

TUKIDO SEMINAR

By MIKE ZACCHEO

To the students of the TUKIDO schools in the North East of England, 1987 has begun at full pace!

Pressure for a grading examination to take place on March 12th has meant continuous effort at the schools in Newcastle, Hexham, Wallsend and Washington.

For some of the most senior students the pressure has been specially acute as they will be travelling to Glasgow for their Black Belt Grading on March 15th.

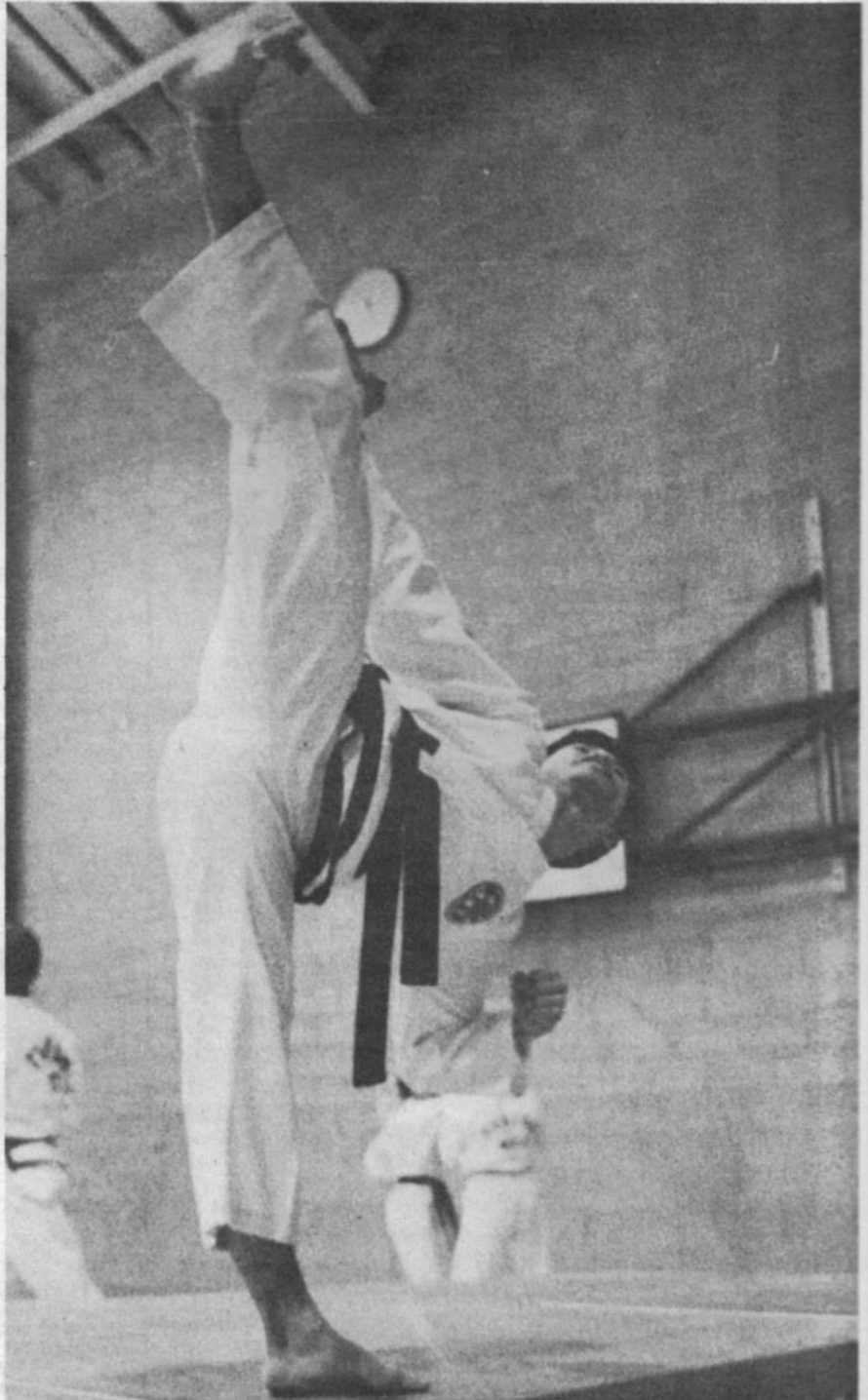
All this means that the first TUKIDO Seminar of the year was met with enthusiastic support by a large number of students, beginners to black belts and instructors from the North East, eager to take advantage of two hours of intensive instruction for the World Grandmaster of TUKIDO, H. A. Teh, D.A.

