- thoughtfulness

Ben

Charlotte

Courtesy - ye ui

courtesy is respect for other people and to be polite and nice to people to think about there feelings.



BLACK BELT

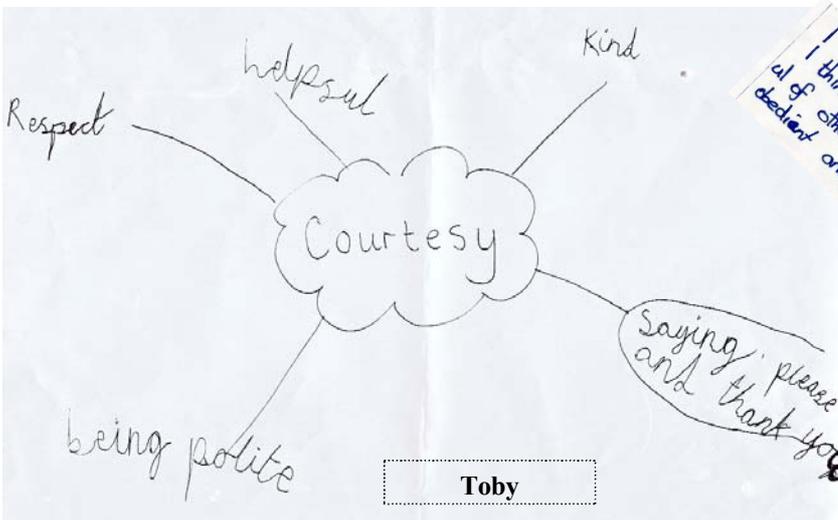
Saphwat

a) Courtesy is polite, respectful, considerate behaviour.
 b) If something is done by courtesy of someone it is done with their permission.

Courtesy

Joe

Courtesy means to be helpful and kind, like holding a door open for someone. Helping others when they're in need. Letting somebody by when there is only room for one. Having respect for others. Thinking outwards not just about yourself. Bowing when entering the dojang.



Toby

I would say that courtesy means to be polite or to be respectful of other people, younger or older. It also means to be obedient and listen to what others are teaching or instructing.

Courtesy

Ye-Ui

Zuhair

Saphaa

Courtesy means polite and considerate behaviour!

My Training And Inane Random Ramblings

By Dennis Potipako, 6th Kup

Hmmm.. what should I "contribute" ?
Maybe say something about me:

Well generally I joined Taekwon-do long ago... 3-4 years or so.

Then stopped because of studies, because I thought taekwon-do takes loads valuable time from me. So I could of used those 3 hours studying or revising. But it was wrong though. Its only 3 hours !!!

Then I thought how much time I spent behind TV, computer, pubs/ clubs other crap ... and got "scared" because I realised I spent WAY TOO MUCH time on stuff



that is USLESS to me/ anyone. Because you cant gain anything from TV/ Computers unless

you do research or watch discovery channels ;)

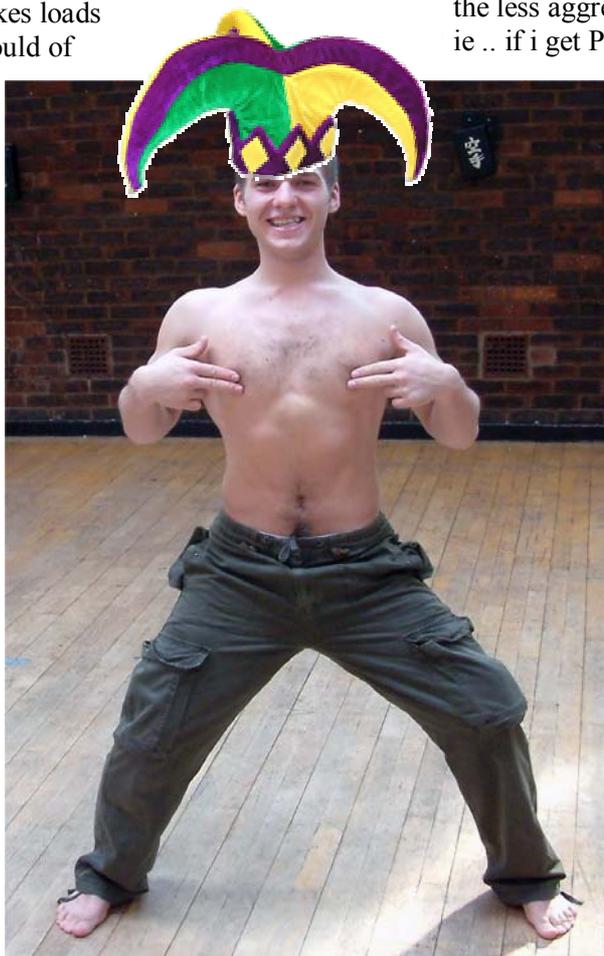
So after that I came back, and slowly I am building up my skill. Also advise for beginners: try your best to grade on each grading. Don't do it just to pass, but put your all effort, practise, practise, PRACTISE and don't be nervous. And you almost guaranteed to pass..

Also unfortunately I built up a reputation of being tough and strong. At the beginning I thought it was good, but

later on I found out that all the painful technique where tested on me :-S... ie "ohh that hurts, I think.... lets try it on Dennis " !!!!

But yeh its fun to laugh at their face when they try hurt you (unsuccessfully)..

ALSO what I found about taekwon-do. The better you get the less aggressive you get and generally calmer. ie .. if i get P'd off I'd just go outside and work out with the punch bag... or Sonal... :D:D:D... all right !!!



Another benefit of doing martial arts is that you became less aggressive to others ie... you find these jobs in the pubs like "COME ON THEN !!!" and start to fight with some one without realising how strong they are after which they usually get there ass kicked etc.

But when you do martial arts you look for things like his arms.. ie his knuckles - are they conditioned, generally his stance and perception of the world.. ie does he walk in the "yellow" world or "green" ie does he aware of his surroundings ? Does he pay attention to people around him ?..

Like yesterday me, David and Sonal standing outside talking.

Then few guys passed by, like kinda Yobs (even though they apologised for walking in between). So we all like stopped the conversation and kinda ... didn't look at them, but ... put the "guard on" not physically but mentally.. ie prepared for "attack". But when I'm talking to my other mates they just don't know what's going on around them ... AT ALL !!!

Like im ...

Oh my gosh, did you see that girl ?!

NO !!!

She walked past you ...

NO !!!

Oh my gosh, get glasses or do Taekwon-do :D

Ch'ang Hon Boon Hae

Real Applications To The I.T.F. Patterns

Preview 1

The next set of movements we see:

- Kaunde Sonkal Daebi Makigi
(Middle Section Knifehand Guarding Block)
- Sun Sunkut Tulgi (Straight Fingertip Thrust)
- Dung Joomok Nopunde Yop Taeragi
(Back Fist High Side Strike)



The pivoting motion we use next sees us turning 90 degrees to the right into the next movement (rather than foot to foot or stepping). The fact that we are using a knife hand rather than forearm block leads me to believe we are moving away from our original opponent, rather than grabbing and breaking their neck (which we could do with this block – see *Won-Hyo*) but the direction and angle of the knife hand would possibly require more body motion to generate power for a throw using only the head. The fact that the block chamber doesn't start from a forward position first means we are not using the chamber part of the block, but the end motion to strike the opponent (of course, you can simply block if you want). This knife hand can be used as a release from a grab or to nullify a strike like a hooking punch. So, for this next application we see the knife hand guarding block used to strike the pressure point on the bicep of the incoming opponent.



