



# Combat TKD

Monthly Korean Arts Newsletter

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## EDITOR'S WELCOME

Welcome to the 12<sup>th</sup> issue of **Combat-TKD**.

The Taekwondo which emerged from the Kwans of Korea in the 1940's and '50's was a very different martial art from what we practice today. Our first article examines some of the characteristics of this prototype version of the art and traces its development into the high-kicking sport style prevalent in modern times.

An often overlooked aspect of training is conditioning. While many styles employ hard, traumatic methods to toughen the body, this may not be appropriate for the modern martial artist who wishes to incorporate self-defence ability into daily life. Our second article considers the advantages and disadvantages of the traditional conditioning methods and proposes a series of measures better suited to our times.

Running can be considered the fundamental fitness activity. However, it is most often associated with long-distance cardiovascular training, something not particularly well adapted to self-defence and martial arts training. Our third article discusses the possibilities that a well-designed running program can offer, and gives practical suggestions of how to put it into practice.

As usual we close the issue with our technique column. As we have seen over the last year, the patterns illustrate simple, direct self-defence sequences for dealing with unarmed attacks. This month we study the closing sequences of the second WTF *pumse*, Taeguk I Chang.

*The Editor*

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