

Totally TaekwonDo

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The Global Tae Kwon Do Magazine

July 2020 · Issue 137

**Taekwon-Do A Life
Quest Mission**

Gilbert E. Callender
Memories Of My Life in Taekwon-Do

**Grappling In Taekwondo • Martial Meditation In Challenging Times
Inside The Legacy: A Deeper Look Into Song Moo Kwan's Chung Bong Hyung**

**TOTALLY
TAE KWON DO**
The Global Tae Kwon Do Magazine

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Editorial

Issue 137 • July 2020



Hi everyone,

Most of us are still in lockdown, unable to run our classes indoors or even outside with a normal size group/class. To be honest, it sucks, its getting boring too, well at least for me... I just wanna get back in that dojang and do what I do. I'm sure many of you feel the same!

Anyway, hopefully this issue will cheer you up a bit, as we have some great articles, from 'Grappling In Taekwondo' to the memories of 'Bert Callender', which I am sure many readers unfamiliar with him, will find interesting.

Is Tae Kwon Do your hobby, job, career or is it your 'Life Quest Mission'? Find out what its all about in Master Wong's excellent article.

I guess many have been drilling their patterns/poomsae over and over during lockdown! Well, take a break from them for a few minutes and have a look at some aspects of a hyung you may not know; Chung Bong from the Song Moo kwan.

The mind is very important to look after during these stressful times, some like to keep busy, others worry too much (or it seems from some of the crowds outside - not enough!), either way, a bit of quality meditation can help and we have just the article for you in this issue.

Again, another month passes and even though things seem to change fairly rapidly (in regards to news on whether we can open or not), nothing much seems to be happening and, to be honest, it all still feels the same. But, we will get there eventually, just remember to keep that indomitable spirit up!

Take care & stay safe.

All the best,

Stuart
Editor



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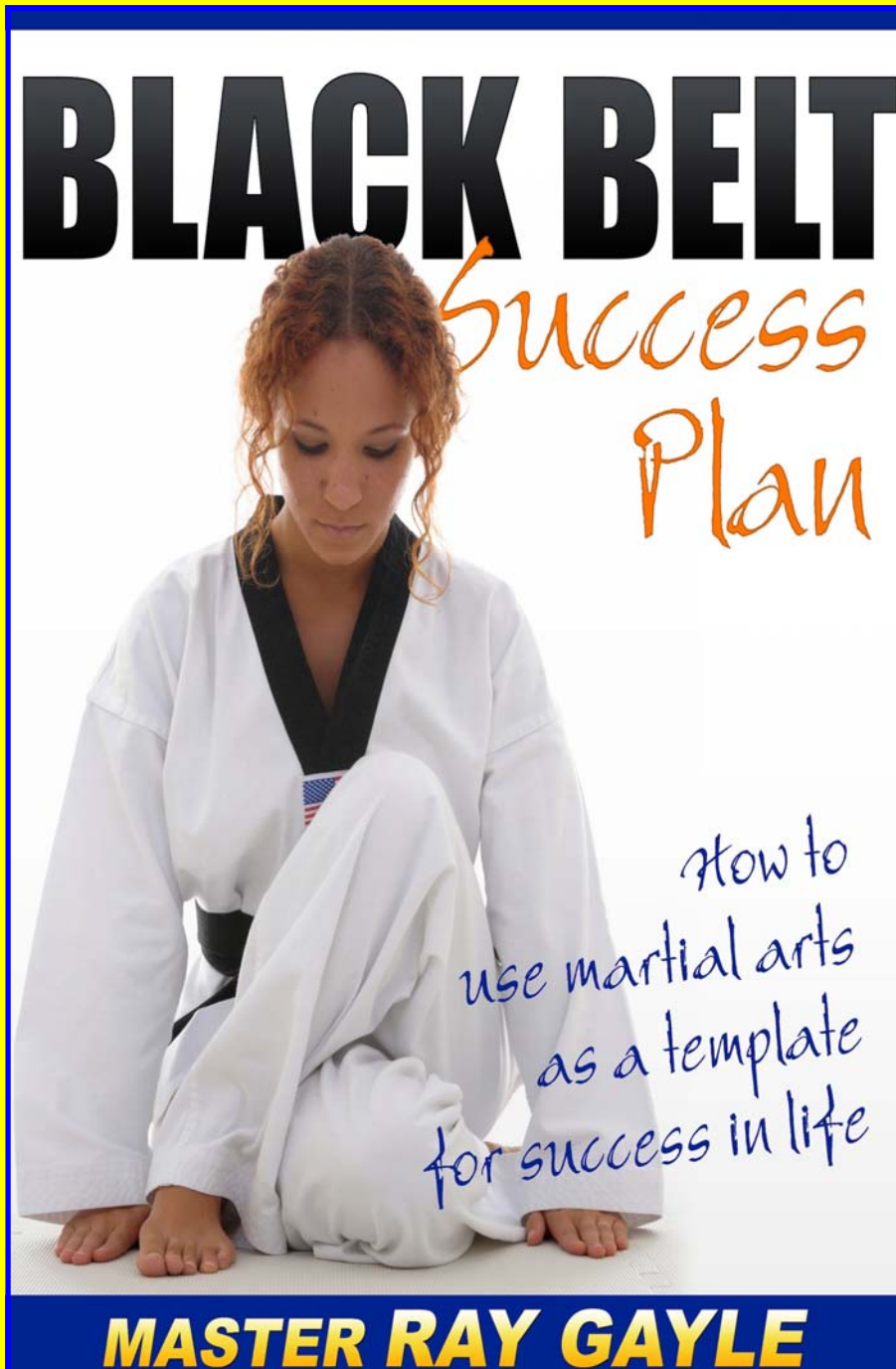
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Contributors: Stuart Anslow (cover), Master Peter Wong, Gilbert Callender, Philip Hawkins, Grandmaster Doug Cook, Master Robert Frankovich, Jeff Rosser, Patrick McWade and Stuart Anslow

Who Will Benefit Most From Black Belt Success Plan?

Black Belt Success Plan is a book that can literally help everyone. However, some people are the best candidates to benefit the most. These people include:

- Those who want to start and run their own business
- *Those who would like better financial rewards for their efforts*
- Anyone who would like to have better relationships
- *Those who believe that someone has to be born into a rich family to have any chance of living in their dream home*
- Anyone who believes that their religion, skin color, gender and present situation will not let them be the person they want to be.



For more information on '**Black Belt Success Plan**' including where to purchase a copy, please contact Master Gayle at; chairman@puma-uk.com

3 FREE Yearly Subscriptions (Worth £60)

For Any Instructor

(Just write an article during the Covid-19 Pandemic)

So, we, Tae Kwon Do instructors are now on lockdown. Many are scrambling to get online streaming, videos and other stuff up and running for their members - but also, how about doing something for the rest of the TKD community?

I know you are thinking very hard about your content to be delivered... at the same time, the same content could be turned into an article for the wider TKD community who is also on lockdown - it will help other students and instructors get through this as well.

Just write an article and take a few photos - then send them to Totally Tae Kwon Do Magazine.

In return, for every (decent length) article, We will give you 3 FREE yearly subscriptions (worth £60), that you can give to any of your students - as prizes or simply for their dedication, efforts etc.

In this time of uncertainty, when we all go into lock-down.... reading cool TKD stuff will be great and what better than to see their instructor in the mag doing their bit as well!

Just send your article and photos (jpegs please) and add the 3 names and email addresses you wish. Who knows.. you may even make the cover!!!

Ps. Due to my other FB issues, sadly the mag page on FB is null and void right now - so contact me directly if need be. So share this far and wide please :)

PPs. Its only fair, that these include our current writers and those who have already submitted stuff for Aprils issue - just send name/emails