This has 6 effects:

1. It allows us to nullify the attackers main attacking tool (the arm – possibly his strongest)
2. In the process it causes a pain sensation, momentarily covering us for the next movement of what we are going to do in the next split second
3. As the brain focuses on the pain it causes a break from a secondary attack so disorientates what could have been multiple attacks (ie two punches)
4. As we strike close to the opponent, most of the momentum is taken out of the attack, making it easier to stop ie. it doesn't drive through our block due to the generation of force on the outside arc of the attack
5. If a secondary attack does come, we are close enough for it to have minimum effect
6. It also opens the opponent for the next movement (the straight fingertip thrust)

The following motion, Sun Sunkut Tulgi (*Straight Fingertip Thrust*), is used to slip under the opponents

You Know you're a M.A beginner when....

1. Your shoes still fly off every time you do a kick.
2. Your hand breaks, instead of the board.
3. You still can't snatch the pebble from your teachers hand.
4. When you do a splits, your feet are only 24" apart.
5. As you look down, you only see your big belly, not your toes.
6. Chopsticks just don't work for you.
7. You think Kwai Chang Caine is a great master.
8. You believe you could have kicked Bruce Lee's @ss.
9. Your sash regularly ends up around your ankles.
10. When handed a spear, you throw it.



11. You bow to everything in sight, even your instructors dog.

- supplied by Mr Gautum

How to determine YOUR Star Wars name:

By Colin Avis, 1st Kup

Your New First Name:

1. Take the first 3 letters of your 1st name.
2. Add the first 2 letters of your last name.

Your New Last Name:

3. Take the first 2 letters of your Mom's maiden name.
4. Add the first 3 letters of the city you were born in.

Your Star Wars Honoric Title:

- 1: Take the last three letters of your last name and reverse them
- 2: Add the first three letters of the make or model of your first car
- 3: Insert the word "of"
- 4: Tack on the name of the last medication you took.



Subtitles from actual Hong Kong Martial Arts films:

By Colin Avis, 1st Kup

If you've ever watched a Hong Kong martial arts movie you'll find these pretty funny! We've certainly watched more than our fair share. :-)



1. I am damn unsatisfied to be killed in this way!
2. Fatty, you with your thick face have hurt my instep.
3. Gun wounds again?
4. Same old rules: no eyes, no groin.
5. A normal person wouldn't steal pituitaries.
6. Damn, I'll burn you into a BBQ chicken!
7. Take my advice, or I'll spank you without pants.
8. Who gave you the nerve to get killed here?
9. Quiet or I'll blow your throat up.
10. You always use violence. I should've ordered glutinous rice chicken.
11. I'll fire aimlessly if you don't come out!
12. You daring lousy guy.
13. Beat him out of recognizable shape!
14. I have been scared s**tless too much lately.
15. I got knife scars more than the number of your leg's hair!
16. Beware! Your bones are going to be disconnected.
17. The bullets inside are very hot. Why do I feel so cold?
18. How can you use my intestines as a gift?
19. This will be of fine service for you, you bag of the scum. I am sure you will not mind that I remove your manhoods and leave them out on the dessert floor for your aunts to eat.
20. Yah-hah, evil spider woman! I have captured you by the short rabbits and can now deliver you violently to your gynecologist for a thorough extermination.
21. Greetings, large person. Let us not forget to form a team up together and go into the country to inflict the pain of our karate feet on some ass of the giant lizard person.

Rayners Lane Taekwon-do Questionnaire

By Mr Gautum, Bousabum

This questionnaire has been made to allow instructors to get a better idea about the types of training method the students prefers, Answer openly, use the back of this sheet if you need to. Simply scan, photocopy or cut out :-(and return it to an instructor)

Name: optional _____ Adult / Child (delete one)
--

1. What are your favourite warm ups?

.....

2. What type of training would you like to see more of?

.....

3. Are the lessons :

- too long	<input type="checkbox"/>
- too short	<input type="checkbox"/>
- just right	<input type="checkbox"/>

4. Frequency - Training sessions

Would you like the option of other training days?

.....

5. Is there a specific area of training you feel we should concentrate in more?

.....

6 .Do you like going to/attending:

- Tournaments	<input type="checkbox"/>
- Seminars	<input type="checkbox"/>
- Joint training sessions with other schools	<input type="checkbox"/>

7. Would you like to do more of the above, if so which ones specifically?

.....

8. Would you like to see more courses with outside instructors like Rick Clarke?

.....

9. Would you like to compete abroad on a regular basis?

.....

10. If so, how regular? - Once a year or once every two years?

.....

11. Do you enjoy the social aspect of the Academy?

.....

12. If so, what would you like to do more often?

.....

13 Have you had any bad experiences whilst training at Rayners Lane TKD Academy?

.....

14. Anything else you`d like to add?

.....



Hello everybody...

I'm with you over a year now and I really enjoy the training. I think that in Rayners Lane Academy is nice and friendly atmosphere, so I attend with pleasure.

I'm really happy that Mr Anslow is our Instructor (Sabum) and I think that he deals with all club things very well and he is really good instructor who develops constantly, what confirms at least last examination – 4 black belt degree. (well done Stuart).

All of as represents good spirit and we do proper Taekwon-do with high mark, as you can see after last competitions. I'm not sure but I think that



was eight of entered and in spite this (small entry) we placed third overall as a club J- that means something!



In our club was the exam on 3rd December and while I was watching it I seriously thought that it was really hard. Not only the physical skill was important but also your theory have to be on good level if you are thinking about passing it. Anyway that was my first time that I watched the exam and I expected it to be little bit easier, but even though that was quite hard one



I'm glad that everybody done well.



Ok now maybe something about me..... My story with Taekwon-do



was started in 1994 – then I was young and handsome and now I'm only handsome J. I got through all the colour belts quite quickly – only because I exercised really hard, and some time I've the flash back that I was training like

My Training

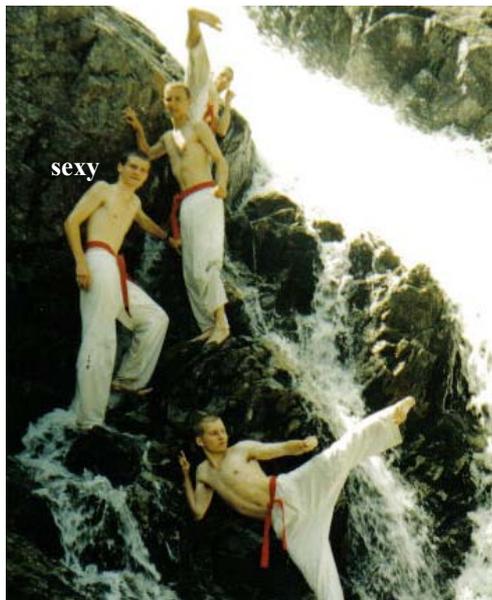
By Tomasz Kubicki, 1st Kup



some robot – that means: no pain, no fatigue, nothing impossible to do – that was the training in Poland.

I stopped at 1st kup in 1997 but this does not mean that I have stopped attending the trainings. From my last grading I'm still thinking about next grading for “black belt” – but then I think that I'm to weak and do not deserve for it, but maybe one day

..... hmmm what can I say more?? Nothing is in my mind but if you have got any questions just ask me on the lesson or mail me to: elektronic8120@poczta.fm



Merry Christmas and Happy New Year.
The best wishes to all of you.
Crocodile.



