



Taekwon-Do

International Taekwon-Do Federation
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generation

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THE EVOLUTION







DEAR TAEKWON-DO COMMUNITY

I feel glad to see another issue of Taekwon-Do Generation come to light thanks to the work of the Communications Committee, which is giving new impulse to ITF in a vital sphere of our times: INFORMATION.

I wish to encourage everyone to generate positive thinking (aware that such a choice is within ourselves) and knowing that these thoughts lead to positive actions, which reinforce our way of being and our philosophy.

Let us keep a positive mentality that will generate good news, so that this publication can express our distinctive feature: the search for personal happiness within the framework of a better society.

Till the next issue,

Pablo Trajtenberg

PRESIDENT



GRANDM



MASTER



GRA

MARANO

CHAIRMAN OF THE ITF TECHNICAL COMMITTEE

DEAR GM MARANO,

Can you tell us when did you start in Taekwon-Do and what was the reason it attracted you more than other martial art?

I started practicing in early 1968 and was by chance because a friend invited me to a Judo class in which he was practicing, but in the same Gym there were another class I liked. At that time I believed it was karate (and for a time it was called Korean Karate), later I knew it was Taekwon-Do as my Master spoke very little Spanish.

Your Master from the beginning was Grand Master Nam Sung Choi, which facet do you remember more from him and what would like to highlight?

The person who taught me to walk and to love the art, I've spent very nice moments with him in my childhood in Taekwon-Do and I have the best of the memories, he is in WTF, I still see him very occasionally, he was my special guest when I organized the World Championships in Argentina in 2009.

ANDMASTER ANO

Later you met General Choi and it's been said that you were a firm follower and an exemplary student who wanted to take more classes with him. How do you recall the first time you met General Choi?

I first started to know General Choi from 1979, even if I saw him for the first time in 1969 (I was blue belt) and thence to 1979 I saw him on 4 more opportunities, always his relation was with the Korean Masters, starting from 1979 the Koreans went to WTF and I began to have personal contact and be his student.

Tell us some anecdotes you had during the teaching by General Choi.

There were many, it was very difficult to learn much during the IIC, we only listened, many times to inquire was a problem, since 1981 I started (along with GM Trajtenberg) to travel periodically to his home in Mississauga Ontario, one could ask questions and learn in a more relaxed environment, also when we traveled between one IIC and the other in America there was time for chat and learn.

What impressed you the most about the General?

His personality, his strategy, his knowledge and how slowly he was giving shape to this wonderful art, as the TKD from 1960, 1980 and the present are very different, his struggle to create something different to other martial arts, he achieved with conventional techniques how to make the body do those techniques the more powerful and fastest possible and he put into the patterns (tuls) all that knowledge.

To General Choi the patterns were his maximum creation, there not only he overturned the basic techniques and the body movement, but through the meanings and diagrams, he overturned his thinking, his history, the creation of his country, their heroes, preserving the patterns is the best tribute we can do to him.

Since your youth you were linked to Taekwon-Do but your educational studies were conducted in another direction, and later you decided to devote yourself body and soul to Taekwon-Do. What was it that led you to make this professional change and that Taekwon-Do happened to have more presence in your life?

I graduated as a Dentist thanks to TKD, in 1971 when entering the university I was already teaching and it was Taekwon-Do which helped me financially to finish my college career (with the arrival of Bruce Lee in Enter the Dragon and then the series Kung Fu on TV, there was a boom in martial arts and the gyms were full, we were very few instructors at the time, I remember having 280 students on the waiting list at the University Club, besides weekdays I was teaching Saturday and Sunday).

I then shared for more than 10 years both professions but I was feeling much better teaching classes than seeing patients, slowly Taekwon-Do was absorbing more of my time until I decided to do one thing and devote myself full time to it, and I chose what I loved, my wife always accompanied me, was enough, I did not expect my family to understand.

In the early 80's, you together with GM Pablo Trajtenberg founded the Centro Argentino de Taekwon-Do and later decided to found FETRA. How were these organizational beginnings?

He had a winery and I worked in hospital, sanatorium and dental office, of course we were both teaching classes and we also got together to practice.

In 1979 when we started to have direct contact with General Choi and also being advised by Master J. C. Kim we decided to follow what was our vocation, teach Taekwon-Do in a professional manner, which create some family problems to us.

I remember we sold everything we had, he quit his job, I quitted the hos-

pital and the sanatorium, we rented an important local in an important area and there it all started, we were giving classes every day in many hours each day and soon the schedule was complete, the best exponents of the Argentinean Taekwon-Do were born there and also there, in 1986 was born the Federación de Taekwon-Do de la República Argentina, at that time we had about 100 instructors teaching.



What is the future and evolution you believe that FETRA will have in the coming years?

FETRA is the vehicle for the more than 70 Masters that the Argentinean TKD has, so they may work in harmony, we believe that along to GM Ramisch, the GM Trajtenberg and I, we did a good job and the Masters value it.



In Argentina there are many 8th and 7th Degrees with a lot of experience, it will be up to them to decide which is the best future for FETRA.

Since the year 2003 you have had the honor of leading the ITF Technical Committee and thanks to the effort put in, there has been great progress made in Technique's disclosure and standardization worldwide. You continue to lead this Committee, but tell us, when you were elected to this position, did you imagine that you would mark goals to medium or long term, do you think the goals were achieved?

This was an initiative of the Masters in Europe who in early 2003 invited us to an IIC in Germany and another in Scotland (Master Weiller organizer in Germany and Master Sutherland in Scotland) they trusted us, and then reaffirmed that confidence in Poland when the President was chosen and the first Board of Directors appointed me as Chairman of the Technical Committee.

The aim was that we all do the same; so far the courses were conducted only by General Choi, very few by GM Park Jung Tae, and the General made many changes, many were left with what he had said at some IIC or filming they had, and this in the beginning brought us some disadvantages, because there were always one saying (General Choi taught this to me in this way) then they all understood that the standardization was more important than each of us and that we had witnessed the changes made, they trusted us and the job became easier.

Today the standardization is almost complete, we bring the IICs at 5 continents, and highly trained Masters give seminars in different Countries, which makes the job even easier.

It's time to incorporate more Masters to the Technical Committee so that we can transfer all our experience and they help us to preserve and enhance what we have done.

At present, the ITF has reported new advances in 2015 IICs; can you anticipate some of the changes?

We want to incorporate the IIC for Masters with a more inclusive view of the aspects of Taekwon-Do and that the technique is only a part of the program where other Committees and Members of the Board of Directors of the ITF will be included, yet, it's being working on the project that would begin in 2015.

We would also like to ask you about the book that the Technical Committee produced "The Art of Taekwon-Do ITF", for what we know is having a lot of expectation around the world and are receiving many compliments for the great job. Tell us, are there more books coming in the future? Tell us your experience.

The idea in this first stage was to overturn what was standardized in the last 12 years and that the student and the instructor have an updated reference.

Surely in the future new members of the Committee will find the need to overturn their experiences and therefore also a book will come out with more content.



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To General Choi the patterns were his maximum creation, there not only he overturned the basic techniques and the body movement, but through the meanings and diagrams, he overturned his thinking, his history, the creation of his country, their heroes, preserving the patterns is the best tribute we can do to him.

Changing the subject and looking into the future, what do you believe the future holds for Taekwon-Do, the ITF and the other groups that exist?

I believe in the future we all dream in 2003 when we gave continuity to what was done by General Choi, we were 48 countries at that time, and today there are over 100 in our organization.

General Choi, being the founder of the art always had to live with other groups and organizations, for that reason we only care and work for our ITF family, to make it richer in knowledge, more professional in the teaching and to bring it the highest our ability and strength allow us.

Finally which advice would you give to the current Taekwon-Do ITF practitioners, those that are starting out, young people and instructors?

To put on the Dobok and start to explore your own physical and psychological limits, and be able to improve them through practice and bringing them to unimaginable limits, is a wonderful task you have to enjoy every day and at every stage, that wanting to rush or leapfrogging is losing experience, that you must learn to enjoy the path, that's Taekwon-Do, a path that has no end.

Thank you so much GM, It was a pleasure, thank you very much for allowing me to overturn my experiences and my way of thinking.



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AFRICA DEV

The background features a large, faint, light blue logo consisting of the letters 'F' and 'D' intertwined. A small registered trademark symbol (®) is located to the upper right of the 'D'.

VELOPMENT

MASTER WEILER

Master Weiler, tell us about your own history in Taekwon-Do, where and when did you begin?

After soccer (6 years), Judo (2 years) and Boxing (2 years) I started with Taekwon-Do ITF at Cologne University in September 1973. At that time ITF in Germany was not organised as an Association but some Korean Instructors had the connections with General Choi (e.g.: Masters Kwon Jae-Hwa and Kim Kwang-Il).

push ups, jumps, toughened our knuckles, have trained barefoot in the snow and did many stretching exercises which were not functionally evaluated and on closer inspection were very bad for the body. Anyhow, I enjoyed the training. Later when I was studying physical education at Cologne Sports University I learned a lot about anatomy and physiology and due to that I avoided many of these exercises and started to give seminars in Germany about correct warming up exercises in TKD.



Taekwon-Do demonstration at Cologne University 1982 with my favourite breaking test = sonkal dung taerigi

Cologne University was one of the biggest TKD groups in Cologne and neighbourhood and I went to practise 5 times a week. The training was as it was usual in the "old days", that means the techniques and the stances were similar to Karate because at that time we did not have any information about the sine wave. We did

What are the main highlights of your career? When did you begin to become active in the organisation in Germany and then with the ITF?

In 1988 I participated in Budapest for the last time as an active member of the German National Team (I was Coach and

ITF SENIOR VICE-PRESIDENT

- Born on July 7th 1953 in Cologne.
- Physical Education Teacher.
- Beginning with TKD - ITF in September 1973 at Cologne University
- Promoted to 8th degree on October 28th 2007 in Vienna.





Competitor) and I remained as National Coach until 1990.

In 1989 I became elected as President of ITF Germany and was re-elected 8 subsequent times until 2007.

Under my leadership the ITF Germany grew from 150 members up to 5.000 members with more than 100 clubs and it was the first ITF organization in Germany with a clear structure. The national team became very successful in the 90s (many European and World Champions) and very famous and well-known people became members from ITF Germany (e.g. GM Kim-Lan Ung and GM Rolf Becking).

From 1991 up to 1999 I organised four seminars with General Choi and one with his son (1997).

1994 – “outstanding instructor” award

1995 – organiser of the European Championship in Cologne with 27 participating countries.

1997 – elected treasurer of the AETF until 2001

2000 – elected member for Sport Activities in the AETF

2001 – appointed member of the Consultative Council by General Choi

2001 – elected Vice-President of AETF

2003 – acting ITF treasurer until June

2003 – organiser of the 1st IIC in Cologne under the new ITF Technical Committee

2003 – elected ITF Vice-President at the 14th ITF Congress in Poland

2003 – publisher of the German version of the condensed encyclopaedia of Taekwon-Do

2005 – Organising Committee Chairman of the 14th ITF Senior World Taekwon-Do Championship in Dortmund with 57 participating countries.



Open Ceremony of the 14th ITF World Champs in Dortmund in July 2005

2006 – organiser of another IIC in Cologne
 2007 – re-elected ITF Vice-President in Quebec City (Canada)
 2007 – appointed by the ITF BD to develop ITF on the African Continent
 2007 – promotion to 8th degree in Vienna
 2008 – starting to develop ITF in Africa
 2008 – organiser of the 1st IUC in Europe
 2011 – elected Senior Vice-President at the Congress in Wellington (New Zealand)

**How do you think the ITF has evolved in the recent years?
 What have been the big changes, positives and negatives that stand out for you?**

The passing away of our founder General Choi in 2002 and the split of the ITF into three groups was the worse setback in the development of the ITF. Our Federation started almost from zero and we had to renew everything (e.g. structure, constitution, by-laws, technical part, tournaments etc.).

It was our sincere belief that the association could only be managed by a team: the Board of Directors. This was a big change because in the past General Choi had decided everything.

So we had to learn to communicate together, to work together and to make decisions together for the benefit of the ITF and the development of Taekwon-Do. To bring the opinion of 10 people under one roof is not always easy and we all had to go through a learning process. After this the work and the results became better and better. Being in the BD since 2003 I can say from my point of view that we have been a good team. Otherwise our ITF would not have survived. In addition the new structure implemented other teams = Committees. All ITF committees did and still are doing great work for the ITF and the development of the organisation. I would like to take this opportunity to say “thank you” from the bottom of my heart to all people involved in the committees! Without their work our ITF would not be where we are!



Seminar in Addis Ababa in 2011 with 508 participants!

The following successes were achieved:

- new constitution and registration in Spain
- amended by-laws with many new articles
- International Instructors Courses
- International Umpire Courses

- International Kid's Courses (special Kid's doboks)
- registration of the ITF logo in most countries of the World
- development of a new logo with a worldwide registration
- contracts with good sponsors
- online system to support and relieve the administration work
- computer systems for international tournaments
- seminars for Teaching the Do, Warming Up, First Aid, Business etc.
- Conventions
- etc.

This does not mean that everything is perfect but I think that we are on the right path! Anyhow, there are still many things we have to do in the future.

Below some ideas:

- to develop further Africa, Asia, the Middle East and Central America
- to establish new associations
- to have a woman in the BD in the near future
- the most important articles should be also in Russian language on the ITF website e.g. the constitution, the by-laws, the competition rules because we have about 15 countries speaking Russian.
- some committees should be expanded also with younger people
- many more ideas that the ITF board are working on

**How do you think the ITF has evolved in the recent years?
 What have been the big changes, positives and negatives that stand out for you?**

It was at the Board Meeting in 2007 in Quebec. The then President, GM Tran Trieu Quan, asked who would be interested in going to Africa. I carefully lifted my finger because I did not know exactly what to expect and he had caught it immediately.

My first seminar in June 2008 I conducted in Addis Ababa, the Capital of Ethiopia (= 2900 m above sea level), with almost 130 black belts and more than 70 red belts. I saw a good potential in them both physically and mentally and they are very enthusiastic people but they needed help in all fields. Knowing this I have established the “Donation for Africa” project in the fall of 2008 to help our TKD brothers and sisters in Africa. Starting from Germany to donate doboks, belts, safety equipment and even money to buy material many countries and companies followed this example. The result until today is overwhelming! Ethiopia is now equipped with mats, safeties, doboks and this year in July the electronic system will follow paid for by the donation money.

Since 2008 two IIC's were conducted in Addis Ababa and 8 seminars. Furthermore 2 African TKD Cups with more than 400 competitors. During the years the Ethiopian International TKD Association = EITA has been growing rapidly in both membership (now more than 5000 members) and organisationally.

The result is that the association is recognized by the government since 2012 and last year a Ethiopian team participated for the first time in ITF history at the World Champs in Spain. With



Kenya and Mozambique we had 3 countries from Africa in Spain!

The success in Ethiopia led to other countries showing interest:

2010: I went to Kenya for the first time (further seminars in 2011, 2012 and 2013)

2011: South Africa followed with seminars in 2013 and 2014

2012: Uganda started under the guidance of Sabum Niklas Enander from Sweden and became club member 2013

2013: Mozambique became member with seminars in 2013 (2x) and 2014

2014: Malawi and Zimbabwe participated at the seminar in Mozambique and Zimbabwe is now (temporarily) recognized as a club member (the membership has to be confirmed by the congress). Malawi will follow. I do not want to forget that Master Ferrando convinced Morocco to join our ITF (2012). With Algeria we have now 9 countries on the African Continent (by the way the number nine was a very special number for general Choi!). But this shall not be the end!!

This year in July I will be in Ethiopia for the tenth time, coming from Uganda together with Sabum Niklas Enander, to conduct a technical seminar, a umpire B course and to help to organise the 3rd African Cup, hopefully with the participation of at least 6 countries. Master Nardizzi will be conducting a Kid's Course for the first time on the African Continent and Sabum Tomaz Barada a Sparring seminar.

It is my need to thank all who have supported me in my work in and for Africa!

We are now in a situation that beside my work some instructors from Africa can help to develop the ITF in Africa e.g. Sabum Bert Guy van Pittius (South Africa) and some instructors from Ethiopia.

South Africa has a common border with Mozambique, Malawi and Zimbabwe and Ethiopia is very close to Kenya and Uganda. Sabum Niklas Enander (Sweden) is also available and willing to help.

Our ITF is very popular and attractive for TKD students from other TKD organisations!

Another IIC is planned, a Kid's Course and also an Umpire A seminar.

You were heavily involved in the recent seminars in Asia. How do you see the Asian continent developing in the future? What are the main things they need?

