



2ND DAN SUPPORT STUDY INFORMATION (V1.1 24.08.2011)



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What to Expect On Grading Day

On the day of your grading you will be expected to arrive on time and dressed in your Genesis Martial Arts uniform. Your uniform should be clean and you should be well presented. You should also have your 2nd Dan grappling uniform jacket in your bag to change into later. If you have any injuries or suffer from any disorder that may affect your health/performance on the day then please make sure you inform your Genesis Martial Arts instructor in advance upon your application before the grading day. You will also be expected to bring this to the attention of the grading panel on the grading day, before the grading takes place. All students will be given relevant time to warm themselves up thoroughly prior to the grading commencing. If you turn up late and the grading has already begun then you will be unable to take your grading and will be sent home.

Once the grading has started it is expected that you do not to speak unless you have a question or enquiry about something that you are not sure of, or if you are asked a direct question by the grading panel. Please be aware that it is likely that you will be asked one or more questions at some stage throughout the grading to test your understanding and application of certain techniques or principles. You will be given water breaks at various times throughout the grading but eating is not allowed.

You will be asked to complete a short 30 question theory paper covering the basics of stretching, anatomy, martial arts knowledge and technical knowledge. You will be asked to complete all walking techniques in the Genesis Martial Arts 2nd Dan syllabus. All techniques will be marked on technical execution, speed, power, balance together with effort, attitude and fitness. All of these areas are marked separately and added together to form your final score as shown in the sample grade sheet attached. There are 3 possible outcomes as a result of your grading. They are pass, referral or fail and the percentage needed for each is shown below.

85% and above = Pass	80 – 85% = Referral	79% and below = Fail
45yrs + 80% and above = Pass	75 – 80% = Referral	74% and below = Fail

If you score 85% and above in your test you will pass your 2nd Dan blackbelt grading. If you score between 80% & 85% you be classed as being referred. In this case you will not have passed your grading, but will be given a second chance to return at an arranged date to be tested again on selected elements of the grading that the grading panel feel have room for improvement, and if improved will give you the extra marks needed to pass your grading. (The cost of the referral is free of charge to the student) If you score 79% and below this would be classed as a fail which would require you to re–take the complete grading test again at the next available grading date that you and your instructor feel will give enough time for you to improve to a ‘pass’ standard. (The full cost of the grading will apply)

Once your grading has taken place you will be notified within 14 days via post of your grading results. If you are successful you will also be informed of when your grading will be awarded to you.

If you have any questions regarding any of the above information please contact the Genesis Martial Arts via email or phone.

Tel: 01628 440 895

Email: info@genesis-ma.com

Respect Your Instructor and Dojo

When to Bow

- On entering and leaving the dojo all Instructors and Students should bow to show respect to the hall they are using.
- Students should bow to their Instructor once inside the hall as a sign of respect.
- When lined up at the start of the class the Instructor will then bow everyone in.
- If you are working with a partner then you should always bow to them to show respect before you go into any techniques.
- If you need to leave to dojo for any reason then you must ask the Instructor first and then bow when you leave the dojo and again on return.
- When sparring at competition or club, you should bow when going on to the fighting area, to the referees, to your opponent before you begin and when you finish.

Behaviour

- When addressing your Instructor this should be done respectfully – he/she will tell you how they would like to be addressed.
- When waiting to start your class you should be quite and prepare yourself to start training.
- If a class is going on before your lesson is due to start then respect those students that are already training.
- Remember that you are at your class to train and other people in the class could be upset by your actions if you are not taking what you are doing seriously.
- There should be no bad language used at any time whilst in the dojo as this could be offensive to others.
- There should be no answering back to the Instructors if they have asked you to do something. If you have any queries, are unclear, or disagree with anything in your class feel free to speak to your instructor in private after your class.

Clothing and Equipment

- A Genesis Martial Arts uniform should be worn at all times except if it is a hot day when a Genesis Martial Arts club t-shirt can be worn with permission of your instructor. No other kind of t-shirt will be allowed.**(Not permitted at grading tests)**
- Your uniform should be clean and tidy. If you are training more than twice a week, you are advised to purchase a second one from your instructor.
- Personal safety equipment for sparring is a must in all classes, i.e. gum shield, chest guard for ladies, groin box for men.
- Your sparring equipment should be fit for purpose - not only will this stop injury to yourself but also to other students.

