

KMAF NEWSLETTER

Since the publication of our last newsletter, our Judoka were, once again, quite active. Grandmaster Kim's schools in Cranberry and Brentwood sent fourteen competitors to the 2005 US Judo Association Junior National Championships in Toledo, Ohio on July 1-2. Also, on June 22-25, our Steve Brice competed in the World Master's Judo Championships held in Missauga, Canada.

In addition to our usual news concerning tournaments, promotions and training advice, this issue of Kim's Martial Arts & Fitness newsletter contains a number of articles that will, hopefully, be of interest to everyone, but particularly so to Taekwondo practitioners. Zachary Dunois, at the moment our most active Taekwondo tournament competitor, contributed an article in which he describes his experience in Taekwondo. Ms. Bev Barncord has summarized the current circumstances surrounding and challenges confronting the Pennsylvania State Taekwondo organization, followed by a short article concerning recent events in the World Taekwondo Federation and a clarification of the rules governing Olympic style sparring. Ms. Debbie Yenser continues with a look at the modern history of Taekwondo, from the end of the Japanese occupation of Korea until the present.

This month's Training & Conditioning column offers a basic strength training routine that can be utilized by practitioners of both Judo and Taekwondo. Also, Mr. Berry has provided a timely overview of precautions one must take when training in hot weather.

Again, if you wish to submit an article, provide tournament information or contribute to Kim's Martial Arts & Fitness newsletter in any way, please contact me or Tim Moore, Alison Stevens or Conor Driscoll, either in person or via email.

Mr. Moore

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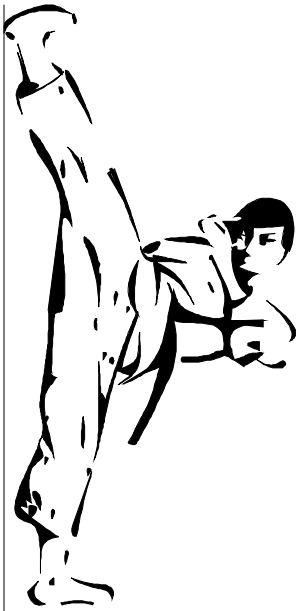


**BUILDING CHAMPIONS
IN LIFE**
for over 35 years

ZACH AND TAEKWONDO

Hello, my name is Zachary Dunois and I am 8 years old. I have been taking T.K.D at Kim's Martial Arts for 3 1/2 years. I recently just promoted to my First Gup. All the instructors at the school are very helpful. My favorite thing to do is my Poomse. I like to get to class 1/2 hour early to practice. I have gone to several outside tournaments. I try to go to every tournament at Mr. Kim's for competition. I also started taking Judo. It has been only a couple of weeks but I also enjoy it. If you show the blackbelts you are willing to learn they will help you with anything. It makes me feel really good when someone tells me I did a good job.

Zachary Dunois



Taekwondo Commands

Attention

Charyat

Bow

Kyungae

Ready

Joonbi

Return to ready

Baro

At ease

Shiuh

Begin

Shijak

End

Goomahn

TOURNAMENT RESULTS

2005 US Judo Association Junior National Judo
Championship, held in Toledo, Ohio, July 1-2, 2005.

- 1 KEVIN HOLMAN, MALE BANTAM 1 -25K
- 3 TANNER KIM, MALE BANTAM 3 -35K
- 3 GRANT COLTON; MALE JUVENILE A +64K

PENNSYLVANIA STATE TAEKWONDO ASSOCIATION

Ms. Barncourd attended the most recent Pennsylvania State Taekwondo Association meeting. The following report comprises the findings of that meeting.

The recent state meeting was held to establish any interest in keeping the organization alive; there seems to be enough interest.

The USA-Taekwondo (USA-TKD) organization is going to recognize the State organizations that they nearly destroyed this year. Master Smith (Bensalem TKD) was going to fly to Junior Olympics to register the State since we still have the necessary paper work in order. The State organizations will have a seat on the board of governance. But basically the state organization will be a separate organization not "really" associated with USA-TKD.

The name of the state organization will have to change at the end of the year because our 501-nfp paperwork needs to be re-filed. And, due to accounting irregularities from a previous state board, there are problems that a name change would resolve.