PPPs. Doesn't include news or very short articles

Stay Safe Everyone

"Let him who desires peace, prepare for war!"
- Sun Tze

Chapter 2
Before We Begin

Chapter 3
Defences Against Hand Strikes



**"Only a warrior chooses pacifism;
others are condemned to it."**

Chapter 4
Defences Against Kicks

Chapter 5
Defences Against Grabs



**Putting the 'Martial'
Back into the Art of Taekwon-Do**

Chapter 6
Defences Against Chokes & Strangles

Chapter 7
Defences Against 'Other' Attacks

Chapter 8
Advanced Hosinsul



"Fighting is live or die. Sparring is win or lose"
- Luo Dexiu Laoshi

Gilbert E. Callender

Memories of my Life in Taekwon-Do

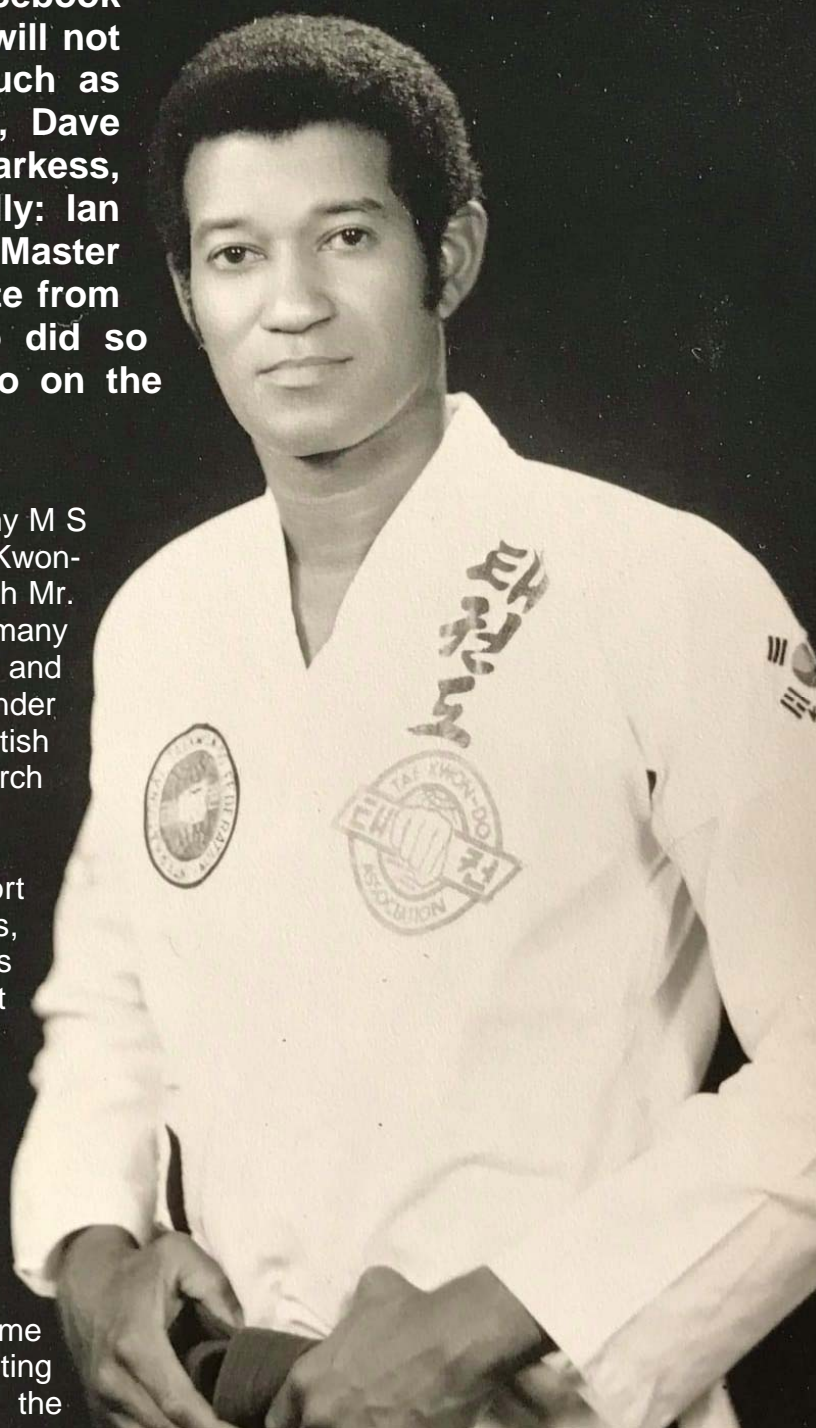
By Philip Hwakins

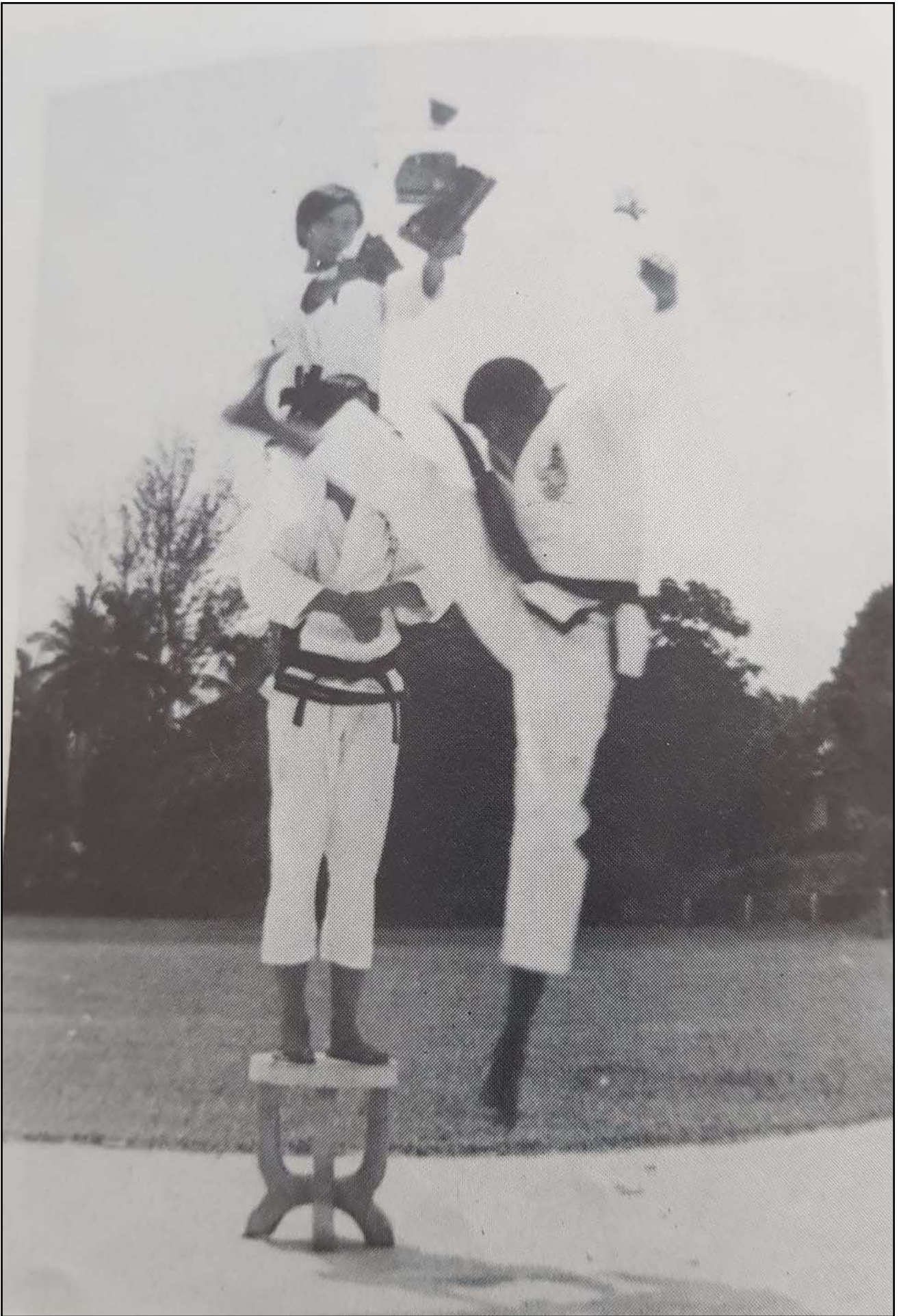
To many of my Facebook friends the above name will not be familiar, to others such as Grandmasters: T K Loh, Dave Oliver, Han Won, Peter Harkess, Gary Miller and especially: Ian Lawes, John Taylor and Master Tony Vella, it will resonate from the past of a man who did so much to put Taekwon-Do on the map in Wales.

If you also have a copy of Jimmy M S Too's book "Techniques of TaeKwon-Do", you will also be familiar with Mr. Gilbert E Callender- known by many as Bert. A polite, respectful and softly spoken man, Bert Callender was born in George Town, British Guyana (Giana) on the 12th March 1939.

As a child he was sport orientated, enjoying athletics, running, long and high jump. As with all young men of that generation he was called up for national service of which he had an option for enlisting as a regular which he accepted. He initially signed up for 12 years in Her Majesty Royal Air Force (RAF).

After consideration and some encouragement from the recruiting officer, Bert decided to make the





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RAF his career- Completing a total of 24 years. His duration of service was from 1960- 1984. Once signed up Bert was sent to Bridgnorth in Shropshire, this is where he entailed the obliquity military training of 8 weeks. All new green recruits had to endure this, it consisted of military drills performed repeatedly around the barrack square.

After this, Bert was sent to RAF Weeton in Lancashire. During his 24 years of service in the RAF he rose to Sergeant whilst working as a senior technician. His next deployment was to RAF Butterworth in Malaysia, this is where he was introduced to the Art of TaeKwon-Do which was to have such a profound effect on his life.

Arriving in Penang, Malaysia (Malaya) in the 60's. Along with others he looked for an interest outside his RAF duties, having made enquires with the local people about martial arts, he was recommended to try TaeKwonDo. This attracted Bert as he was looking to learn self- defense together with an activity that was very disciplined.

Bert had 3 Korean instructors who all impressed him with their physical abilities. However, the one instructor who impressed him the most was Grandmaster C K Choi, who he described as his idol and remembers him clearly as an outstanding and inspirational exponent of TaeKwon-Do.

This made a great and lasting impression on Bert, the lessons at this time were hard full of basic movements. He also at this time had the opportunity to be introduced to Grandmaster and founder of Taekwon-Do, General Choi Hong Hi.

Bert remembers the classes were very hard full of fundamental movements which were practiced constantly until correctly performed, disciplined techniques utilising maximum power and energy, but with total self- control was also greatly emphasised. Classes also contained lots of stretching techniques, together with: three, two and one step sparring and free sparring with controlled techniques and most important of all, conditioning of both hands and feet which was utilised in the destruction





techniques whether using: fore fist, back fist, knife hand or reverse knife hand.