Close Quarters Sparring

By Colin Avis, 1st Kup

Most martial artists involved with striking arts, such as Taekwon-do, would agree that being positioned close within the opponents range is the most dangerous place to be. It is from this position a graceful sparring session will descend into a brawl where the winner will usually be the stronger, heavier, harder hitting fighter. Contrary to this, being positioned close to the opponent is where you can inflict maximum damage to your adversary if you know how to protect yourself.

However, it is impossible to fight at such range constantly and be effective. If you could do so you would be impervious to any assailant. Judging distance in sparring is a balance between defending yourself and attacking the opponent.

Many Taekwon-do students adopt a fairly relaxed guard similar to a guarding block and fight just outside kicking range. This is perfectly acceptable and is what should be observed during sparring. Once your distance has been closed, a more protective guard should be utilised, similar to how a boxer would fight. Students are often guilty of keeping a relaxed guard even though they may be standing directly in front of their opponent and within punching range!

Due to the controlled sparring we practice, it is possible to continue such habits without being punished. When training in sparring you are also training your partner as well as yourself so do not let them get away with poor techniques.

Whilst in close, it is important to watch your opponent carefully and move around as much as possible because shutting your

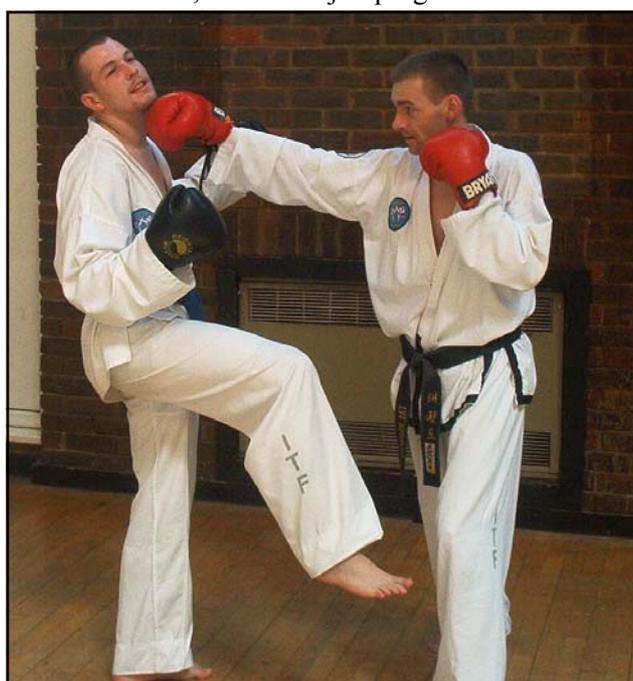
eyes or covering up too much will make you an easy target. A moving target is very difficult to hit, even when close.

When being attacked you should wait until they offer a target and counter with a flurry of fast combinations.



Sparring is not about standing next to each other, trading blows but maintaining your distance and attacking at the correct moment. It is not desirable to be too far outside kicking range as you will be unable to counter. Instead stand as close as possible without being kicked. Once they have committed to a technique, you should close them down quickly and counter attack, forcing them back. This will leave your opponent bewildered and once the combination is finished a safe distance will be maintained.

When involved with close quarters combat you should be aware of what techniques are suited to such situations. It is difficult to execute a side kick when close, however, a tight jumping back kick is effective in damaging your adversary and creating space for further techniques.



Other effective kicks include hooking kick and twisting kick although these require flexibility. Hand techniques like uppercuts and hooks are very good for achieving a knock out and can be linked in combinations.

In self defence situations, knees elbows and knife hands can be deadly at such range. If you learn to use these techniques and attacks at close range you will become a formidable fighter.

The Difference Between Perseverance & Indomitable Spirit

By Colin Avis, 2nd Kup

The tenets of Taekwon-do are said religiously at every lesson, but are often uttered without any thought to the values that they stand for. Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit are all virtues that martial artists should aspire to. Training in Taekwon-do, or any other martial art, is not just about kicking high and punching hard, but improving your character, attitude and discipline as well. It is important to train your body, mind and spirit together in order to appreciate the martial arts fully. Notice that none of the tenets refer to anything physical but instead relate to different mental attitudes.

Each tenet represents a way of thinking, behaving or training and are instructions to the Taekwon-do practitioner regarding how newly obtained physical skills should be reflected upon. All students should show courtesy as this establishes an example to others and shows that you are honourable. Courtesy to other students and the instructor, show discipline and respect, whilst integrity is important if you are to gain respect from others and be taken seriously as a martial artist.



Integrity is about understanding justice and being honest. For instance, if you are given twenty press ups as a punishment, then you should complete the exercise and not fall short.



By cheating, you only cheat yourself and succeed in losing your honour. This helps build character and discipline. Self control refers to a type of behaviour to be observed whilst training with other students. Everyone at the club is there to train and not to fight. We should not have enemies or create rivalries



within the family of the academy. Control can be considered a skill which requires practice like any other, as it



takes far more skill to pull your techniques. Controlling your attacks utilises more strength, flexibility and better timing and accuracy.



This brings us to the tenets of the title, perseverance and indomitable spirit and a question regarding the difference be-

tween them. At first glance it would appear that they refer to the same thing, commitment. However, there are subtle differences. Perseverance can be considered as determination or the desire to continue training, learning and improving. It is what makes you come to training, take part in competitions and seminars, attempt to break that board which has defied you time and again. It is the passion for Taekwondo. Perseverance describes the learning process every martial artist must go through in order to achieve that coveted Dan grade. You cannot obtain something of value without first experiencing hardship; this is where perseverance is vital. Those who wish to practice will continue to succeed, whilst those who refuse at the first hurdles will not achieve nearly as much. Perseverance or lack of it, is the reason why only one or two percent will acquire Dan grade status.

Indomitable spirit is however just as important. It can be described as your fighting spirit or martial spirit, and although linked to the desire to succeed, it represents something more. Indomitable means invincible or unconquerable. Your martial spirit is one that cannot be extinguished and helps you to persevere. It is the will to continue or succeed even though there may be vast obstacles in the way. Your spirit is what helps you defeat an opponent when you can't breathe, your muscles are tired and you have been struck hard. You often hear of people completing superhuman feats which seem virtually impossible. This is an example of indomitable spirit. When facing an adversary your only thought must be of vanquishing your opponent and if you have indomitable spirit you will not be defeated. In Taekwondo Training it is possible to train and improve your fighting spirit. If you can do twenty pres ups then try doing thirty. If you reach thirty try to do forty. Any time you are tired and your body is ready to give up tell yourself to carry on!

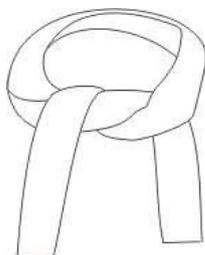


People I have Met At Rayners Lane Taekwon-do Academy

By Sonal Lakhman

The Beginner - the nice person.

Just started and an awfully nice person. Often less than five foot and weights bugger all. Very concerned about hurting anyone, always stops to check that they have not damaged anyone (particularly after giving one of the class heavys the lightest of punches). Set objective: learn to hit the higher grades as hard as possible, its the only chance you'll get without them hitting back, and the bonus is if you do manage to hit them -it's their fault for being too slow.—**SHAMINA**



look just a little too worn and comfortable. Set objective: come out of the closet and wear your belt with pride.—**HERSHAL**

The Grandfather.

Far too old to be doing this. Completely stiff, out of condition, and passed it. They start the class by covering themselves in deep heat cream and swallowing load of vitamin and supplement pills in an attempt to stave off the inevitable. Set Objective: find the fountain of youth.—**VIJAY** (just kidding, as long as your young at heart)



The Beginner - the enthusiast.