Officers for the new state organization will be dictated by which organization(s) we join (for instance: USA-TKD, AAU, or ITF). The current feeling is that we would like to split the state into eastern and western sections. So the officers would be comprised of one president, 2-3 vice presidents (perhaps east, west, and middle), and maybe two tournament chairs.

The idea of regional state competitions was brought up. This was a popular idea. But for this to work east and west competitors must travel. If Bensalem, Harrisburg, and Stroudsburg send 40 competitors east, we must reciprocate by sending competitors west. There still would be a state championship, hopefully held in the middle of the state.

What Master Smith would like to see is whether Pennsylvania's organization can become strong enough to be the regional center. It was concluded that it is possible, but more schools must be included to present a unified voice to promote the sport, art, and the organization.

Finally, there will be no fee for joining, but a little elbow grease and help would be appreciated.

Ms. Barncourd says: "I am seriously considering running for an office. I do not know which one yet (depends on the final break down). When I talk to Forest Rudnick, I asked if it would be possible to run since I am from the Left side of the state and making a meeting 7 hours away with kids, job, school and a house would make it hard. He stated that maybe the meetings could be run by teleconferencing."

WTF RULE CLARIFICATION

At the General Assembly held in conjunction with the 17th. World Championships in Madrid, Spain this past April, The World Taekwondo Federaton (WTF) elected a new president to a four-year term, Mr.Chungwon Choue. The General Assembly also elected three vice presidents: Dr. Nat Indrapana of Thailand, Soo Nam Park of great Britain, and Kamaladdin of Azervbaijan (Taekwondo Times , July 2005, p.14).

In the July issue of *Taekwondo Times*, it was erroneously reported that punching to the head is now legal in Olympic-style sparring competition (p.48, Editors Note to, Saving Olympic Taekwondo). The note alludes to a WTF Executive Council Meeting in Lausanne, Switzerland of March 10, 2005, during which a number of recommendations to the sparring competition format were in fact approved-reduction of the competition ring to 10 X 10 meters; the addition of one judge to four, one for each corner; a reduction of the duration of each round from three minutes to two and the introduction of a "sudden death" round to determine the outcome of a match when the score is tied. Also, the Executive Council members, "endorsed in principle the awarding of points by fist techniques, making it compulsory for athletes to wear gloves as an added safety measure" (WTF News Release, March 10, 2005). The later resolution is in all likelihood the source of the confusion. A check of the WTF Competition Rules, readily available on the WTF web page, www.wtf.org (a complete set of the current competition rules can easily be downloaded; an excellent reference and review), confirms in Article 11, 1.), that fist attacks are limited to, "Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attack shall not be made on the part of the back not covered by the trunk protector." In short, fist techniques delivered to the *hogu* are legal; attacks to the face are not.

MODERN TAEKWONDO HISTORY

The Modern History of Taekwondo:

After the liberation of Korea from the Japanese after World War II, the Korean people began to reestablish the popularity of their martial arts. In 1952, a Korean martial arts demonstration was performed before Syngman Rhee, the President of the first Republic of Korea. This helped to clearly separate Taekwondo from Japanese karate. Taekwondo was nominated as the Korean national martial art in 1971, with the Kukkiwon being founded thereafter as the headquarters. May of 1973 marked the establishment of the World Taekwondo Federation by Young-wun Kim. The first Taekwondo world championships were held in Seoul, Korea, in conjunction with the formation of the WTF. The WTF is the governing body officially recognized by the Korean government

At the same time, General Hong Hi Choi, who was a second lieutenant in the Korean army, formed the International Taekwondo Federation in March of 1966. He established its headquarters in Montreal, Canada.

In 1975, Taekwondo was accepted in the United States as an official sport by the U.S. Amateur Athletic Union (AAU), which holds its own regional and national tournaments each year. The newly established United States Taekwondo Association is the current governing body of Taekwondo in the U.S., which is affiliated with the WTF.

