



Taekwon-Frodo has the POWER!

# Kicks for Kids

By Shirley Pygott, II Dan

It's Kicks for Kids issue #6, and in this issue, with a little help from Taekwon-Frodo, we'll be looking at how to get more POWER. Remember also you can send something in to be published on these pages: KICKS FOR KIDS P.O.Box457 Silverdale Ak 1462, or email us at tkdtk@itfnz.org.nz.

### Another Mystery Kid

The mystery kid last time was of course Mark Trotter. Congratulations to Mark on his Gold Medal in Puerto Rico.



This issue's mystery kid started Taekwon-Do when she was 8 yrs old, and gained her Black belt when she was 13. She won Best Overall Junior Black Belt at the Nationals in 2001, and like Mark she represented New Zealand at the Junior World Champs in Puerto Rico, returning with a bronze individual medal as well as 3 team medals. She comes from Central Districts.

*Who is our Mystery Kid????*

## POWERFUL KIDS



Mrs Rose Cherrington, Instructor of Taekwon-Do Cubs, in Central Districts, sent in this photo of Caleb and Brendon.

"This photograph was taken at the New Plymouth Epson Under 18 Tournmant on November 2nd 2002. Caleb is three years old and Brendon is four. We reckon they are a couple of champs in the making. They may be small in stature but make up for it in heart. Both of these boys are members of Taekwon-Do Cubs in Levin, and they have a bright future with Taekwon-Do. It seems to run in the family for Caleb. He has been training from the age of two, has competed in three tournaments, and has a first, a second, and two third places to his name."

## The Theory of POWER


There are some who would search for a little gold ring to get more power, but the sort of power we want to have in Taekwon-Do can be achieved by studying the Theory of Power, which is one of the Nine Training Secrets. General Choi taught that any student can generate awesome power if they understand how to do it properly. Being fit and strong helps, but there are six other things that can help you improve your power by up to 90%.

*Continued next page...*




Study the theory of power thoroughly.

### So what's the big deal with HAND BREAKS?



Hand destructions are not permitted for juniors (under 14yrs) and in some cases older children.

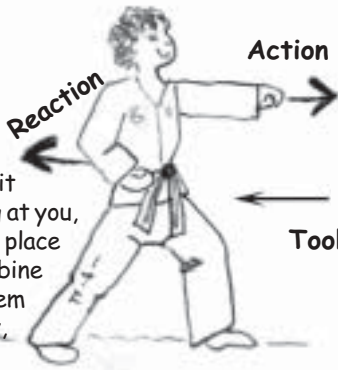
It's not because you are weak, but it is because you haven't finished growing, and some of the bones in your hand remain soft (as cartilage) until you are nearly full grown. The soft, growing bits are on the ends of the bones as well, so if they get damaged, they may grow and harden crooked. This might leave you with nasty Gollum shaped hands. Once the bones in your hands have finished growing and hardening, it is safer to do hand breaks. You may still damage them, but at least they can heal straight (most of the time anyway). Your feet grow the same way, but they get harder earlier because you walk around on them so much.



The dark areas are hard, the light areas are soft. How many bones can you count?

## Reaction Force

There are two sorts of reaction force. The first is to use your opponent's force to make your hit stronger. If someone is charging at you, and you strike a blow in the right place at the right moment, you combine their force with yours to hit them even harder. Pretty cool really, since they do most of the work! The second sort of reaction force is using your own by USING YOUR OFF HAND. The faster you pull back, the harder you hit. Very simple, but very important.



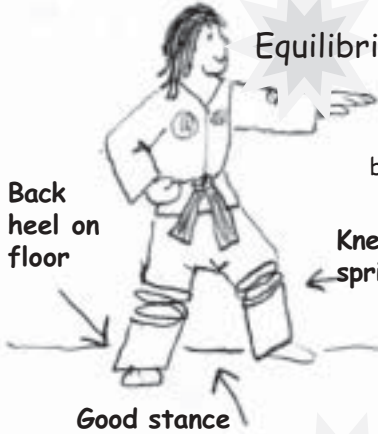
## Mass

It's all in the hips. Your hips are the heaviest part of you (lots of big bones, not just your bottom!). Heavy things make bigger holes, so if you turn your hip in the same direction as the tool, it will help you to hit harder. If you remember your knee spring, this makes the hips to go up, and then down towards the target too.



## Equilibrium

A fancy word for balance. You need to keep your balance while you are moving towards the target (dynamic), and you need to have good balance when you land or stop (static).



## Breath Control

When you breathe out, you focus your tummy muscles (more concentration!), so breathing out at the moment you hit is really important,

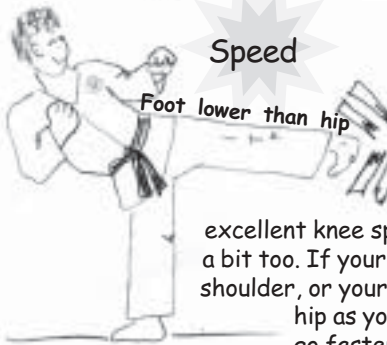
because it helps you to hit harder. Breathe in as you prepare for a technique, and out as you hit, block or strike. Nice and simple!



# THEORY OF POWER

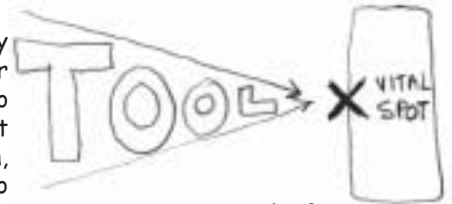
## Speed

The faster you go towards the target, the harder you hit it. And if you drop down as you hit (with your excellent knee spring), gravity helps out a bit too. If your hand is lower than your shoulder, or your foot is lower than your hip as you hit, you will be able to go faster and hit harder.



## Concentration

This is not really talking about using your brain (although if you do Taekwon-Do without your brain switched on, it may not work too well). This is talking about concentrating as much of your power into the smallest area (tool), and aiming it at the correct place (vital spot), as fast as you can. It also means tensing all your muscles (especially the big muscles around your middle and your hips) towards the target in the moment that you hit.



Drop down as you strike

Speed up towards target

Use offhand

Hip turned towards target

Tense big muscles

Good balance

Use opponent's power against him

Breathe out

Foot lower than hip

Smallest tool to vital spot

Oh no!  
Hobbit power!  
This is not good.  
Where's that ring when I need it?



We wantss more power, don'tss we, preciousss...



## \* NEWS FLASH: National Juniors' Camp Coming in November 2003 \*

Mr Gwyn Brown is organising a camp especially for Juniors. It will be in November and will be held in the beautiful Bay of Plenty (deep in the Midlands Region). For more information, check out the advert on page 25.