



Combat TKD

Monthly Korean Arts Newsletter

CONTENTS

- Discovering Patterns: History of Patternsp3
- Less Is More: a Minimalist Approach to Self-Defence Trainingp7
- Keep In Shape: 30 Minute Maintenance Programp10
- Technique: Grab Releases in Chon-Ji #2p16

It is our pleasure to welcome you to the first issue of **Combat-TKD**. Thank you for ordering, and thanks to all readers for such an enthusiastic response to the Trial Issue.

The hyungs and pumses are a standard item on the syllabus of most Taekwondo schools, and one that is almost invariably poorly understood. Unfortunately, for most students the value and practical application of the patterns remains unclear even after years of practice. Why are we told that the patterns are the essence of the art and embody traditional self-defence technique, while we are taught to fight in an entirely different way? Why do the forms teach such impractical habits as retracting one hand to the hip when using the other, or blocking twice then turning away, when to do these things would be highly dangerous in a fight? Where do the pumses and hyungs that we practice come from, and why are they put together the way they are? **Discovering Patterns** is a series of articles intended to answer some of these questions. This month's article is an introduction to the whole series. It looks back at the function of patterns in pre-20th Century martial arts and briefly traces the development of the forms that would in time find their way into modern Taekwondo.

Most martial arts systems present a fundamental problem for the average practitioner looking for a workable self-protection method: quantity vs. time. The seemingly vast range of techniques that appear on a given art's syllabus would take a lifetime to train to an acceptable degree of combat readiness, yet very few individuals can afford to dedicate more than a few hours a week to their training. Our second article approaches the question of selective training for increased efficacy.

All too often the pressures of modern life do not allow us to work out as much as we would like. Professional and personal obligations, trips, lack of places to train and any number of other reasons can foil our best intentions to supplement our regular *dojang* classes with alternative fitness activities like running, cycling, swimming or weight training. Our third article offers you four half-hour fitness routines which can be performed in your home – or in a hotel room – and do not require any specialist equipment or facilities.

Our monthly Technique section follows on where the free trial issue left off and examines three more sequences from the Chon-Ji pattern. Once more, we find highly practical self-defence applications hidden within the familiar movements.

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