Taekwondo debuted as a demonstration sport at the 1988 Seoul Olympic Games and again four years later in Barcelona. Finally, in 2000, Taekwondo became recognized as a full-medal Olympic sport in the Sydney Games. The United States took four people to compete at the games, Steven Lopez, Kay Poe, Juan Moreno and Barbara Kunkel. Steven Lopez, from Sugarland Texas-Elite Taekwondo, won the gold, and become the first American to win an official Olympic Taekwondo medal. Returning to the Olympic Games in Athens, Steven Lopez, along with Nia Abdallah, again made the United States proud: Lopez won gold and Abdallah won silver.

WTF Black Belt Forms

Koryo

Korea

Keumgang

Diamond

Taebaek

Mountain

Pyongwon

Plain

Sipjin

Decimal

Jitae

Earth

Cheonkwon

Sky

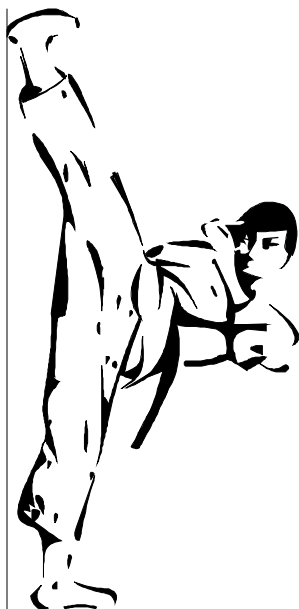
Hansoo

Water

Ilyo

Oneness





“We must learn our whole life. Learn from everyone, no matter what their rank.”

Grandmaster Kyu Ha Kim

TRAINING & CONDITIONING III

In the last two issues of Kim’s Martial Arts and Fitness Newsletter, we discussed the concepts of preparation for competition, periodization, specificity, strength training and strength training organization. In the most recent issue, we concluded the Training and Conditioning column by promising to provide a basic strength training routine for martial artists. That day has finally arrived! Before we proceed, however, some additional comments are in order. First, the routine provided is one that can be used advantageously by nearly everyone, which, necessarily, means it will not be the ideal routine for anyone! Each individual must, after a period of basic strength training, determine what works best for them and make adjustments to their training regimen accordingly. Again, Mr. Berry and I are always available to help. Also, please recall that total training loads should be increased cautiously to avoid overtraining and the risk of injury. Finally, serious strength training is a bit like *shime waza* in Judo or head kicks in Taekwondo; it is the exclusive province of adults. A strength training routine for children will be presented in a future issue of Kim’s Martial Arts and Fitness Newsletter.

The routine described below is to be performed on two nonconsecutive days each week, preferably on days when you are not engaged in martial arts training. For example, routine “A” could be performed on Sunday, routine, “B”, on Wednesday. As mentioned last month, if your schedule is such that you have no alternative to engaging in strength training and martial arts training on the same day, then do martial arts training first, followed later in the day by strength training. The movements comprising the routines are all free weight compound joint movements performed with a barbell, some of which require the use of a squat rack or bench. Descriptions of the execution of each movement are found below: for actual photographs of each movement, as well as a considerable amount of additional exceptionally useful information, go to, www.bodybuilding.com, and click on the exercise data base icon.

| A | | | B | | |
|-----------------------|-------------|-------------|-----------------|-------------|-------------|
| <u>Movement</u> | <u>Sets</u> | <u>Reps</u> | <u>Movement</u> | <u>Sets</u> | <u>Reps</u> |
| Full Squats | 4-6 | 10 | Power Cleans | 4 | 3-5 |
| Overhead Press | 2-4 | 5 | Bench Press | 4 | 5-10 |
| Wide Grip Upright Row | 2-4 | 10 | Bentover Rowing | 4 | 10 |
| Stiff Legged Deadlift | 2-4 | 10 | Chins | 2 | 10 |
| | | | Dips | 2 | 10 |

The routines described above **should not** take forever (hours) to complete. Move quickly from set to set and movement to movement but do not rush: rest enough to resume breathing normally after each set before performing the next set. If finding time to incorporate strength time into one’s training regimen is an issue, as it is for so many of us, the routines can be abbreviated. At a minimum, however, perform the first movement in each routine; squats and power cleans, respectively. If you are new to strength training, start with very light weights and gradually increase the weight lifted over the course of several workouts.