The hands were conditioned to both break materials and inflict damage on an opponent if used in self- defense, equal time was spent conditioning your feet. Bert remarked that he felt he was learning a true martial art. Bert was renowned for his stretching and flexibility which although he had some natural ability he conceded, he worked hard at improving to be able to execute his kicks to the standard expected by the Korean instructors.

Bert remembers Grandmaster C K Choi not only for his sparring and excellent kicking ability either standing or jumping with either leg, but for his all-round ability. At this time, Malaysia had an abundance of Korean pioneers teaching at different times.

Another who impressed him greatly was Grandmaster J C Kim. Eventually, Bert would obtain his first degree from Grandmaster C K Choi after a long and arduous grading.

Whilst in Malaysia, Bert was also able to attend workshop seminars with General Choi Hong Hi, which he describes as a learning experience, he met him on several occasions and referred to General Choi as a legend and described meeting him as a great honour to be able to shake hands and speak with him. It was also at this time that he met Grandmaster Nam Tae Hi.

Before leaving Malaysia Bert was awarded the Queens Commendation for a courageous act of bravery. Of which he was awarded the Oak Leaf medal.

Whilst working in one of the workshops in RAF Butterworth where he oversaw his section, workers from the next unit came running in to say there was a problem with the oxy-acetylene cylinders. Rather than explain to them what they could do, his own training and knowledge was immediately put into action. He raced to the unit and calmly extinguished the fire and made safe of all combustible bottles, which therefore saved lives and buildings. For this, his commanding officer put him forward for the award which he was later awarded.

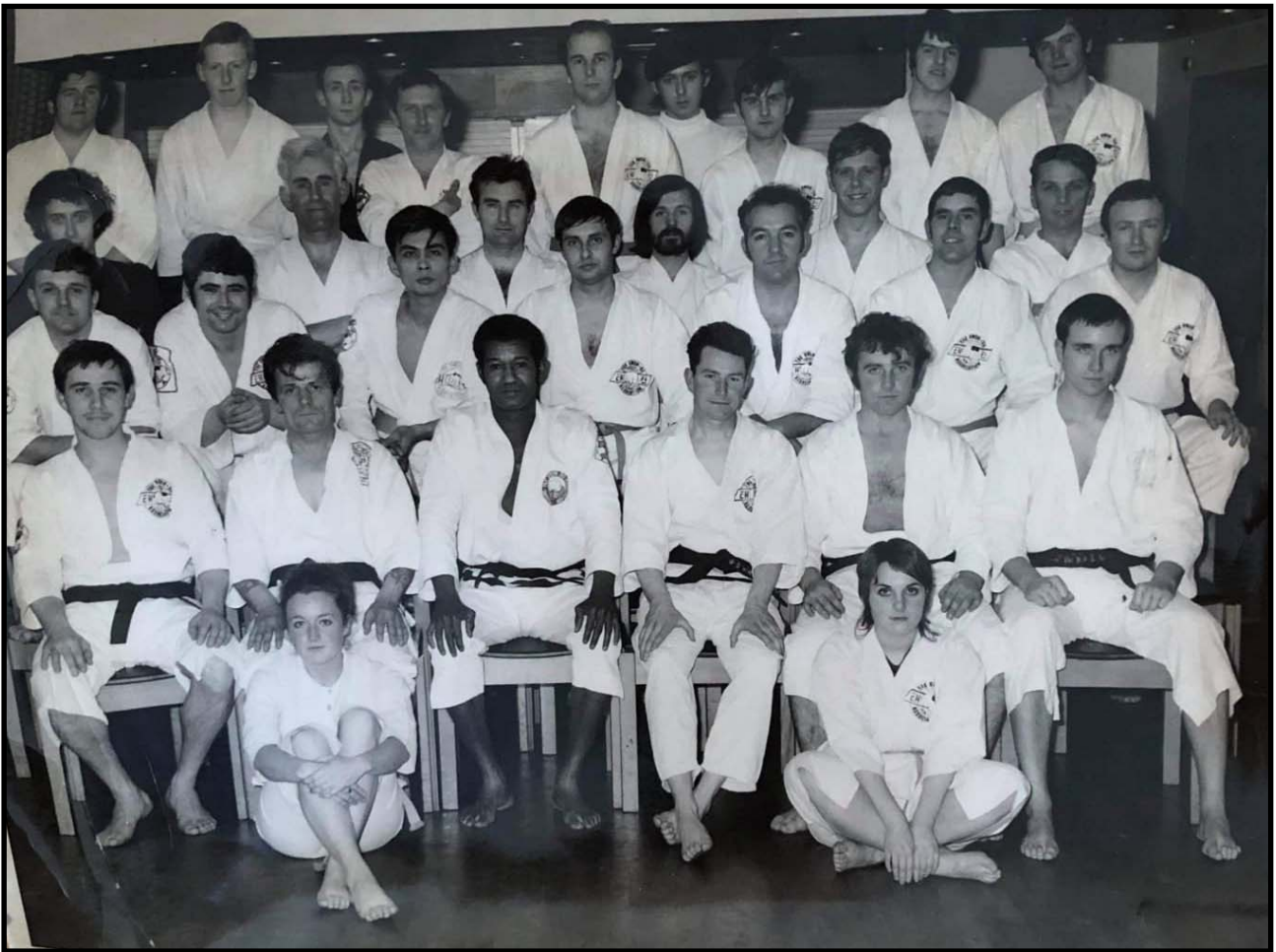
His next deployment was to RAF Saint Athan Wales. This is where he taught TaeKwon-Do, both on the RAF base and he also took over a school run by David Creffield in the nearby town of Barry. David Creffield was a second-degree black belt and had trained in RAF Changi in Singapore.

The school was affiliated to the UKTA under Grandmaster Rhee Ki Ha who he had heard of but had never met until arriving in the United Kingdom. Another he holds in high regards and holds a good relationship with.

It was also at this time that Bert was deployed to RAF St Mawgan, Cornwall for a short time. Where he introduced TaeKwon-Do. He remained true to his roots and taught as he had been taught in Maylasia, he did however, emphasis flying and jumping kicks together with lots of conditioning.



Bert Callender with GM Rhee Ki Ha



Wales group

At his own house in Malaysia, Bert had cemented a forging post into his garden so he could continue to practice his conditioning, as breaking formed and integral part of the many demonstrations performed at this time to promote TaeKwon-Do in Wales.

Some of his first students at this time in Wales were Grandmaster Raymond Choy, senior instructor Colin Lawes, Grandmaster Ian Lawes and Grandmaster Michael Prewitt.

He also remembers Arthur DaSilva, Roy Marsden and another who was a good friend, Grandmaster Edwin Hopwood, with whom he would travel to the first ITF world championships in Montreal, Canada in 1974. He also attended the second ITF world championship in Oklahoma, USA in 1978.

Eventually, it was possible to open a

TaeKwon-Do school in Cardiff, Fairwater at Bishop Hannon High School.

He also returned to Asia this time at RAF Changi in Singapore where he continued to train and teach TaeKwon-Do, this time as assistant instructor to his friend Jimmy M S Too, who asked for Bert's co-operation on a book idea he wished to develop.

They spent many hours at Mr Too's home laying out and developing ideas for the book which they eventually bought to fruition. The book was called "The Techniques of TaeKwon-Do". At this time, Bert was a 3rd degree.

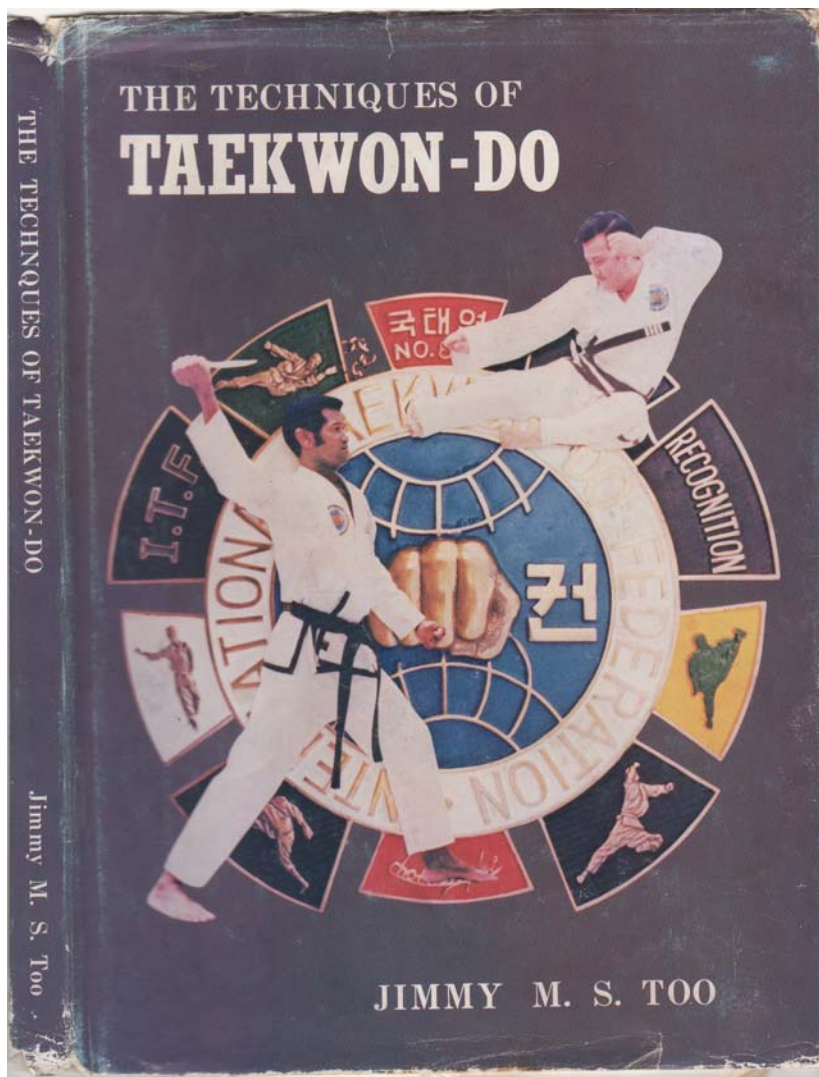
The book was extremely popular as it had everything for any student aspiring to obtain their black belt. It was well laid out with clear photos for each pattern and step sparring and inspirational photos of kicking, stretching and breaking.

