



Combat TKD

Monthly Korean Arts Newsletter

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EDITOR'S WELCOME

After a restful summer break, we are pleased to present the sixth issue of **Combat-TKD**.

We open with a new chapter in our *Discovering Patterns* series. Last month we discussed the criteria involved in the pragmatic interpretation of the patterns. In this month's instalment we look at four examples of sequences often considered unrealistic or ineffective, and reinterpret them to discover hard-hitting self-defence applications.

Our second article discusses the controversial subject of pre-emptive striking. Must we wait for an aggressor to attack us before responding? Are we justified in striking first if an attack seems imminent. This article explores the signs which will allow us to predict an attack and the strategy and techniques to be used in order to end a confrontation by proactive means.

The martial arts attach great importance to the correct use of breathing. Yoga takes this concept a step further by providing specific exercises designed to purify, energise and relax. Our third article presents five simple breathing exercises which, when practised daily, have highly beneficial effects.

Our technique section takes a look at the first three sequences of the second ITF *hyung*, Dan-Gun. Once again, we find that familiar basic techniques can hide surprising new applications when seen in the context of the patterns.

Enjoy this month's issue, and we look forward to you joining us again next month.

The Editor

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