Squats - Squats, or deep knee bends, are widely regarded as the king (OK, queen) of barbell exercises. If you do no other movement in pursuit of increased functional strength: squat! Indeed, although primarily a lower body movement, squats have such a profound effect on the entire body that they are utilized by bodybuilders, olympic weightlifters, powerlifters and athletes of every description to build strength and power. The movement is rather technical and requires the use of a squat or power rack. It is performed as follows:

Position yourself under the barbell, resting the bar on your trapezius. Your feet should be approximately the width of your shoulders apart. Be sure the bar is balanced. Feet, ankles and knees should track the same plane: do not point your toes forward for the sake of pointing your toes forward! Descend into a squat position by bending your knees as though you are sitting back into a chair. Your lower legs should remain fairly vertical. Keep your head in a

neutral position, looking neither up nor down. Descend until your thighs are at or below parallel. Without bouncing, stand up. This constitutes one repetition. Upon completion of the required number of repetitions, return the barbell to the squat rack.

Overhead Presses- This movement develops upper body strength, particularly in the deltoids, trapezius and triceps. It also strongly engages the core muscles. It is performed by first, “cleaning”, the barbell-the explosive movement utilized to bring the barbell to one’s shoulders- then pressing or pushing the bar to arms length. Do not arch your back as you press, rather let your torso come forward under the bar. Do not bend and straighten your legs as you press. Lower the barbell to its original position at your shoulders. Raising and lowering the barbell constitutes one repetition.

Wide Grip Upright Row- The wide grip upright row strongly affects the deltoids, particularly the medial deltoids, trapezius, brachialis, brachioradialis and biceps. Judoka will see and feel its similarity to the pull of *kuzushi*: Taekwondo practitioners will experience stronger *maki* technique as a result of training this movement. Grip a barbell with a grip that is wider than the width of your shoulders. Pull the bar to your chin, keeping the bar close to your torso and elbows pointed up; lower the bar. Again, raising and lowering the barbell equals one repetition.

Stiff Legged Deadlift- This movement is extremely productive for martial artists. It strongly works the hamstrings from insertion to insertion, lower back and grip. It also improves one’s back and hamstring flexibility! The stiff legged deadlift is best performed by standing on a low box or platform. Stand in front of the bar in a narrow stance, grasp the bar outside of your legs with an overhand grip. Lower the bar under control to your insteps; stand up. Keep your knees unlocked throughout the movement. Start with a light barbell and gradually increase resistance over time. Lowering and raising the bar comprises a repetition.

Power Clean- The power clean is an explosive, athletic movement practiced by a broad spectrum of athletes to develop overall body power. It literally works the entire body, in a manner that has direct carryover to martial arts. The power clean is executed by assuming a narrow squat position in front of the barbell, feet under the bar, with the back flat and the spine in as close to a natural arch as possible. Grasp the bar outside of the legs with an overhand slightly wider than shoulder grip. Keep your hips down. Quickly pull the bar up, as high as possible, driving from the squat position until your body is fully extended and your toes are nearly of the floor. Keep the bar as close to your body as possible. Do not rely upon your arms to raise the bar: the arms should remain unflexed until the end of the movement. When the bar has reached its maximum height, quickly drop into a partial squat position and, “catch”, the bar by bringing your elbows underneath the bar and forward. The bar is now resting on your upper chest clavicle area. Stand. Return the bar to the floor. This sequence constitutes one repetition. Power cleans may also be performed from the, “hang”, position just below your knees.

Bench Press- Today, the bench press is among the most widely practiced barbell movement; second only to barbell curls in popularity. Unfortunately, it is far and away the movement that is most often performed incorrectly! The bench press works the chest, pectoralis major; shoulders, anterior deltoids; and triceps. Obviously, in order to bench press, one needs a (sturdy) bench, with a rack. In order to perform the bench press correctly, lie on the bench with your feet flat on the floor, upper back, head and buttocks on the bench. Grip the bar with a slightly wider than shoulder grip, “unrack”, the bar by extending your arms. Pause. Lower the bar slowly and under control to the highest point on your chest, **pause**, drive the bar to arms length, pause. Do not bounce the bar off your chest, nor arch you torso off the bench. One lowering and raising of the bar comprises a repetition.