It is my sincere believe that the project for Africa with the good results is tVransferrable to Asia. This was confirmed already by the result of the events carried out in April this year in Bishkek (Kyrgyzstan).

Anyhow, the situation in Asia is different. Asia is even bigger than Africa. It is the biggest Continent by area and population and also by history. The homeland of TKD ITF is Korea. Asian founding members of the ITF were Korea, Malaysia, Singapore and Vietnam but

when we look at these countries how we are represented there and organized today, we have some catching up to do. With a few exceptions also Asian Associations needs help in all fields (technically, organsationally etc.) and it will be a big challenge and hard work to develop the ITF in Asia again.

What is the future vision for the ITF? Are we on the right track?

I mentioned already that we are on the right track, at least from my point of view, because all people involved in committees, the BD and many associations worldwide doing their best. Of course we also made mistakes because we are humans. But working people can make mistakes (people who do not work can avoid it). As long as we learn from the mistakes it is ok for me.

In the beginning I also explained that we almost started from zero. One of the reasons was the split of the ITF into three groups but we became strong because of this special situation. I can assure you that our federation has been growing during the years, especially the last four years, which can be proved easily with the growing number of members.

I am sure that our ITF will grow more in the future on every Continent and we will be one of the leading Martial Arts in the world.



Master Paul Weiler
ITF Senior Vice-President

*But the longest trip starts
with the first step.*



A large, stylized blue hand icon is positioned in the background, with its fingers spread. The hand is rendered in a light blue color, matching the background, and is partially obscured by the text.

ITF HEADC

QUARTERS

MASTER JUAN FERRANDO

ITF SECRETARY GENERAL

Master, since when have you been Secretary General of ITF and how did you progress to this position?

Before reaching this position I already had extensive experience in the ITF, since I was President and founder of the Spanish Federation, I had held the position of Secretary General of the European Federation (AETF) twice, first until the year 1996, then in 2001 I returned to be elected Secretary General of the AETF, in 2003 in the ITF elections I was elected Vice President and in 2011 I was proposed for the Secretary General position in which I was chosen. Although during the first year we were doing the transfer from Italy to Spain, and the work was really more adaptive and involved study of the functioning of the General Secretariat, where I received great support from Grandmaster Bos the last Secretary General.

Master, tell us how it has been these past few years and what changes have there been?

During the last few years we have been working on improving above all the ser-

vices and information to members and we are still introducing more services that will gradually be known to our membership. Changes have been enough, but I would say that change is a necessary evolution that requires any organization like ours to be up to the new needs of the moment. In 2003 after the death of General Choi, the new Board was elected that was led by GM Tran Trieu Quan, in its first stage the administration of ITF and its functioning remained in a similar manner to that which we previously had. Later when Grandmaster Bos was elected Secretary General, this initiated a major change by introducing Internet in the administration and streamlining the bureaucracy, once I was elected Secretary General we studied and developed a program of management and administration, which was at the height of the most important organizations, and would only allow us to have more flexibility in processing more management information, and more transparency in the administration, I have to thank our President and the entire Board for the confidence they have given me that has allowed me to undertake this project, which keeps developing and improving every day.

What have been the main advances or most relevant improvements in this evolution?

The principal improvements have been above all the improvements in processing and communication, providing the tool, which avoids errors, duplications, and allows more ease in the transmission of the data. Also it has improved in the following of the rules, since the rules are in the program and act as filters, due to this it eliminates doubts upon or since human error, which for all apply equally. In management we get in real time information about procedures that are taking real information of our members.

Also in administration it has implemented an official accounting program that allows us to obtain real information on the economic situation of the Federation and which is audited by official auditors from the State in order to obtain a transparency and tranquility in our management to all members.



On the other hand from the General Secretariat, I have responsibility for coordinating the operation of all the different committees of ITF, control and supervision of the Marketing and publicity Committee, track the relationship with Sponsors, that articles and equipment comply with the standards stipulated for their approval. Control of contracts for courses that impart ITF or official Championships, etc. also from the General Secretariat has organized and controlled the registry of our brands around the world.

Really the work of the General Secretariat today requires much dedication, but it is a rewarding job to have the support of President Grandmaster Trajtenberg and the entire Board of the ITF that really works as a great team.

And tell us, after the current evolution, are any more changes or improvements planned?

Among the improvements made and that they will be in service in September is the visualization for each black belt member, of the existing data in the database and verification of your resume, which will allow you to see that your details are correct or following an exam for example see their processing status.

We also have already prepared to offer our affiliates the national management programme, allowing you to manage your Federation individually, thus giving more control over data from their association so that each association may have a more efficient system and also that this linked with the ITF, which will facilitate much the procedures with the ITF from the National Federation.

Please note the management program that we have is an open program designed exclusively for ITF, and has the flexibility for us to go on customizing it continuously and creating new features according to our needs, then it is our claim to continue improving services that offer HQ Office to our members.



We have seen that you have also recently visited Kazakhstan and Morocco to teach courses, tell us a little.

Really I have no time for it, I visited a country to solve some problems in it and I used the trip to impart or help in any course, I visited Kazakhstan joining our Vice President Master Weiler and I helped him in a course in this country, where we had meetings with the authorities of the country and we solved some problems. Later I visited Morocco to teach a few courses that the proximity and relationship with the leaders I could not refuse, but really I have not too much time for this, as the role of the Secretary-General requires much attention and time

Master Ferrando many thanks for your time.



WC 2

2013



LOOKING BACK...

WORLD CHAMPIONSHIP SPAIN 2013

No doubt now that it has been more than 6 months and I look back thinking about all that work done to organize a world championship in our country and so many memories, meetings with the entire team, with government agencies, calls, thousands of emails, and many anecdotes that I do not know where to start.

It all started in 2006 when, after holding the World Cup in the city of Benidorm Master Juan Ferrando, next to

Maestro Jose Ramon Viudes, along with other instructors and I had the idea to organize each of the different official ITF championships in our country, and so it was (European Championship, European Cup, World Championship and World Cup).

In 2009 we organized the European Championship and finished the championship taking note of all the things we should improve for the next events, as these would be the

most important tournaments of the International Federation.

In 2011 the ITF World Championship was held in New Zealand and we were there. It was definitely a must that we really started working on the details for the next World Championship. Once there, I took note of many things that we could consider for Spain and also some others we thought we could improve upon, but I remember well that the level of the organization of



the event was very good, definitely one of the best so far, with many technical and organizational improvements that the organizers in New Zealand had managed to take care of. This was what we needed, the incentive of knowing that they had left the level very high and we must do much more to meet the expectations of the ITF community.

From that point the work really began. Once launched, we held several meetings with agencies and in the working group of the organization had many details to consider and it was necessary to have the best possible team work.

During 2011 and 2012 I had several meetings with the Maestro Viudes and Sabum Vicente Ibáñez where we were working on the website, event information and the set up of the hall, new machines for special technique and breaking... which we communicated through many calls and emails to the Director of ITF GM Wim Bos so that he, together with the committees could approve our ideas.

We started in 2013 and in February we had a visit from the tournament & umpire

committee to the facilities of the sport hall in Benidorm to give the nod of approval. We also exposed them to our ideas for decorating and laying out the sports hall and how we could improve the control for the efficient running of the competition within our budget. Now the hard work began!

We had several meetings with the Master Viudes and Sabum Vicente Ibáñez to coordinate the facilities of the sports hall. It was time to finalize ideas and close off the valuations that we had, because we knew that the summer was very close and we had to close all the important issues before August, because once the summer passed before long we would be starting the Championships.

And so it was, the summer was finished and it was in October. We received hundreds of emails from many parts of the world interested in participating in the championship and its inscriptions, until the point that we exceeded our expectations for participation and outclassed what was expected in the previous world championships. This filled us with pride but demanded much more

of ourselves to arrange all the details.

Soon we were a few days from the event and participants began to arrive, it was all coordinated and each person knew their role, and now we were just anticipating the beginning.

Although we had the experience of organizing other international events,







the reality is that when you organize these events, knowing that many people depend on you, that they come from afar or come with few economic resources, and have already prepared with much effort, this imposes much responsibility on the organizers and always makes you nervous.

Most of the responsibility for the coordination of the assembly hall fell on the Maestro Jose Ramon Viudes, who always came through in spite of setbacks or unforeseen last minute changes and performed a great job along with the rest of the team.

On the Wednesday we began the weighing of those competing. You could tell that there were nerves in all the competitors in case anyone did not make weight with the new electronic system, there was a climate of competition, the wait was over! Thursday arrived, and the competition started. It was now that the team would see all their hard work during the year come to fruition. My experience is that the beginning of any event is one of the most delicate moments, the start is the hardest thing and we had worked hard to ensure it was all prepared. On Thursday at noon I remember I went to Maestro José Ramón and said "Master the championship is a reality, I get compliments from many participants and everything is going well, thanks for your effort." It was the first day but the feeling was that we had already done more than half of the work and the sense of reward for the congratulations and to see that everyone was happy, gave us energy to keep doing more.

Remembering the World Championships in New Zealand, one of

the things that I noted that helped with the efficiency, and we all congratulate the organization, was the number of volunteers they had. As I remember, I commented to the organizing committee that there were close to 100 assistants and collaborators who had taken leave from their jobs, to assist at the event. Although I noted this, I knew that having 100 helpers involved would be no easy task. The truth is that there was not 100 people in the organization of the World Championships in Spain, there were some less, but the involvement of all was greatly appreciated. As I said I cannot forget to thank all involved for their help given for so many months that we were working side by side and also during the Championship; my teacher and father Master Juan Ferrando, Master Jose Ramon Viudes for your help and good work for so many days, Instructor Vicente Ibáñez for always being available to collaborate and help me, Master Alberto Gonzalez for your good work in coordinating all assistants during the championship, Sabum John McKissock for your predisposition to help in the protocol, Master Denis Russell, Master Jose Miguel Martinez and Instructor Ana María Cáceres for your help, Instructor José Luis Diego and all assistants of Club Tae Benidorm, Juan Carlos Rocca Instructors, Alfredo Perez, Matias Picallo, Fabian Izquierdo, Pablo Conde and to Julia, Fran, Nadia, Alvaro, Dani, Szusa and all those who came, too many to mention the whole competition team led by Instructors José Carlos Revelles, Mario Mugica, Felix Garcia, Antonio Benimeli, Pepe Montoya, for your good work, of course also my mother, my sister and my wife for their patience thank you very much with all my heart! All of you did everything possible to make this a reality. Thank you.

During the four days of the championship there were many details that the entire organizing team were solving for all attendees to continue enjoying the event and make many memories, but if it is true that on this occasion by experience in organizing similar events things were better than others and sometimes you learn that with such events the details can not be 100% controlled and you should at all times be prepared for changes in the last minute, needs that arise and must be solved and dodging as we were doing the best we could. We always had to be active and predisposed!!

One detail that we could not control because it was out of our hands was the heat during the days of competition, which was something not expected for that time of year.

As a general valuation, it was very positive and we have fulfilled our purpose of a World Championship in our country, we try to correct and do better than the championships organized earlier, and by the ITF climbed the organizational level of the most important event that our organization has.

From here I must thank the entire Family of the ITF to all Grandmasters and Masters, the Committee of competition, the tournament and umpire committees, all accompanying delegations for attending the championship and I apologize if at any time we could not meet any request or something did not go as expected, I can only say that we gave everything we could to the World Championships held in the city of Benidorm and it was unforgettable.

*Thank you
Paco Ferrando*



ANTI-DOPING AT WORLD CHAMPIONSHIPS

Dear Members and Visitors,

I would like to formally inform you that at World Championships 2013 – ITF Anti-Doping Unit subjected 10 athletes to doping control. The tests were by random selection and included 4 gold medallists, 8 males 2 females were tested.

Athletes tested from:

Italy – Poland – Argentina – Russia - USA – France – Ukraine

The confirmed result are as follows:

All athletes tested had – No Prohibited Substances detected.

There are no disciplinary or legal issues for ITF Ethics and Discipline committee to consider at this time.

I would like to thank you formally for your support. Special sincere thanks to Grand Master Bos, without who's support this significant step forward in ITF's International standing would not have been possible.

ITF Doping control Unit was formally commended by PWC (our appointed testing organisation from Germany) for the empathic and professional way the tests were conducted.

The process was in full compliance with international WADA standards. The attitude and interactions with the athletes selected for testing, coaches, tournament organisers and ITF officials were especially mentioned and are a credit to all of us affiliated with ITF.



Kind regards,
Yours in Taekwon-Do,

Dr. Richard Aboud
ITF Medical Director &
Chairman of Anti-Doping





ITF COM



MITTEE

MASTER COOS



Master Coos, can you give a little bit of background on your own history in Taekwon-Do, where did it begin?

My name is Coos van den Heuvel, I live in the Netherlands and I was born on the 11th of April 1952 (of course 11th of April is a special date for Taekwon-Do). I am married and I have two sons and two grandkids.

I started Taekwon-do in 1975, I was an older starter at the age of 23, and my instructor at that time was Mr. van den Hurk one of the students of Grandmaster Park Yong Soo, who was living for some years in Holland.

Mr. van den Hurk founded 7 schools in the south part of Netherlands under the name of "Tiger Academy".

In that period we trained in different places every day, I trained together with now Master van de Mortel, as we were members of the same club.

The first big event I visit as a spectator at was the European championship in Rotterdam; I was very impressed with the competition and demonstration of Grandmaster Park.

After 3 ½ years I achieved my first-degree black belt and started as assisted instructor, and after another two years I started an independent school with mister (now master) van de Mortel and Joosten. In that period we had a successful school with a lot of students in all age classes.

How did you begin to become involved in competition, did you have a career as a competitor or did you go straight away to umpiring?

In that period we trained every few weeks together with the national-team



of the Netherlands, in the same period I finished my study as a physiotherapist and joined the team all over the world.

There was a lack of time to go for international competitions and the national Coach (Grandmaster Bos) was living 300 km away.

In 1985 I started as an international umpire for the Netherlands and visited the big international championships and European championships. During that period travel with the team and my work as referee saw a lot of (let me say misunderstandings) concerning umpiring, and the outcome of competitions sometimes looked like a lottery.

To make the story a little shorter, Grandmaster Bos spent many years in making the rules workable and together we traveled to Vienna to present them to Gen. Choi. These rules were the basis of the rules we work with today.

Beginning 1991 in Europe we started with an official umpire and tournament committee after the first official course in Benidorm Spain.

The chairman was Grandmaster Bos and the members were Master Dunbar and myself.

The course involved hard training and there was an examination at the end. The main goal in the beginning was to have everyone with the same point of view of interpretation of the rules. Up until that moment the rules were sometimes bent and as this was so unfair I could not live with it.

For example, if you did some favor for one person that meant in some cases that the other person had a disadvantage straight away.

Weighing in was always problematic until we made the point of strictly following the rules and disqualified some competitors. This is not always a nice way but it was necessary and people respected that because they knew we treated everybody the same.

What are your memories of umpiring at ITF events over the years highlights? funny moments, memorable events?

As I said before, in the beginning it was sometimes more of a lottery, some referees came more for a holiday weekend and were not prepared or updated with the rules. Some made their own rules and interpretations, which was not acceptable.

You mentioned funny moment, there were a lot to be honest for example:

I remember one with the centre referee signals, where one referee every time he stopped the match with Haechyo he made a Naeryo Chagi, can you imagine the feeling after a day of competition? Or looking with the referee and opponent for the glasses during the match, and finding it after some minutes between the afro hairstyle of the competitor, or a competition hall one day, before the start there were still trucks and cars going in and out. Breaker boards of wood still drying beside the hall, giving the winner for special technique in case of a tie to the smallest person because he must jump higher. I can give more examples but for the moment this is enough I think.

How did you start to become involved in the ITF as a committee member?

In the beginning I was of course a national referee, later the big open championships (Italian, Russia, Slovenia, Germany, Belgian and Netherlands) then the Europeans and

World championships and Cups.

As I mentioned before after the European courses I became one of the committee members 2 persons in the beginning together with Grandmaster Bos. We did everything (mostly GM Bos) from inscription to weigh-in to coach and umpire meetings and the draws were all by hand (We wrote the name of the competitor on paper shake it and fill in the draw list, some time in the middle of the night), they were hard times. The good thing about this is it made us to what we are now, and the people appreciated this.

How do you think the ITF tournaments have evolved over the years? What have been the key achievements of the ITF Tournament committee in recent years?

Personally I think we have made immense steps forward if you realize where we came from, in the beginning we had no set of defined rules, we didn't even have mats on the floor, no plastic boards or good holders, no computer systems, no good schedules, competitions sometime finished late at night.

