



NEW FOCUS AND DIRECTION IN MARTIAL ARTS

TAE KWON-DO KI-DO KWAN

WAY OF PEACE, BALANCE AND HARMONY



NOTE FROM THE EDITOR

ANOTHER YEAR HAS PASSED AND AS WE LOOK BACK, MORE THAN ONE OF US WILL BE GOING 'WOW! I DID ALL THAT?!?' TRULY, IT HAS BEEN A YEAR OF EVENTS, IN MORE WAYS THAN ONE. WITH CHRISTMAS ON THE WAY, IT WOULD ONLY BE APPROPRIATE IF WE TAKE THIS TIME TO REFLECT ON THOSE WHOM HAVE HELPED US TO GET TO WHERE WE ARE. SO THANK YOU MR. WONG FOR YOUR GUIDANCE AND THANK YOU MEMBERS FOR YOUR SUPPORT. HERE'S TO A WONDERFUL YEAR AND HOPEFULLY AN EVEN BETTER ONE TO COME. CHEERS!

ITEMS OF INTEREST

- **KICK-A-THON**
- **ITFEA 2005**
- **BLACK BELTS**
- **OTHER NEWS**
- **DATES TO REMEMBER**

Summer 2005

Issue 3

Recent Events

Kick-A-Thon 2005

On the 16th October clubs from WA got together to raise money for the Princess Margaret Hospital for the Children Foundation. Just short of \$2,000 was raised in one hour of hard work.

The event comprises of teams that each have 3 people kicking, 1 holding a kicking target and 1 keeping records of the number of kicks made. Each person kicking has to kick for 2 minutes (then rests for 4 minutes). Each round comprises of a different kicking technique (all Taekwon-do kicks above hip high)

The kicks used included Front snap kick, Turning kick, Side Kick, Axe kick and Personnel choice

The final total is made up from all the kicks achieved in the hour.

Ki-do Kwan was represented and managed to set a high standard. The top three positions were;

- 1st Christopher Forrester (Ki-do Kwan)
- 2nd David Forrester (Ki-do Kwan)
- 3rd Mr Alan Stewart (W.A.I.T.)

Christopher's grand total was 1689 kicks, well done. The challenge is now set for 2006. The picture below shows Christopher with his trophy, demonstrating a kick for Mr Wong.



ITFEA 2005 State Champions

20th November 2005 was the final round (round 3) and State Championships for the ITFEA Games for 2005. The event was held at Queens Park Sports Centre and was well attended by competitors from 4 of WA's clubs.

Coming into Round 3 Ki-do Kwan was in the lead, but the West Australian Institute of Taekwon-Do (W.A.I.T) had plans to take our title from us (2004 club championship). On the day Ki-do Kwan managed to maintain its lead over W.A.I.T and took the back to back championship for 2005.

The members from our club who took part showed real spirit and commitment. The smiles on their faces was priceless.

Due to some last minute changes Mr David Cheah joined the Wood Cutters Team for the Black Belt division of Team Patterns, after a good demonstration by Oz Power Ki-do Kwan managed to take gold by two points.

2 other highlights were the newly formed Power Breaking team (David, Claude and Graham) called "Wait Watchers" beating the Oz Power team from W.A.I.T. and Mr Cheah taking the individual Power Breaking gold medal.

All our members who took part received medals, with Rebecca Ching taking the junior female trophy for 2005. We hope to have many more members taking part in 2006.



BLACK BELTS

How many of us train so hard just to be able to say the words, "I am a black belt,"? We've all seen the movies, games and TV shows showing how the great black belt defeats the bad guy. No wonder everyone looks at you in awe if you can utter those words.

In movies, it always starts off with a young boy/girl who is a trouble maker. After a couple of minutes of screen time they are transformed into Black Belt Extraordinaire but you and I both know there is a lot more to it than that. So what exactly does it take to be a black belt?

1. **TRAINING**— It requires a minimum of 2.5 years of training (3 to 4 times a week) to be able to take the exam to be a black belt.

2. **THE EXAM**—The exam itself has 2 parts to it, the practical and the written (yes, there is a written test for TKD). The practical test takes into account all the training and techniques that have been practiced throughout the coloured belt training. As most of you would have seen when Mr. Ben Southall took this black belt in August this year. This includes breaking of boards, all 9 IFT and 5 Ki-do Kwan patterns, jumping kicks, one-step sparring, 2 or 3 vs. 1 sparring... takes about 2 hours.

Then there is the written exam. This exam mostly comprises of questions regarding the principles of TKD. You know, the oath that we take every grading—Humility, Justice, Peace, Integrity and Indomitable Spirit and all that. Plus the meanings of TKD terminology in Korean (Hana, Chunbi etc.) and the origins of pattern names as well.

3. **THE FINAL TEST**—If you do well in all that (as Ben did), there is still something else required to obtain your black belt. Something that you have to demonstrate throughout your training for the right to wear a black belt. That of a person who is mature, responsible and dedicated. In short, the final test is a test of character.

It is only when you have passed all these tests, have you truly earned the right to say "I am a black belt." So when you do get your black belt, and I have full confidence that everyone can, wear it with pride.

Later on, if you decide to continue the 'belt race', it is a whole new ball game to get above 1st Dan. There are in fact 9 levels (or Dan's) of black belt.

Besides the fact that black belt grading are much harder, it is also difficult to find someone to teach you. Getting a higher Dan means a lot of hard work and time. You need at least 2-

3 years of practice to go for your 2nd Dan and this keeps increasing as you go higher. This is why they say that getting your black belt is just the beginning, not the end.

As a color belt, you go to class, train hard, take your grading and that's about it, for the most part but for black belts, the story doesn't quite end there. This is a quick checklist on the other things we are expected to do.

1. **Participate**—You are expected to take on the responsibility of promoting the Art and Philosophy of Taekwon-do by participating in activities such as seminars, training camps, tournaments and so on.

2. **Role models**—We are required to act as role models to the junior belts. It wouldn't do to have a black belt constantly interrupting the class by fooling around would it?

3. **Teaching**—Black Belts have a responsibility to help and share their knowledge with junior belt holders as part of their ongoing personnel development and TKD advancement. It's a challenge and the best method of self improvement as "The best way to improve oneself is to teach others"

That's about it really. Doesn't sound like much but wait 'til you try it. It is a brand new experience.

OTHER NEWS

Christmas Party

There will be a combined Christmas party, presentation and final grading at the Queen of Apostles Hall. I would like to take this opportunity to wish all members Happy Hari Raya (Nov), Merry Christmas (Dec), Happy New Year (Jan) and Happy Chinese New Year (Feb).

Congratulations!!!!

To all 3 newly promoted 1st Dan black belts—Jason Abbonizio, Ben Southall and Adam Spagnolo.

DATES TO REMEMBER

Gradings

(Riverton)

17 Dec (Sat) 9 a.m. - 12 noon Queen of Apostles Hall

(Osbourne Park)

19 Dec (Mon) 6 p.m. Royal St., Osbourne Park

Christmas Party

17 Dec (Sat) at Queen of Apostles Hall, Riverton

Last Training

2005 Training Ends Saturday 17th December

2006 Training Starts Wednesday 11th January

