



# Combat TKD

Monthly Korean Arts Newsletter

## CONTENTS

- Interview: Master Dung Le Van, 6<sup>th</sup> Dan .....p2
- The Elbow Pin: the basic joint lock of the martial arts .....p6
- Understand Your Diet & Change Your Life .....p12
- Taeguk Il Chang: frontline defence techniques .....p16

Welcome to the third issue of **Combat-TKD**.

This month we travel to Bristol, England, to interview Master Dung Le Van, 6<sup>th</sup> Dan. Having trained with Master Dung in the 1990's we were delighted to contact him again and to find that his enthusiasm and knowledge are as great as ever. In the space of one short interview he manages to evaluate the state of modern Taekwondo, explain why it was necessary for a Vietnamese immigrant in Europe to learn to fight, and express the opinion that what is lacking in most Taekwondo schools is an adequate development of *chi*. This is a most enlightening interview, and was particularly gratifying experience for us.

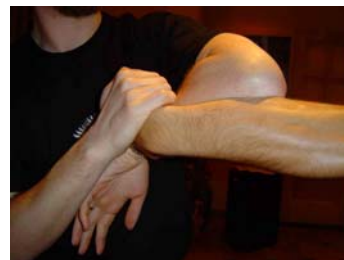
Our second article addresses a topic rarely discussed in Taekwondo classes, but one which is very much a part of the art. Joint locks and other grappling techniques were once an important part of our art, and are a powerful self-defence tool when correctly understood and applied. Here we examine the mechanics and applications of the straight-arm elbow pin, illustrating it with examples taken directly from the patterns.

Diet is an often overlooked aspect of the global regime of a martial artist. Eating well increases life expectancy, health and performance in many fields. This month's "lifestyle" article gives a brief explanation of the principles of healthy eating, showing that anyone can make a change for the better by observing a few simple rules.

Our technique column takes a look at the first WTF pattern, Taeguk Il Chang. Often dismissed as a simple pattern used to teach basic techniques, closer examination reveals a powerful form which instructs the practitioner on how to deal with a strongly advancing attacker. In this month's issue we take a look at how the first three sequences of the pattern offer various ways to neutralize such an onrush.

We sincerely hope that you enjoy this issue, and that it will prove useful to you on your own journey in Taekwondo.

*The Editor*



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