What areas do you think are our strengths and what are areas we might need to put more focus on?

We don't so many areas to focus on improvement anymore compared to the past but we are always looking to improve of course; coaches have to more professional, for example: enter the competitors in time don't try to make registration on the last moment get the competitors ready to start fully equipped you must realize that if we have a delay of 30 seconds every match on the end of the day we are hours behind. Coaches must not register competitors for power and special technique if they don't reach the heights and requirements in training, this makes it very complicated to make schedule that is not in conflict.

Are there any exciting plans in the pipeline from ITF with regard to tournaments in the future?

We are looking constantly to improve the rules and make them workable for everybody, also the score and registration system have our attention all the time and we are looking at ways to advance this even more.



A stylized graphic of a hand with fingers spread, rendered in various shades of blue, positioned behind the text.

COMPETITOR

RS FOR EVER

DAVID KERR

How do you think the ITF has evolved in the recent years? What have been the big changes, positives and negatives that stand out for you?

Well I started to practice Tkd in around 1986, 87. I lived in the US, in Bloomington Indiana, in the US where my mother was doing her doctor degree in music. I was always kicking and punching around the house so she looked in the yellow pages and found a "Karate school". It was a Tkd school (Ji Do Kwan) and there I started to practice under the instruction of Miss Rae Cosier and Mr. Steve Scott.

In 1989 I returned to Brazil already a black belt and started to practice under the instruction of Mr. André Conchon. He was a student of Paulo de Tarso Maltez, and their competition team was very strong in the WTF scene. André, the previous year had been 2nd in Brazilian nationals. I had come from a Ji Do Kwan style in the US and hadn't much experience in competition so I had a tough time to adapt to the training. In 1991 Paulo de Tarso along with other instructors (Master Djalma Santos, Tanei Campos and Claudio Lopes) joined up with Master Raul Sanchez and left the WTF to the ITF (since all of these instructors had been students of the first Koreans who brought TKD to Brazil). That's how I started in the ITF.

What kind of training was involved in those days and how has it evolved over the years in Brazil?

My teacher Mr. André Conchon always gave a lot of emphasis on competition sparring. He was a very fast and technical competitor so the training was based on explosive exercises, sparring drills and sparring. At the time we practiced about 90% kicking and 10% punching because of the WTF background and because we weren't familiar with the hand techniques of the ITF.



When did you first start competing? You are best known for your success as a fighter, did you ever compete in the other disciplines?

I started to compete while training in the US. I did about 3 competitions there. After I got back to Brazil I started to compete a lot more. Since the ITF was very small in Brazil, I, still being a junior, competed sometimes with juniors but mostly with adults which was hard, but made me learn quicker. During this period I stayed about 4 years without winning one tournament!

I only started to do well in 1994, when I won the national junior championship. The next year I won an international tournament organized by Master Sanchez in Rio.

When did you have your first big success as a competitor? How did it feel?

Well this tournament started to give me confidence since there were competitor from Argentina, the US as well as Brazil. But my first big success was when I won the Pan-American in 1996, facing in the final Paul Germain from Canada, who was my role model as a sparring competitor.

What kind of training did you do in the lead up to winning your first world title? What sort of training is involved in becoming a successful athlete? What other sacrifices have to be made?

The training remained basically the same. A lot of speed training, many types of counter attacks for various situations. I started to get more conscious in using my hands, especially in counter punching kick. But I had learned a lot from the pan-ams and the many great competitor I had faced there which gave me much more experience.

I believe a successful athlete of course has to have a good physical condition (speed, flexibility, agility, good reflexes). In technical terms I believe he must try to develop the most amount techniques possible, so he will be able to adapt easier to every kind of opponent he will face in competition. And also develop the ability to read the opponent quickly.

You have been competing on the top level now for many years? How many years have you been at this level? How many world championships have you attended as a competitor and what have been the highlights?

I have been competing internationally for 18 years, which makes 9 World Championships. Fortunately I was able to get to the final of the first four World Championships I attended, winning three of them and later on winning the fourth title.

For me every World Championship has been very important. Every time I go I learn so much from competing and observing that I come back full of new ideas on how to develop my sparring. The loses against another idol of mine, Pablo Ferreiro, from Argentina, in 2005 and to the great competitor Ales Zemljic, from Slovenia, in 2011 made me grow a lot.

But of course the winning the titles was very special. The first time against my idol as a competitor Paul Germain was amazing! The second time in Argentina was a very tough World Championship where I faced another legend Stephen Tapilatu in the semifinal. In Italy, another very hard tournament, facing a amazing competitor Neil Ernest in the final. Final that would repeat in the next World Championship in Poland this time won by Neil. And, finally winning in another weight class in 2007. Tying the final bout in the last second with a spinning kick, against the very strong Jonathan Batista and then winning in overtime was incredible.

What is your opinion about the current level of competitors on the world level? Do you see any keep differences between the top competitors from 10-15 years ago and today? Also as the style changes much and of so in what way?

I believe the general level has grown a lot. The World Championships are displaying a very high level of competition and also a more balanced one. You can see a very good level from competitors from almost all countries, that didn't happen 15-20 years ago!

The distance in sparring now a days has become much closer. That makes the reaction time quicker and the technique has to be sharper. The control, ability and distance managing with the front leg has become incredible and the hand technique has also gotten stronger and with more variables.

I think these developments are mostly due to the good organization of the European ITF, which shows in the results of the World Championships.

For sure the ITF sparring is evolving substantially, as well as the ITF!

How do you keep the motivation to keep coming back, staying in shape and living the lifestyle of an athlete?

I'm not sure! Maybe because I've been doing it for such a long time it has become a part of my life, I just go and train and prepare for the next tournament. I have been working professionally with music for the last 7 years which changes quite a bit the direction of my life but still TKD and competition occupies a great share!

If there much support from the TKD organisation or government for athletes trying to compete at the top level or how do you fund yourself?

Unfortunately no. In Brazil the media focus is almost all in soccer. The sponsoring from the government or private companies goes to Olympic sports (as I imagine is like in almost the whole world).

What are your goals for the future? Will you compete in the next World Cup? World Championships? How do you see your future? will you become involved as a coach?

Yes I want to compete in the next World Championship in Italy and then retire as a competitor. For sure I will keep on teaching and perhaps try to coach future athletes internationally. Maybe compete in the seniors category!

How would you like to see Brazilian ITF develop in the future, what do you think are the key objectives in order to bring Brazilian TKD to the next level?

We are going through a transition period in Brazil in terms of competitors and organization. I'm not sure about what steps have to be taken, I think only time will settle things down and show a direction. Although, I believe, it is very important to try to keep the ITF group together or at least with good contact and communication since we are so few in Brazil.



The World Championships are displaying a very high level of competition and also a more balanced one



KATYA SOLOVEY

"IF TO BE, TO BE ONLY THE FIRST."

Katya Solovey, from the Ukraine, one of the greatest champions of ITF Taekwon-Do recently retired from competition.

The secret of Katya's success is hard work, she never missed a training session, and always gives 100% in the training process, and during the fight always listened to her coach. Her coach Oleg describes her as, "easy to work with during the fight, she always did what I was saying. When Katya goes to any competition, she goes only to take the first place. Her credo: "If to be, to be only the first."

Her professional record:
2 times ITF World champion,
9 times ITF European champion,
2 times ITF World Cup champion,
2 times ITF European Cup champion,
3 times WAKO World champion,
2 times WAKO European champion
4 times WAKO World Cup champion,
WAKO World Cup 2012 light-contact best fighter.

Katya, tell us a about your history in TKD, where did it begin? Also give us an idea of your achievements and success over the years.

I began doing Taekwon-Do at the age of 16, but before this I was taking part in dancesport, athletics and swimming and my parents are honored coaches in the Ukraine. In 1998 I certified to 1st degree black belt and In 1999 I gave birth to our son Vitaly. A half a year after this I won the national championship of Ukraine. In 2001 I took part in the World Championships in Riccione, Italy. There I won two matches and lost in the third to Marzanna Pawlik from Poland. After that time, about 7 times I won the fight with her. In the period from 2001 to 2002 my husband Oleg and I lived in Italy and we were fortunate to study with Grand Master Bos.



In 2003 I won the European Championship and since then I never lost at the European championships. In 2007 I won my first World Championship title in Canada.

From 2004 I succeeded in international competitions. I won a European championship and from that time I never lost this title. It was 9 times I became European Champion.

From 2004 you say you had real success what was the key to this progression and success?

The real progress came when I started taking part in different competitions in Taekwon-Do and kickboxing of different levels. But success didn't come at once. It came with a slow development. Eventually the time came when I began to lose less and less and eventually I went for a long time without losing any fight.

I train a lot and this is the main secret of my success but my husband develops methods of trainings for me, for all his students and national team of Ukraine. He looks for something new every time, always he watches different fights and not only Taekwon-Do.

Who did you look to for inspiration in the earlier years, did you have an idol or someone that you looked up to and wanted to be like?

I never had any idol. But I like Neil Ernest's style of fighting (Wales), Stephen Tapilatu's style (Holland) and also Tomaz Barada is a great example of industry and determination.

What sort of training is involved in becoming a World champion? Give us a typical overview of your preparation from pre-season up to the day of the event.

What kind of trainings can make a world champion? Well there are daily trainings monitored by an experienced trainer. The world champion is a success of two people: the trainer and the athlete.

For the important competitions I prepare about a half a year in advance. My trainer and husband develops a special program of training for me which includes different competitions too. About 3 months before the world championship I start intensive training. We have 5 times per week trainings

and 3 times per week I'm having boxing training also. I'm taking boxing now for about 9 years. There are also the national team trainings of course, which form an important part of the preparation. First is physical preparation, which starts about 2 months before the world championship. With 20 days left we start 3 times per days training. Of course there is relaxation time too. Relaxation includes pool and sauna. A couple days before the competition we have one time per day training. The body has to recover after the hard training.

You have really dominated the women's sparring circuit and very few competitors have been able to match you or come close to your level. What make you a unique fighter and such a popular figure on the ITF circuit?

I think my sparring is a little different, by this I mean that I place a lot of focus on the diverse work of the legs; I think that made me popular. There are athletes who won European and World championships, but their sparring isn't entertaining. I train always with guys, always do the same exercises as they do. And women's sparring differs from men sparring; even men don't use difficult techniques of the legs, that's why I differ from the others.

What female athletes did you find as your toughest opponents? What sort of matches stand out in your memory, what were the hardest fought victories?

One of my constant opponents as mentioned before was Marzanna Pawlik from Poland. At the beginning it was difficult but in a time it became easier and easier and the last matches were with certain victory. Also wasn't easy with another opponent from Poland, Ilona Dziala. I met her when I changed my weight category. My real category is 52 kilos, here I feel myself like a fish in the water, in 56 kilos is a little harder but I won here too. I was ready for 56 kilos, because for many years I fight in kickboxing in the 55kilos weight category.

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What are your plans for the future now that you have retired from competing?

I have training every day now, although I'm ready to fight, my coach says that it's enough, and he needs me to help him in preparation of the Ukrainian national team. We conduct trainings together and I share my experience with the younger people.

My husband and coach always says that Taekwon-Do must be strong, and it is necessary to use all the power of Taekwon-Do, and its different techniques of the legs, although we do not have hand techniques in the last place in our trainings. Taekwon-Do must be competitive. From time to time we have sparring with other martial arts. So if you want to win, you have to adapt to another systems rules.

Do you want to see Ukraine become more competitive in the other disciplines in Taekwon-Do e.g. Patterns, if so what are your ideas on this?

On our trainings we practice all the parts of Taekwon-Do. On national competitions our students successfully participate in all the sections. But their level is not very high yet, that is why we concentrate on sparring.

Despite your retirement it looks as if the Solovey competitive success will continue as your son looks like a good prospect for the future?

My son is my pride. I think he has all the chances to repeat my success. I work in a couple with him, tell him a lot. He also works hard every day. The main thing is that he has an example in me to emulate and he wants to get such success.





PATRICIA GARELIK

*Multi Time
World Champion*

Interview with Patricia Garelik

Patricia Garelik (Pato, as she likes to be called by her friends), Argentina, 36 years old, describes herself as a person that is happy, very obsessive, persistent, passionate, sensitive, idealistic, loyal and always in a good mood - except when she is hungry or sleepy, she clarifies.

With a beautiful family (married with Paola and mothers of April Anush, who came to brighten their lives just in the

last month), she sought a way to do what she loves most in life which is the Taekwon-Do.

Pato, tell us something about your beginnings.

I started to practice 30 years ago with Claudio Delgado in the defenders of Glew Club and when he moved, the club was under the charge of the instructor Alejandro Banega, who I got to black belt with and I went to my first World Championship in Moscow 1993.

There I met Edgardo Villanueva who was the coach of the national team, and I felt great admiration, which led me, years later, in 1997, to personally ask him to accept me as his pupil. Luckily he said yes! And I feel very fortunate for it.

Three years ago I was promoted to IV Dan in the Argentine Center of Taekwon-Do, under the GM Pablo Trajtenberg, which was a moment of great pride.

Currently I teach in Alejandro Korn



(a city in the southern area of Buenos Aires), where along with two instructors we have around 200 students. I am also a Professor of physical education specializing in high performance and work in the physical preparation of athletes and people who want to excel.

Buenos Aires), where along with two instructors we have around 200 students. I am also Professor of physical education specialized in high performance and work in the physical preparation of athletes and people who want to overcome.

How is your work in the Do-Jang?

During the year, the practice of Taekwon-Do with my master Edgardo

Villanueva is integral to developing to the maximum all facets of the art starting with the performance of technique, patterns, sparring, breaking etc.

Edgardo has a very large group of students' black belts of an incredible level and are also very passionate about the practice of Taekwon-Do, which is obviously not a coincidence, but that is what is transmitted, and the classes are great to make you excel. The Group pulls you up and Edgardo is a great motivator, in addition to being a full Professor, the perfect combination.

For an international competition the training is a little different, because we focus on works of sparring 3 or 4 days a week from 1 h 30 min approximately. We do not lose a minute without the pads on, everything, from the warming up, until the return to calmness is done with protective equipment on. The central part is based on very specific technical adjustments, sparring strategies, tactical schemes depending on the country that we face, and he puts special attention on developing the technical qualities of each person, i.e., focuses on what strengths you have and seeks to empower you with them. He says that everyone has to retain his or her essence as a fighter and with this solve every fight.

But your training doesn't end there ...

For nothing, outside of the Do-Jang I conduct physical preparation with Professor Ariel Couceiro, expert in physical education and high performance. With him I train 1.30 hour 3 times a week, where we work with maximum strength and power, intermittent circuits and postural work.

It teaches me, above all, to prevent injury and compensate imbalances of force so that my body is as healthy as possible to withstand the hits and the wear and tear of fighting.

Healthy nutrition and rest are essential. By this I try to accommodate work times sleeping 7 hours at night and 1 hour in the afternoon. And to be able to make 4 meals in my house.

When I'm close to a world tournament I have to lose 4 kg under my weight and this becomes quite hard but I try to lower the amount of food, maintaining between 4-6 meals a day with a minimum quantity of fat as possible.

I also work in sports psychology, with the help of my partner who is dedicated to this field. It's visualization, concentration work, writing objectives, development of trust etc. I love everything about this. It seems to me that it helps me to know and make me more deeply aware of my fears, and my strengths.

My goal is always to win every world tournament, for that I prepare every day.

Then I visualize myself in the first place on the podium and with a smile. It is a mental exercise that I do every day. I see me fighting well and then happy on the podium.

Then low to reality and know that there are some 30 competitors in my category. Of these 30 competitors half I do not know and there are at least 6 girls, yes I know, they are excellent and have a chance of making the podium. Is when my wishes are reduced to trying to fight the best that can I do and pass the greatest amount of rounds, of this will depend on my degree of satisfaction.

In this moment in my career I seek to fight well and enjoy each world tournament, because if only out of sacrifice wouldn't make sense, to me really it makes me happy "to fight"

In the world cup last year, in Benidorm, I felt really good with my performance, won several fights against worthy opponents, and lost in semifinal by the minimum difference against a hard rival that I respect very much, Poland's Ewelina Zajac. So I took the bronze medal for Argentina, as always with a smile, and many photos with friends.



*In this moment in my career
I seek fight well and enjoy
of each world tournament,
because if out only sacrifice
wouldn't make sense, to me
really makes me happy
"to fight"*



Tell us about other competitors you admire.

There are many good competitors, but as I'm a bit "feminist" I'm going to give my opinion on the women who are currently competing around the world and that stand out for several years.