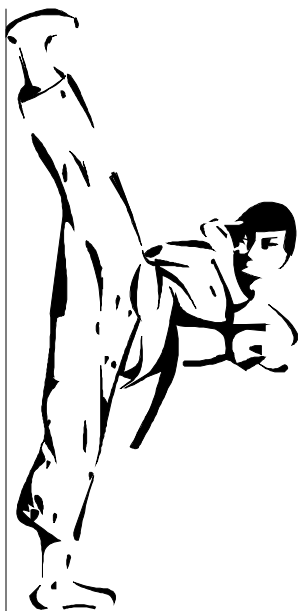
Bentover Rowing- This movement primarily works the latissimus dorsi, the large back muscles which attach near the armpit and waist; spinal retractors, rhomboids, infraspinatus, teres minor and major; spinal erectors; and biceps. It is one of two basic movements utilized to develop the upper back (if you are curious, the other is chin ups). In order to perform bentover rowing, assume a fairly narrow stance in front of the bar, grasp the bar with an overhand grip outside of your legs, shoulder width or wider, bend over from the waist until your torso is nearly horizontal. Keep your knees unlocked. Pull the bar to your torso; then return to the original position. Do not jerk the bar! This constitutes one repetition. Judoka will benefit greatly by pulling the bar to the base of their neck. *Outrageous kuzushi!*

“Our greatest glory is not found in never falling, but in rising every time we fall.”

Confucius

(Thanks to John Schneider for the above.)





Judo Techniques

Nagi Waza

Throwing

Katame Waza

Ground techniques

Atemi Waza

Striking

Kaeshi Waza

Counter throws

Renraku Waza

Combination throws

Chins- We have all done chins (chin ups) at one time another: they are a difficult, but extremely productive movement. Chins are the second movement utilized to develop the upper back and essentially work the same muscle groups as bentover rowing. In order to perform chins correctly, grasp a chinning bar with an overhand grip, hands slightly wider than shoulder width. Pull your torso upwards toward the bar until your chin is above the bar. Relax your arms until you are again hanging from the bar. Do not jerk or swing your knees and hips. Pause momentarily. Once up and down is a single repetition. Initially, only one's bodyweight is used as resistance: additional resistance may be added as you get stronger. Many individuals have difficulty performing chins, in which case lat machine pulldowns, in truth a variation of chins, should be performed until you are able to chin.

Dips- Dips are such a productive upper body movement, that they have been referred to as the upper body squat! High praise indeed! Dips are performed on parallel bars with your palms facing each other. Lower your torso until your upper arms are horizontal; extend your arms until they are straight. Again, once up and down is a repetition. Dips strongly work the chest, pectoralis major; shoulders, anterior deltoids; and, triceps.

In addition to the movements described above, strength training routines for martial artists should include work for the body's core muscle groups, grip training and neck work. The latter two areas are of particular importance for Judoka, although Taekwondo practitioners will also benefit from a strong grip and powerful neck! However, core training, grip and neck work all require their own explanation and we have covered (more) than enough information for one month. Again, if you have questions or particular problems, feel free to contact either me or Mr. Berry by email or in person at Grandmaster Kim's school in Brentwood.

Mr. Moore

SUMMER TRAINING

The summer training season has officially arrived; evidenced by the high heat and humidity we've all experienced recently. Summer is an excellent time to train, but one should observe two simple rules to maximize performance and safety.

Rule #1 Maintain adequate hydration.

In warmer weather, athletes sweat more profusely which can lead to dehydration. Dehydration of 2% of a person's body weight adversely affects exercise performance measurably. An excellent way to prevent dehydration is to consume approximately 16 ounces (500 ml – 600 ml) cold water 15 to 30 minutes prior to an exercise session, and a similar amount each hour while exercising.

Don't wait until you are thirsty to consume fluids, by then dehydration has already started. Left unchecked, dehydration can lead to heat related illness. Cold water (40° F - 50° F) is absorbed more quickly than warm water, and is the preferred deterrent for dehydration. It is always easier to prevent a problem, than to fix it after it occurs.

