



Combat TKD

Monthly Korean Arts Newsletter

CONTENTS

- Discovering Patterns: the military influencep2
- Women's Self-Defence: ten do's and don'tsp5
- Strengthening the Hand & Wrist: the key to effective punchingp10
- Technique: Dan-Gun #4 p13

EDITOR'S WELCOME

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

We open this month with Part 8 of the *Discovering Patterns* series. It is well known that the military played an important part in the development of Taekwondo. However, it remains relatively unclear exactly what its influence was in terms of the technical content of the patterns. This article provides a detailed examination of the criteria which shaped "military-style" Taekwondo, and how they are expressed in the patterns.

The martial arts are often touted as effective self-defence systems which enable the practitioner to overcome a larger, stronger attacker. Self-defence programs for women are often little more than adaptations of the sport martial arts techniques which form the backbone of modern martial arts, and may not be as effective as many practitioners believe. This month's self-protection article gives ten key recommendations for designing a practical self-defence syllabus for women.

The hand and wrist are the weapon used to transfer force into an opponent's body through use of strikes and grips. In punching, especially, a strong hand and wrist are essential for the correct transmission of energy and the avoidance of injury. Our third article discusses the necessity for specific strength training focusing on the hand and wrist, and provides a series of simple exercises.

Finally we analyse the last three sequences of the second ITF *hyung*, Dan-Gun. As always, behind the simple standard interpretations of the patterns, we discover practical self-defence applications based on vital point striking and grappling.

We sincerely hope you enjoy this issue of **Combat-TKD**. As always, your comments and requests are welcome.

The Editor



www.combat-tkd.com

Arcadia Publications
© 2006

Vol. 1 N° 9