In sparring, the Polish Joanna Paprocka, Aleksandra Nowak, and the Ukrainian Katya Solovey come win worlds tournaments, Cups of the world and European Championships, each with their unique and particular style. Joanna is very intelligent and has a perfect time to handle combat, without despair, out doing rivals and without ever tiring.

Aleksandra is very strong with her hands and knows when to press during every fight.

Katya is a virtuous and gives pleasure to see it turn to the two sides as if it won't cost you anything and finish off with a few perfect punches. I think in Benidorm she announced her retirement from competition, but we still have their videos on youtube to continue delighting the eyes.

By luck, female Taekwon-Do is growing a lot and I can mention many more names like the Russian Ekaterina Kozlachokva, competing at high level in pattern and special technique as well as sparring, or the Polish Ewelina Zajac .

And in patterns, Soledad Serrano of Argentina stood out winning during 4 consecutive world championships.

That they do not compete now, but that was a show to see them fight I can mention Julia Cross of Scotland, Bianca Tapilatu of Holland, Poland's Malgorzata Rogaczewska – and Ana Coronel of Argentina.

And in relation to the coaches?

Coaches, in sparring, for me the best are Edgardo Villanueva, Willy Van de Mortel, Tomaz Barada and Stephen Tapilatu. Each faithful to his style and undisputed champion makers. And obviously a very prominent role in Polish women coaches have Grzegorz Ozimek and Waldemar Dolecki.

What have they that is different?

With respect to my Professor Edgardo Villanueva who I know more, I can say mainly three things:

1. He is a great person.
2. He always seeks to improve technique and preserve the essence of each student.
3. He is passionate about Taekwon-Do that motivates you constantly.

In "sparring" that occurs in the stands which countries would take to the podium?

I always get enjoyment from Australia and Canada with their special songs. I love New Zealand' when they do their famous HAKA and, of course, the passion of the Argentine fans who live and encourage every fight as if it were unique.

The other fight, raising funds. How do you on the financial aspect to fulfill your dream of competing at the highest level?

I have no sponsors, scholarship official or of any other kind. In Argentina, it is a little difficult to get business support since news of Taekwon-Do is not much published in the media and official support is only for the WTF.

So I can only thank my parents Martha and Mario that have paid for all my tournaments and classes when I was little, and my current job (teacher of physical education and instructor of Taekwon-Do ITF), with that since I am an adult my travel to Championships and events of international importance have paid for me.

To finish what is your opinion about the organizational aspects of the Championships?

It seems to me that in the last three events has been impeccable. Personally, I'd like to that keys are stuck in the stadium since the first day of competition, as is done in New Zealand, so that competitors can see them without having to ask the head of the delegation the book of keys.

The electronic system, it would be prudent that remotes for each judge are checked before every fight.

We saw you among those which were part of the Argentinean selections..

Yes, my idea is competing this year in the World Cup in Jamaica in August at the Pan American Championship in Paraguay in October and make a close to my career in Italy 2015, if I manage to overcome the qualifying tournaments of this year.

This is my project today, but nothing is static, everything is modifiable to serve my national team.

The day after my retirement as competitor I would like to continue to help in the dissemination of our art around the world, I would like to get the Taekwon-Do into public schools in my country; and continue assisting as a coach, judge, or volunteer to each World Championship and always keep myself part of these events.





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ALEJANDRO BANEGA

October 27, 2013, the day that he was 45 years old, he participated as a competitor at the eighth World Championships. This time in Benidorm, his place to live and to share all his Taekwon-Do.

Born in Argentina, adopted by Spain in 2001, began the practice of Taekwon-Do at age 16 in his native Buenos Aires.

As a black belt, his sporting career in the international realm, started at the Panamericano of Honduras in 1989, which was attended by 16 countries. Then he was 20 years old.

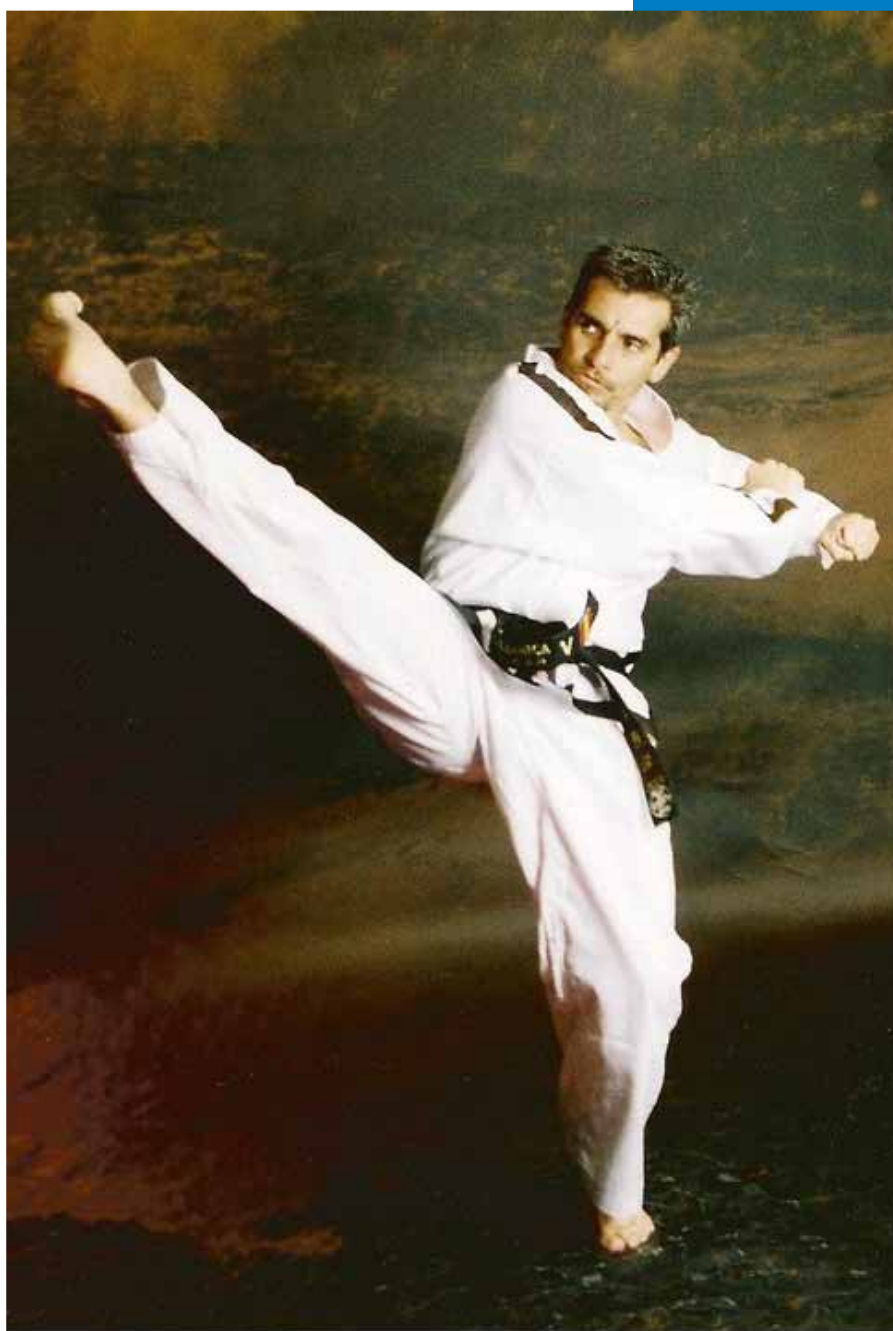
On that occasion, he competed in patterns and in sparring up to 54 kg, and also in patterns for teams. He won the bronze in sparring and the team gold for patterns, no doubt it was an event that marked his life and an advance of what would come.

In his own words "Honduras marked my sports life and my conduct in training".

And there was no other way but through behavior, to train 3 times a day, six days a week, leaving only Sundays for recovery in the pool.

His international career includes eight World Championships, two world cups and one European Championship, distributed between its representation by Argentina and by Spain.

Of these events, two project from the others, by and leave an emotional footprint. The first, Malaysia 1994 World Championship. Alejandro and three of his





gym went through together in four different categories of patterns, three medals were bronze and Alejandro was second place in the world.

A true trial by fire from feelings was represented in Poland 2003, since it was his first World Championship with the colours of Spain and the night before the start of the competition, his coach gave him the news that in the first round would face Argentina.

"It cost me much sleep, were many emotions, but I said to myself that "the change of colours" had been a decision I was meant to take and the people sooner or later would understand.

"In addition, by then there were already other competitors who had left Argentina and were representing other countries," said Alejandro.

The Gratitude to the country where they received him did not wait, as he won second place in the world.

This was the first and only medal for Spain at that time.

Then he won the gold in the World Cups 2006 in Benidorm, in patterns of 4 - 6 dan, and in Riva del Garda, Italy, in 2008.

"From now, my goal is to work for my students and my dream is to become coach

of one of them in a World Cup, ended".

And why not, his dream can be fulfilled in Italy 2015.

Alejandro Banega, VI dan, shows that perseverance is an important guide in Taekwondo and in life itself.

Perseverance takes shape.



A stylized graphic of a hand with fingers spread, rendered in various shades of blue, positioned behind the text.

COACH EX



PERIENCE

STEPHEN TAPILATU*

INTERVIEW WITH STEPHEN TAPILATU

Stephen Tapilatu is one of the most famous and successful names in ITF competitive Taekwon-Do, we take the opportunity to catch up with Sabum Tapilatu to reflect on his journey from one of the best competitors to in ITF, to a successful career in MMA and now as coach of ITF Netherlands.

Tell us a bit about your history in Taekwon-Do, where did it all begin?

My Taekwon-Do story started when I was 8 years old. At that time I was in gymnastics. My father, Master Wijnand Tapilatu, at that time was training at Grand Master Bos' club. As a young boy I watched my father train and Grand Master Bos asked me when I was going to come and train? After a few times asking my dad took me to the Taekwon-Do class. That was the beginning of a TKD dream!

That time around 1980 we were training with a group of kids who were constantly on the classes, which were given by Master Tapilatu and Grand Master Bos. We had a group of 6 boys and 2 girls, outside a lot more kids, who were competing at a good level of sparring and patterns. In the years following this group stayed together for at least 8 years. Under the supervision of our great coaches, Master Tapilatu and Grand Master Bos, we became Dutch champions in teams as well as individual.

Who were the biggest influences on your career?

When I look back I had of course a great example of people who competed on the highest level of TKD. As a young boy I always looked at the national team training that time in Grand Master Bos' Dojang in Groningen. The story, in I believe 1987, that they became World champions in Glasgow was for me as if it was yesterday. I will tell you why. Some of the national team members stayed in my parent's house and the next morning I also left with my father to the squad trainings. When the training started I sat under a table in the Dojang watching the team doing drills, tactics and sparring.



Some things you can train some things are just a matter of passion and experiential value. Me looking at some of the greatest TKDins and TKD coaches who were training and teaching that time makes me what I am now and my perception how I experience TKD.

With my father (who had the biggest influence on my career) as a head coach of our club, Sportcenter Tapilatu, set a standard in TKD level. He developed a style that is still used nowadays in TKD. Everybody knows where the deep/ long yop chagi came

from! I sincerely can say we dominated for a long time the lightweight divisions. That was of my father he always came with new exercises, drills, tactics and more. That kept us sharp and most of all motivated. (And that motivated a lot of people to look at this system and tried to beat it or copied it :-)). In the end he is the most successful coach of the Netherlands. In our Tapilatu family he brought 4 World champions: Patiparu Tapilatu, Django Tapilatu, Bianca Tapilatu 2x and myself 2x. In addition Carina Schilder, Jan Smit and Retze Faber. If I forgot someone please my excuses.



You are known as one of the great icons of the ITF, what were your biggest successes as a competitor?

In my career in TKD went quite well I suppose. These are my success:

1990 EC Davos 1st, Team sparring 1st, 1990 WC Montreal 1st.
1992 EC Koszalin 1st, WC Pyongyang 2nd
1993 EC Groningen 3rd, Team sparring 1st.
1994 WC Kuala Terranganu 1st.
1995 EC teams Cologne 1st (injury knee could only fight teams).
1996 EC overall champion best male.
1997 EC Zrece 3rd.
1998 EC Saloniki 3rd. (-71).
1999 WC Buenos Aires 3rd. (-71).
2001 WC Italy mat referee.
2014 Return in the ring. Exhibition fight with other legend Tomaz Barada.

What events and opponents stand out for you the most? Who were the other big names at the time?

The main event in my career was the WC in Malaysia, such a huge event and so well hosted. Good memories and a beautiful time in a big arena and super atmosphere! For all the young people who missed out of my fights and my time I made some good friendships with the guys I fought the most and in that time very very hard fights! Which I enjoyed by the way ;-)). So we go around the world and of course the man I fought the most and he also think with me Mr. Tomaz Barada and what a lot of people don't know we fought a lot of fights in the Netherlands. Another man is Hwang- Suil also a dear friend and a humble person who visit me in the Netherlands where we spent with my lovely sister Bianca and Tomaz a great old and New Years Party! Also a friend and a man I fought hard bouts with Mr. Alexander Simakov. Other big names at that time Pierre Guenette, Hernan Cisternas, Dennis de Riviera, Zelg Galasic another good friend who also had a great career in MMA.

After you retired from ITF competition your career took a different path, tell us about your progression to mixed martial arts, how did this come about and how did it compare to competing in ITF Taekwon-Do?

After I stopped with TKD my interest went to the MMA. The curiosity of the ground fighting challenged me to understand why people loved to do it. It grabbed me and I developed with Dave Jonkers and Semmy Schilt, 5x K1 champion, my strategy of a budo artist who can also fight on tatami as well in the ring and use the skills of TKD! My high kicks and especially bandea-dollyo chagi made me famous in the Dutch MMA scene. At that time people were very skeptical if TKD will hold as a martial art in the No Holds barred system..... 'We' past with no doubt!!! Haha.. And of course I was not the only one of course also a big shout out to my TKD friend Zelg Galasic. I became Dutch champion after a hard fight of 10 minutes (2x 5minutes). The big difference between TKD and MMA is that you cannot do both at the same time on a high level. You cannot compare both but MMA is damaging for your body.

You were recently appointed as coach to the Netherlands team, did they seek you out or how did you take on this role?

End of 2012 I saw a job application on the site of ITF-Nederland as a Coach of the National team. After a good talk with my father, we just joined ITF again, I had a good meeting with the board and they told me I was on the top of the list to ask me if I was available for the job. At the end I took the job because I still love TKD and to put my experience and knowledge into the next generation. With former TSC Martin Schellens there was already a set up for selection and how the team was set up. After a good talk with members of the team and some coaches I had an idea where most struggles within the team came from. I adapted some things in the team and most of all the training. I believe and still see that the passion and belief in TKD sparring is not as high/good as it should be. Not only in the Netherlands but also in other countries. And that is a part of my seminars that I conduct to the participants and 'spectators' who are most of all parents. They are also of great value for the future we have for our kids in TKD. In the Netherlands we focus on a different style of sparring different then it was and focus on the juniors.

What is your opinion of ITF sparring at the present time? how has it changed over the years, what have been some of the key difference you notice from your time at the top to now?

As an experienced expert on sparring I see a big difference in sparring now and when I was fighting. It changed from fighting to, let say it a little bit patronising, running. There are some exceptions of course. All the modern technology, screen, time on screen will make it possible to fight like this. As a competitor or a coach you can use it so in my opinion everybody has got an equal chance. Only a 'small' thing I want add, turning and running away/ outside must be punished by the referee.

In your opinion what does it take to become a world champion? what kind of training, sacrifice and commitment is involved?

A question very often asked: what does it take to become a champion? I smile and laugh most of the times and say: it's not hard to become a World champion to stay one is even more hard/difficult. Not only as a fighter but also as a person. A true champion can explain you why or what you need to become one and after stay one!

When you were training to be world champion compared to now, do you think you would change anything in your approach?

My vision about training in the past and what they have now is not much different. My approach will not be different than my dad did. It still works.. But we have now more knowledge about nutrition and strength and conditioning training. I have done some courses in strength and conditioning that also opened my eyes a long time ago but also about nutrition. Slowly talking to the people who are really serious and eager to accomplish good results. I have already some results from that. We are behind in TKD as it comes to these approaches so we have to change that slowly. Characters that have the will to change and become a champion will listen and change the small things that will give them that small thing to become a champion.



What countries and what competitors stand out for you today, what do you like about them?

Last EC I was surprised by some countries who made changes in their organisation or in their approach of training/ sparring and developed a higher level then there was before, Romania e.g. The Polish women team as well individual made a big impression by there strength and velocity! They remind me of the way we were fighting in the early nineties. Who I respect a lot is the Irish 'Virus' team And the Norwegian team. With all due respect but in my days we did not warm up for those guys but nowadays almost all the guys are (kicked a**) beaten by these teams. So a deep bow for the people behind those organisations!!