All of the above are a reminder which at times are forgotten, but must be upheld if you are to be successful as an Instructor and Student.

The Kickboxing Training Session

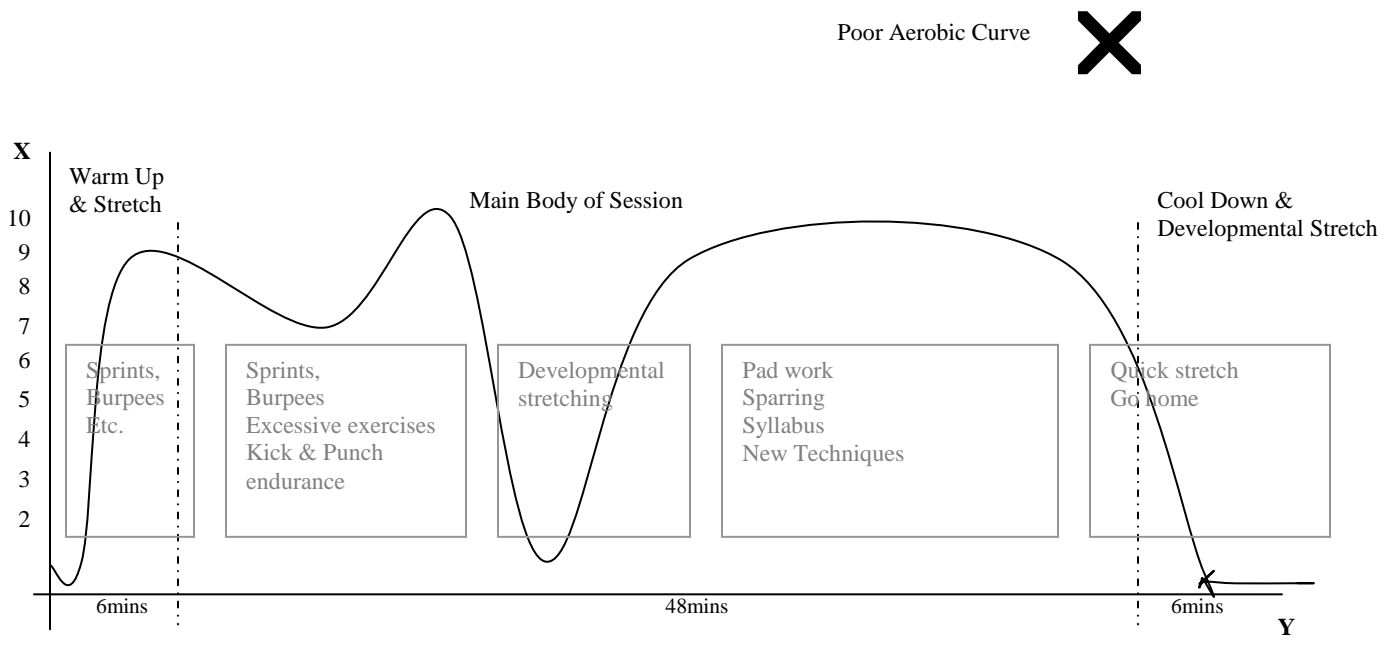
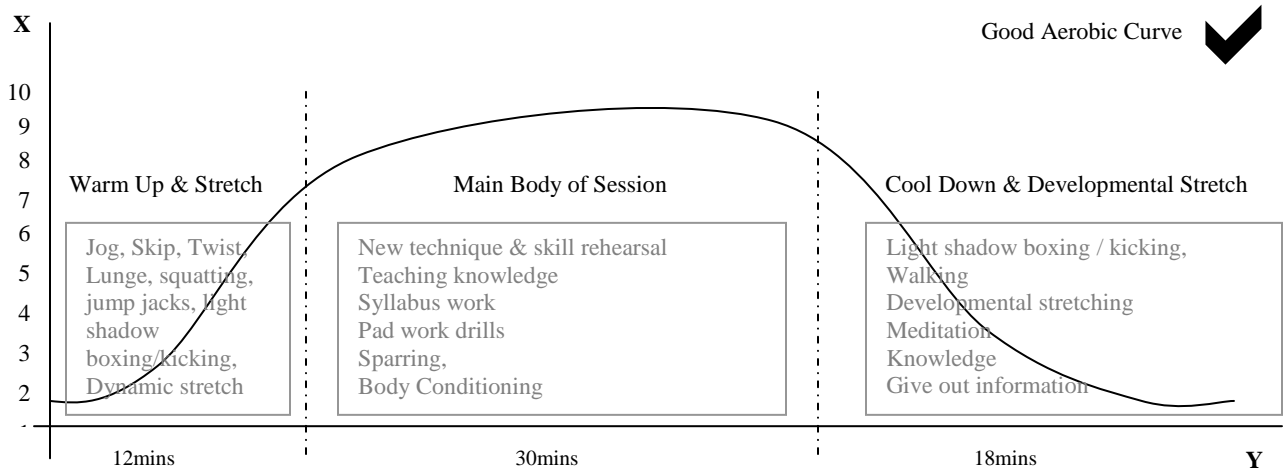
As a 2nd Dan in kickboxing you may be asked by your instructor to assist or sometimes lead a class of students during a class. Below are brief details of what is expected as template for teaching in each class. All details should be understood by 2nd Dan black belts as this will be covered in your theory paper and specific questions related to the parts in **bold text**.

