NEW FOCUS AND DIRECTION IN MARTIAL

TAE KWON-DO KI-DO KWAN

WAY OF PEACE, BALANCE AND HARMONY

Newsletter Issue 04-03 **Summer 2003**

ITF MEMBERSHIP

The International Taekwon-Do Federation (ITF) in the last 18 months have gone through a period of disharmony among the Masters and Senior Instructors around the world following the passing of our Founder Grand Master General Choi Hong Hi. Unfortunately, there is now three ITF Organisations known as ITF Canada, ITF Vienna and ITF North Korea.

In the best interest of Taekwon-Do Kidokwan I am very happy to announce that we are officially affiliated with ITF Canada with Master Choi Jung Hwa as its President. Master Choi Jung Hwa 8th Dan is the son of the Founder General Choi Hong Hi.

Having attended Master Choi's International Instructors Seminar, I found him very approachable and an excellent TKD practioner with an open mind and a great leader. We should be proud to be part of a world leading TKD organisation

ITF World Championship 2004

The ITF Junior and Senior World Championship will be held in Daejeon City, South Korea on September 24, 25 and 26 2004. This will be a Historic event as it is returning to its country of Birth.

The World championships are only open to Black Belts and Australia will be sending a team.

Melbourne will be hosting the next World Championship in 2006. Hopefully, some of our members may be good enough to be selected to represent Australia by that time.

Mr Wong and Master Choi Jung Hwa

FREE SPARRING

Free Sparring is an important part of TKD training as it is an effective way of developing skills in self defence , counter attack, balance, focus, concentration and self control. In TKD sparring, counter attack techniques must be focused and stopped-within 2 centimeters of a vital spot with speed, power and balance. Defensive movements must be strong and accurate with balance, skillful dodging and strong spirit.

Free sparring demands maximum concentration , focus. Self control and self confidence as there are not fixed targets or techniques. Everything is in dynamic motion. Intelligent defence is the key to effective offence. The most opportune time to counter attack is after a defensive movement. Counter attack must be swikt and instant focusing on the intended target. It is also important to maintain dynamic balance and proper distance from your opponent. Dynamic balance is achieved by correct stances and the transfer of body weight in different directions. Defensive moves should be aimed at both deflecting the attacking technique as well as getting the opponent out of balance and open for you to attack.

During class training, it is a requirement to develop full control both physically and mentally yet displaying full power and accuratcy. This is a requirement for Black Belt Grading.

NEXT GRADING TEST

Osborne Park
Mon 15 December 6 pm.

Balcatta
Thur 18 December 6 pm

Riverton
Sat 20 December 10.30 a.m. at Queen of Apostles Parish Hall, Tudor Ave. Riverton

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.

COMBINED TRAINING

A Successful combined training was held in Riverton on Sat 1 Nov with 40 members attended from Balcatta, Osborne Park, Applecross and Riverton. A video on the North Korean TKD Demonstration Team was shown - great display of TKD techniques including patterns, sparring, self defense and power breaking. The Video was inspiring for the training session conducted by Mr Wong and Mr Romano. We had a BBQ lunch at Shelly Beach following training

2nd Dan Black Belt Promotion

Mr Ben Romano from the Osborne Park Club was promoted by Mr Wong to 2nd Dan Black Belt on 15 September 2003. CONGRADULATIONS!

Key Training Secrets

There are 8 key training secrets that student should keep in mind. This is the last of the training secrets.

Eigthth Secret

To create a sine wave during the movement by utilizing the knee spring properly.

TRAINING 2004

2003 Training will finish on Saturday 20 December 2003 and classes will re-commence on Wednesday 7 January 2004 at the Riverton Leisureplex.

Mr Peter Wong wishes all members of Tae Kwon Do Kido Kwan and their family a very Merry Christmas and a Happy New Year.

PHOTO GALLERY 2003