Bert is featured extensively throughout the book. The book is now something of a collector's item.

Bert explained that the page "A tribute to the world masters" was to the best of his knowledge put together by Mr. Too as exactly that a tribute to many of the pioneers who he had met and trained with during his TaeKwon-Do career.

It was a pleasure to speak to Mr. Callender who continually praised the benefit that he had derived from his time teaching and training in TaeKwon-Do. The respect that he held for his seniors and the pioneers of the art, who he had the good fortune to train with when many were at their peak of their abilities.

It was also good to hear a man who has a true TaeKwon-Do heart and spirit. The students in Wales also owe a debt of gratitude to Mr. Callender for the standards that he implemented in those early students.



I cannot end this article without mentioning the help of Master Tony Vella. As well as Anthea Firbank, Mr. Callenders daughter who made this interview and article possible. When Mr. Callender mentioned that he no longer had a copy of his book, Master Vella kindly arranged for Mr. Callender to have his personal copy, A kind gesture of respect and friendship. A true master of TaeKwon-Do.



The Encyclopedia of Taekwon-Do Patterns

The Complete Patterns Resource for Chiang Hon, ITF & GTF Students of Taekwon-Do

60 years in the making...

The Encyclopedia Of Taekwon-Do Patterns is a unique series of books that feature the complete works of General Choi, Hong Hi; Creator of the Chiang Hon system of Taekwon-Do and founder of the International Taekwon-Do Federation; as well as the patterns further devised by some of his most talented and legendary pioneers; Grandmaster Park, Jung Tae and Grandmaster Kim, Bok Man.

This 3 volume set is the only series of books in the world to feature all of the 25 patterns created by General Choi and his Taekwon-Do pioneers (including both Juche and Ko-Dang), as well as all 3 Saju exercises, the 6 Global Taekwon-Do Federation patterns developed by Grandmaster Park, Jung Tae and the Silla Knife Pattern instituted by Grandmaster Kim, Bok Man.

Utilizing over 5,800 photographs the student is shown in precise detail, each and every pattern from beginning to end, including useful tips on their performance and things unique to particular organisations (such as Kihap points etc.). Displayed in full step by step photographic detail, which displays not just the final move but the in-between motions as well making each

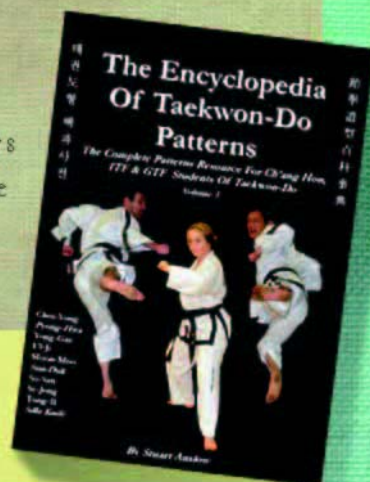
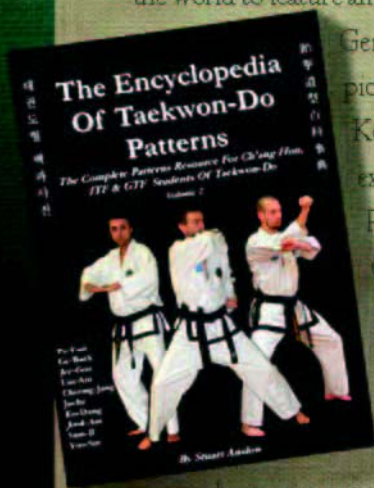
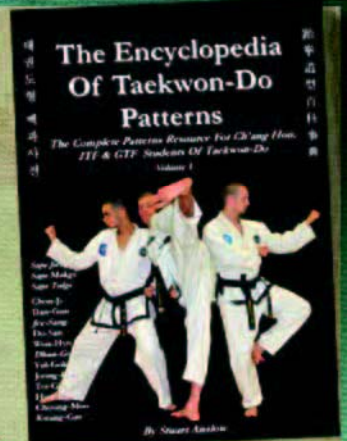
book ideal to learn or revise your patterns, no matter which organisation you belong to.

Volume 1 takes the student of Taekwon-Do on his or her journey from 10th Kup White Belt through to 1st Degree Black Belt and also includes the first of the Black Belt patterns.

Volume 2 takes the student of Taekwon-Do from Po-Eun (1st Dan) to Yoo-Sin (3rd Dan) and includes both Ko-Dang and Juche as well as the Dan grade patterns required by the Global Taekwon-Do Federation (GTF).

Volume 3 takes the senior student of Taekwon-Do from Choi-Yong (3rd Dan) to Tong-Il (6th Dan) and includes both Pyong-Hwa and Sun-Duk (required by the GTF), as well as featuring the first weapon form of Taekwon-Do; The Silla Knife Pattern.

No matter which Taekwon-Do organisation you belong to, the Encyclopedia Of Taekwon-Do Patterns covers all you need to know to take you from White Belt to Taekwon-Do Master.



Available on Amazon Now!

Vol 1 : ISBN 978-1-906628-16-1 | Vol 2 : ISBN 978-1-906628-17-8 | Vol 3 : ISBN 978-1-906628-18-5

Inside The Legacy

A Deeper look into Song Moo Kwan's Chung Bong Hyung

By Master Robert Frankovich

In the 1960's and 1970's, there was great tournament sparring competition around the country that developed from "one technique, one win" to more challenging strategies utilizing a wider variety of techniques and combinations. This greater use of striking and kicking techniques provided the need for defensive strategy changes plus continued training to develop the new combinations.

Back in the mid--1990's, I wrote a couple articles about the Chung Bong Hyungs. These hyungs come from 9th Dan Senior Grandmaster (SrGM) Jun Sun "Jay" Hyon, who taught Song Moo Kwan Taekwondo out of the Karate Center in Minneapolis, MN. SrGM Hyon was also a direct student of Supreme Grandmaster Byung Jick Ro, founder of Song Moo Kwan.

I believe that SrGM Hyon built practical personal protection techniques and combinations plus competition/tournament skills into the Chung Bong hyung. As I have learned more about what to look for within the hyungs, I'm finding many correlations to these segments of the martial arts. I am also a great believer in that students are drawn to an art or teacher due to the concepts and applications that are taught.

When I was a colored belt (gup) rank, the Headmaster of Karate North, Tom Sullivan, stated often that everything you needed to know about sparring/fighting was within the hyungs. It was this thought that made me start looking deeper into the hyungs. Our

regional sparring was heavily influenced by Master Sullivan and his black belts. It provided an excellent learning opportunity to understand application from the hyungs through watching others within the organization put their sparring skills to the test at tournaments.

This leads to one of the most common attacking combinations that has been used from these hyungs. This combination comes from Chung Bong Ee Hyung, the second hyung in the set and used for 8th gup testing. At the one-third mark of the hyung has a back leg Round kick setting forward to a Half-Kimase stance with a Lead hand Backfist (Photos 1.1-1.4 overleaf). The stances within the Chung Bong hyung are long and low as seen in many traditional Karate styles.

This combination is most often done during sparring as a lead leg Round kick, though rear leg Round kicks can be utilized to add power, followed by the lead hand Backfist.

This version can be seen in photos 2.1-2.4 below. The sparring posture allows for





quicker striking and kicking techniques that as prominent in Sport Karate/Point sparring.

This combination is successful for a long time within the colored belt (gup) ranks. Round kicks targeting the midsection with the Backfist targeting the temple can work well against peers. This is another opportunity to build confidence. A common variation chambers the Round kick quickly but doesn't throw it to draw the opponent's hands down, then immediately performing the Backfist.

Once the student gets tired of being hit with this combination, they need only to look to the beginning of the same hyung to find a defensive counter to it. The opening

techniques take the student from a defensive posture (back stance) and using the lead hand to do a "Circle" block. This term is unique to these hyungs. The movement is not that of a standard downward block but more of a sweeping motion used to parry or jam kicking attacks, mainly Round kicks. The techniques are illustrated in photos 3.1-3.3 below.

Unlike newbie sparring, where the student attempts to block EVERY perceived kick by swinging their lead in some kind of low block motion, the Circle block has a very defined endpoint just below belt level. This allows the student to jam or redirect the rising leg movement but prevents an over-exaggerated motion that become an





opening for the opponent.

The other technique in the combination has been labeled “block out”. This uses the back of the wrist and forearm to take the impact of the Backfist that follows the Round kick. The position of this technique will vary according to the style of fighter. The majority will keep the arm slightly extended to allow the technique to morph into a high block if necessary. Others, more in the full contact/MMA areas will pull the lead hand back to their ear to help cover their head more fully. The techniques from a sparring stance are shown as 4.1-4.3 above.