The Seminar which was held on Friday 20th February at the new sports centre at Hexham, was hosted by Mr. George Howe, 2nd Dan who runs TUKIDO classes at Eldon Square in Newcastle and at Hexham Sports Centre.

The session began with a thorough warm up, and a period stretching, during which Master Teh encouraged the best efforts from the participants, by giving an impressive display of his own stretching ability which we could only hope one day to be able to emulate.

The Grandmaster then took the class through basic movements — blocks, punches, kicks and combinations, explaining at each stage how to maximise effectiveness with the best use of timing and body movement. Master Teh also introduced some techniques which were new to us all, such as jumping spinning front kicks. These are executed as if they were to be jumping reverse turning kicks, but are completed as front kicks instead. The class practised these employing both 180 and 360 degrees of spin. Master Teh was clearly amused to see us all struggling, along with the beginners, to get to grips with what was obviously an unaccustomed movement.

The class was then taken through detailed studies of the patterns, or sparring forms, which must be performed as



Master Teh said: Hand position during side kick is like pulling a bow in archery, or execute together with a knifehand

COMBAT

part of the grading exams.

Master Teh emphasized how the sparring forms were to be performed move by move, making sure that everyone knew how critical moves were expected to be performed, and pointing out the common faults that have been costing people their gradings. This was a rare opportunity so close to a grading, to have the Chief Examiner explain precisely what he expects to see.

The training continued with a period of sparring, when the participants were expected to employ the techniques practised earlier in the seminar.

The intensive training was relaxed periodically as Master Teh would gather the class to the front of the dojang to hear better a particular point he wanted to get across.

For example, many people over-emphasize the importance of striking only with the main two knuckles. In sparring or self-defence, the whole fist makes a valid weapon. To try to strike only with two knuckles is an unnecessary restriction. Attempting to strike the bridge of the nose of a fast moving adversary with just two knuckles of a lightning fast back strike, while rapidly moving oneself, is not as wise as aiming to use the whole of the back of the hand, and treating the whole of the face as the target.

For destruction of wood, bricks, etc., the two main knuckles or either one of them must of course be used.

For the senior grades, destruction would be an important feature of the grading exams.

When breaking with the hand, it should be necessary to carefully measure up first. Everyone uses their hands constantly and accurately every day. Hand/eye co-ordination is naturally good. It is different for the feet, everyday use does not involve particularly accurate placement of the feet in three dimensional space. For this reason, some measure up can be an advantage when attempting destruction with a foot technique. However Master Teh explained how mathematically precise measuring up was not realistic for a technique which depended on accurately timed explosive delivery of a kick, while simultaneously shifting the bodyweight into the target. Meticulously stepping through an awkward measuring up procedure may actually destroy the rhythm and timing needed for success.

The class was entertained by Master Teh's description of how he sees the effect on students of nervousness prior to grading exams or competitions. In many, mainly female students, it manifests itself as a tendency to giggle

at the slightest provocation. Other students, predominately male, discover the requirement to repeatedly urinate, visiting the lavatory time and time again, each only managing no more than a dribble. Useless though these signs of nerves may appear to an onlooker, they do seem to reduce the tension, if only for a short time!

Towards the end of the seminar the class was taught some street self defence techniques which Master Teh has been teaching as part of an eight-week women's self defence course, he explained and had the class practice a series of ways of releasing oneself from being grasped from behind. The techniques proved to be simple to apply and fully effective.

Especially impressive were methods of escaping from an intimidating confrontation, as when a man may trap a woman against a wall, barring her escape by placing one hand on the wall either side of her. Apart from the obvious knee to the groin, any one of a series of simple attacks to different parts of the body proved to be surprisingly, and painfully effective. Most members of the class quite rapidly decided that they would prefer not to continue pretending to be the aggressor!

