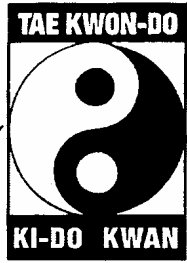


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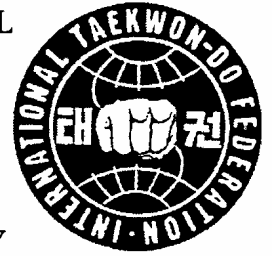


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NEW FOCUS AND DIRECTION IN MARTIAL

TAE KWON-DO KI-DO KWAN

WAY OF PEACE, BALANCE AND HARMONY



Newsletter Issue 03-03

Spring 2003

COMPETITIONS

Different competition events provide different benefits for competitors:

In Martial Arts training, our greatest enemy is our self. We train to challenge and compete within our self to be the best we can be. Therefore, in Tae Kwon Do competition, its not about winning trophies. It is a vehicle for testing our skills and abilities, and to improve ourselves.

Competition also has the following purposes:

- Aesthetic display of the Art of Tae Kwon Do
- Provide competitive spirit among fellow competitors to promote friendship
- Exchange training techniques
- Spread mental and physical attributes of TKD to the public/spectators.
- Sportsmanship/courtesy/respect/self control
- Medals and trophies are only superficial forms of recognition.

1. **Pattern Competition:** skills in balance, focus, concentration, power, speed and characteristic beauty.
2. **Sparring Competition:** skills in courage, spirit, aggressiveness, confidence, speed, focus, accuracy and self control. Defense and Attack.
3. **Breaking competition:** power test, focus, coordination and accuracy.
4. **Special Techniques:** skills in coordination, acrobatic skills, courage and resolve.

The Final ITF Games Tournament will be held on Sunday 21 September 2003 (Round 3). Interested members must inform Mr Wong by 6 September 2003 so that preparation can be arranged.

PATTERNS

Patterns are prearranged simulated systems of defensive and offensive techniques performed against imaginary opponents utilizing every available defensive and offensive techniques in different directions.

Pattern practice enables the student to go

(continue over)

Riverton Combined Training



Saturday 1 November 2003, 9.00 a.m. to 12 noon at the Queen of Apostles Church Hall, Tudor Avenue, Riverton.

A North Korean TKD Demonstation Video will be shown after training (**Don't miss this!!**).

For lunch, each member should bring a plate of food and drinks to share. There will be BBQ facilities also by the Canning River and members may wish to BYO meat etc.

NEXT GRADING TEST

Osborne Park
Mon 15 September 6.p.m.
Balcatta
Thur 18 September 6.15 p.m.
Riverton
Sat 20 September 11 a.m.

Members applying for test must have minimum 3 months training since the last grading and have attended minimum 24 lessons. However additional training are essential to ensure required standards are attained for grading.

Promotions will be granted above 60% mark. Unsuccessful members will be required to be re-tested after 3 months for a \$20 grading fee. Subsequent grading fees thereafter will be \$35.

Key Training Secrets of Tae Kwon Do

There are 10 key training secrets that student should keep in mind. These secrets will be published over the next 10 newsletters.

Seventh Secret

All movements must begin with a backward motion with very few exceptions.

Contact
Mr Peter Wong
6th Dan Chief Instructor
Tel: 92595683 or 0412-169275

Patterns

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through many techniques in a sequence to develop defensive and offensive movements in sparring, improve flexibility of movements, master body shifting, build muscles, power and breath control, develop fluid and smooth motion, balance, focus and concentration and characteristic beauty.

It also enables a student to acquire certain special techniques not obtainable from either fundamental exercises and sparring, like a soldier in a tactical unit an alphabet in a word.

It is also a critical barometer in evaluating an individual technical abilities and achievement.

A pattern must be performed with:

- Correct stance
- Muscles should be tense and relaxed at proper critical movements
- Rhythmic movements with no stiffness
- Movements should accelerate and decelerate
- Understand purpose of movement and targets with focus and concentration
- Perform with realism and spirit.

Conduct in the Do Jang (Training Centre/Hall)

Every student must observe the following conduct in the do jang:

1. Upon entering, bow.
2. Bow to instructor
3. Exchange greetings between students and bow to all senior members
4. Before formal classes begins and while waiting for instructor to arrive, begin self w a r m i n g - u p exercises and self practice. Do not talk loudly, no jumping or running around and do not misbehave.
5. During visitations to other Do jangs, students must bow first to the Club instructors and then to all seniors. Exchange greetings between students.
6. All students must not talk during class and

answer 'Yes Sir' when answering instructor.

7. All instructors must be addressed as 'Master' or 'Mr'.
8. Students must put hand up when asking a question.

Tae Kwon-Do Ki-Do Kwan Oath

- I will practice and promote the tenets of Tae Kwon-Do Ki-Do Kwan :-
 - . Humanity
 - . Justice
 - . Peace
 - . Integrity
 - . Indomitable Spirit
- I will not misuse Tae Kwon-Do Ki-Do Kwan.
- I will respect my parents, teachers, instructor and seniors.
- I will be a champion of freedom and peace.
- I will build a more peaceful world

TERMINOLOGY

Class Procedure

Face instructor.....Sabum Nim Ke
Dismiss.....Hae San
Attention.....Charyot

Bow.....Kyong Ye
Ready.....Junbi
Start.....Sijak
About turn.....Duiro Dora
At ease.....Swiyo
AgainTashi
Return.....Baro
Yell.....Kihap
Sit down.....An-Jo
Stand up.....Ero-Soot

Counting

One.....Hana
Two.....Dul
Three.....Set
Four.....Net
Five.....Tasut
Six.....Yasut
Seven.....Ilgo
Eight.....Yadul
Nine.....Arhol
Ten.....Yul

Others

Training area.....Dojang
Uniform.....Dobok

Sparring

One Step Sparring.....Ibo Matsogi
Free Sparring.....Jayoo Matsogi

In your own time.....Koorio - off - shi
By number.....Koorio - A - Macho

Techniques

Height Position:
High.....Nopunde
Medium.....Kaunde
Low.....Najunde

General Directions:

Front.....Ap
Side.....Yop
Back.....Dwit

Fundamental Techniques :

Punch.....Jirugi
Strike.....Taerigi

Thrust.....Tulgi
Kick.....Chargi
Block.....Makgi

Basic Stances

Sitting stance.....Anun Sogi
Walking stance.....Gunnun Sogi
L stanceNiunja Sogi

Other Important Terms

4 Direction.....Saju
Knife hand.....Sonkal
Elbow.....Palkup
Turning.....Tollyo
Crescent.....Bandal
Reverse.....Bandae
Guarding.....Taebi
Flying.....Twimyong
Semi/half.....Ban