



Combat TKD

Monthly Korean Arts Newsletter

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EDITOR'S WELCOME

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

Our first article is Part 10 of the *Discovering Patterns* series. The katas of Okinawan Karate were a major influence on the patterns of Taekwondo, from the ITF Chang Hon forms, via the Palgwe patterns, up to the later WTF *pumses*. This month we discuss the influence of the Pinan set, five short katas thought to have been composed by the great Okinawan master Itosu in the late 19th Century.

Joint locks are as much a part of Taekwondo as the more conventional kicks and strikes. Our second article examines mechanics and application of the Z-Lock, a technique which appears under many names in many martial arts, and can be found in the Taekwondo patterns.

The lower back is a common area of injury for martial artists and non-practitioners alike. Our third article recommends a series of exercises to maintain this essential zone in optimum condition.

Finally, our technique section studies the second part of the second WTF *pumse*, Taeguk I Chang, in which familiar blocks and strikes are used as effective takedowns.

The Editor

Disclaimer:

The techniques and practices presented in **Combat-TKD** are for informative purposes only. We do not take responsibility for misuse of the self-defence and training knowledge provided. This publication is not intended to substitute training by a qualified instructor, and readers should consult with qualified medical personnel if in doubt.

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