Just started and really keen, and really want to get stuck in. Fond of keeping their shoes on in a class. Has a problem with distance, power and balance. This means the kick are a little wild and off target and often just a shade too heavy. Set objective: learn how to train without wearing Doc Martins.—**MAREK**



The Gym Monster.

Spends just a shade too long in the gym. Has more muscles than the rest of the class put together. This tend to be a rather frightening and an off-putting sight when paired up for sparring. Actually they all turn out to be rather nice people, and all that weight training means that they can't run that fast or for any distance (keep out of harms way until they go red in the face and lightly dance around them). Set objective: Cut down on the piercing and tattoos, even if they do say "Mum".—**DENNIS**



The Young Gun.

Young and fit, instantly disliked by the old and the fat. More energy than a major nuclear generating site, and not even out of breath after sparring for ten minutes. Despite energy, technique, and stamina, it is possible to land a cunning blow on these as they do tend to be over confident (but then you'll feel really bad for hitting the "kid" for the rest of the session). Set objective: grow old like the rest of us.—**SAPHWAT**



The Class Heavy.

Currently in training for a full contact bare knuckled fight. Constantly keeps stopping the sparring to inform you that you need to hit him harder as he is in training (you are already giving it your all). Occasionally complements you on your kick which had no effect on him but broke a paving slab last time you were doing breaking. Set Objective: stop eating Desperate Dan Cow Pies for breakfast.—**THOMAS**



The Bendy Toy.

So flexible you'll be convinced that they don't actually have any bones. When doing all those horrid position that the Evil Instructor insists upon for stretching, which you can't even begin to do, they'll be fully stretched out flat on the floor completely destroying your argument that these positions are totally impossible. Set Objective: get a stressful job like the rest of us and then you'll be stiff as a board.—**KANAI**



The Evil Instructor

The Evil Instructor will appear disguised as your favourite instructor, beware. Much like in Bill and Ted's Bogus Journey, do not be fooled by appearances -this is the Evil Instructor. He will start with push ups, more push ups, and then stomach crunches. Then triceps dips, lots of them, using a chair. Then the pain really starts. The bag is brought out, and you are made to work on it forever. Tasks will be set like run back and forth twenty thousand times; if failed the entire class will have to do more push ups. Set Objective: Keep taking the happy pills -please!
- (I wonder who...
STUART or Vik!)



The Undercover Sneak.

Actually been doing Taekwondo for awhile, but is new to the class. They tend to keep their head down and baffle the rest of the class by being effortlessly good. However, they can be spotted by wearing uniforms that



Injury Prevention

By Dev Patel, 1st Kup

Martial Arts are relatively safe, and studies have shown that you are less likely to be injured practicing martial art than you are playing sports such as rugby, football, cricket, basketball or hockey. However a physical activity carries a degree of risk and many of us will pick up an injury of some description during our Martial Art careers. Fortunately serious injuries are very rare. More common are relatively minor, but painful, and inconvenient injuries that can sometimes linger on for months, and disrupt our training.

Here are some ways to help you prevent injury:

Warm up and warm down

Almost all Martial Art's classes now include some kind of warm up. This is where you gradually take your body from its resting state to a state where it is ready for physical activity. It involves exercise that slowly raises the heart rate and gets the blood flowing to your muscles. It should include some light stretching, fitness work and technical drills. A cold down gradually returns the body to its resting state at the end of the session. It should involve exercise of decreasing intensity, to slowing return the heart rate, and body temperature back to normal. Stretching is also important to achieve fluent, fast and high kicks. Also in the morning you will feel less sore, than you will without a cool down stretch.



Nutrition and hydration

Eating well and drinking enough water are both important for martial arts training. A good, balanced diet enables your body to recover well and to repair minor injuries quicker than usual. Make sure you are drinking enough water during the day – about 2 litres a day, and in addition to this taking small regular drinks every 10 to 20 mins will help you to prevent dehydration. By including vitamins into your diet you can easily fight common virus so that your training does not get put on hold. Also calcium from drinking milk and eating dairy products can help strengthen your bones.



Communication with your training partner

Sometimes injury occurs simply because of a lack of communication. If your partner is hitting you too hard, ask him or her to ease up a bit. If they keep putting an arm lock too far, and your elbow is becoming painful, let them know before it becomes a problem. If you have a dodgy ankle and your partner keeps on sweeping you and making it worse, don't get mad, say something! It's not a sign of weakness; it's looking after your body so that you are able to keep on training hard.



That's One!

Back in the days of the horse and buggy a man was bringing his new bride home when the horse shyed and reared. He calmed the horse and said quietly that's one. A few miles later the horse did it again and he calmed it and again quietly said that's two. The horse acted up again and he took out a gun and said that's three and shot it dead. His new bride screamed at him that he was cruel and mean. He looked at her and said quietly that's one.

A LOOKIE LIKEY AT RAYNERS LANE TAEKWON-DO ACADEMY

By Gill Nightingale

Is it just me or does Vijay have a promising career as a lookie-likey.....?



Vijay



Borat



The Tenet of Perseverance

And how it applies to me!!!

By Lyndsey Reynolds

Ever since I began training at Rayners Lane Tae Kwon Do academy, I have endeavoured to train as hard as my little body could take. I really enjoyed the lessons (and still do), and felt it was something I could become good at.

What I didn't realise however was by training really hard in the things that I enjoyed most, I was subtly sliding the things I disliked or found difficult or even impossible into a little chest of drawers only to be re-opened when Mr Anslow brought them up in class.

My first Major stumbling block, well, rather my first humongous wall in front of my progress was the breaking requirements for my green tag grading. Oh... the pain of it all!!

I had honestly tried to get it nailed when I first started to learn how to break. But in the first few months of practice, I ended up with nicely vibrant hand sized bruises on the inside of my calves. This as you can imagine did not fill me with joy. If someone had hit me there I would have thought 'excellent, another battle wound to add to my collection.'

But no, this was not the case. A stupid piece of wood did this to me and that plastic board which should really break when I hit is also stupid!!!

Oh, the constant questioning of myself went on and on. 'Am I weak? is it because I am a dwarf?' 'Am I really quite rubbish?'

And this is where I made my mistake. Instead of strolling up happily to the breaking board like a brave little person should. I would become unusually helpful to fellow classmates and urge them to spend more time breaking whilst I hid by holding the board for them, trying to look like I was doing something useful.

As I grumbled slowly up the ranks, breaking became an almost physical terror, and I would rather



shave off my own hair and call myself Frank then do breaking in a Grading!!

So you can assume that Breaking in gradings is pretty much terrifying for me.

In my rational state, I know that the grading panel are very nice, understanding, well respected martial arts practitioners, who have trained diligently throughout the years in the grading situation...

My thoughts change In the grading my imagination turns them into titans, very scary titans who could break the board I'm trying to break with only a blink of their eye, from about 150 meters away in a strong westerly wind. Therefore, in that moment, my brain turns me into jelly and tells me to remove myself from the presence of the grading panel, put myself in a padded room and gently rock myself to sleep. I must stress that these thoughts are merely a moment of madness I suffer from in grading circumstances, and I sincerely respect each of the grading panel.

Because I managed to deceive myself into slightly avoiding breaking in most circumstances, I still struggle with it today. Every time I am asked to break in front of all you other lovely well breaking people, I feel a few steps behind.

Enough of my ramblings anyway, my point is this...

Do not be like me, for starters if you find something difficult do what the tenet says...