The last set of photos illustrate the application of the Circle block and the “Out” block against the Round kick/Backfist combination (Photos 5.1-5.3). This is just one of many options to use against an opponent. Personally, I like to use the Circle block portion a great deal as a deterrent to throwing kicks at all.



5.3



These are just two examples of the applications created within the Chung Bong hyung. The set is very kick oriented with a wide variety of kicks including jumping kicks. The hand techniques and guarding positions more often fit into sparring applications as well. The set is an outstanding blend of the traditional technique development and a fighting skill foundation. Proof that martial arts are living things that can grow and adapt, for the proper reasons, to remain viable over decades of development.

Down's Syndrome Association

www.downs-syndrome.org.uk



Our aim : Helping people with Down's syndrome to live full and rewarding lives.

Who we are : We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the organisation is run by a total staff of only 38 (many of them part time), and a network of around 100 regional volunteer-led support groups.

Our mission is:

- **To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.**
 - We strive to improve knowledge of the condition
 - We champion the rights of people with Down's syndrome.

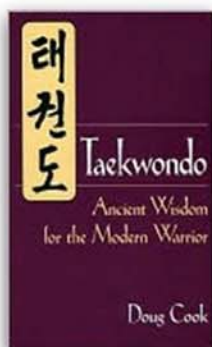
Can you help? As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site



Editorial Contributions to the Art of Taekwondo

By Master Doug Cook

Available online at Amazon, YMAA, Barnes & Noble or booksellers worldwide



Taekwondo

Ancient Wisdom for the Modern Warrior

By Doug Cook

Published by YMAA Publications, Inc.

ISBN-13: 978-1886969933

Learn how principles such as honor, perseverance, and dedication will enhance your daily life, how the philosophical and physical tenets of Taekwondo combine to form not only a way of living, but a solid system of self-defense, and why these concepts are not just quaint ideals, but more important than ever in today's age. Taekwondo's Ancient Wisdom is not only a "must read" for every practitioner of any other martial art, but for everyone who seeks to learn from our collective past to better navigate through today's confusing times.

Traditional Taekwondo

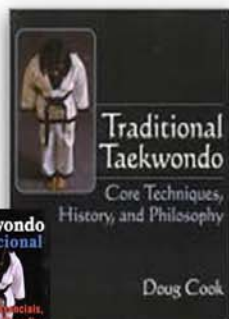
Core Techniques, History and Philosophy

By Doug Cook

Published by YMAA Publications Inc.

ISBN-13: 9781594390661

This comprehensive work describes in detail, the history and evolution of Taekwondo from its ancient roots to modern day applications. Also included are exercises in Ki development or internal energy development, meditation practice and 'core' practical self-defense strategies. This work focuses on the traditional aspects of Taekwondo rather than on its sportive component.



Taekwondo

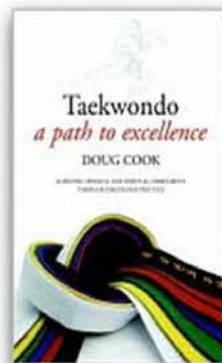
A Path to Excellence

By Doug Cook

Published by YMAA Publications, Inc.

ISBN: 9781594391286

This book is about a journey; a journey whose ultimate destination is the achievement of physical and spiritual enrichment through the disciplined practice of the world's most popular martial art. Continuously emphasized are complex skills and ethical principles wrapped in a rich history that act as a moral compass in pointing the way to self-improvement. Whether you are a practicing martial artist or seeking to decode the foundation of Taekwondo as a springboard to success, this book is one worth exploring.



Taekwondo Black Belt Poomsae

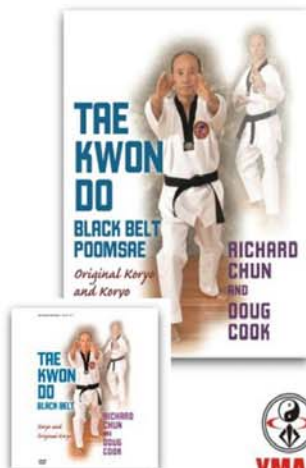
Original Koryo and Koryo (book and DVD)

By Richard Chun and Doug Cook

Published by YMAA Publications, Inc.

ISBN: 9781594392641

Every level 1 black belt student is required to learn Poomsae Koryo. Yet few are familiar with the ancestral form known as the 'Original Koryo'. Prearranged forms known as poomsae in taekwondo, are a primary method of transmitting martial arts skills from teacher to student. As sport preference supplanted fighting preference in taekwondo's reason for existence, the Original Koryo was modified in kind to today's well-known Koryo. Written specifically for level 1 and level 2 black belt students, this book is a scholarly attempt to capture, transmit and preserve as an inheritance, the historical treasures and technical elements inherent in Original Koryo and Koryo, as well as the applications less obvious or even secretly encoded in these forms. In summary, students will find in this book: ·History and philosophy ·Technical elements for learning the basics ·Detailed instruction for learning Koryo ·Detailed instruction for learning Original Koryo Over two hundred photographs, line of motion charts, stepping patterns, and martial applications are provided throughout this in-depth instructional book.



Martial Meditation in Challenging Times

By Grandmaster Doug Cook

When has humanity not endured hardship? Our species seems to have weathered famines, world conflicts, financial and natural disasters, despotic regimes and – yes – plagues of biblical proportions. Since time immemorial, monumental challenges have wreaked havoc resulting in anxiety, uncertainty and despair. Yet, unlike trials of a manmade nature, natural catastrophes are indifferent to the whims of humankind. Try as we might, we cannot negotiate ourselves out of hurricanes or pandemics. Hells that are beyond the purview of reason require different sorts of strategies, unique to the individual, to withstand. One, is meditation.



Chief Monk Jeog Un Sunim

Many forms of Asian disciplines, both religious and secular, teach various forms of meditation; meditation for health, meditation for mindfulness, and meditation to reach elevated states of consciousness in an effort to remedy adversity and fortify

the mind and body.

Yet *martial mediation*, as it applies to traditional taekwondo and other classical martial arts, differs significantly from religious, yogic, transcendental and tantric meditation. Its main focus is really quite simple: first, to quiet the mind in an effort to accept new, fresh information, and secondly, to replace the encumbrance of anticipation with instantaneous response.

Of particular interest now, it acts as a spiritual means to still the mind, purging it of anxieties, worries and despair, then, replacing these malignant demons of self-doubt with a sense of tranquility and security. By making a firm and unbreakable connection to with the Universe through the breath – full body breath as the Taoists say – the meditator is not only becoming invigorated with *Ki* at the cellular level, the vital life force used by martial artists to amplify technique, but is creating a shell of serenity

around them impervious, for a short time, to the fears of the outside world. This peace-of-mind multiplies over time producing an overall sense of well-being.

The mind, like an unbroken stallion, has a proclivity for galloping away when left to its own designs. Thoughts of daily activities -

work, school, health, ego and money, coupled with the twin specters of self-doubt and self-judgement - all have the ability to trample the true sense of perceptual stillness subconsciously thirsted for by all of us in a digital world dominated by social media and the ultimate concern of death. It is said that over 60,000 thoughts invade the mind each day. Where, then, do we go to find respite from this onslaught? One certain oasis is the practice of *martial meditation*.

But, where is this coveted place located and how do we get there?

One approach in our quest for mental stillness, consists of sitting cross-legged in the half or full lotus posture on a meditation cushion, or *zafu*, to promote comfort. The hands are positioned in a gesture known as a *mudra*, which, in *Sanskrit*, can be read as a *seal of authenticity*.

There are a variety of mudras, each symbolizing and meant to amplify a spiritual concept. The *cosmic mudra*, where the back of

one hand is placed in the palm of the dominant hand, thumbs touching, is a simple and effective mudra to begin with. Create a perfect oval rather than permitting the thumbs to create a *peak* or the palms to collapse into a *valley*. Let the hands rest gently in the lap. Close the eyes to shut off any visual distraction, then sit erect with the



Warriors of the past would rely on mediation prior to battle

nose in line with the navel. Lift the chin to allow for a smooth exchange of breath. Using the breath metaphorically to bridle the mind, slowly inhale through the nose visualizing the intake of supreme, unhindered stillness, then exhale through the mouth sensing the release of all negative, frenetic energy. Invariably, as you meditate, stray thoughts will attempt to assault the mind; briefly acknowledge these feelings and permit them to pass through your consciousness, all the while returning to your breathing. Assign a single count to each cycle of inhalation/exhalation. Count to ten only, and then return to one. Eventually, with patience and time, you may be able to abandon your counting altogether and simply focus on the breath considered a silent *mantra*, or *sound tool* in *Sanskrit*. This basic method of meditation should serve the initial purpose of calming

the mind prior to training, replace fear of impending illness with a sense of vitality, and open it to receive new data in a non-judgmental fashion.

Moreover, legend has it that Asian warriors of the past, of whatever pedigree, routinely relied on meditation before battle in an attempt to resolve the vital dichotomy between anticipation and response in addition to summoning up deep courage in the face of adversity; a brand of courage all of us, martial artists and civilians alike, can sorely benefit from today.