A **warm-up** is usually **performed before participating** in technical sports or exercising. An important note is to remember is that **the fitter student will not require as long as a new unfit student to warm up as the unfit student will need a more gradual warm up procedure**. If you are teaching a mixed level class you will need to cater for all levels in your warm up as well as the rest of your session. A warm-up generally consists of a **gradual increase in intensity** in physical activity (**pulse raiser**), **joint mobility exercises, stretching** and a **sport specific** activity. For example, before running or playing an intense sport one might slowly jog to warm muscles and increase heart rate. It is important that warm ups should be specific to the exercise that will follow, which means that movements (of warm up) should prepare the muscles to be used and to activate the energy systems that are required for that particular activity. **For kickboxing shadow boxing & kicking drills of low intensity are ideal mixed together with other activities** that gradually raise body temperature. **Warming up prepares the body both mentally & physically** and sets the scene for what is to follow, **so a well planned warm up** should seamlessly flow into the main section of the workout.

The main part of the workout. In this section our aim is to keep our most intense section in the middle, and when we exercise or train we build up to a high point. This high point is the intensity level that burns more calories and works the heart most effectively. If we decrease the intensity level too quickly, we create a sharp **aerobic curve** (see diagram below). Ideally the aim is maintain intensity for the majority of the middle part of the training session creating a more **flat topped aerobic curve**. This principle within itself is difficult to achieve since we must **teach and demonstrate techniques** to students as well as give **drink breaks to keep them hydrated**. Within this time heart rate and intensity will fall so for this reason it is recommended that new skills and technical practice be placed at the beginning of the middle section. **Placing learning of new skills in this portion of the workout will be more effective as students will not be physically or mentally tired. Body conditioning & fitness specific exercises included in your session should be placed in the latter part of your middle section of your workout** as they require less skill but can fatigue muscles and energy systems.

The final part of your workout is the cool down and post workout stretch. This section is important because it gives time for all the bodily systems to return to a normal balance. Your aim should be for the student to leave their workout in a state of physical and emotional calm. This can be achieved by slowly & actively bringing the heart rate down, **stretching muscles back to their original length by the use of maintenance stretches, and increasing the range of movement in selected areas by the use of developmental stretching**. We can also stimulate mental calm by the use of verbal suggestion, verbal cues and **relaxation breathing techniques**. This will only be achieved if adequate time is planned into your training session.

TYPICAL 60 MINUTE TRAINING SESSION. X=INTENSITY Y= TIME



TYPES OF STRETCHES

Static (or Passive) stretching

In a passive stretch, another body part or external factor is used to facilitate the stretch. This could be body weight, towel, or even assistance from a partner. It is the common method which sports masseurs /therapists use to increase joint range and muscle length but great care and communication is essential if injury is to be avoided.

During this stretching movement, a slow stretch is applied to the muscle which is followed by 'holding' the position with the muscle lengthened for a period of time.

Dynamic (or Active) stretching

Muscle is taken to the end of its normal range of movement (ROM) by actively contracting its opposing muscle group(s). This will aid the stretch by utilising the reciprocal innervation principle. But the speed at which this contraction is made should be strictly controlled, to prevent the excitation of the muscle spindles.