PERSEVERE! do not put it in a draw and pretend it does not exist. You can only get better if you practice. Do not feel bad if you struggle, because many of us have struggled with some aspect of training at some point. Please take this advice if you find something difficult, don't make a small step in advancement into a mountain to climb.

Oh and P.S : If you see me moaning about breaking, come up to me, smile and tell me to shut up and get on with it !!!





The IAOMAS Forum Questionnaire



By Lyndsey Reynolds

Everybody knows about this forum, readily accessible from

www.Raynerslanetkd.com

(or directly via www.iaomas.org) with the very clear IAOMAS logo halfway down the front page which if you click on it will bring you onto the IAOMAS England site and then you can click onto the little icon which says 'IAOMAS Forum'. Everybody also knows that there are many highly respected and noted Martial arts exponents who partake on this forum as well as many jolly nice people.

So where are you?

I will not rant at you and give you a myriad of reasons to join. Because basically, I'm a nice person. I do not want to preach to you, you can make up your own mind. To make things a little easier to make your very important decision, here is a questionnaire. Circle the letters next to the answers, and keep



count of how many questions you answer with A, B or C. When you know if you have mostly A, B or C answers... read the very sound, highly wise advice at the bottom of the questionnaire.



Question 1

Do you enjoy the company of fellow martial artists?

- A. Yes, they are a very interesting breed
- B. Hmm, some of them are O.K
- C. Are there others out there?



Question 2

Do you wish to find different training methods and learn more about your art?

- A. Ouch, I'm an empty vase... fill me with knowledge!!!
- B. Yeah, I really should find out more information about my Martial art
- C. Na, I know enough thanks



Question 3

Do you like martial arts films?

- A. Jean Claude Van Damme (fill in appropriate movie star if Jean isn't your man!) is my God, I worship him!!!
- B. They are pretty cool
- C. I am my own martial arts movie star... I don't need films!

Question 4

Do you wish to open your mind to other people's perspectives and learn something new?

- A. Yes, other people's opinions can be very interesting... and I enjoy having my say.
- B. Hmm... I suppose so
- C. Why should I?

Question 5

Do you want to make contact with fellow IAOMAS members, go to different courses and experience martial arts in a different part of the world?

- A. Yes that sounds like fun.
- B. Hmm... Travelling around is such a pain but I may do one day
- C. Its too cold outside... no thanks

Results:

Mainly A's

Wow, what an open minded and friendly sounding individual you are!! You would be greatly welcomed on the IAOMAS forum, and there would be so much there to keep you entertained, as well as highly informed people to communicate with. Join now it's so easy!!

Mainly B's

You sound a little undecided, I think it would be an excellent idea if you took a look at the IAOMAS forum... its good enough to change your mind and hopefully .. Shake some of the cobwebs out of it.

Mainly C's

Right, it would take a very long and brutal surgical operation to open that mind of yours. Open up and lighten up please. I know, I have a wonderful idea for you, why not join the IAOMAS forum, see it in all its wonderful glory and I'm sure you will have a change of heart.

See you soon on the forum ;)

Ch'ang Hon Boon Hae

Real Applications To The I.T.F. Patterns

Preview 2

Sonbadak Golcha Makgi (*Palm Hooking Block*) x 2
Kaunde Baro Ap Joomok Jirugi (*Obverse Fore Fist Punch*)

As per usual, this combination is repeated on the opposite side, however, this time we show it using another combination that's closer to what is the standard taught application for this movement.



The combination of palm hooking blocks are used to parry a set of double punches, in this case a jab and a cross. The first punch

is parried and held, so a second punch is thrown in frustration to release the first, this is also parried and held just like in the pattern. As per the pattern combination, we turn the first block (the left hand) into a punch and using our attackers bottom arm we punch over the top with it and place pressure on their elbow joint, hopefully breaking their elbow. We then step forward and perform Kaunde Baro Ap Joomok Jirugi (*Obverse Fore Fist Punch*), to ensure we have finished them off.

The next set of combinations use:
Gorboryu Junbi Sogi 'A' (*Bending Ready Stance 'A'*)
Wen Yop Cha Jirugi (*Left Side Piercing kick*)
Ap Palkup Taeragi (*Front Elbow Strike*)



This combination, though

The ABC of Christmas

By Marek Handzel, 7th Kup

C is for **Choy Li Fut**, one of the most popular styles of Kung Fu practised in the world today.

It was founded by Chan Heung and is characterised by its free-swinging arm movements and wide stances (yes, I know, it does sound like a fighting style utilised by drunk men on a Friday night in Glasgow, but that's what my comprehensive Martial Arts library tells me).

Heung began teaching his art in 1840's in China, after which he went to the States and taught in San Francisco for five years. He passed away in 1875.



H is for **Hapkido**, the *other* Korean martial art. Hapkido has no patterns and has no sporting outlet for its practitioners to show off their skills. It has a soft, counteroffensive mentality and can be traced back to *buldo mu sool*, a fighting system developed by some Buddhist monks. Its modern resurgence was spearheaded by Yong Shul Choi, who studied Jujitsu and Aiki Jutsu in Japan before returning to Korea after the Second World War. The art found its way to the West through US special forces troops who came across it in Vietnam. Apparently, Steven Seagal has studied Hapkido.



Don't worry, if you're thinking of studying it you don't have to grow a silly ponytail and constantly raise one of your eyebrows in a quizzical look every time someone speaks to you.

R is for **Rayners Lane Taekwon-do Academy!** Run by the master-

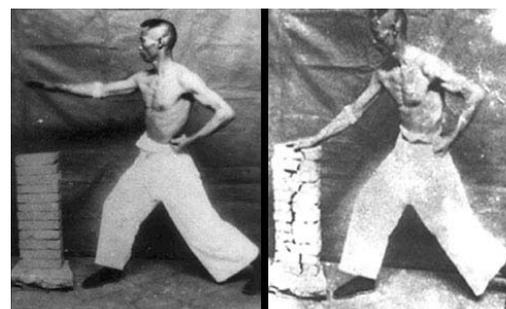


ful Mr. Stuart Anslow IV degree, it is the home of true ITF Taekwon-do where patterns are perfected, boards are busted and dreams come true! Yeah, OK, I couldn't be bothered finding anything else under R.

I is for **Iron Palm**, the lethal kung fu technique



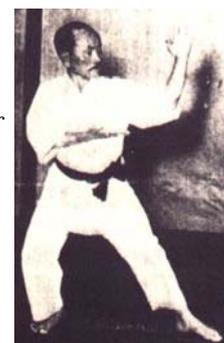
which can apparently kill with a single blow. The entire forearm and hand need to be conditioned for several years until it is as hard as an iron bar. Conditioning. Great. The very word sends shivers down my back. If you wanted to kill someone with something like an iron bar, wouldn't you just get hold of an er... iron bar? Maybe iron was in short supply in China when the technique was developed.



S is for **Shotokan** karate. Probably the most popular style of karate in the world and founded by Master Gichin Funakoshi, author of *Karate-do, My Way of Life* (Sir's favourite book if I'm not mistaken). It has deep stances and requires considerable strength on the part of its practitioners.



T is for **Tai Chi**. Translated as "grand ultimate fist", it is one of the three internal systems of Kung Fu. Greatly valued for its therapeutic powers in relieving stress, it brings peace and tranquillity to those who train in the art. Its movements form a



continuous flowing action as each technique merges into the next and it is performed at a very slow speed. A lot of old people in China seem to do it (no wonder it's so slow). It's like the equivalent of our bowling. The only difference is that old Tai Chi experts can break your neck while old bowlers can only break your foot (and they have to be holding the bowling ball in the first place).