Decreased performance associated with dehydration is primarily due to water loss, and not electrolyte imbalances. Therefore, sports drinks such as Gatorade or Powerade are not really necessary, though their salty taste may lead an athlete to consume more fluid than they might otherwise.

Rule #2 Watch for signs of heat related illness, such as heat cramps, heat exhaustion or heat stroke.

Heat cramps are the result of dehydration and are caused by a disruption in the balance between water and certain key electrolytes, most notably sodium and potassium. Athletes who are reasonably fit, but “overdo it” in the heat are most likely to experience heat cramps. Heat cramps, while uncomfortable, are rarely serious. First aid consists of ingestion of large quantities of water, mild stretching of the affected muscle, and if discomfort persists, ice massage. If you know from experience that you are prone to heat cramping, a little extra salt or consuming a banana an hour or two prior to your training session are good preventative measures. Again, prevention is much easier than treatment after the fact.

Heat exhaustion is more serious than heat cramps, and is caused by a continued disruption of the fluid balance of the body. Symptoms of heat exhaustion include:

| | |
|---------------|--------------------|
| Heavy | Sweating |
| Dizziness | Paleness |
| Muscle cramps | Nausea or Vomiting |
| Tiredness | Fainting |
| Weakness | Headache |

People in poor physical condition, who have not allowed themselves adequate time to acclimatize to the heat, are more likely to experience heat exhaustion. Therefore, the athlete (or coach/ instructor/ parent) should realistically assess their conditioning prior to training in hot, humid weather. Training intensity and/or duration may need to be temporarily modified to allow time for the athlete to build up tolerance to the environmental conditions. Just as in heat cramps, the immediate first aid for heat exhaustion consists of immediate ingestion of large quantities of water. The athlete should also be removed to a cooler environment. Sometimes re-hydration with intravenous fluids may also be required.

Heat stroke is a **life-threatening emergency** caused by a breakdown in the thermoregulatory mechanisms of the body. It can occur suddenly and without warning, and is often **not** preceded by either heat cramps or heat exhaustion. Signs and symptoms of heat stroke include:

- Body temperature > 103° F orally
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

All first aid efforts need to be aimed at lowering the victim’s body temperature. Strip off all clothing and sponge the athlete with cool water, **do not** immerse them in cold water. **Call 911 immediately.**

Following the above precautions will help to ensure that summer training will be safe and effective.

PROMOTIONS

Special congratulations are in order to the following gentlemen who tested for and passed the requirements for 4th degree black belt, master instructor or Sabomnim, in Taekwondo this past Saturday, July 16th: Charles Schmidt, Rick Place, Roger Gaughan, John Borodysia, Dan Kuehn.

Congratulations! Well done!

Judo Kata

Nage no Kata

Throwing Forms

Katame no Kata

Grappling Forms

Kime no Kata

Forms of Decision

Kodokan Goshin Jutsu

Kodokan Self-defense Forms

Ju no Kata

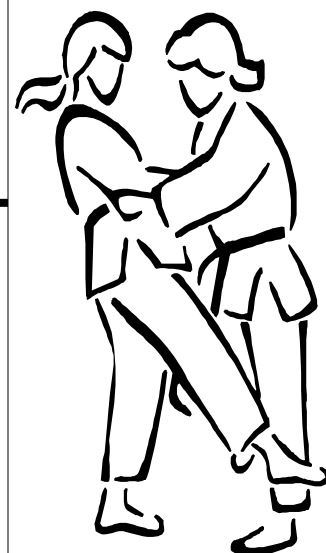
Forms of Gentleness

Itsutsu no kata

The Five Forms

Koshiki no Kata

Ancient Forms





UPCOMING TOURNAMENTS

JUDO

July 31, 2005 Keystone State Summer Games, York, PA

Aug 6-7, Junior U.S. Open Judo Championships, Ft. Lauderdale, Florida

Sept 3-4, Fall Classic and Ladder Tournament. Florida International Univ.

ERRATA

In last month's issue, the author of the Strength and Conditioning Column (me) mistakenly made reference to repetition throwing as *Uchi Nage*. The correct term for repetition throwing is *Nage Komi*. Thank you, Mr. Minster.