This type of stretching is extremely beneficial before activity. Progressive movements throughout a full range prepare the muscles for the types of actions that will be involved during exercise. Ideal to be added in warm ups for dynamic sports and pastimes (e.g. Martial Arts, Ballet or Gymnastics).

Maintenance

Muscle is held at maximum pain-free length for 6-10 secs. Following repeated contractions (ie, during exercise), muscle fibres become shorter and thicker so this type of stretch is used to return muscle to its original, pre-exercise length.

Developmental

Muscle is held at maximum pain free length for 20 -30 secs or until stretch reflex 'relaxes'. Muscle is then taken to the new 'barrier' and process is repeated until no further gains are made. This type of stretching is well suited to rehabilitation since it will increase flexibility and hence pain and tension free range of movement. It is also a great addition to a training programme of an athlete training for a sport that requires joints to be able to move through a large range of movement (e.g. Martial Arts, Ballet or Gymnastics).

Ballistic stretching

This type of stretch differs from dynamic stretching since the limb is now moved without control, causing a 'bouncing' effect. It attempts to use speed to 'break through' the 'defensive barrier' created by the 'stretch reflex' and so invariably causes muscle soreness and injury.

Ballistic stretching is therefore not recommended.

Glossary of Human Anatomy Terms

Human anatomy is the branch of science concerned with the structure and function of the body.

The human body is the martial artists' instrument of expression. Understanding how the body works can help a practitioner stay in shape, improve performance, increase confidence and add longevity to his or her training or competitive career. It can also help one avoid injury. If an injury does occur, knowledge of human anatomy can contribute to a safe process of healing and recovery.

General Anatomical Terms

Organ: A group of tissues that perform a particular function. For example, the heart, lungs, liver and kidney are all organs.

System: Organs that work together to perform major body functions like breathing, digesting, moving and reacting to external stimuli. Some examples of systems include:

1. **Cardiovascular:** composed of the heart, blood and blood vessels (arteries, veins and capillaries) which all work together as a transport system for oxygen and nutrients to reach the cells of the body.
2. **Digestive:** composed of the oral cavity, pharynx, stomach and intestines
3. **Endocrine:** involving glands that secrete hormones
4. **Integument:** composed of skin, hair and nails
5. **Muscular:** composed of skeletal, smooth and cardiac muscles
6. **Nervous:** composed of the brain, spinal cord, peripheral nerves and sensory organs
7. **Respiratory:** composed of airways and lungs
8. **Skeletal:** composed of bones and cartilage

The Musculoskeletal System

All systems are important for normal body functioning but, for a martial artist, sound knowledge of the following systems is particularly helpful:

The muscular and skeletal systems are often grouped together and called the **Musculoskeletal System**. This system's primary function is movement.

The Neuromuscular System

The brain controls the movements of skeletal muscles via specialised nerves. The combination of the nervous system and muscles, working together to permit movement, is known as the neuromuscular system.

If you want to move part of your body, a message is sent to particular nerve cells that go into and through the brain, and into the spinal cord, where they connect an area of the body. The electrical signal from the brain travels down the nerves and prompts the release of the chemical acetylcholine from the presynaptic terminals. This chemical is picked up by special sensors (receptors) in the muscle tissue. If enough receptors are stimulated by acetylcholine, your muscles will contract.

Bone A specialised form of dense connective tissue consisting of bone cells embedded in a matrix of calcified intercellular substance. The main functions of bone are to:

1. Protect vital structures
2. Support the body
3. Provide a basis for movement through muscle and tendon attachments
4. Provide attachment points for ligaments
5. Store important mineral salts such as calcium

6. Produce red blood cells which transport oxygen and carbon dioxide to and from tissues

Bones give shape and structure to the body. They provide points of attachment for muscles and become the levers making movement possible.

Muscles and Related Terms

Muscle: Composed of contractile tissue with elastic properties. The special characteristics of muscle include shortening and contracting, and also stretching. In general, an overstretched or lengthened muscle is weak.

Tendon: The longer fibrous end of a muscle that serves to attach it to the outer layer of bone. Tendons are strong, but inelastic. They are slow to heal if injured. A well-known tendon is the Achilles tendon, which attaches the calf group of muscles to the heel bone.

