



Combat TKD

Monthly Korean Arts Newsletter

CONTENTS

- Discovering Patterns: Introduction to practical pattern interpretationp2
- Why Bruce Lee was wrong about the traditional martial artsp6
- Kimchi, Korea's miracle foodp8
- Taeguk II Chang: frontline defence techniques #3p11

Welcome to the 5th issue of **Combat-TKD**. With summer upon us and the thermometer at the 35°C mark, we once again turn our attention to matters of self-protection and self-improvement through Taekwondo and all things Korean.

This month's first article is Part 4 of our *Discovering Patterns* series. Have you ever wondered what the patterns are really for? Have you ever struggled to find realistic, practical applications for yourself, beyond the typical, simplistic kick-block-punch interpretations? This article provides 10 keys to unlocking the principles and techniques hidden in the patterns, opening up a new world of vital point striking and grappling, ready made for self-defence in the street.

Bruce Lee was considered a genius of the martial arts, the man responsible for modernising the fighting arts and opening them up to the western public. It is well known that he had rather a low opinion of the traditional or classical arts in general – and Taekwondo is one of those traditional arts. This month's second article suggests that, while Lee was undoubtedly a phenomenal martial artist and a visionary, his opinion of the classical arts was nothing if not misinformed.

Our third article takes a look at Korea's remarkable kimchi. Appreciated by connoisseurs of Korean food for its singular flavour, kimchi also possesses remarkable tonic, preventative and curative properties. Here we discuss its medicinal value and give suggestions on how it can be prepared at home.

Finally, our technique column focuses on the last four sequences of *Taeguk II Chang*. We give full colour, step-by-step instructions on how this apparently simple pattern can be used to subdue a violent attacker in frankly unexpected ways.

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