



Combat TKD

Monthly Korean Arts Newsletter

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EDITOR'S WELCOME

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

We begin by considering the question of organisation in the patterns. Taekwondo offers a rich variety of forms, clearly graded in terms of difficulty. However, the forms are also organised according to other more functional criteria. This month's instalment of the **Discovering Patterns** series discusses how we may approach them in order to begin to develop a coherent self-defence syllabus.

The Asian martial arts place heavy emphasis on blocking attacks in order to avoid being hit and launch a counterattack. However, many practitioners consider the traditional blocking methods of Taekwondo and other arts to be slow and impractical. Our second article looks at the reality of blocking, and concludes that all is not what it seems in the traditional arts.

China, Korea and Japan are great consumers of green tea. This drink, now relatively common in the West, is a source of tremendous health benefits. Our lifestyle article examines the curative, tonic and preventative qualities of green tea, and proposes several methods of preparation.

Finally, our Technique section looks at three more sequences from Dan-Gun, the second ITF *hyung*. In this pattern, basic techniques are used to deal with an opponent who closes with us in order to grapple.

Thank you for your continuing support.

The Editor