Walking the razor's edge between life and death in the service of their king, soldiers would attempt to cultivate *mushin*, or *no-mind*; a unique form consciousness where one becomes immune to the toxic effects of preconception. This acute mental state



Grandmaster Kyu Hyn Lee meditating before poomsae demonstration. Totaly Tae Kwon Do - 23



Calm waters

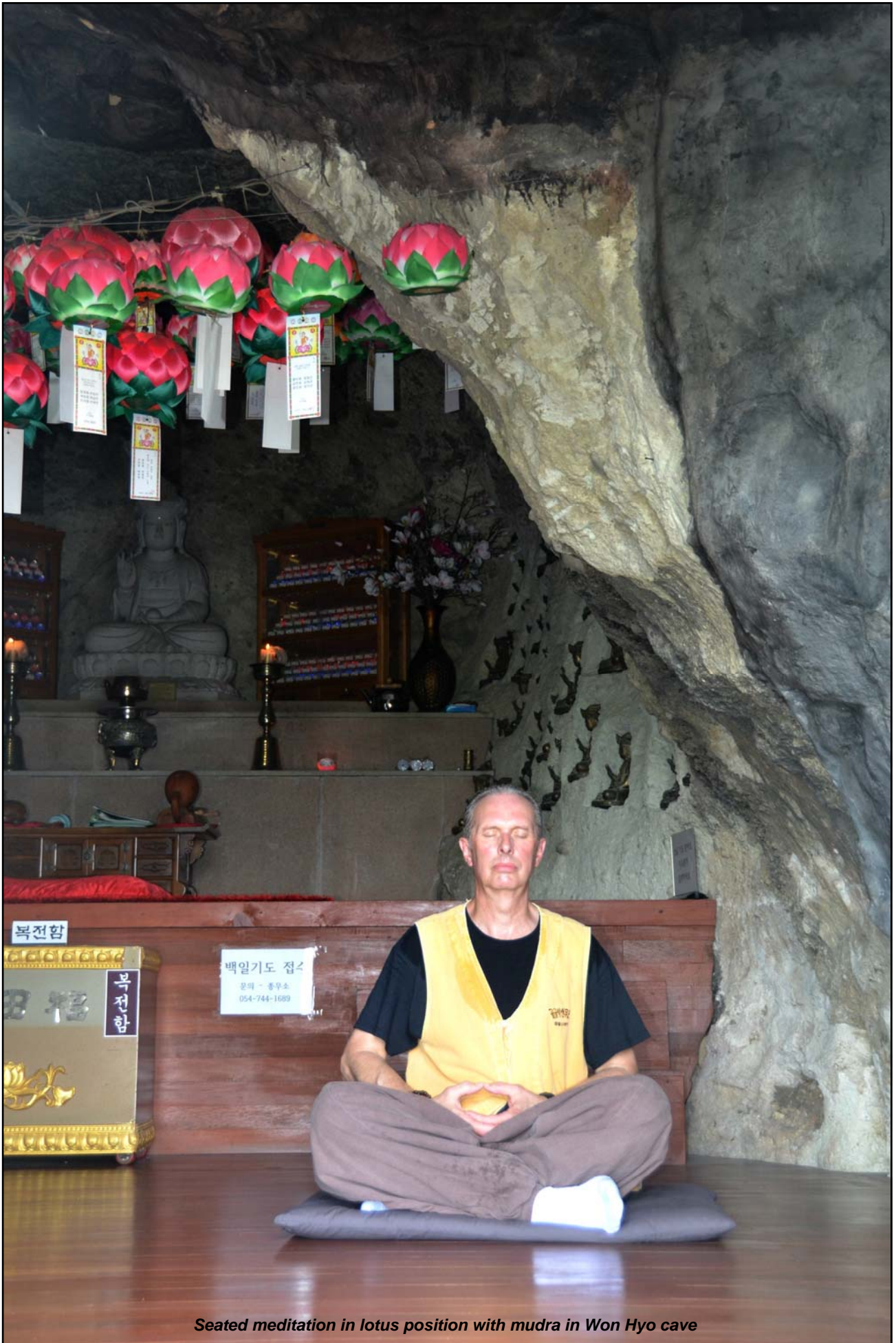
conditions the body to *instantly react* rather than *anticipate*; an essential principle that lies at the core of traditional defensive strategy. Making the false assumption that an adversary will execute a punch when, in truth, his intention is to kick, is likely to result in severe injury to the defender. To appreciate the value of meditation as it applies to this component of self-defense, one needs look no further than the stillness of a placid pool of water reflecting the image of a full moon. Because the surface is unbroken by ripples, the image is pure and undistorted. The mind of the martial artist can be taught to act in a similar manner. Through the sincere and diligent practice of *martial meditation*, the taekwondoist will develop an uncanny ability to react to an unprovoked attack – or a crisis – in a mindful and measured fashion.

Clearly, the practice of *martial meditation* offers great potential benefits for the taekwondoist and should be a daily component of every style's curriculum if time and intent can be allocated for its practice. No more than ten minutes a day is

required to achieve noticeable gains both for students and instructors.

During one of our recent Korea martial pilgrimages, we found ourselves practicing the art of *Sunmudo*, traditional Korean Zen martial arts, at Golgalsa Temple located high in the mist-covered mountains of Kyongju, the ancient capital of the Silla Dynasty. During our visit, we were invited by Chief Monk Jeog Un Sunim, to join him for a special tea ceremony. Following a brief period of meditation in an ornate tea hall, he offered up a surprisingly controversial discussion made all the more poignant by an accurate translation provided by one of our Korean students. In his words:

"It seems that the vast majority of taekwondo and tangsoodo schools in America, and elsewhere, have abandoned the practice of martial meditation altogether. This is a sad thing, indeed. Instead, competition and medals have taken precedence, replacing the spiritual with the material. Martial arts were never



Seated meditation in lotus position with mudra in Won Hyo cave



Martial meditation in the dojang

intended as a means of gaining superiority over another. Rather, in their truest sense, they represent a path to enlightenment; a vehicle for self-enrichment through disciplined training. And, these attributes can only be gained and fortified through the sincere practice of meditation.”

philosophical paradigms, on the other hand, not only encourage meditative skills, but include them as a component of their practice.

Traditional taekwondo, at least in my view, tends to attract thoughtful, introspective individuals, who clearly expect to extract more from the art than a simple, physical workout. In fact, many participants have sampled a variety of spiritual pursuits previously. This fact can be an advantage, but, at the same time, a disadvantage. Certain religions discourage meditation for fear of opening the mind to harmful, demonic influences and so meditation, in general, is shunned. Contrasting

Nevertheless, it should be pointed out to students early on, that *martial mediation* differs significantly from religious, yogic, transcendental and tantric meditation. Its main focus is really quite simple: first, to quite the mind in an effort to accept new, fresh information, and secondly, to replace the encumbrance of anticipation with instantaneous response.



Grandmaster Cook meditating in South Korea

Clearly, the practice of *martial meditation* offers great potential benefits, particularly now when our world is rocked by so much fear and uncertainty. It should be a daily component of every style's curriculum if time and intent can be allocated for its practice. No more than ten minutes a

day is required to achieve noticeable gains both for students and instructors.

Finally, since the scourge of the COVID-19 pandemic arrived, I have engaged in martial mediation on a daily basis in the hope of maintaining a steady mind capable of making measured, often consequential decisions concerning the future of my school. I cannot imagine not having this practice as an ally. It is not impossible to realize an elevated, peaceful state of consciousness...it simply takes work until it doesn't. But we, as martial artists, are equipped with the disciplined tools necessary for the task.

Grandmaster Doug Cook, 7th dan Kukkiwon-certified black belt, is owner of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of the late Grandmaster Richard Chun, president/CEO of the United States Taekwondo Association and an Advisory Council member of the World Martial Arts Alliance. He has authored four best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, *Taekwondo—A Path to Excellence*, and *Taekwondo Black Belt Poomsae: Original Koryo and Koryo*. Grandmaster Cook has been writing monthly for *Totally TaeKwonDo* since 2009, and can be reached for seminars, Korea training tours, workshops or questions regarding USTA membership at www.chosuntkd.com, www.ustaweb.com, on Facebook, or through email at info@chosuntkd.com



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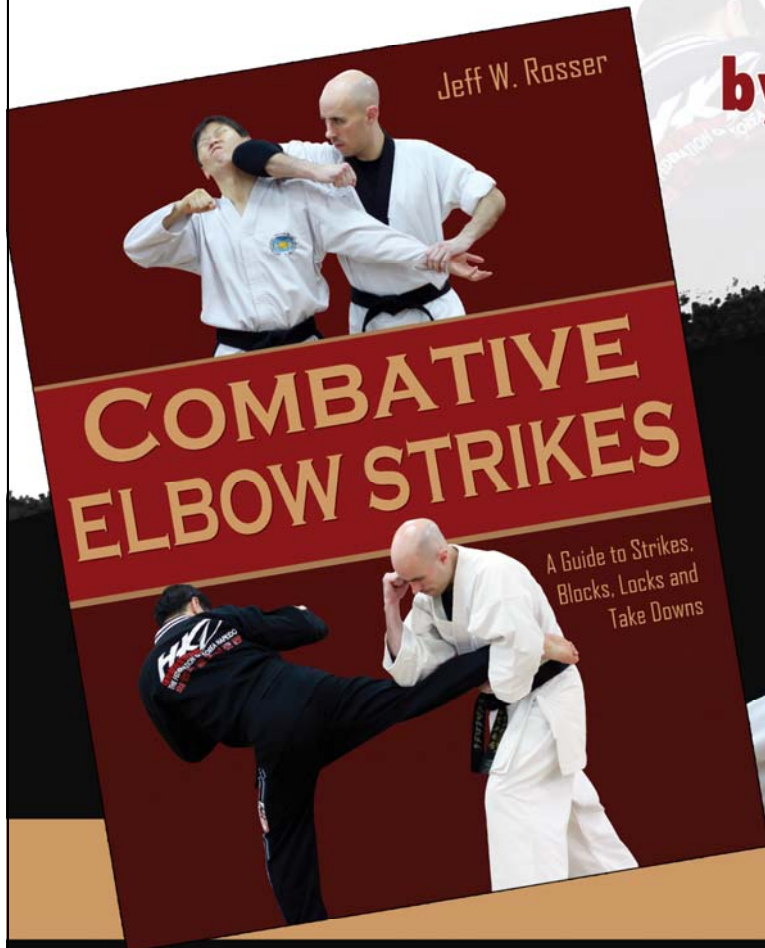
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Grappling in Taekwondo

By Jeff Rosser

I am a firm believer that grappling is an important part of Taekwondo and should be included in every curriculum. This is not to say that it should play as big a role as it does in arts like Hapkido, Judo, or Jujutsu but, it is still a part of Taekwondo.



