



Practical Tae Kwon Do™

Volume 1, Number 7

In This Issue

- [Are turns really turns?](#)
- [Simple moves for simple men](#)
- [News](#)

Contact Matthew

www.matthewsyvester.com

[Mail Matthew](#)

About Matthew

[Matthew Sylvester is a regular columnist for the following magazines:](#)

[TKD & KMA](#)
[Traditional Karate](#)
[Combat](#)
[Fighters](#)

[He holds black belts in the following arts:](#)

[Ao Denkou Jitsu](#)
[Jung Shin Mudo](#)
[Aikoushin Kubojutsu](#)

[Other Qualifications:](#)
[RBPP – Instructor](#)
[RBPP – UK Advisor](#)
[FAST – Instructor](#)
[Sankyu-Ho – Shunryu Kempo](#)

© [Matthew Sylvester 2007](#)

Welcome to Issue Seven

Thank you to everyone who has been so positive in their support and their suggestions. Special thanks goes to Iain Abernethy for giving me a slot in his newsletter.

This newsletter goes from strength to strength and the number of our members has grown beyond my wildest dreams. Please feel free to send any of the newsletters to people you think would be interested in reading them, and let them know that they can subscribe by emailing newslettersubs@practical-martial-arts.co.uk.

Cheers

Matt

Are turns really turns?

This month I'm not going to look at a technique in order to evaluate it, or put it forward as a possible technique to be used. This month I want to look further at how patterns can be studied and interpreted in new ways, and in ways that don't necessarily follow the set course of the pattern.

Most people look at you strangely when you ask if a turn in a pattern is really a turn. Visually, of course it is. Take the ITF TKD pattern called Dan Gun for example. We shall look at the very opening of the pattern.



As with any pattern, the technique starts in Chunbi



You then turn 90 degrees to the left and go into L-stance, knife hand guarding block.



The next move is then a stepping forward obverse punch.

Judging a book by its cover, this looks very simple. But are you really turning 90 to the left, or is this indicating that you should be 90 to the left of your opponent? The latter makes sense, especially if you consider that by moving to this position you're not only on their outside, you've trapped their left hand and neutralised their right hand (because they can't punch you easily).

If you have a punch bag or (even better) a BOBXL try this from the fence. In this situation, you're initiating the fight, not being passive and letting them attack you. When your right hand is coming back to your hip, go through the motions of 'trapping their arm' and returning it to your hip. It makes much more sense to do this.



As you can see in the sequence above, I'm facing BOB with my fence up.

As I start to move, I chamber the knife hand guarding block the 'karate' or WTF/Kukkiwon way, i.e., my right hand goes out low whilst your left hand is chambered palm up on your right shoulder. As you can see, I make sure that the right hand actually strikes the target around the diaphragm. As I'm doing this, I step my right leg out to the right. You're now 90 degrees to their left (or should be), and their neck is nice and open for the left knife hand to strike into.

This does not actually have to be a knife hand however, as a forearm will suffice just as well and will still reflect the form of the pattern.



As soon as my left hand has struck, I blitz forward with my right leg and hand, striking to the jaw area. You can punch, palm, or elbow depending on the circumstances and the environment. Either way you will get a lot of force behind your strike and you are on your way to leaving the scene.

Simple moves for simple men

Even though I haven't developed this application for my self-defence library, I still developed it to be as simple as possible.

The fence is something that nearly everyone will have come across and is a natural thing to do when trying to placate someone.

From there, all I'm really doing is a push to the opponent's chest whilst I step to the side and do a one-two strike to the side of the opponent's neck and jaw.

Although the technique is derived from a martial art, it's something that you can see happening on the streets, especially in door situations.

Practical Tae Kwon Do™ (PTKD™), Practical Self-Defence™ (PSD™) and Instinctive Tae Kwon Do™ (ITKD™) are all geared towards individuals who want the following;

- 1) To practice a tradition martial art and be able to defend themselves on the street – PTKD™
- 2) To learn techniques and combinations that will allow them to avoid altercations 100% of the time with the added comfort of being able to escape should the avoidance fail – PSD™
- 3) To take the system they have learned from another and make it their system, developing techniques that are pressure tested on all levels to ensure that they work for the individual and ingraining these techniques for the HAOV they are likely to find in their environment – ITKD™



News

Exeter Practical Martial Arts (EPMA) will be officially opening its doors on June 26th.

We're on Facebook so please pop along to here <http://www.facebook.com/pages/Exeter-United-Kingdom/Practical-Martial-Arts/12972088449>.