



Combat TKD

Monthly Korean Arts Newsletter

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EDITORIAL

We are pleased to welcome you to issue number 4 of **Combat-TKD**.

This month we open with the third instalment of the *Discovering Patterns* series, in which we look to the patterns themselves for evidence that the founding masters incorporated vital point striking and grappling techniques within the *pumses* and *hyungs*. All too often the patterns are dismissed as antiquated and impractical. This article goes some way towards demonstrating quite the opposite.

Weight training is a valuable complement to Taekwondo and other martial arts. This month we performed a simple experiment to evaluate the effects of a limited weight training program using only dumbbells. This is an ideal workout schedule for those who wish to increase strength and avoid injury without great financial layout and daily trips to the gym.

Sparring is a familiar topic for most martial artists, but one whose significance is sadly undersold. This month's self-protection article examines how we can incorporate a wider range of sparring into our training in order to break free from simple sport fighting and approach the reality of self-defence training.

Our technique column follows on from last month's study of the opening of *Taeguk Il Chang*, and looks at more ways in which apparently simple techniques can be used to stop an attacker short. This month we use three more familiar sequences to further our own particular mission to show that the basic interpretations that we have always been taught are not necessarily what the composers of the forms intended.

As always, keep your comments coming. We are nothing without you.

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.