Shotokan Karate heavily influenced Kukki Taekwondo and Gichin Funakoshi made sure to include grappling in his teachings and writings. Other Okinawan masters gave grappling an even bigger role in the styles they taught. Even the Kukkiwon includes grappling, throws, joint locks, grabs, and releases in the Kukkiwon textbook.

Yet, it seems that many schools do not teach grappling these days at all. Maybe that is because of the popularity of sport Taekwondo, maybe they never learned grappling from their instructor, or maybe it is due to the fact that the Kukkiwon doesn't have a standardized set of grappling drills to practice and test on, aside from the

rarely practiced and mostly impractical step-sparring drills in the Kukkiwon Textbook (yak-sok gyeo-lu-gi).

Having personally tested for Dan ranks at the Kukkiwon twice, I was never required to demonstrate any grappling skills. Therefore, unless a Taekwondo instructor has experience in Hapkido, Judo, or Jujutsu, or was taught grappling skills by their own Taekwondo instructor, most have no real syllabus for grappling to follow or implement even if they would like to.

Now that we have a full understanding of the problem, allow me to offer a few solutions.



If you are looking to add more grappling into your Taekwondo curriculum, there are five areas that I would recommend looking into.

First, there are a number of very talented and experienced Taekwondo writers who focus extensively on grappling in Taekwondo. Many are contributors to this magazine. These writers often give an insight into grappling that is basic, yet effective and heavily rooted in Taekwondo making their approaches easy to implement seamlessly into what you are already teaching.

Second, there are many Karate teachers who write extensively on the topic of grappling. Looking here may seem like you are going outside of your art but keep in mind, much of what we do now comes from Karate in some form anyway. These sources simply may offer a different perspective on grappling that may still fit in nicely with what you already teach.

Third, the Korea Taekwondo Association has put out a few texts in recent years that have touched on the area of grappling.

These books typically offer a very rudimentary approach to grappling but nonetheless, they can be helpful in building a grappling curriculum for your own school.

Fourth, cross-training in an art like Hapkido can help you in teaching grappling to your Taekwondo students. This approach requires a lot more time and effort on your part but can also better prepare you to teach a more advanced approach to grappling. This doesn't mean that you have to teach all the joint locks and throws of Hapkido to your Taekwondo students. Rather, apply the skills and tactics that you learn from Hapkido to the Taekwondo that you are already teaching. You will likely discover that many of the movements that you learn in Hapkido are the same as the ones you use in Taekwondo but the different perspective that Hapkido presents cause you to view these movements in a different light.

Fifth and finally, there is self-study of the poomsae. You have probably heard of dangi-son (pulling hand) but have you ever really focused on it in your classes? The pulling hand is about grabbing and



controlling your opponent, not unlike the way a Judo player would.

If you aren't focusing on the dangi-son in your classes, you might want to start. Likewise, turns, elbow strikes, and anytime hands cross in a poomsae are often places where releases from grabs can be found. Studying these movements in the poomsae you teach can often lead to self-revelations on grappling in Taekwondo.

In any self-defense situation, grappling is likely to occur. If we want to keep students coming to us for self-defense, we have to

make sure that grappling, rooted in Taekwondo techniques and principles, is a part of what we teach.

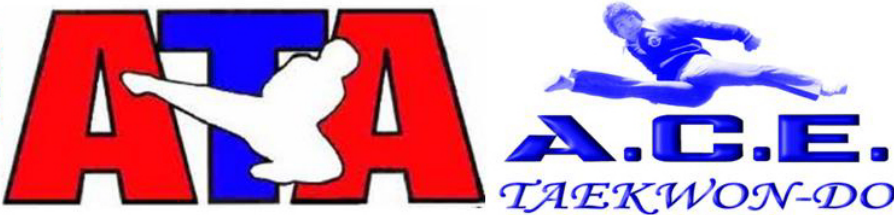
About the author: Master Jeff W. Rosser is the owner of Mudo Korean Martial Arts in North Carolina where he teaches traditional Kukki Taekwondo and KHF Hapkido (Eul Ji Kwan). He is also the author of Combative Elbow Strikes: A Guide to Strikes, Blocks, Locks, and Takedowns. He has 29 years of experience in the martial arts and has also trained in Shorin-Ryu Karate, Shuri-te Jujutsu, and Judo. Email: mudokma@gmail.com, Website: www.MudoKMA.com

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Taekwon-Do a Life Quest Mission

By Master Peter Wong, VIII Dan

“ Studying the martial arts is not something one 'adapts' to his life, but rather one adapts the life to the art. It means changing one's values, attitudes and behaviour. It does not mean taking up a hobby “

- Randy Nelson



In our current world political/social conflict and time of world health pandemic, it's an opportune time to reflect on the future of Humanity together as ONE family that live in Harmony, Peace, Love and Justice. The world more than ever is in turmoil facing on going conflicts in politics and human behaviour threatening our ability to live peacefully together as ONE. My personal and professional life experiences and consciousness have compelled me to want to do something that can have an impact on the improvement of the current situation. I strongly believe that Taekwon-Do training as a martial art can make a difference and influence human behaviour. As Martial Arts Instructors we have a

responsibility and duty to be a Role Model to educate and show our students on the main objectives and importance of Martial Arts Training,

What is the Spirit and Philosophy of Martial Arts Training ? Anyone who is remotely familiar and interested in the discipline of Martial Arts should think of the traditional values of Humanity, Righteousness, Moral Character, Wisdom, Courage, Compassion, Justice, Temperance, Benevolence, etc.....rather than the Physical Power, Ego, Corruption, Commercialism. Etc.....We hear and see advertisements about Mind, Body and Spirit benefits of martial arts training from



organisations and clubs mainly to attract the ignorant public and for commercial reasons. Sadly, many ' martial arts instructors ' are either unqualified or do not understand the true Spirit and Philosophy of martial arts.

According to General Choi Hong Hi, the founder of Taekwon-Do, the number ONE priority and the most important objectives of Taekwon-Do are based on Justice, Humanity and Charity. According to Gichin Funakoshi, the founder of Shotokan karate, those who aspire to train in the Way of Karate must not focus only on the technical aspects; they must also seek to cultivate the spiritual aspects of the WAY, since true Karate-Do trains both mind and body.

One of the major factors and the driving force in the founding of Taekwon-Do by General Choi Hong Hi concerns the importance of the ' DO ' in Moral Culture, Values, Attitudes and Human Behaviour. It was set in the backdrop and painful experience of Degradation, Humiliation and

the State of Moral Degeneration in his homeland that inspired General Choi to take the opportunity to want to contribute towards a better world for future generations and help build a more Peaceful and Friendly World irrespective of race, culture, religion or gender.

The current state of disunity and the fracture of Taekwon-Do into many factions since the passing of General Choi have further downgrade the importance of ' DO '. When he was alive, General Choi had indicated that he has no time to teach the ' DO ' as he was focusing on the Physical Techniques to make sure that they were taught correctly. It's long overdue that the ' DO ' must be taught as a major part of Taekwon-Do training.

After 50 years in the study, practice and promoting Taekwon-Do, I can't help but feel disappointed that very little if any progress is made in the practice, promotion and advancement of the 'DO' and Moral Culture in Taekwon-Do. Undoubtedly,



there are much more advancements and focus on the technical, sports and competition rather than the mental and character development in Taekwon-Do training. Many Instructors, Masters and Grand Masters appears to be aware of the Tenets and Moral Culture in Taekwon-do but neither practice and promote it.

Physical power is temporary while Mental and Spiritual power is permanent.

