



Combat TKD

Monthly Korean Arts Newsletter

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EDITOR'S WELCOME

Welcome to the tenth **Combat-TKD**.

This month's first piece is Part 9 of the *Discovering Patterns* series. The turns used in the patterns are often overlooked as mere mechanisms for organising the form into a compact whole, allowing the practitioner to perform techniques in all directions before returning to the starting point. A more in-depth analysis shows a powerful method of body weight transference hidden within these apparently innocent movements. This article discusses how the patterns use turns as an integral part of decisive grappling techniques.

The humble front kick seems to have fallen into disfavour in modern Taekwondo. Round kicks and spinning kicks prevail on the tournament mat, while the front kick is often dismissed as basic and unsophisticated even for self-protection purposes. Our second article shows that, on the contrary, the front kick and its variations are the first choice when the need for kicking arises in a self-defence situation.

This month's lifestyle article continues our mini-series on detoxification. The kidneys are essential to the regulation of toxins, water and minerals in the body. They may also inadvertently suffer considerable abuse even in otherwise healthy individuals. Find out here how to take care of these organs and cleanse them of impurities for optimum results.

Our technique section examines the opening sequences of the second WTF *pumse*, Taeguk I Chang. Once again, we find that familiar techniques gain a whole new perspective when applied in non-conventional ways. In these sequences we study how to destroy an attacker's balance using simple "blocks".

The Editor

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