M is for (you still with me? Good) Muay Thai, or Thai boxing. It looks like kick boxing to me, except for the fact that Thai boxers wear some silly bands around their arms (a bit like those silly wrist bands everyone wears these days). I don't know why, it looks as if it could adversely affect the blood flow to their hands, they THAI them so tight. Many moons ago one Thai King, called Pra Chao Sua – "The Tiger King" was a great Muay Thai champion. He actually spent his days visiting his subjects in disguise and beating them to a pulp. Well, I suppose it's better than being visited by Prince Charles and being bored to death. In Thai boxing, fighters strike with the shin when they kick. Madmen. And women.



A is for Aikido. A Japanese martial art so peaceful in its outlook one wonders why it's called a fighting system. Created by Morihei Ueshiba, it involves becoming one with nature and means "the way of harmony". As a child Ueshiba was very ill and trained in Jujitsu to regain his strength. He recovered so well that he was able to fight in the Russo-Japanese war. After the death of his father he sought spiritual comfort through meditation. On one occasion he is said to have had a vision of enlightenment in which he realised that the principle of martial arts is universal love and not combat. As a result there are no strikes in Aikido.



S is for Sumo wrestling. Perhaps not a martial art, strictly speaking, but great fun. Plus, you can practise it around the Christmas table. Just eat as much as you can, throw some salt on the floor, strip to your underwear and try pushing members of your family over.



My Training

By Hiral Chohan, 8th Kup



Right were should I start??

Firstly I would like to say thank you to all the students who made me go through the "tunnel of pain" on the day of my birthday!!! Nah I'm only joking! I really enjoy my training at Rayners Lane Taekwon-do Academy because its a blast!!!

You get to train very hard as well as have fun with people like (here is a big list!) Lyndsey, Sonal, Dev, Priya, Colin, David, Fayaz, Hershah, Vik and of course SIR!!!! (sorry if i left your name out!) - he makes me laugh!!

Every1 remember when my trousers fell down???.....oh my god I cant believe that happened!! Aaaahhh it was so embarrassing!! At least everyone knows me now!!!!

I would like to thank everyone that made me feel welcome to the

academy because I remember I was sooo shy !! All I remember is Sonal was the first person I met because she helped me with the warm ups (thank you for that). I also want to thank Dev for bringing me to this Academy!!! thankz!!!!

And of course to everyone at the academy for welcoming me and giving me the nick name "squirrel" he he..

love you all!!

Hiral
xxxx



You may have been in Martial Arts too long when...

1. You say to the salesman in the men's store, "Nice pants, but I don't think I can kick in them."
2. When you want to say "I'm sorry" and involuntarily bow.
3. You go to the shoe store to try on shoes. Instead of walking or jogging around the store, you practice pivoting, sweeps, stances and kicks.
4. You check to see if the shoe has a sufficiently hard striking surface and whether it protects the toes well. and lastly, you don't even care if (and they probably are) the other patrons are looking at you funny. (That's the big clue.)
5. Now when every time you pass a wall you start to wonder: 'Is that structural or drywall?' THEN you know you've gone over-board.
6. When you hit your head on a low doorway or ceiling and kick it in anger and damage it.
7. "GAK! NO! The *left* side of the bathrobe goes on top..."
8. "What was I doing in my office when I was spinning around and flailing my arms and legs? Ahhhhhmmmmmm....."
9. When you're practicing your arm blocks while driving down the highway, notice someone in another car staring at you, and suddenly turn your block into vigorously fanning away an imaginary fly.
10. When you use various strikes to turn lights off and on;
11. Don your clothing with kicks, thrusts, and punches.
12. Open and close doors with spinning kicks.
13. Find yourself idly doing iaido and kenjitsu moves with the plastic knives at the fast food place.



14. Can't walk by anybody else from your school without casually exchanging a flurry of mock strikes and kicks
15. Haven't gotten over the phase of seeing everybody walking around with a blanket of little red cross-hairs on all their vital spots.
16. Leap to your feet and shriek with indignation while watching "Kung Fu", "Walker, Texas Ranger", and "Highlander" at home.
17. Deliberately go to see martial arts movies in the theater so you can leap to your feet and shriek with indignation during the movie, out in the parking lot, and with all your friends the next time you're at class.



18. Find yourself practicing bo staff techniques in miniature with your pencil during dull meetings.
19. Try to backfist the correct floor button on the inside of the elevator, based on your memory of the button's location, before you get in far enough to see it.
20. Notice you never stand with your arms crossed or your hands in your pockets.
21. Tend to keep at least one flavour of martial arts weapon close at hand by your bed when you sleep.
22. Buy shoes either because they're particularly flexible or have steel toes.
23. Have at least one fantasy where you are a martial arts hero and end the fight by saying something *so* cool



- that you make Arnold Schwarzenegger and Clint Eastwood look like nervous chatterboxes.
24. Have begun to master the reflex to commit a very messy homicide when, directly after someone finds out you practice martial arts, they immediately ask "Are you a Black Belt ???"
25. Urge to bow every time I enter or leave a room? Uh, not anymore, thankfully.
26. I used to accidentally call one of my favorite professors 'sensei' with fair regularity, and I don't think I'll ever stop saying 'hai!' instead of 'yes!'.
27. When standing in line you find yourself practicing some stance from your art.



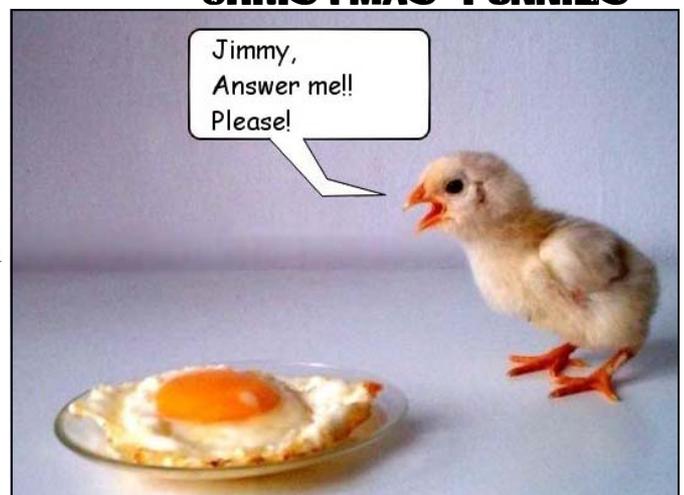
28. When you bow going into and out of the bathroom.
29. When you don't use any tools while splitting firewood.
30. When you are introduced to someone and you bow to greet them.
31. Whenever you see some wood or concrete, even things like stools or tables, and get excited



while you picture just how you would go about breaking it. Then you get funny looks as you feel it and give it a look of hard concentration, then maybe measure off a few times.

- supplied by Mr Gautum

CHRISTMAS FUNNIES



Father Christmas Doesn't Visit North Korea

By Marek Handzel, 7th Kup

So it's that time of year again. The season when you can drink a bit too much at the office Christmas party, tell everyone that you love them and dance like a headless chicken; when people meet up with loved ones, exchange gifts bought from our over-stocked massive shopping malls; when grown men turn into 12-year-olds and cover their homes in a billion Christmas lights; when people travel to exotic locations to escape the cold; when entire nations eat and drink like the world was on the brink of famine; when people pack into churches and sing carols at the top of their voices; when Father Christmas puts a smile on a child's face.

It's also the season during which people can choose to do none of the above.