Ligament: A band of strong, fibrous connective tissue that connects one bone to another. Ligaments either allow or prevent a specific movement between two bones. They are passive structures so we do not have voluntary control over them. Examples of ligaments are the ACL (anterior cruciate ligament) and PCL (posterior cruciate ligament). These two ligaments are found in the knee and are called "cruciate ligaments" because they cross

Bursa: A padlike sac usually found near a joint. It is lined with a synovial membrane and contains synovial fluid that reduces friction between tendon and bone, tendon and ligament, or other structures where friction is likely to occur. [research Bursitis]

Cartilage: Dense, bluish-white or grey connective tissue, like what is seen at the end of a chicken bone.

Joint: The area where two or more bones are joined together along with their associated structures, such as ligaments.

Joint capsule: A sleeve that is over the joint. Made of fibrous tissue, it helps keep everything in the joint together, such as the cartilage, synovial fluid and some ligaments.

Core: The martial artist's centre, or core, involves balance, stability and strength between the **abdominal muscles** (transversus abdominis, rectus abdominis, and internal and external obliques), the **back muscles** and the **pelvic floor muscles**. The diaphragm is also an important part of the martial artist's core. A strong core is very important in maintaining good posture and control of limb movement. When performing kicks or punches the power is generated from using your core muscles in conjunction with the prime mover muscles. Many martial artists or sportsmen are known to call out on exertion of technique. This is a natural response to maximal effort and helps to solidify the body's inner unit which in turn will translate into a more powerful movement. i.e. punch or throw. In combat sports calling out will also help against becoming winded upon impact of an opponents strike to the abdomen and can also intimidate your opponent.

Head and Neck Muscles

The major muscles in the head and neck region are there to give the head support. They are vital in keeping the head in an upright position and also can help to pull the head upright. Known as the sternocleidomastoid muscles they are composed of parallel groups of muscle that can contract with great strength. The trapezius muscles found on the upper portion of the shoulder and in back of the neck serve to pull the shoulders and head backwards.

Chest and Abdomen Muscles

A group of major muscles called the deltoid muscles are found on the shoulders. Deltoids enable an individual to move the shoulder as well as the upper arm. The major chest muscles are known as the pectoralis major muscles. These important muscles allow someone to pull their arm and shoulders forwards. Rectus abdominis muscles are located in the abdomen. These muscles are key when someone is lying down and wishes to lift his upper body. Rectus abdominis muscles also pull the abdomen inwards.

Arm Muscles

The major muscles found in a human arm are called the biceps and triceps muscles. Biceps are located in the front part of the arm while the triceps are found in the back of the arm. Biceps are used to bend the arm. Triceps straighten the arm out. Biceps work by contracting and bringing the forearm towards the upper arm. However, in order for them to work the triceps must be relaxed. It is the same way when the triceps straighten the arm back out. For this reason, these major muscles are known as antagonists since they work in completely opposite directions.

Hip joint muscles:

1. The **adductors** (e.g. adductor longus, adductor brevis and adductor magnus) are the muscles running along the inside of the leg from the groin area. Flexibility in the adductors makes it possible to perform side splits and kicks which require a large range of motion laterally in the hip.
2. The **lateral rotators** (e.g. piriformis and posterior fibres of gluteus medius) are found deep in the buttock region. They are often very well developed in the martial artist who performs many repetitive kicks.
3. The **medial rotators** (e.g. gluteus minimus and anterior fibres of gluteus medius) have the dual function of internal rotation and abduction (moving the leg away from midline as when chambering a kick). They are the antagonistic, or opposite, muscle group to the lateral rotators.
4. The **extensors** (e.g. gluteus maximus and the hamstrings) are used in moving the leg backwards, in jumping and in straightening from a crouched position. Also used in a side kick and back kick.
5. The **flexors** (e.g. iliopsoas and rectus femoris) bring the leg forward or the knee toward the chest. As in a front kick chamber.

Iliotibial band: A fibrous muscle structure running from the outside of the hip joint to the lower leg just below the knee joint. It is a continuation of the gluteus maximus muscle, which is the largest muscle in the buttock.

Quadriceps: A group of 4 muscles located on the front of the thigh that are primarily responsible for knee flexion (straightening the leg). These muscles are used in the striking phase of a roundhouse kick.

Hamstrings: A group of muscles found along the back of the leg running from the pelvis to just below the knee that effect hip and knee joint movements. These muscles are used to pull your heel towards your bum and can be seen in action when performing a hook kick.

