



Combat TKD

Monthly Korean Arts Newsletter

CONTENTS

- Discovering Patterns: From self-defence to mass recreationp2
- Fighting stances: forward or sideways?p7
- Detoxification #1: Getting rid of parasitesp10
- Technique: Dan-Gun #2 p13

EDITOR'S WELCOME

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

We begin this month's offering with Part 6 of our *Discovering Patterns* series. In this instalment we discuss the reasons why the founding masters chose not to pass on to future generations the knowledge of vital point manipulation and grappling which they built into the patterns.

Our second article approaches the oft-debated subject of fighting stances. Should a fighter assume a sideways stance? A forward facing stance? Here we discuss the function, characteristics and advantages of each.

This month's lifestyle article is the first in a new mini-series on detoxification. An important subject for everybody, martial artists and non-practitioners alike, we look into the rather distasteful matter of deparasitation. Did you know that the average healthy human being is host to large numbers and many species of parasites? Find out how to get rid of them by reading this article.

We close the issue with our usual technique column. Here we examine three sequences from the Dan-Gun *hyung*, discovering some interesting applications based on wrist locks and takedowns.

We sincerely hope you enjoy this month's magazine. Please let us know of your thoughts by mailing us at info@combat-tkd.com.

The Editor

www.combat-tkd.com

Arcadia
Publications
© 2006

Vol. 1 N° 7