But Christmas isn't such fun for everyone. And one set of people it certainly isn't fun for is those in the Democratic People's Republic of Korea – in other words, North Korea.

There, in one of the most miserable and secretive places in the world, in the birthplace of General Choi Hong-Hi, you don't even have the right to celebrate Christmas. And even if you could celebrate it, there probably wouldn't be enough food and drink on the table to keep hunger away, let alone allow a small family to feast on it. In North Korea, freedom and justice are overshadowed by repression and fear. Instead of riches and pleasures, people experience hunger and fear.

Instead of sitting down on Christmas day to watch the *Only Fools and Horses* special or putting a DVD into a brand new shiny machine, a North Korean family might be trying to power up their cranky old T.V. (if there's enough electricity) to listen to a state controlled programme telling them how great their country is.

In North Korea nobody walks to the pub on Christmas Eve past big Christmas trees and fancy lights to have a nice meal or quiet drink in front of a cosy fire. If they do go for a walk at night, then it is through pitch black streets past big grey statues of their 'beloved' leader Kim Jon Il, while loudspeakers on street corners pump endless droning messages of support for the State. And there are no real bars and restaurants for the citizens to go to. Even if there are, most of them are empty and bereft of any sustenance.

If you were to celebrate Christmas in North Korea, there's a good chance that you would end up being at best arrested and interrogated, at worst imprisoned, tortured and sent to a concentration camp.

Freedom of worship is strictly controlled and gatherings of people are carefully curtailed. So if you were to be found singing carols in a secret chapel, for example, you could find

yourself in the back of a police van and taken to the local State Security Agency detention facility. There you could be subjected to all manner of brutal and horrific tortures involving beatings, physical violation and psychological abuse.

After interrogation, if you managed to escape execution, you would be sent to a secret prison from which you could possibly never emerge, even in death. Conditions in these places are horribly inhuman. You would live in appalling conditions within disgusting cells with no sanitation. They are so overcrowded that you would not have enough space to lie down straight. After a few years you would end up deformed from a combination of grueling labour and malnutrition. The guards who work in these camps are chosen for their particular cruelty and disregard for human life and they would be happy to beat you to within an inch of your life, day after day.

As an additional and even worse punishment, if you had a family you would have to endure the horrific sight of having them join you at the camp. Some children in North Korea know no other life than that of a prison camp.

For many years, the country has been struggling with a lack of arable land and an unfavourable climate. Over 2 million people have been lost to famine and some 200,000 to concentration camps. Health care is minimal and the country struggles to transport pathetically small amounts of food with its decrepit transport system. The only well fed people in the country who don't occupy the corridors of power are in the army.

But perhaps the biggest crime is the victory of state control within and outside the country. By cutting off any contact with the outside world, many ordinary North Koreans still do not know that a better life is possible. The government fosters a hatred of the West and the U.S. in particular, to unite people against a common enemy. And by threatening everyone else with nuclear war, they scare off world leaders who may want to give those people a better life.



A corrupt and evil dictatorship will continue to cast its dark shadow over North Korea this Christmas.

It's a sobering thought.

Which Type Of Martial Artist Are You?

1) Question Lad (aka. What-If?): This guy will bring up every possible permutation for every drill that is being worked. **Solution:** Make him uke. (*an uke is the one who gets demonstrated on*)

2) Captain Slacker: Dogs the drills and sucks away the stunning dynamic experience that occurs during every class. ;-) **Solution:** Make him uke.

3) The Interpreter: Seems to believe that explanations must be altered to so that the masses can understand them. Even when the masses are already doing the drill. **Solution:** Make him uke.

4) The Whacker. Selflessly and altruistically strives to make each partner drill ultra-"realistic", for his partner's learning benefit. Leaves a wake of bruises, black eyes, and sprains behind him until he tries it on the wrong person. **Solution:** trade partners frequently, the right one will come along soon.



5) The Silver Spoon. Has a unique blind spot that prevents him from seeing anything that needs doing around the dojang. This blind spot is so wide that he can't see an entire dojo floor full of other students with



rag cleaning up. **Solution:** hand him a rag. Or make him uke. Doboks make great cleaning rags, with or without a person in them.



6) The Assistant Instructor. Possessed of a truly amazing learning curve, this specimen has absorbed enough knowledge in six months' study to be able to offer a flawless critique of others' practice. Undeterred by the presence of actual knowledge and experience. **Solution:** have him do Ul-Ji Tul. As my sabumnim told me, "Nobody knows more about Taekwon-do than a green belt. If you don't believe it, just ask him"



7) The Vince Lombardi Wannabe: Believes only that a good offence is the best defence. Constantly attacks training partners at full speed to demonstrate this philosophy, leaving confused and disgruntled students in his wake. **Solution:** He/she feeds the instructor next time.



8) The Whiner. Common source of "but that huuuuurts!" "I think I need to sit out for a moment," and "that's too hard!" during simple basic partner drills, including all light sparring. **Solution:** Take two Tylenol and put them back in.



They'll either gain a little intestinal fortitude or they'll quit. (Note: the Tylenol is for YOU, not them.) (Note 2: I'm not talking real injury here----I mean the whimpering little whining that happens when someone gets an arm bar put on, so that the pressure on the arm "hurts my arm muscle." Things like that. People who simply can NOT get through an entire class without at least 2 brief class pauses while the instructor checks if the person is really hurt, or just whining yet _again_) (And yes, I've got one of these. Arg.)

9) The Toughman. Can take ANY technique, and "tough it out" according to him (it is almost always a him) Pressure points don't work (according to him), locks are something he can handle (according to him), and getting thrown/landed on/smashed/crushed/mangled is something where he can "take the pain, suck it up, and shrug it off." No matter what. **Solution:** make him uke MORE.

10) The Cross-trainer. "White belt, you need to adjust your stance this way." "But sir, this is the way we did it in the last tkd/ karate/aikido/judo/whatever class I was in. And I've noted you don't do [such and such] technique 'correctly' ---in my last class, the teacher said it was stupid to do it the way you do." Teacher: "Arg. Can I simply kill you now?" **Solution:** Manage to not show Little Grasshopper why you "do it that way," and simple explain that different classes do it different ways---and in THIS class, we do it MY way.

11) The Primal Male. Women simply can NOT do techniques that would be effective against this man because, after all, they are women. Smaller, weaker, etc... **Solution:** Have the smallest high ranking female in class use The Primal Male as demonstration person for joint locks and throws. In front of the new students. (This person is common in many college programs, BTW.)

12) The Mouth. Has the amazing ability to continue talking while you are standing in front of him stating that he should shut up. (If you're lucky, this only occurs in children's classes.) **Solution:** His partner gets 10 pushups everytime he opens his mouth.

13) The Clueless: He's constantly doing stuff wrong. Even the simplest explanations bring a glazed look to his eye as he continues to be unable to improve. **Solution:** Can't think of a single one. [Ed. Note: Baseball bat. Hey, it is therapeutic for the teacher.]

14) The macho newbie: He's big, he's strong, and he knows it. Furthermore, there's no woman in the whole dojang that he couldn't knock out with his fabulous punch, and he's going to make sure that everyone knows it. **Solution:** Kick him in the groin. ;) (OK, so you can't really do that if you're the instructor, but you can tell the other students to do it!)

15) The macho old-timer: He's big, he's strong, and he's been doing this a long time. Ain't no one in the place that better *ever* beat him at a drill, or they will pay the consequences. **Solution:** Kick him in the groin (Hey, Don got to use solutions over! ;), and then quickly move on to the next partner.