You run a successful school in the netherlands where I am sure you train people from all walks of life, as competition is not for everyone, do you think that TKD has something to offer to everyone, even those without any competitive ambition?

I think in general that TKD offers for everybody something good. The Do is the greatest thing that you can give people who are practicing TKD. As I see myself as person who can relate to every walk of society and developed myself as a personal trainer not only to prepare people for competition but also for a good and healthy life. Some people have to start from the bottom to get fit and healthy again. Starting to feel good and happy with themselves is the first thing they have to do and after that you can start chasing your dreams. And with that I can inspire them mentally and physically to chase that dream. I did chase that dream made a lot of sacrifice but gain a lot of life-experience, friends and love.

Yours in TKD,

Stephen Tapilatu.





DS

ITF KIDS PROGRAM





Since its launch as the official Program in late 2011, there has been ten Kid's Program courses carried out. In the first months of 2014 we have experienced plenty of growth with several countries running the Kid's Program instructor's course for the first time, including Russia, Kyrgyzstan, Ethiopia and coming soon, Finland and Uruguay. There was also a second course held in Spain.

After the course in Kyrgyzstan the Kyrgyzstan Taekwon-Do Federation presented the Kid's Program to their country's President, Mr Almazbek Atambayev. He approved the Kid's Program to be introduced into the state's educational programme. ITF Kyrgyzstan are now meeting with Vice-Prime Minister Elvira Sarieva and Educational Foundation Ex-President of Kyrgyzstan Roza Otunbayeva to implement this. ITF Kyrgyzstan are to be commended for this first step. We hope that many other countries follow their example.

That event sets a relevant precedent, since other countries are moving forward in the same direction.



The Kid's Program also got plenty of exposure during this year's IIC's. Most of the IIC's (Colombia, Chile, Ireland, Canada) this year have included a 3 hour seminar about the Kid's Program. This gave instructors an opportunity to learn more about the Program. The seminars were also beneficial instructors who do not teach very young children as it covered teaching methods which help students with learning difficulties.

The Kid's Program website was launched this year and is now getting populated with material that will be of benefit to the students, parents and instructors. Once completed, the website will have many stories, cartoons and interactive games for the students. Information about the course will help parents understand the aims of the program which help to give support to their children. Instructors will have access to educational aids which can be downloaded. New games and activities will be added to the existing database to give instructors new activities to work with. Instructors will be able to share ideas to benefit the whole Kid's Program community.

The Kid's Program is still at the early stages of development. With the exponential growth it is experiencing, is another one of ITF great assets.





HISTO

ERICAL

COLONEL NAM TAE-HI

Article and photos
assisted by
George Vitale VIII Dan.
Credit for photos to
the US National Ar-
chives, Washington DC
& Pvt. Walsh

(MARCH 1929 – NOVEMBER 2013)

*The person General Choi Hong-Hi described as:
"His right hand man."*

Nam Tae Hi was an early and senior student of Grandmaster Lee Won-Kuk, founder of the Chung Do Kwan. This Korean Karate School was one of the five original ones to open in South Korea prior to the all out fighting of the Korean Civil War. It would become one of the most influential civilian schools in all of post-occupied Korea. As a young man Mr. Nam shared his knowledge of the Korean Martial Arts in Republic of Korea's (ROK) Army (Military Signal or Communications School) since 1947. In 1952 he traveled to the United States for Military training and while there had an opportunity to demonstrate Tang Su Do on the American training bases.

As a young Commissioned Officer he formed the Hwa Rang Do Kwan in late 1952 - early 1953 when he was assigned to the 1st Military Training Camp on Je-Ju Island. It was there that he taught Tang Su Do to the soldiers and was here that he came into contact with General Choi, who then recruited him and had him assigned to the 29th Division that he was forming. There he became the

Tang Su Do instructor for the Commanding Officer (Choi) when the General formed the famed 29th Infantry "Fist" Division. General Choi had him promoted from Lieutenant to Captain and from then on the future Colonel focused on training martial art instructors for the military.



Colonel Nam performed perhaps the most historic moment in Taekwon-Do's history when his fist broke 13 roof tiles with a forefist punch at an exhibition in front of first Korean President Dr. Syngman Rhee in September of 1954. This magical moment resulted in President Rhee directing General Choi to teach this to all the Troops. It was this performance that first skyrocketed Taekwon-Do onto a path of a one of a kind and truly unprecedented global growth in the history of the Martial Arts.

He is credited with assisting Major-General Choi in creating the first two Korean Taekwon-Do Patterns, Hwa-Rang and Choong-Moo, circa 1955. The following year he helped his student and assistant instructor Sgt. 1st Class Han Cha-Kyo devise Ul-Ji Tul under General Choi's direction.

When Grandmaster Nam was a Captain he became the Director of Taekwon-Do for ROK Army under the command of General Choi circa 1957. In 1959 he was the head of the historic Taekwon-Do Demonstration Team that the 2-Star General Choi led to Vietnam and Taiwan. This was the first time Taekwon-Do was performed outside of Korea. Later that year on September 3rd he became a Director of the newly formed and first Korean Taekwon-Do Association.



Then Capt. Nam demonstrating self defense moves with Sgt. 1st Class Han Cha-Kyo at the Oh Do Kwan in this extremely rare 1956 picture in DaeJen Korea. Photo taken by PFC Martin Walsh, U.S. Army, courtesy of the U.S. National Archives, Washington, D.C. uncovered by Dr. George Vitale.

In 1962 he helped to create the Army Taekwon-Do Team. In December of that year as a Major he was in charge of the first group of Military Taekwon-Do instructors that were officially dispatched to Vietnam. His assignment living abroad teaching Taekwon-Do to the Vietnamese troops and civilians lasted one year. This earned him the honor and distinction of being referred to as the “Father of Vietnamese Taekwon-Do”. It was there that Major Nam taught the first civilian Vietnamese student Van Binh Nyugen, a Judo man who would become 1 of only 7 promoted to IX Dan (9th Degree Black Belt) Grandmaster by General Choi.

As a result of the May 16th Revolution in 1961, which saw a military dictatorship take control of the government in South Korea, the new ruling military junta issued a decree directing all social organizations to consolidate and reform. This directive included the Martial Arts. As history shows, the military governments would go onto impact Taekwon-Do over the next several decades. When the Martial Art groups reorganized they did so rejecting the Taekwon-Do name that Colonel Nam argued unsuccessfully for, losing to the new compromise name of Tae Soo Do.

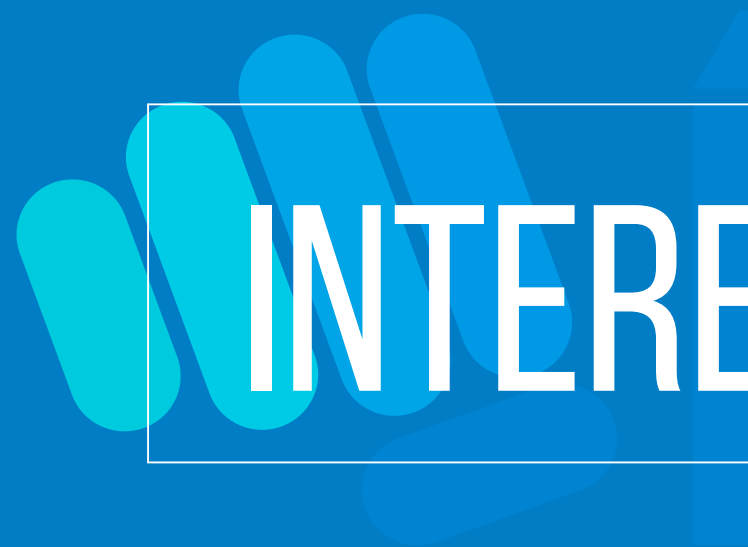


Gen. Choi & Col. Nam, Co-Founders of the Oh Do Kwan

Colonel Nam was a founding member of the International Taekwon-Do Federation (ITF). He served as the Chairman of ITF Promotion Committee when it was formed on March 22, 1966 in Seoul Korea. Colonel Nam was an ITF Vice President in 1969 and the first President of the Asian Taekwon-Do Federation in 1968. After he retired from the Military as a Colonel, he continued to work to spread Taekwon-Do worldwide visiting 24 nations in 1970, 28 in 1972 and in 1973 he moved to Chicago in the United States and opened a school there. Grandmaster Nam helped to organize the United States of America Taekwon-Do Federation and was an ITF VIII Dan (8th Degree) by 1973.



Col. Nam with Gen. Choi & GM Jhoon Rhee meeting with elected U.S. Congressional leaders in Washington D.C. in the early 1970s



INTERE

ESTING



A DAY IN THE ETERNITY

The history of the patterns of Taekwon-Do.

With a large audience was presented in San Isidro the book "A day in the eternity. The History of the patterns of Taekwon-Do" was presented by Luciano Iriarte. It addresses the history of Korea and its people through the Taekwon-Do patterns created by General Choi Hong Hi.

The event was attended by the President of the International Taekwon-Do Federation, GM Pablo Trajtenberg (IX° Degree) who was received by the author and by the Mayor of San Isidro, Dr. Gustavo Posse. The highest authority of the district gave Grand Master Trajtenberg a copy of the book "Historic San Isidro" that is only given to outstanding personalities who visit the district. He also reiterated its support to the ITF Taekwon-Do that has been developed in the city for several years.

Grand Master Trajtenberg said, *"With one day in the eternity, we have a fundamental tool to deepen our understanding on the history and culture*

of our art." The presentation included a visual contribution with images of Korea and the heroes honored in the tules.

In turn, the Secretary of Sports, Mr. Mario Scuderi, confirmed the inclusion of Taekwon-Do ITF in the official sports schedule of the municipality, both in summer camps as in the sports fields throughout the year.

Good news for the ITF, with a new bibliographic contribution and the recognition of a municipal government. As for the growth project it is interesting to note the work of the leader in Panama, Mr. Franz Rodriguez, who began teaching in the country through educational teaching centers (schools), well known in that country, nucleates more than 16 private schools and state, pointing to the massive expansion of the practice through these institutions. Also recognizing the important people to social function ITF Taekwon-Do has in society through similar benefits for children and youth in these institutions, practitioners expressed by parents of GM Javier Dacak during the recent seminar issued in that country.





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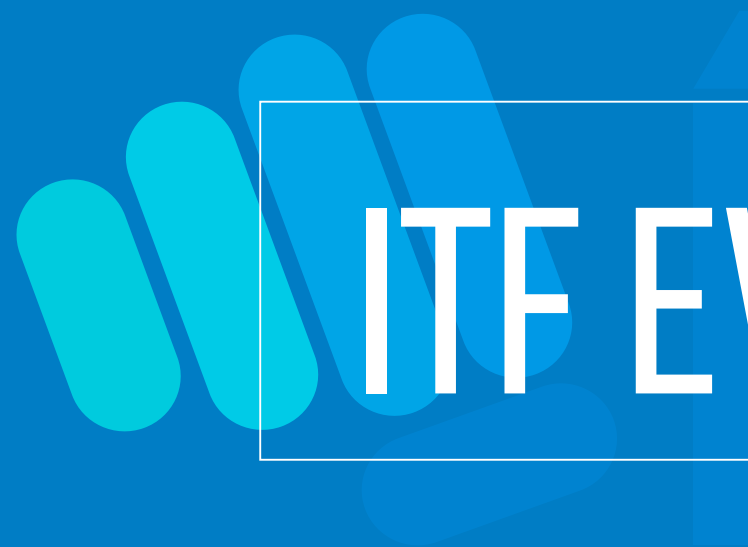
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ITF EV



VENT

WORLD

CHAMPIONSHIPS

2015 ITALY

by Master
Giovanni Ceccenato.

INTERNATIONAL TAEKWON-DO FEDERATION WORLD CHAMPIONSHIP



It seems like yesterday that we were getting ready for the ITF World Championship 2013 in Benidorm, Spain! Time is passing so quickly that we are already preparing for the next World Championship 2015 in Lido di Jesolo, Italy.

In fact it is only one year to go to the great event "Jesolo 2015" that could easily become the ITF World Championship with the largest

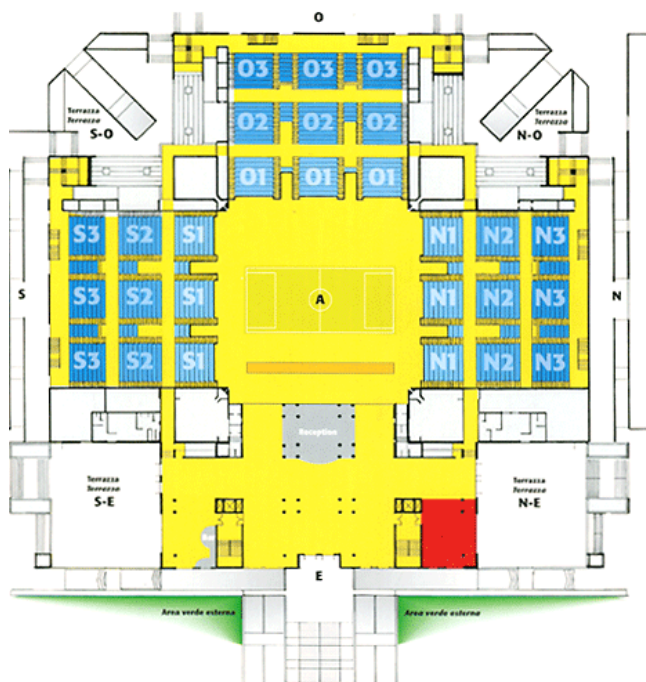
number of athletes participating.

It is the first time that an ITF Taekwon-Do event of this magnitude is organized in Jesolo, the most famous beach resort in Venice Region offering great opportunities to give life to a Championship that will remain in the memories of all.

Just a few words to explain why Jesolo has been chosen as location for

the 2015 ITF World Championships

The structure "Pala Turismo" (or Pala Arrex) that will host the competition is just the right size and is located in the town centre, it offers a suitable area of 1600 square meters (40x40) to set up the competition with 8 squares. The stands are designed to accommodate about 4000 spectators. Adjacent and communicating with the competition area, there is a large hall that will be



dedicated to the competitors warming up. The “Pala Turismo” totally measures 15000 square meters and has got everything we need, as a meeting room with 100 seats for Umpires meetings, a large reception area where the stands of the sponsors can be located, a large and fully stocked snack bar, loading and unloading ramps and a wide parking lot.

As you can see from the picture, the sport hall is very close to the beach and the hotels are located all around within 1.5 km at walking distance.

The location is easily accessible either by plane, train or car. Jesolo is only 30 km (30' by car) from Marco Polo International Airport of Venice and only 44 km (45' by car) from Treviso Canova Airport (Ryanair).

Slightly more distant are Trieste (106 km) and Verona (138 km) airports.

For those arriving by train from the railway stations of Mestre-Venezia and San Donà di Piave there are daily connections by regular shuttle buses.

For those arriving by car or bus there are two main ways, from west (Milan or Brenner) motorway A4 Venice direction, exit “Venice”, and then following signs for Jesolo. From the east Tarvisio/Udine (Austria) or Trieste (Slovenia) motor-

way A4 Venice direction, exit “Noventa di Piave”, and then following signs to Jesolo.

Many of the European countries will have the chance to arrive by car or bus.

The beach and night life are another positive aspect that convinced us to choose the city of Jesolo.

15 km of beach facilities are a great business card, being the beach a highway of pure sand lapped by calm and clean water.

In Lido di Jesolo it is a pleasure to stand along with friends in a wine bar and ice cream parlours, enjoying the time together and relaxing.

Here you can share good quality time and pleasant conversation with new and old friends. And when the night gets longer, if you feel like having more fun, you will have the chance to join the trendiest Dj sets and discos.

Jesolo is a real haven for shopaholics, being the base for small shops and large trendy boutiques in a cozy atmosphere, especially after 20:00, when the shoreline becomes the longest pedestrian area in Europe.

In the lovely Bafile Street it is possible to admire and buy the best of world fashion design and all the made

in Italy brands. Along the way you'll be enchanted by the beauty of the Italian fashion wrap. The creations of top fashion designers attract attention from attractive store fronts. Spaces tendency for young people, sport enthusiasts, singles and other mind style, or the teeming and vital areas of contaminations and welcome experiments with lines and shapes of inimitable creativity. It is the longest shopping street in the world with more than 1200 shops, restaurants, bars and trendy clubs.