I would like to share some insights into how we as Instructors and Martial Artists should understand the problems and take up a ' **Life Quest Challenge** ' to find a way to practice and promote the connection between character traits and Taekwon-Do martial art training. Studies in traditional Western philosophies (Homer, Plato, Virgil, etc...) and Eastern philosophies (Confucius, Mencius, Lao Tzu, Sun Tzu,

etc...) together with the Warrior Virtues Of China, Korea and Japan will confirm the reasons why Martial Arts training can influence the positive development of Moral Culture in human behaviour. **Traditionally the Warrior Character traits cover the virtues of Humanity, Righteousness, Propriety, Wisdom, Trust, Humble, Merciful, Never Compromise Principle, Justice, Integrity, Benevolence, Compassion, Courtesy, Temperance, Self Discipline, Sacrifice, Devotion, Loyalty, Love and peace.**

The Key words we often encounter today are opposite to the Martial Arts and Worrier Virtues. **Today we experience more about POWER, GREED, EGOTISM, MORAL CORRUPTION, MATERIALISM, BRIBERY, HIPOCRISY, BULLYING, SELF INTEREST, ABUSE, NARCISSIUM, VIOLENCE, RACISM,**



etc...amongst our politicians, community leaders, general community, instructors and in social media.

The issue of Moral Culture is complex and challenging because we are dealing with Human Behaviour. It's in the ' Too Hard ' basket and can be easily overlooked and ignored, Different from technical perfection, spiritual discipline concerns metaphysics and cannot be touched, see or hear. Modern Psychology research tells us that the 10 most destructive human behaviours are Lying, Cheating, Stealing, Personal Glorification, Stressfulness, Violence, Spiteful, Bullying, Gambling and Gossiping. An unfortunate reflection on our society

today.

My professional experience and studies as a Homoeopath show that there is a strong relationship between a mother's social, mental and physical makeup which influence the conception and development of her child in her womb. We also know that a child's DNA derives from the parents. Hence the saying " Like Father Like Son " is mostly true. Our health and character are strongly linked to our family history. We often hear that the criminals often have a history within the family like a vicious cycle that continues onto future generations if the chain is not broken. We experience and often are influence by our



peers, teachers, fake news, propaganda, teachers and instructors.

However, the good news is that we can return to basic nature as Humanity is basically Good – the beauty of Mankind is that there is a difference between Man and Animal. Most people are a product of ignorance. There is no gene in ignorance and we are not born to be bad. Bad behaviours can be unlearned and changed. There is a definite connection

between physical actions and our brain as Pain Specialist can train us to manage pain through our brain. In a way similar to muscle memory in our repetitive physical training so that it becomes second nature to us. Constant regular practice achieve perfection with Perseverance and Indomitable Spirit.

Our current moral standards, discipline and human conflict/behaviour are concerning, declining fast and will get worst for future



generations unless action is taken to change the situation. It's time for a new direction and focus for Martial Arts. The Charter of Taekwon-Do and Moral Culture is constant reminder that we must as Taekwon-Do Instructors must do better as role models in society and help to make the world a better place.

Since the founding of Taekwon-Do by General Choi Hong Hi on 11 April 1955, in 65 years Taekwon-Do has been recognised as the most popular martial art today with millions of practitioners in every corner of the world. It's a remarkable achievement for a modern martial art. However, it's NOT the best martial art in terms of Moral Culture development. The physical power, fighting abilities, commercialism and sporting power, Taekwon-Do has proven a big success and popular world wide. Unfortunately, not much has been achieved in progressing moral culture in society.

I strongly believe that we have the golden opportunity, responsibility and duty as Model Martial Arts Instructors with a challenging mission to lead and educate our students on the main objectives and importance of Martial Arts Training, a **Life Quest Challenge** to ensure that the Legacy of the Founder of Taekwon-Do General Choi Hong Hi is promoted and taught completely especially his Charter and Moral Culture in Taekwon-Do.



In conclusion, our **Life Quest Challenge** as Taekwon-Do Instructors is to fulfill General Choi's Legacy about the 'DO' which must encompass the following :

- **Follow the Taekwon-Do OATH and practice the TENETS.**
- **Action speaks louder than Words.**
- **Act and Live with a Conscience**
- **Practice the Martial Arts Virtues and promote Moral Culture & Character Development**
- **Have personal Morals, Be Truthful and Honest.**
- **Study and understand Moral Culture and Martial Virtues**
- **Be a Genuine and proper 'qualified' instructor**
- **Be a role model with commitment**
- **Seek Quality NOT Quantity**
- **Follow a Strict criteria/system of promotion for higher ranks especially**

Masters relevant

- **Governing Body officials must be role models**
- **Never compromise principles**



Master Peter Wong VIII Dan
Founder and Chief Instructor
Taekwon-Do Kidokwan WA
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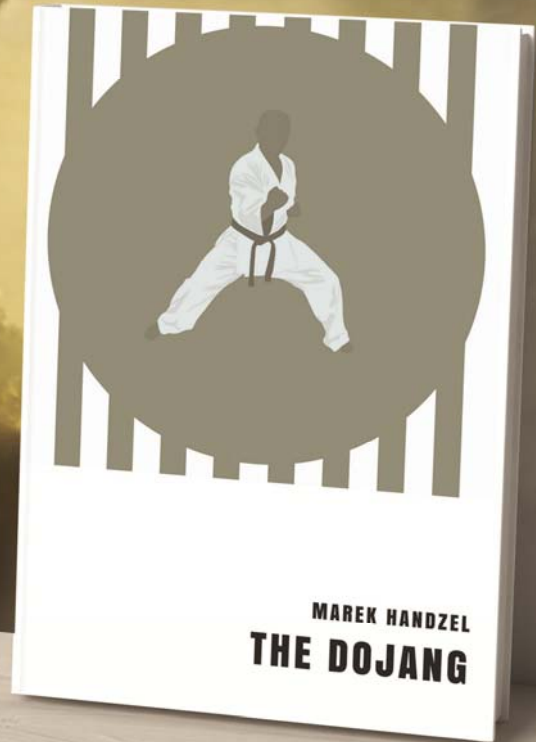
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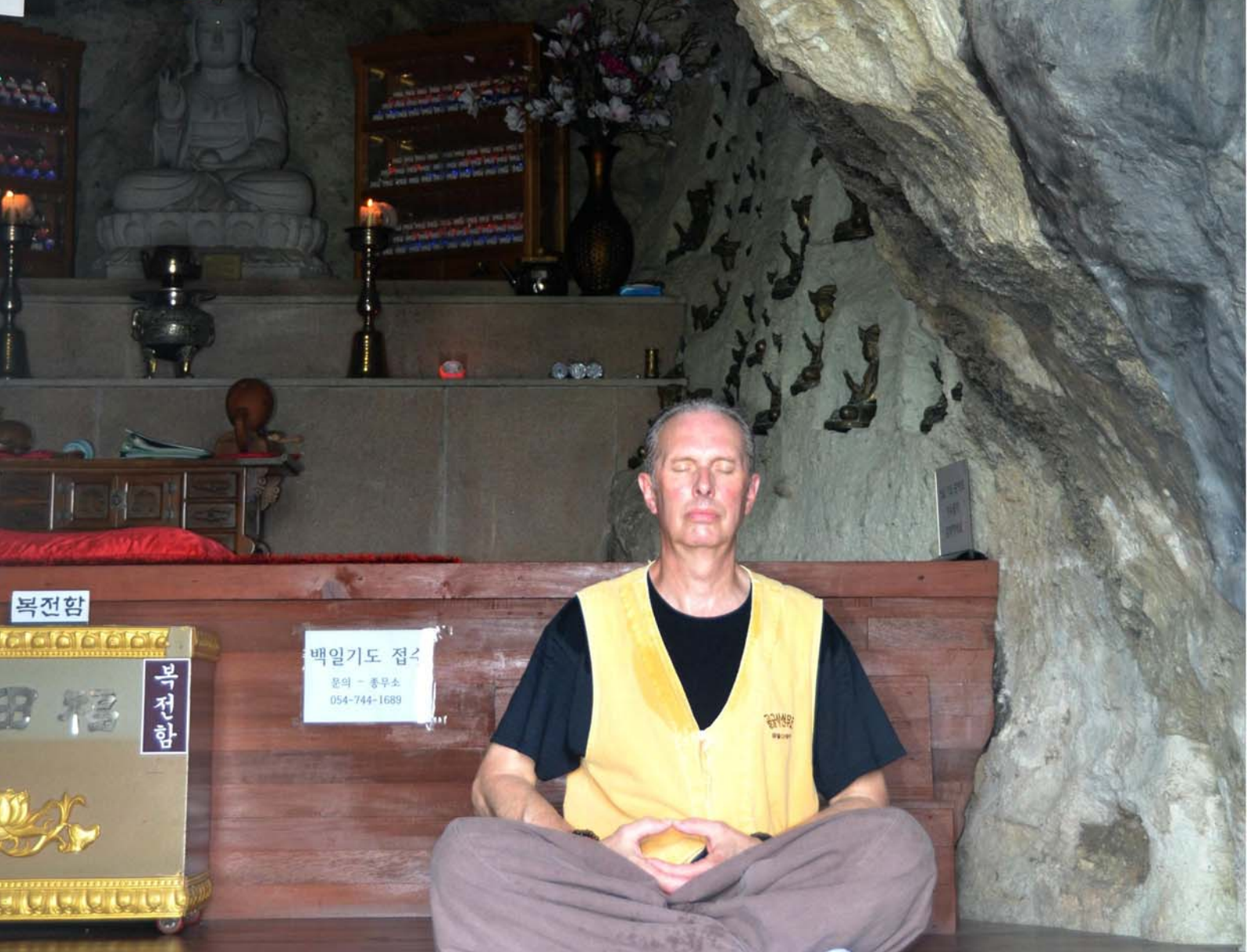
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**"Many a calm river begins as a turbulent waterfall,
yet none hurtles and foams all the way to the sea."**

- Mikhail Lermontov



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