16) The "in my previous dojang"er: Need I say more? :) **Solution:** send him on to his next dojo.

17) Ninja Bob: is pretty sure that he is training to become a covert agent, and wants constant reassurance of the deadliness of his/her endeavours.

18) Every Instructors best friend: wants to be your 'best' student, but unfortunately can't deal with training in the group. It's not his fault really, but he's a kick ass private student at the no contact level. (you guys can call this "The Maurice" if you want)

19) Mr. Agreeable: Yes, he understands. Yes, the drill makes sense, sure. Sure, keep it slow, watch the contact. (smile, nod) Oh, like that, right. ...Proceeds (as soon as your back is turned) to, in dazed confusion, invent his own damn drill, thank you very much, fast, out of control, and not at all similar to the original.

20) Ms. I'm-tough-'cuz-I-do-karate. She likes to think she's tough, but anytime someone makes even a little bit of contact, she's going to complain to anyone that will listen. This is to be contrasted with the women who *are* there to train, and say nothing about the multiple bruises they take home every night from the macho-newbie and the macho-old-timer. **Solution:** Hit her really hard and tell her to stop being such a wuss when she complains. The phrase "It's karate/judo/etc., it's supposed to hurt a little bit" should be used often. **Solution:** every single time, without exception, pair Ms. Selfdefense with #4, The Whacker. This will necessitate her learning to "whack" back.

21) Ms. Self-Defence. She's read too many RMA threads, and truly believes that her intelligence will get her out of any struggle she may encounter. And if her intelligence doesn't work, then her legs will, because after all, women's legs are stronger than men's. **Solution:** Put her one on one with one of the smaller guys, and tell her to defend herself. 19 times out of 20, she'll find that her legs and her intelligence don't matter too awefully much. Every single time, without exception, pair Ms. I'm-tough-'cuz-I-do-karate with #9, the macho newbie. She will probably eventually get pissed off enough to WANT to let him have it.

22) The glass menagerie: think that they should be able to learn how to fight without ever falling down, getting bruised or otherwise experiencing physical discomfort. Never fully commits to a technique, holds back and typically ends up being one of the first people to experience an injury. (Usually from not committing to the movement properly) **Solution:** time...they either learn or leave.

23) The natural: has natural athletic ability which really does help him or her in the learning of MA. Is frequently lazy, however, since it doesn't seem that hard to learn. This person frequently gets bored and ends up leaving without fulfilling their potential. **Solution:** find something that challenges them (and make them uke?)

24) Eclectic Man. Has done thirty other arts for one class apiece. Is just

killing time until he can create his own martial art and associated web site (whose address he will repeatedly post to RMA). Hopes to be inducted to the "World Martial Arts Hall of Fame" as "Supreme Grandmaster of the Year" before his 23rd birthday. Immediate response to any drill is "In Armenian Tae Kung Kara Aikikenpojutsu, they do X instead". Thinks you are jealous because his uniform has more patches on it than yours does. **Solution:** Make him uke. Preferably for "the Whacker" ;-)

25) Satori Man. Has read every single book or article ever written on Zen and martial arts. Owns stock in Shambala. Has never actually done zazen. Quotes koans at every opportunity. Believes Morihei Ueshiba was God. Believes Morihei Ueshiba was a Buddhist. Is fond of expounding about how "X" is not a "real martial art" because it lacks a "spiritual component" **Solution:** Invite your friend Charlie, who has been teaching "X" for a couple of decades, to the dojo to teach a surprise special seminar...and thereby acquaint Satori Man with his own spiritual component by making him uke.

26) Variant 1 on Satori Man: all this and has never done any MA training. **Solution:** make him stop talking and practice. He'll go away. I recall one kid who rebelled at being forced to hold the shinai with a right-handed grip. He'd read Go Rin No Sho and according to him, Musashi didn't do it that way. He lasted 2 classes.

27) Jutsu Man. Flip side of "Satori Man". Believes he is the reincarnation of Miyamoto Musashi, John L. Sullivan, and Attila the Hun. Is dismissive of many "-do" forms because they "aren't practical" have "all that spirituality bull****", or are "just sports". Believes women "can't fight for ****". **Solution:** Invite a small, female, godan in Judo to teach him the meaning of the term "kata guruma"...and make him uke.

28) The Ogler. The woman who is so busy oogling at the guys, she's not paying attention to what you're trying to teach her. In my experience, these are always beginners. One possible solution is to pair her up with a guy, ideally one of the guys she's oogling. That way, at least, I can go off and teach someone else or practice with someone who wants to train. Another solution is to throw her quickly and rather than help support the fall, let her weight drop completely. Doesn't leave quite the same bruises as punching, but can be pretty punishing all the same. Of course, *I* would never do this.

29) The Drifter: Comes to class once every couple of months. Is completely clueless about the material currently being studied, but wants to be promoted to the next belt. **solution:** Relocate the dojo every once in a while. (That's what my Sensei does)

30) The Hasbeen: used to practice five or ten years ago, and has now returned. Thinks he knows just as much as the advanced students that studied with him then and haven't stopped. Tries very hard to prove he is just as good as them by using lots of force while doing the techniques. **Solution:** pair him up with one of said students.



Tenacity and Indomitable Spirit

By Vijay Sood, 6th Kup

It is said that you can never please everyone all the time. You maybe lucky if you please some people some of the time. At times it seems that you cannot please anyone at any time!

However you have to be able to please yourself most of the time. Now change those words 'to please' to 'being happy' or 'being satisfied'. You have to be satisfied with yourself ALL the time.

Look back to this past year and ask yourself if you are satisfied? Will the year-end report card that you write for yourself (and all of us will do it one way or another – at some quiet point as we approach year-end) be on balance a good card? Or maybe it may say 'has potential, could have done better'?

I know mine will say 'could have done more'. There could have been one or more training sessions that I could have gone to, one or two more practice sessions at home if I had pulled my finger out. There definitely were one or two more techniques that I could have worked on.

However the tenet of 'Indomitable Spirit' that we say every time we start at the dojang means I was there at the start of the year and I will be there at the end of the year. Over the years I have seen people move onto other paths for many reasons.



Applications Flick Book

See the senior grades in actions, simply hold the magazine tightly and flick through the pages

Nevertheless, there is bunch of students who stick it out week-in/week-out and make the dojang more than the sum of its parts. It is infused with a spirit that will not lie down.

Their tenacity and willingness to work, train and play is something great to watch. At times 'indomitable spirit' means that working at something, even if it is only by your fingernails, is working with success.

And success is satisfaction in knowing you have done the best you can.

Have a great 2006.

You know you're hooked On Taekwon-do when...

- You know you're hooked when the first word out of your parrot's mouth is KIAI!, and you teach your cat how to free spar.
- *You know you're hooked when you have more bruises than a roller derby queen, and you still go back for more.*
- You know you're hooked when you shut the refrigerator door with a side thrust kick.
- *You know you're hooked when you shop for clothes based on whether you can kick in them.*
- You know you're hooked when the only clothes you'll wear are doboks.
 - *You know you're hooked when you actually crave a beach workout.*
- You know you're hooked when the Twelve Days of Christmas becomes: one boxing bag, two boxing gloves, three shin pads (includes an extra pad for the one you'll inevitably lose), four doboks, five rolls of adhesive tape...twelve cases of Tiger Balm.
- *You know you're hooked when you look for a place to live based on the amount of practice space it provides.*
 - You know you're hooked when you refuse to wear shoes.

- supplied by Sonal Lakhman, 4th Kup