From spring to autumn Jesolo hosts a series of festivals, games, sports and jet set events: from “Miss Italy contest” to the “Night Marathon”, from the World Championship of Volleyball and Beach Volleyball, Rugby and at Athletic meetings, to the spectacular amusement water park.

After tantalizing happy hour and delicious dishes, the main protagonist of night-life of Jesolo is the music. From sunset every nightclub in Jesolo comes alive between the notes of the best contemporary artist and timeless forever. Glittering and trendy locations frame the absolute most fun in an atmosphere of sophistication and celebration between looks trendy, glamorous, sparkling and eccentric... look who dare to amaze and amuse.



ITF TAEKWON DO WORLD CHAMPIONSHIP JESOLO MAY 2015 ITALY





The nightclubs of Jesolo cater for all tastes, even those of the most demanding customers and are famous throughout the world for its extraordinary range and memorable musical evenings.

There is something for all tastes and the non-stop fun runs uninterrupted until dawn.

Last, but not least, important reason for choosing Jesolo is the proximity to Venice, one of the world wonders that everybody should visit in his life.

Well, this will be the chance! Only 30 minutes by bus and you will be walking along the channels, among rich palaces and art masterpieces or riding a venetian gondola in a romantic city tour. You may also visit the wonderful islands of Murano (world known for the artistic blown glass) and Burano (famous for the precious laces tradition that old ladies are still transmitting to their relatives). The small islands are very close to Venice and easily accessible by public water transport.

In 2015, the ITF WORLD CHAMPIONSHIPS, organized in every detail, with our ITF competitors, coaches, Umpires and VIPs will give more glitter and glamour to Jesolo "The City Beach".

Don't miss it, surely an event to remember!



THE EVOLUTIO

N OF IRELAND

If you've been attending the European and World Championships or indeed followed the action from home you will probably have noticed the Irish in recent years. Since 2009 there has been something of a surge in the number of medals won, and indeed the position held on the leaderboard on the final afternoon. The high point for our country came during the 17th Senior and 12th Junior ITF World Championships in Benidorm, where Ireland finished in 2nd place overall in the medal standings and with 3 of our sparring teams taking home the gold. To quote Sabum Stephen Tapilatu, "The Irish Virus has struck". To explain how Irish Taekwon-Do has made its way to the top end of the international competitive scene, we need to start at the beginning...

In many countries, Taekwon-Do arrived as part of the planned expansion of ITF, usually in the guise of an international instructor nominated by General Choi. In Ireland, however, Taekwon-Do was introduced by a migrant chicken sexer named Yang Wu Kwon (3rd Dan). He began teaching Korean Taekwon-Do at a Karate club in Dublin. A number of the Karate students there were impressed with his techniques and began training in this new art. Shortly after, a cousin of Mr Kwon arrived in Ireland and took over their instruction. Mr Chang Ho Cho 5th Dan promoted some of those early trainees to red belt before leaving Ireland in search of work in the USA. The group now needed to find an instructor and turned to another Korean black belt who had just arrived in England from Singapore, the rather more famous GM Rhee Ki Ha (then 5th Dan). So it was that in 1967 GM Rhee became the chief instructor to a small group of Irish martial arts enthusiasts.

Over the coming years Ireland formed an Association (RITA, 1972), sent competitors to the first and second World Championships winning a number of



IRELAND*

THE EVOLUTION...."

medals and established a number of clubs around the country. In 1984 the RITA split, with the majority of the association choosing to distance themselves from GM Rhee and thus, unfortunately, from ITF. This new group called themselves AITA (All Ireland Taekwon-Do Association) and set about growing Taekwon-Do in Ireland, looking to GM Hee Il Cho for technical leadership. It wasn't until 1995 that the AITA rejoined ITF as an allied association. By that time a further division meant that there were three Associations in Ireland recognised by ITF (RITA, INTA, AITA). Teams sent to international championships through the cooperation of the three groups, under the leadership of RITA, failed to produce any consistent results on the international stage. Following the death of General Choi in 2002 and the subsequent division of ITF; INTA, AITA and a third association

(Irish Taekwon-Do Association) struggled to reconcile their differences and this was reflected in the national team only achieving sporadic pockets of competitive success; the highlights of which were gold medals in team power and team pattern in the World Championships in Warsaw 2003 and a gold medal in -71Kg sparring in the World Championships in Dortmund 2005.

In 2004 the situation in Ireland became so fraught that the ITF sanctioned two teams to the Junior World Championships in Riccione. INTA sent one small team while AITA and ITA combined to send a larger team. While results were far from stellar, the process of preparing a team together allowed a working relationship to develop between members of AITA and ITA. Over the coming year this was



formalised and an umbrella organisation was formed. This paved the way for both groups to merge. In 2006 all ITA members and clubs joined AITA, while the AITA officially re-constituted and changed its name to ITA. The vision of the architects of this merger was not shared by all members of both associations and a large number of clubs left, joining other ITF groups.

At the time of the merger AITA had achieved government recognition for ITF Taekwon-Do through the Irish Martial Arts Commission (an umbrella group for martial arts endorsed by the Irish Sports Council). The merger of AITA/ITA allowed the Taekwon-Do group to play a stronger role within the Commission, while the oversight of the Commission and the Irish Sports Council provided the impetus to advance the structure and governance of the new ITA. The association had to have transparent and efficient governance and structures. There were guidelines and regulations for best practice in areas such as child welfare, anti doping, finance, coach education and training, strategic planning etc. ITA embraced these 'improvements' even though every additional measure

was met by some resistance internally. Old habits are hard to change, a culture is even harder!

In parallel with the changing face of the association's structure and governance the technical level and the competitive skills of our athletes needed improvement. We looked to our friends in the ITF community for help and inspiration and found everything we could have hoped for. Our instructors travelled to Poland, Scotland and the Netherlands to train with prominent instructors as well as attending a large number of IIC's under the ITF technical committee. GM Bos, Masters Hutton, Van De Mortel and Jedut, Mr Chiel Rombout, Mr Stephen Tapilatu, Ms Julia Cross, Mr Jaroslaw Suska and Mr Henk Meijer were invited on numerous occasions to deliver seminars; often these were attended by over 100 students. Gradually, the association developed its own technical committee, syllabus and student manual; we changed our grading system for Kup and Dan testing; ran seminars to standardise technique across the country and developed a system of coach education in line with international best

practice to ensure our clubs would be fit for purpose.

Due to the continuing division between Irish Associations, ITA competitors still had infrequent access to the national team and consequently to European and World Championships. We decided to focus our efforts internally. Irish tournaments in the early 2000's were very inconsistent in many ways. The level of adherence to the rules varied, categories changed and shifted from event to event and the quality of the organisation, umpiring and venues could not be guaranteed. This was primarily because all tournaments were promoted by individual instructors. All of the promoters wanted the best for the competitors but each individual could devise whatever plan they felt would work best. Of course, they were also financially liable for any losses and so there was always an incentive to keep costs down. The ITA gradually took over the operation of the tournaments, standardising rules and competition formats and overall ensuring tournaments filled their role in the overall development of the Taekwon-Do practitioner. Now, a competitor knows the dates of all events a year in advance,





expects venues that are the best the country has to offer, knows their divisions, the competition format, weight tolerance and on arrival at the event receives a personalised timetable with their start times accurately predicted. All this has meant that tournaments have grown consistently year on year for a decade. We now expect 600 competitors at all tournaments.

Looking abroad, we sent larger and larger teams to the major international open tournaments. An Irish presence could be expected in Skovde, Maribor, Delft, Terracina and at European and World Cups. While we were still unable to significantly influence the national team, our competitors began to win with increasing regularity. At the second World Cup Ireland placed 5th, while at the third World Cup the result was 3rd overall.

While the competitive athletes developed, the ITA sought out the best and

brightest people from our organisation to fill working committees across all areas. There is no room for rank or privilege in our determination of the best person to fill a post. Talent and merit determine the appointment of the right people to the right committees to ensure the work and strategic goals of the association are achieved. In fact, our strategic plan (2011-2015) was developed in consultation with all adult black belt members of the ITA. We are well on our way to achieving most of our key priorities by 2015. One example of the success of our initiatives has been the expansion package for new schools. An instructor wishing to open a school in one of our targeted expansion areas benefits from financial support, marketing and mentorship with the involvement of no less than three working committees. This programme has allowed impressive growth, some 40 new schools in 5 years bringing the number of

schools in ITA to almost 100.

Our Strategic Plan also demanded that the ITA become a more central player in the ITF internationally through hosting major events, innovating where possible and becoming a model for good practice. Through the IIC's in 2011 and 2013 and the IUC in 2012 (the largest IUC to date) we have begun to host events of significance to the worldwide ITF community. We have several major initiatives planned for the future, including a bid to host the AETF European Championships in 2017. Hosting major events is a job for a strong team, not for a small group of individuals. Our experience in hosting the IIC's and IUC has allowed us to develop a strong core team of event organisers who know each other's strengths, weaknesses and capabilities.

In discussing the development of the ITA and our Strategic Plan we've moved forward in time beyond what we see as the turning point in the fortunes of the Irish National Team. In January of 2009,



Mr Jonathan Dargan (then acting as Head Coach to the Irish National Team) invited ITA members to try out for the European Championships in Benidorm. Crucially, a degree of trust existed between Mr Dargan and several ITA senior instructors and he guaranteed that all decisions relating to the team would be made within the team and not influenced by external pressures. The initial sessions were tense; competitors from ITA felt they needed to make their presence felt and coaches felt they needed to prove their right to their positions. At one point Master Paul Delea had to oppose the director of coaching for the right to select the senior male team pattern. The director felt they hadn't enough time to prepare a medal winning team; in the Euros that team took home the gold. Overall, much of the team had been preselected and ITA competitors only filled the gaps. The team took 1 gold, 1 silver and 5 bronze.

From that platform of limited success progress came very quickly. A new direc-

tor of coaching (Mr Kevin Hannigan) was appointed and with his arrival came a new generation of coaches and a new approach to selecting competitors. Mr Stephen Cooley, Mr Niall Jones and Mr Adrian Byrne brought their competitive and coaching experience to the coaching panel. From 2009 to 2011 a transition in training methodology and planning, the application of sport and exercise science and a more holistic approach to athlete development began to take hold. We were better able to attract and retain the most talented athletes. They in turn were able to learn from each other, sharpening their skills in a more competitive and yet also more supportive environment. Late in 2011 Irish juniors took 8 gold medals in the AETF European Championships in Slovakia, the trend lines were heading in the right direction. In 2012 Mr Hannigan resigned his post (becoming a father for the second time) and Mr Adrian Byrne took over the role of head coach. In addition to this transition, many of the junior competitors who had been so successful

were turning 18 and the rules regarding the number of competitors per category were being changed. It was time for a new plan.

The existing coaches, managers and senior team members were gathered and a vision statement and strategic plan for the development of the National Team were put in place. Any person or process that didn't contribute to the vision had to be removed. There could be no room for our race car to be driving with the brakes on. Ireland was ready to step up its game with talented junior competitors ready to strengthen the senior team and a whole new crop of quality junior competitors ready to take their chance. The 2011 World Championships was somewhat of a false start, with only a very limited squad able to afford the cost of travel to New Zealand the 8 medals taken seemed somehow disappointing. In reality however, two senior males reached finals, we had a junior World Champion in Dylan Fitzgibbon and both male sparring



teams took Bronze. With every success, the appetite for success grew and the status of the national team within the ITA began to grow. With growing support from a wider array of clubs, traveling teams became more consistent.

For the 2012 European Championships in Maribor, a number of additional coaches were brought on board to help deal with the larger panel. Mr Stephen Ryan, Mr Paul King, Mr Darren Smith and Mrs Fiona Gallagher Payet added their wealth of international competitive experience to the team but also allowed national team training sessions to become more detailed and specialised. It also meant that competitors at championships could be sure that the coach would be with them from the warm up area through all rounds of the competition without interruption. The national team began to utilise training camps or weekends more often in place of one day sessions, and this allowed for seminars on nutrition, anti doping, strength training etc. to be held during the evenings and down time between sessions. The championships themselves went very well, with Ireland taking 3 gold, 7 silver and 12 bronze medals. We felt there was still some improvement to be made in order

to yield a better return on finals and semi finals and fortunately there was a World Cup in Brighton to work towards before the next Championships. Brighton was a huge success for the ITA, where our squad of over 100 competitors took 23 gold, 17 silver and 33 bronze medals and pushed Ireland to second place in the classification of countries.

Looking forward to the 2013 European Championships in Sweden it was clear that many of the juniors would need to miss the tournament due to exams. In Ireland, state exams take place in May for universities and in June for high schools. Whenever the championships run late we find it difficult to ensure the best talent is available. Our efforts were therefore focused on a smaller number of individuals and this at least resulted in improved pattern results. One thing we have consistently found is that it's hard to find and keep very good pattern coaches, and you need several to really give the competitors the individual focus they require. For this campaign Mr Jones, Mr Byrne and Mr Ryan could all contribute and coupled with some very talented performers the team secured four individual medals. Overall Ireland took 5 gold, 7 silver and 6 bronze medals. There were less total medals

than Maribor but we were very happy that our reduced squad achieved more gold medals than the previous team.

At the European championships it also became clear that ITA would gain National Association status and that meant greater control of the operation of the National Team. In terms of personnel, nothing needed to change (although Mr Jones stepped back and was replaced on the coaching panel by Mr Luke Laffan), it simply meant that changes could happen a little faster and that we could plan with greater certainty for the future. The preparation for the World Championships in Spain began in the early summer and right away it was clear that the coaches would have a full panel to select from. For the first time, full strength teams could be



selected in all categories. This, added to the second individual position in each category at senior level meant that training sessions were very intense; on many occasions 70 or more crowded the training venues.

The high level of competition for places and the new rules on team selection meant we could hold off on naming our sparring teams until the night before the event. We feel this paid huge dividend, with the Junior Male, Junior Female and Senior Male teams all taking gold. The Senior female team didn't let the side down, fighting to take a Bronze even with one competitor ill and another unable to spar through injury. The tournament yielded Irelands best ever results with a second place overall finish and 10 gold, 6 silver and 11 bronze medals. There were so many other firsts achieved in Spain that each evening the team talk could begin with "Today Ireland won and that's never been achieved before". It certainly felt like the culmination of many many years of marginally improving and working towards a seemingly impossible goal.

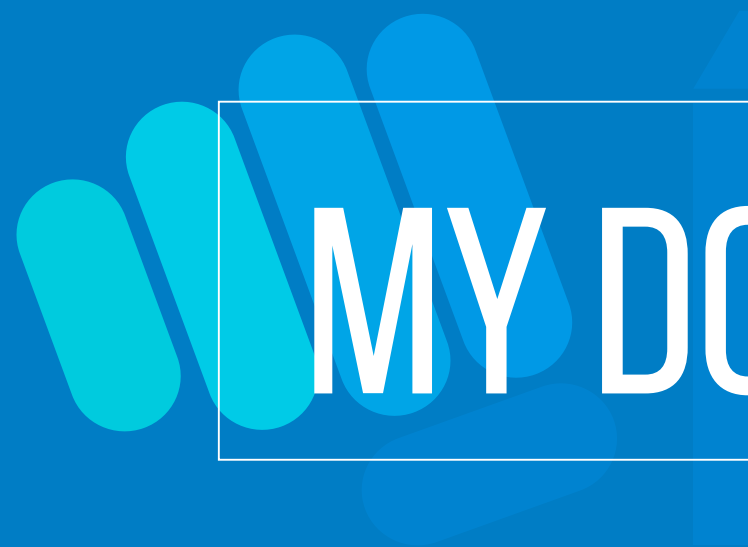
2014 will be another transitional year for Ireland. Many competitors are finishing secondary school and sitting final exams, preparing to go to University or finishing University and seeking work or travel. You will probably have noticed this from the team that competed in Italy at the European Championships. The Irish team lined up with no less than 8 World Championships individual medallists missing. In fact, it wasn't possible to name a senior female team for any event! We were therefore incredibly pleased with taking 6 gold, 4 silver and 5 bronze medals, a tally that put Ireland in third place on the classification of countries. We have Poland to thank for taking so many of the other gold medals of course! ITA won't have any competitors in the World Cup in Jamaica, regrettably too far and too costly for our competitors on this occasion.

What does the future hold? Results can never be guaranteed! In our wonderful sport individuals and countries are pushing to improve and innovate all the time. We can't guarantee that we will continue to achieve the results we've achieved in recent years but we also refuse to believe in 'the luck of the Irish'. We refuse to accept unexplained success. With this in mind we will continue to develop our talented pool of young people by innovating in areas of tactics, physical and mental preparation, integration of club and national team and pushing for monetary support through sponsorship or internal financial growth. Structurally, we have a lot of projects in our strategic plan to complete. We will build on the foundations we have set down by investing in our people through seminars, conferences, education and training. We will host major events and we will continue to send strong teams to international championships. In Ireland, we think our future looks bright!

