



NEW FOCUS AND DIRECTION IN MARTIAL
TAE KWON-DO
KI-DO KWAN
 WAY OF PEACE, BALANCE AND HARMONY



Newsletter Issue 05-04

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**ALL TAE KWON DO
 SECRETS
 REVEALED**

Tae Kwon Do Ki Do Kwan Newsletters commenced publishing the Key Training Secrets of Tae Kwon Do in the May 2002 issue.

There are a total of eight training secrets or techniques which were printed over a period of two years. And the eighth secret was finally published in the Summer 2003 edition.

For the benefit of new members who missed out on the earlier newsletters and therefore a complete list of the secret, this club has decided to list them again.

The first is to create a sine wave during movement by utilising the knee spring properly.

The second is to keep both arms and legs bent slightly while movement is in motion.

The third secret is to bring the movement of eyes, hands, feet and breath into a single coordinated action.

The fourth secret is to understand that Power = Speed x Mass (weight).

The fifth secret is to understand the purpose and meaning of each movement clearly.

The sixth secret is to choose the appropriate attacking tool for each vital spot.

The seventh secret is that all movements must begin with a backward motion with very few exceptions.

Finally, the eighth secret is to become familiar with the correct angle and distance for attack and defense.



**BASIC
 PRINCIPLES OF
 TRAINING**

CONCENTRATION

"By clearing the mind of thoughts one can gain a natural meditative state."

Concentration means simply paying attention. This is important as it assist students to perform well and help prevent injuries in the dojang.

**PATIENCE &
 ENDURANCE**

"If one's mind is made up to learn then there will be success."

Suffice to say that nothing can be learned without patience and sacrifice.

**SINCERITY IN
 PRACTICE**

"If one does not practice regularly, then do not face the enemy."

The perfection of technique requires that they become second nature and reflective. If you have to think about response, it is already to late!!!

SPEED

"Judge the chance and take the opportunity. Take the first opportunity and be quicker."

For all attack there is a counter defense, hence technique must be done with greatest speed and

**CONSERVATION OF
 ENERGY**

"The Inner force is concealed until it is released."

Learn how to conserve energy and relax while under stress. Try not to be tense and remain calm. These are the essential elements of conserving energy.

**R E S P E C T &
 OBEDIENCE**

"All things in nature work according to rules. Mankind is one with nature."

Students should respect his or her instructors and seniors and the rules of dojang whilst in training.

NEXT GRADING TEST

Osborne Park

April 2004 . To be advised.

Balcatta

April 2004. To be advised.

Riverton

April 2004. To be advised.

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.