At the end of the class Master Teh presented attendance certificates to



Master Teh demonstrates his own stretching ability. Hope one day we could all stretch like him

COMBAT

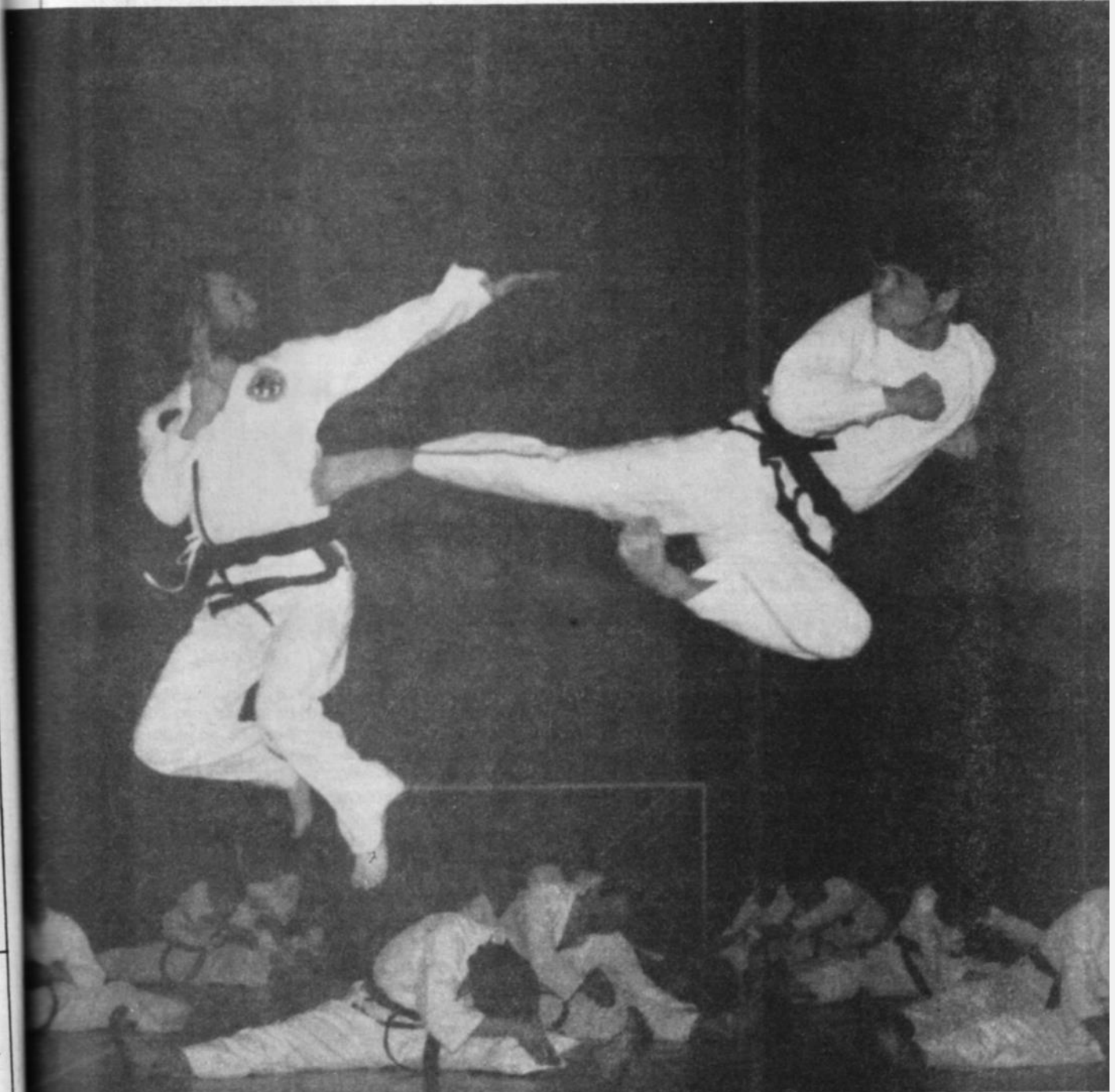
those students and black belts who attended the 1986 Camp Tukido, at Southend on the Mull of Kintyre. This unexpected gesture was really appreciated by those who had, perhaps not for the first time, survived not just one week of very intensive outdoor training in TUKIDO, but the ravages of some of the worst weather that part of the country is capable of hurling at you. 1986

had been the second year in a row that the camp had proved to be a test of endurance over and above the rigours of the training. It is always expected to be something of a test of character, but catching the tail end of a hurricane from across the atlantic while living under canvas is a test and a half!

Hopefully Camp TUKIDO 1987 will enjoy again the Mediterranean weather

which blessed the camp in 1984.

Whatever the weather, receiving the attendance certificates definitely stirred memories and perhaps put in better perspective the approaching grading.



Flying side kick: Jump as high as possible. Extend foot at maximum height. Avoid looking away from target. (Left Mr. George Howe, right Master Teh)