Article by Mr. Adrian Byrne 6th Dan







DJANG



PERÚ

LOCATION OF DOJANG:

- *Continent: America*
- *Country: Perú*
- *City: Lima*

SCHOOL'S NAME:

- *YOO- SIN*

INSTRUCTOR:

- *Sabon Nim Tulio Flores Aguilar.*

ASSOCIATION AND FEDERATION TO

WHICH IT BELONGS:

- *Confederation of Peruvian Taekwon-do ITF*

THE BEGINNING:

- *at the beginning of 1991, during a beautiful summer and almost without realizing it, I was already teaching Taekwon-Do.*

But in truth, we must consider to this one as the true beginning, the summer of 2009.

After many events as a Taekwon-Do person and instructor, with much strength and determination, I started with a small Dojang in the playground of a school in kindergarten. They rented me the place for use only during the evenings. It was a homely place and due to the fact that the number of students increased, soon it became too little for us; therefore we formed two groups; one child and one adult.

At the same time I taught Taekwon-Do classes in a school, where I had middle-aged students asking to have more hours of training, and then I returned to feel limited by the space.

In April of that same year, I participated along with my students in the IIC number 53 in Brazil, where I made contact for the first time with the great Masters who motivated me to continue this exciting adventure.

So, when I returned from the IIC and with the promise of participating in the Pan American of the sea of the Plata, Argentina, all we cared about was to look for a more suitable place.

Unfortunately we did not find it, but we were still training and we went to the Pan American where we obtained important results.

In September 2010, one of the students suggested moving the Dojang to his own House, its gardens were very wide and once we knew the place and then equipped it, we moved. The majority of our students accompanied us, others, could not.

Soon, students at the school where I taught classes began to register to attend the Dojang and expand their hours of training, which we continued to grow.

A few months later we assisted in the first international seminar with the presence of Master Marcelo Pedrini of Argentina, and another with the presence of the Grand Master Javier Dacak who performed in our Dojang, and who supported us in the formation of the national Governing body of Peru.

2011 was a year with many activities and, while we continued with the need for a larger space, we continued learning and improving. By then, we made our third international seminar with the presence of the Maestro Héctor Geiser, from Argentina.

The South of Chile Tournament (2011) was the next event, which we attended with a much more diverse and large delegation.

I was determined, that year could not finish without finding a place where we could train with more space, so in December we found the expected local facility.

The room was very basic. We put in lights, changed the shower rooms, bought a new floor, received donations of pads and some fitness machines, and we started it..

During the following summer we could host tournaments in our Dojang and some activities of integration with other schools.

In 2012 we competed in Venezuela and in 2013 we participated in the South American tournament of Mar de Plata, Argentina, but our history is not only the participation in seminars and tournaments.

Our history is constantly changing, so much so that the small Dojang in 2009 called Yoo-Sin, has become the Peruvian Confederation of TAEKWON-DO, because other schools decided to join and work with us.

Currently, the Peruvian Confederation of TAEKWON-DO is formed by other organizations ETTIP and recently the FERTEX Association, with whom we carry out joint classes that allow us to standardize techniques and integrate the group.

2014 is a year aimed is to reach more people, so we are conducting strategic alliances with different educational institutions of the State to support them in their hours of workshops and courses of physical education.

This is how we have moved the Dojang to various places and not limited to a single area, seeking in this way to meet the legacy of General Choi "the Dojang is not a place or an infrastructure, the Dojang is the instructor and his students, while there is a student who wants to learn there is an instructor, this relationship is the Dojang". The most important event happened in April, when we held the ceremony of graduation of the first class of black belts of our Dojang, this event is a sample of our progress over these 5 years of work.

By Sabonim Tulio Flores Aguilar



AUSTRALIA



THE BEGINNING:

I am born and raised in Dublin, Ireland and commenced training in 1984 as a six year old. I graded to Yellow Belt green tag and then discovered soccer for a few years. When I was around 12 I returned to Taekwon-Do having discovered the famous Exchequer Street Dojang in Dublin city centre. I began training under Master Brendan O'Toole 8th Degree. As the years progressed, I continuously moved up the ladder and was fortunate to be in a class with former World champions and European champions such as Mr Ciaran Ryan, Mr Niall Jones, Mr Jon Dargan, Mr Donal O Donoghue, Mr Darren Martin and Mr Stephen Dillon to name just a few.

When I reached 26 years of age, I knew I wanted to join the Police Force in Ireland and I completed 7 years with An Garda Síochána (Irish Police). I met my Australian wife around the same time and we lived in Dublin for this period. I continued to teach on the outskirts of Dublin and soon after, children came along. At this stage I was a 4th degree black belt and my original Dojang in Exchequer street had closed down in Dublin's city centre. In 2010-2011, I began training under Master Kenneth Wheatley 7th Degree and affiliated with the Irish Taekwon-Do Association. Taekwon-Do in Ireland began to undergo a huge revolution at this point I noticed. Thanks to guys like Mr Stephen Ryan, Master Wheatley, Mr Stephen Cooley and Mr Adrian Byrne, I began to see an organisation in Ireland emerging that not only provided great leadership and organisation, but Ireland was fast becoming a superpower in Taekwon-Do. I was part of an organisation that was producing champions like Dylan Fitzgibbon, Hong Looi, Stephen Ryan, Luke Woods and I was keen to learn more from their coaches. I learnt a great deal about Taekwon-Do coaching and how to run a club effectively around then.

LOCATION OF DOJANG:

- *Continent: Oceania - Australia*
- *Country: Australia*
- *City: Perth, Western Australia*

SCHOOL'S NAME:

- *ITF Cú Chulainn Taekwon-Do Perth. Cú Chulainn was a famous mythical Irish warrior.*

INSTRUCTOR:

- *Peter Crosbie, 5th Dan*

ASSOCIATION AND FEDERATION TO

WHICH IT BELONGS:

- *ITF Australia under Master Bou Daher.*

DETAIL OF THE TKD SITUATION

IN THE REGION:

- *Perth is the most isolated city in the world. ITF Taekwon-Do in Western Australia remains small. There are only a handful of schools in the Perth Metropolitan region. These schools are affiliated to our own ITF, GM Choi Jung Hwa's ITF and the Chang Ung ITF. Surprisingly, Rhee Taekwon-Do under Master Chong Chul Rhee remains the most popular in Western Australia. Master Chong Chul Rhee was one of the pioneers of ITF Taekwon-Do. He broke away from the ITF in the 1970s/1980s. There are several of his schools in the Perth area.*



Full House at the Kids class



2011. Grading for 5th Degree under Master Ken Wheatley, Saying Goodbye and emigrating 1 week later. Mr Crosbie (far right).



In late 2011, myself and my Australian wife made a decision to move to Australia and raise our family. I had just graded for my 5th Dan black belt under Master Wheatley/Master O Rourke.

I was fortunate to get a transfer into the Western Australian Police Service. I currently work with the Forensics unit there. I decided to open Taekwon-Do schools in Perth's Southern Suburbs and affiliated with Master Bou Daher of ITF Australia. The beauty of being part of this ITF is the brotherhood and unity that is recognised all over the world. I had a long discussion with

It is exactly that mix and balance that I try to incorporate when teaching 4-7 years old. Life skills and Taekwon-Do combined but with the added dimension of seeing it through a 5th Dan, Police officer's eyes. All my 4-7 years olds can now place people into the recovery position and carry out basic CPR drills. Bush fire season comes and goes in Perth and the devastation caused by the heat here is unbelievable. I ensure our kids are prepared and Taekwon-Do class is ideal for doing this. We do all this but constantly come back to Taekwon-Do to make the class jam-packed with variety. The 4-7 years olds who have completed the kids



Master Daher and Mr Steve Weston and found that the National Association in Australia was where I wanted to be.

I had been greatly impressed in Kids Courses and was keen to put my degrees in Psychology to use by putting a slightly different slant on what I had learnt. I knew from my extensive Policing experience that I could design a course that could incorporate the standard components such as Stranger Danger and Bully Awareness, but I wanted to go further. I knew living in Australia meant there was a huge emphasis on bush fires, water safety, first aid, nutrition, dangerous animals, missing/lost kids. I was dealing with these things daily through my work so I thought that I would design a fresh new curriculum around similar topics. I thought if I can mix these topics with Taekwon-Do then I have a great educational system.

I began teaching my new syllabus and within weeks I had to stop taking students. I was booked out and I had a huge waiting list. My school has grown now to seismic proportions and we are now running several junior classes just to keep up with the demand. Last week I conducted a road safety grading. I used chairs to mimic car seats and I explained to students what the impact is when people do not wear seat belts. After we had done this, we used the chairs to perform kicking drills.

course program have now gone into our ITF Junior cadet's class which is also huge. Along with the Adults class, our school has gone from strength to strength. I have even managed to recruit a few black belts from other organisations who had taken a long break from TKD, but returned once they saw my advertisements. Last month we travelled to Brisbane for the Nationals and took home a large amount of medals.

I have found the guys in ITF Australia to be very supportive and encouraging since I made the move from Ireland. I see many parallels in how the ITF is within Australia at present and how it was in Ireland. One of the biggest issues hindering the ITF in Australia is its sheer size. People think that Perth, Sydney and Melbourne etc are close by. They forget it is like getting on a flight and travelling from Dublin to Moscow. That's the distance you are talking about. As a result, getting to competitions, events etc can be difficult but it does not stop most instructors and clubs.

I find that Australians and the large Irish/English ex pat communities have responded very well to my teaching particularly as I have brought a European way of teaching to the Oceania region. I thank the Irish Taekwon-Do



Association for teaching me, supporting me and understanding my decision to emigrate. I also thank ITF Australia for welcoming me and providing me with support.

I miss Ireland terribly but Australia is my home now. The guys in ITF Australia always ask me about Taekwon-Do in Ireland. I am still a proud Irishman and I hope to return home in 2 years time to grade for 6th degree under the Irish Taekwon-Do Association. I keep in constant contact with my TKD friends there so I am kept in the loop with events. That is the beauty of Taekwon-Do worldwide. It is simply one big family.

LOCATION OF DOJANG:

· Yoqneam and Zichron Yaakov, 30 minutes from Haifa and 45 minutes from Tel Aviv in the Israel State.

SCHOOL'S NAME:

· Israeli Academy of Taekwon-Do ITF.

INSTRUCTOR:

· Sabun Nim Leonardo Oros Duek.

ASSOCIATION AND FEDERATION TO WHICH IT BELONGS:

Israeli Association of Taekwon-Do Traditional ITF

DETAIL OF THE TKD SITUATION IN THE REGION:

· In Israel various martial arts are practiced the most popular including Judo and Krav Maga.

My name is Leonardo Oros Duek, I am international instructor V Dan, married with Tal and father of Hallel and Noam.

I am a social psychologist, graduated in 2002 in Argentina, coaching in Israel since 2008.

The dojang's are located in the communal centres of the towns of Yoqneam and Zichron Yaakov, 30 minutes from Haifa and 45 minutes from Tel Aviv in the Israel State.

The name is Israeli Academy of Taekwon-Do ITF and belongs to the Israeli Association of Taekwon-Do ITF Traditional, being the same recognized by the sports Ministry of the State of Israel from 28/04/2014.

In Israel different martial arts are practiced with the Judo being the most crowded in its history has several Olympic medalists. For being the local martial art and have a presence on the Israel Defense Army, Krav Maga has many participants.

Taekwon-Do ITF came to Israel in the years 80' of the hand of the Instructor Jorge Orman, who was a disciple of Grandmaster Trajtenberg.

Mr. Orman started the Do and then returned to South America, but instructors like today President Danny Roth, continued his work and gave lessons of Taekwon-Do in all Israel in the decades of the 80's and 90's.





1995 was a historic year for Israeli TKD with the visit of General Choi Hong Hi.

But only in 2002, with the arrival of 7 instructors from Argentina, Taekwon-Do began to grow and joined the non-formal education in the community centers in different cities as Zichron Yaakov, Yoqneam, Megiddo, Ashdod, Givat ada, Pardes Hana', Tel Aviv, Mevatzeret Tzion, Haifa, Raanana, Kfar Sava and many other cities.

We also get to incorporate it into the schools, with which a child can be studying mathematics and the next hour he trains Taekwon-Do ITF.

Through different psychological care centres we work with children with ADHD hyperactivity and children with Asperger's syndrome (pervasive developmental disorders).

The Association has 1,000 active athletes of which 300, are part of my Academy.

In the past with my friend Luis Sajnovetzky, we created the Israeli Center of Taekwon-Do in honor of the

Center where we trained in Argentina under the guidance of Maestro Eisen and under the supervision of the Grandmaster Marano, who accompanies and guides us since our arrival to Israel.

The Grand Master visited Israel on 7 occasions two of which two international courses were conducted in Tel Aviv.

With the growth of our school and the Association, I created the Academy, because I wanted to give my group a way to distinguish us and somehow go modernizing us in this world that is so important to keep the advances that are taking place around you.

In sport level, in 2006 we had the first participation in an international event of ITF getting my student Carmel Horowitz, the first medal in sparring for Israel which was a great joy to all the Israeli TKD practitioners and especially for the delegation, which at that time was only 5 members.

Then came many Championships abroad, World Cups, World Championships, European Cup, European Championships and open championships.

In 2012 another one of my disciples, Ofek Nisan Cohen, won a gold medal in sparring in the World Cup in England, this being the first gold medal for our country.

We were invited by the Israeli Government to participate in the Olympics for children which housed more than 3,000 athletes and we were the proud that the ITF TKD was a part of this great event.

In March of this year I inaugurated the offices of the Academy in Zichron Yakov, where with the help of the staff, we work to improve the service we provide every day to our students.

The Academy provides Taekwon-Do 2 times a week, and work one day for the selected, another day for all the black belts, as well as activities for parents and students, summer camps, winter camps and activity operates during all the year.





PUERTO RICO

LOCATION OF DOJANG:

· *San Juan, Puerto Rico.*

SCHOOL'S NAME:

· *Integral Center of Taekwon-Do Puerto Rico, belonging to the National Association of Taekwon-Do in Puerto Rico.*

INSTRUCTOR:

· *Sabun Nim Gato - Gato.*

OTHER DISCIPLINES THAT ARE PRACTICED

in Puerto Rico various styles of martial arts are practiced as well as sports such as basketball, baseball, tennis and a few years of football.

After having taught since 1984 in several dojangs, in 1997 I was presented the opportunity to set a course for Taekwon-Do in Camp Mamó and Sound Of Music, the summer camps of more renown and career on the island.

That first year I prepared a demonstration with 700 boys and girls, (you would have to see the face of the Director to believe it!), but that is nothing, there was a year with participation of 1,200 children of course.

Due to the great acceptance that the course had from the camp, they gave me the opportunity to establish an "After School" program at the American Military Academy.

After that, I began to open the doors, but it was not until 2003 that I had to open my first Dojang.

Without money, but with the help of a group of parents we opened the Center Integral of Taekwon-Do in the city of Guaynabo. There we were eleven successful years and in the beginning of 2014, I learned that the owner was about to lose the property.

Once again I was “up in the air” and, once more, I took advantage of the situation to grow. Today we have an Academy with the best location, double the space in reception area, two offices, and twice the space in the living room.

We still continue with the course of the summer camps and programs in schools that, since 2008, has been in the charge of Michael Rivera and Luz Mulero.

I can only add that we have managed to create a training centre, that people feel part of. Many have entered and have gone out, but each one takes something from us and leaves us some of them.

A Dojang of people, where they know that they can return and are well received, family-friendly and respect that place where you want your child to develop.

An outstanding anecdote that I cannot explain was to see the President of the Olympic Committee of Puerto Rico (currently Secretary of State) come to register their child in our Center of Taekwon-Do. A man that has the doors opens in all the academies of the Olympic system of the country, taking his son to practice ITF? Later, in a conversation with him he told me; “It is that what you focus goes beyond the competition”. Imagine how that comment made me feel!

Much of our success is due to the working group, it is not something that I can be done only not occurs by chance. I have the good fortune to be surrounded by very special people, who every day dedicate themselves to the C.I.T.

On the administrative side is Esther Ortiz, a being of light that takes care of us and always has a smile to share.

As for the instructors are Sabum Luz Mulero V Dan and Sabum Michael Rivera IV Dan. Something that fills me with pride is Sabum Rivera, is a product of the course for preschoolers that we established 21 years ago.

And finally, here is a personal reflection: may be smaller or larger, more humble or most luxurious venues, the important thing is to achieve the Dojang beyond their four walls and only a good Instructor can achieve this.





CUBA

INSTRUCTOR:

• *Sabun Nim Eugenio Villafranca*

THE BEGINNING:

Taekwon-Do ITF arrived in Cuba in 1987 through the Korean instructors Li Jon Sok and Pe Geon Meok, which began to instruct the special troops of the Ministry of the Interior.

This course lasted approximately until the beginning of 1989 and, between this year and 1994, Taekwon-Do ITF was not practiced massively, until in October 1994, the Instructor Julián Reina Sánchez organized a course where more than 80 interns enlisted.

Later, General Choi Hong Hi visited Cuba in 1995 and 1999.

In 1997 Taekwon-Do ITF began to be expanded and practiced outside of Havana, mainly in the provinces of Camagüey and Sancti Spiritus, in Villa Clara, Santiago de Cuba and Granma.

After becoming aware that only with will, but without the decision to advance in national projects that would cover the development of Taekwon-Do in the other provinces and consequently all the styles in the country, we began to think about incorporating to the current ITF.

By then, we felt that there was apathy to make events and seminars of overcoming all updates for instructors and it affected in a bad quality of practitioners in the technical aspect.

The first contacts, then, were on an informal basis with the Instructor IV Dan Yanier Moronta Díaz and the II Dan Miguel Huerta Laria, in the province of Camaguey and Darwin González Brugal Dan IV, after which the Organization was formed on June 28, 2013, in the province of Granma.

Once organized, we proceeded to contact to Grand Master Pablo Trajtenberg, who



immediately responded in a positive way, proposing us his first visit and seminar.

At present, and despite having the same economic problems as before, we move forward with new proposals and the practitioners are very excited.

The main expectation we had with the new organization was to achieve the international recognition of our new organization and feel that the world could know of the existence of a school of Taekwon-Do ITF in Cuba.

We dream with the participation of our



school in any sports event of international importance no matter if we were to be the last ones, since we intend to achieve by raising the technical level of practitioners through seminars and other courses, in accordance with the reality that exists in the world.

TO THE PART:

The incorporation of the Cuban Taekwon-Do to the ITF meant a lot, first of all, the visit of the Grand Master Trajtenberg to our country, left us with the best impression and also, great teachings on the technical side and aspects of life in general, which today we have more training and we were able to present our ITF to the world.

Also, since that we are member country, we received total support throughout the Organization and in particular, from the Grand Master.

We also highlight the direct and transparent communication with all the members of the ITF from other countries, as well as the members of the

directive of the Organization, channelling any doubt or adversity that it has presented to us immediately and professionally.

Despite the short time elapsed since our incorporation on the ITF, we have seen our expectations fulfilled, and we can even say that they have been exceeded which has helped us to trust in this organization and, thanks to the ITF, to make real one of our big dreams as it is the participation, for the first time, an event of high international importance the next World Cup in Jamaica, where we have been as an objective, put on high the name of our school of Taekwon-Do ITF.

Finally, I would like to express our special gratitude to the Grandmaster Pablo Trajtenberg, Master Senior Rubén Marchini, Instructor Fernando Castro, as well as the International Federation and the ITF Magazine for the opportunity it gives us to express ourselves and make ourselves known to the world.



Give us an overview of the national team structure in Canada, being such a large country geographically how does this affect the national team training and how you generally organise things.

The National Team practices are difficult as Canada is a very large country and it is very expensive to travel. Therefore, to offset the cost the Canadian Federation has structured a system where athletes from Eastern Canada and Western Canada have separate trainings. The training camps are overseen by the Head coaches and Assistant coaches. At least two or three National team practices are arranged for all athletes to train together before a World Championship.

The CTFI financially supports our athletes when the eastern and western athletes meet for the actual National team practices. All athletes are required to help cover the costs of the athletes that have to travel to the National team practices. The total cost of the training is split between the whole team.

How does someone get selected for the Canadian national team, is there a national championships, regional selections etc. or something completely different?

The selection process is over a two year period. All sanctioned events including the Eastern, Western, National and International events in Canada are used in a selection process. Athletes receive points based on their performance. These points are added up with the top athletes in all division automatically earning a spot in the quarterfinals at the final selection year.

Canada is a country that is known for being very strong in all competitive disciplines. Does this come from the culture and training in the clubs and or has the national team had a part to play in this?

The athletes have two years between World Championships, so our coaches are constantly reviewing the calibre of its athletes at the regional and National events. The clubs of course are working to prepare their athletes to compete at the National and International level. As mentioned before all athletes are collecting points.

The National team is made up of athletes from across Canada. The National team is more or less equal representation from the East and West.

How do you get around training for disciplines like team pattern? Do the teams come from one region or are camps organised and the team trained there?

The pattern teams qualify during the Eastern and Western Championships. The winners of the East vs West at the selections to see who will represent Canada at the World Championships. It is the same for the prearranged sparring.

Tell us about the typical training of an athlete in Canada. What is involved?

All of our athletes have to combine work/school and training together. So, to be able to perform at the international level means dedication. Our athletes who have been able to perform



NATIONAL TEAM STRUCTURE IN CANADA

CTFI BOARD

and win at the World Championship are very serious in their preparation. They work on physical training, conditioning and technical training in their week. Between our national selection and the World Championship, they are attending to two national trainings. They will structure their intensity and approach depending of the tournaments in the season.

Do you place much emphasis on other aspects of training such as physical training, conditioning, nutrition, psychology etc? If so how do you deal with these issues?

Our national trainings cover every discipline that is present at the World Championship. We usually work on patterns (drills) and sparring (drills) at the same time. Athletes who compete in more than one event share their time between the different type of trainings. The athletes who perform in breaking will work with a coach individually to assure that we train properly at their club. We work on drills, strategy and simulation during all the national trainings.

We believe every athlete who has been able to perform at the international level has to consider every aspect they are able to control during their preparation. The physical training, the conditioning, the nutrition and the recovery will affect how a athlete will be able to bring his game to another level (at trainings and at tournaments). Nowadays, a champion has to be a well-rounded athlete to perform. We offer a psychology part at the national trainings, however each individual has to work on this aspect in his or her hometown to be ready to respond at the high stress level.

Does the national team in Canada receive any funding for training, travel etc for the athletes, is there any government or organisational support?

As mentioned before, the Canadian Federation financially supports our delegation. The CTFI covers the cost of flights for our umpires, coaches, and team manager. We have a budget for our athletes, which include funding for National team practices, supplying National tracksuits, doboks, and paying the inscription fee. Funding for the National team is realized from the profits made at events held in Canada and our official suppliers. The CTFI also organizes t-shirt fundraisers. The profits from this fundraiser go directly to our athletes to help cover their expenses.

How do you see Canadian TKD developing in the future in general?

We are always working to improve our performance at the international level. Our team has performed very well in patterns the last years and we will keep working on this aspect. We continue to analyse and work on breaking and sparring to improve our level to be able to challenge the best at the international tournaments.



TURNING OUR ISOLATION INTO OUR STRENGTH*

"INTERVIEW WITH MASTER PAUL MCPHAIL, NEW ZEALAND"

Master McPhail, can you give us a brief insight into the origins and development of TKD in New Zealand and how it has evolved over the years?

Taekwon-Do was introduced to New Zealand in 1969 and the first public club starting in 1970. We were initially under the guidance of Master Young Ku Yun in Australia, then in the 90s gained tremendous support from Grand Master C E Sereff and the United States Taekwon-Do Federation.

There has always been a few small independent groups doing their own thing in New Zealand, but by and large ITF NZ has been the single unified ITF organisation in the country. We currently have six Masters who are all best of friends. We know how lucky we are.



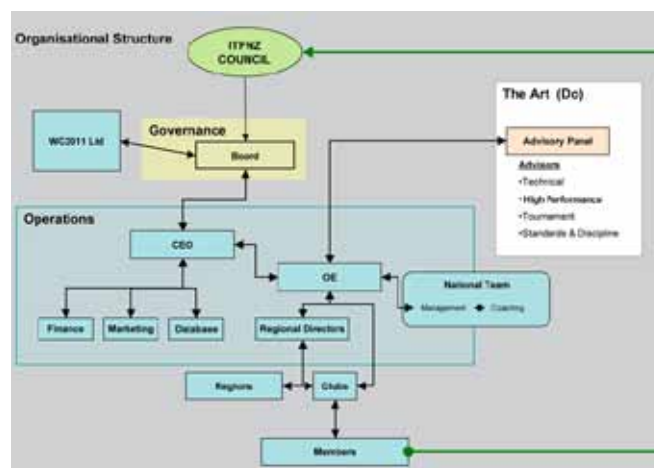
Caption: Left to Right. Master Steve Pellow (7th dan), Master James Rimmer (7th dan), Master Rocky Rounthwaite (8th dan), Master Evan Davidson (8th dan), Master Paul McPhail (8th dan), Master Mahesh Bhana (7th dan).

New Zealand is known for being one of the most professionally organised groups in the ITF as well as one of the strongest in terms of the performance, can you give us an understanding of the structure and set up in New Zealand, what makes it unique, why does it work so well?

In 2008 we underwent a re-structuring of the organisation away from the traditional Executive Committee based set-up. We established a Board of Directors (half elected, half appointed) and employed a CEO and Operations Executive. The board are responsible for the strategic and big picture planning & implementation.

Along-side the Board we have an Advisory Panel, made up of three Masters, who oversee the appointment of all the "Advisors" in the key Taekwon-Do areas such as Technical, Tournaments and so on. To see the full structure

The idea is that people who are good at what they do get to do it. Our seniors can concentrate on overseeing and implementing the Taekwon-Do programmes while the Board and CEO run the business side. The organisation still runs as a "not for profit" incorporated society.



Notes: It is implicit within the document that: 1. The Chief Executive Officer (CEO) has relationships with all parties in the organisation. 2. The Operations Executive (EO) has a working relationship with the Board and attends all Board Meetings. 3. The Board and Advisory Panel (AP) work together and refer relevant matters to each other – a member of the AP also attends all Board meetings. 4. Working relations may be set up outside the attached framework for expediency, - however all written and formal communication must follow the Organisational Structure. 5. Further work is needed to describe the working relationship between members and the council.

In 2010 we underwent a re-branding with a new logo and new trade name of: International Taekwon-Do



Our logo is both distinctive and memorable. The symbol of the fist – a Taekwon-Do punch, is made up of individual figures representing people. Each of the figures is also a lower case “i”, referencing the first letter of “International”. The symbol represents: a fist, community, family, making friends, having fun, a constructive team environment, contributing to society, working together towards a common goal. As well as the two middle grade belt colours, the clean greens and blues reflects the colours of New Zealand and also relate to the colours of the planet, symbolising the building of international relationships.

Give us an overview of the national team structure in New Zealand in terms of the set up, the selection of coaches, their work, the management etc?

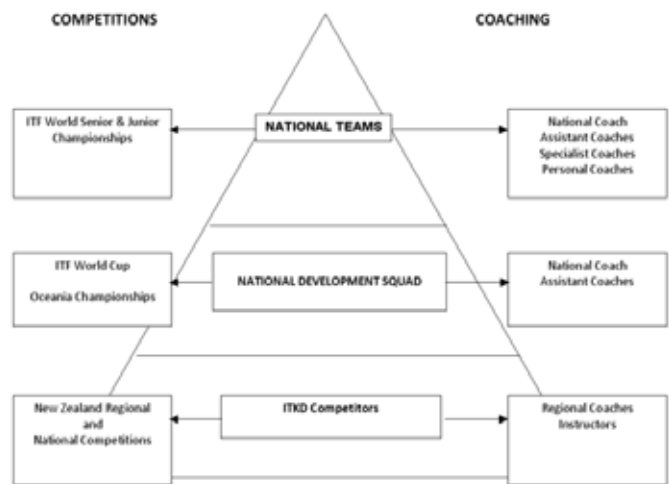
Our “High Performance Advisor Group” oversees the appointment of National Coaches and Management every two years. Once appointed, the Coaching and Management Team drive the build up towards the two pinnacle events: the World Cup and World Champs.

See our High Performance Programme document for details of exactly how this is done.

How does someone get selected for the national team, is there a national championships, regional selections etc. or something completely different?

Initially all members are encouraged to be a part of the National Development Squad. We have a talent identification programme so that as many potential competitors are encouraged early on. Once a part of the squad they often compete at World Cup level then go on to trial for the NZ Team.

We have never used the National Tournament as the only way to choose the national team, as we feel it is far too limiting. To be in the team, all have to prove themselves to be fully committed and dedicated to working hard in preparation to the trials and being able to fit in with the team culture. This involves attending monthly camps before attending the formal trials which are normally one or two weekends.



New Zealand is a country which is known for being very strong in all disciplines i.e. patterns, sparring, team and individual as well as power test etc. Does this come from the culture and training in the clubs and or has the national team had a part to play in this?

I think there are a number of reasons.

Firstly I think one of our big disadvantages has also become an advantage: our isolation. Being at the bottom of the world means we don't have access to regular high level competitions. This however has made us very innovative in the use of technology for training as well as utilisation of overseas specialist coaches.

Our last campaign in particular included a spectacular array of technology including our own innovations such as patterns competitors being videoed and judged by umpires at the camps, with the performances instantly replayed showing the umpires deductions time-stamped on the video as they happened in real time. This was an amazing tool for both competitors and umpires alike.

Another major factor I believe is the open mindedness of our seniors and coaches. Since the early 2000s we have invested in overseas coaches starting with Master Willy van de Mortel, and continuing through the years with so many incredible guests, most recently Grand Master Lan, Master Judet and Master Mark Hutton. A huge thank you goes to all those fabulous instructors who have helped us so much.

Our attitude has always been to try and learn from others. Even at a national level the coaches in recent years have encouraged the learning from the expertise within our own ranks and many senior team members have played an important part in training the team.

Lastly, our isolation means when we travel it is a big deal. It is always a long way away and costs a lot of money to get there. We always have lots of supporters and everyone treats it very seriously. Over the years we have learnt how to compete and gradually improved to the point where started winning medals. This took many years and it was very much a team effort.

Tell us about the typical training of an athlete in New Zealand



that becomes world champion. What is involved? Give us a typical overview of how the training is structured from pre-season all the way to the event?



The typical story may be that they enter a pee-wee or under 18 tournament as a youngster, then later a regional and national tournament. They will be encouraged by their instructor, or be spotted to be part of the National High Performance Squad. Before you know it they are off to a World Cup and even a World Champs at which they will normally get no-where. Second time - same again. By the third World Champs they are more relaxed and able to show what they can do.

So it's a long road which has been forged by our senior athletes, who can now pass on their experience to the new ones coming through.

Does the national team in New Zealand receive any funding for training, travel etc for the athletes, is there any government or organisational support?

For many years we have been lucky to receive from High Performance New Zealand and Sport New Zealand. This has come in many different forms, but most notably was the Performance Enhancement Grants our senior athletes received for their own training and travel. This was largely came about due to our new structure and work of our CEO.

The ultimate for us was the hosting of the ITF World Championships in Wellington 2011 where we received "Major Events" funding and central government support which included providing the venue free of charge, lump sum cash injection and around 20 of our athletes fully funded for their training, travel and professional development.

Unfortunately this funding has come to an end for the time being, other than for our umpires to attend World Cup and World Champs. So this year (2014) our national organisation is funding the Coaching and Management Team as well as the general High Performance Programme.



What have been some of highlights for New Zealand TKD in the ITF over the years that stand out for you both on a personal level and for your organisation?

Coming from nowhere to a force to be reckoned with on the international stage has been a huge highlight for many. Even those members and instructors not directly involved I think can see the work this has taken and how much it has benefitted our growth in New Zealand.

On a personal level I am very proud of our Instructors and unity we have. We have a unique black belt grading system and quality is still at the forefront of all of our minds. Our Masters are all good mates and we train together on a regular basis. 4th dans above also train together each year at our "Stripes 1 to 1" seminar (guests welcome!).

How do you see New Zealand TKD developing in the future in general, how can you build on the success you have achieved as an organisation

Any organisation goes through stages, ups and downs. We are no different. We have recently had a lot of senior athletes retire and we have a whole new coaching & management team - and no government funding. Does that worry me - not at all. New people step up and we all just do our best.

My focus now will be more on instructor development and trying to keep improving our physical standard as well as level of etiquette and respect for each other. I'd love ITFNZ members to have the reputation for being true martial artists in every way, in every club, in every town. The kind of quality to honour Gen Choi and all of the instructors before us.



ITF TAEKWON DO

WORLD CHAMPIONSHIP

JESOLO MAY 2015 ITALY