Lower Leg Muscles

The tibialis anterior muscle (shin muscle) is a major muscle that is found in the front portion of the lower leg in a human. This muscle is responsible for bending the foot upwards and also can lift as well as straighten out all the toes. Another major lower leg muscle is the gastrocnemius muscle (calf muscle). Found in the back part of the lower leg, the gastrocnemius lifts up the heel and bends the toes and the foot to a downward position (roundhouse kick foot position).

Respiration (breathing): A means of revitalizing tissues. When a martial artist takes in air, he or she is taking in oxygen, or fuel, bringing energy to the muscles and vital organs. Without oxygen it would be impossible to move and control the body. Breathing also helps the martial artist gain awareness of physical states like muscle tension and relaxation so is also useful when stretching.

Rotator cuff: A group of four muscles extending from the scapula (shoulder blade) to the head of the humerus (shoulder). These muscles are very important for stability and mobility of the shoulder throughout all movements. It is very important for boxers to strengthen this area as a weak rotator cuff is one of the main causes of shoulder injuries in punchers or throwers.

Common martial arts / combat sports - Related Injuries

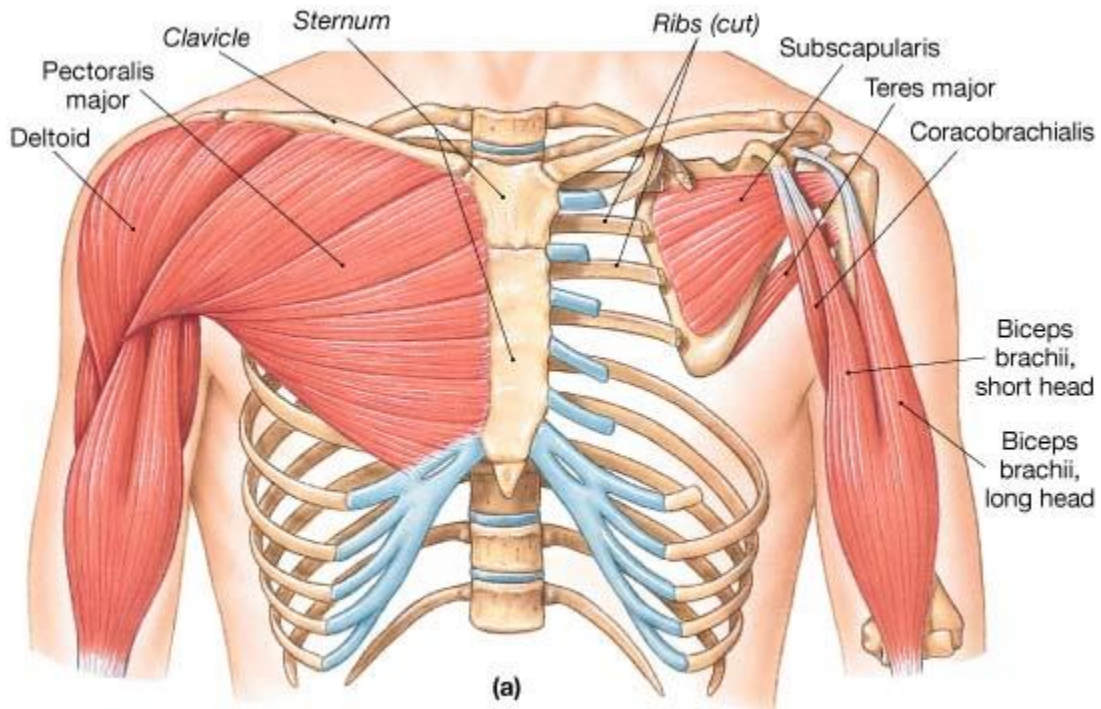
Bursitis: An acute, painful inflammation of the bursa usually caused by repetitive friction from a tight muscle or a poorly executed movement. Hip bursitis occurs when the tendon of the iliotibial band rubs the femur (thighbone).

Joint sprain: A tear of the ligament classified from a Grade 1 (minor) to a Grade 3 (total tear). Joint sprain occurs when a ligament is overstretched or when a joint is bent in the wrong direction. A classic example is rolling over on the ankle. It is not uncommon for more than one ligament to be injured at a time.

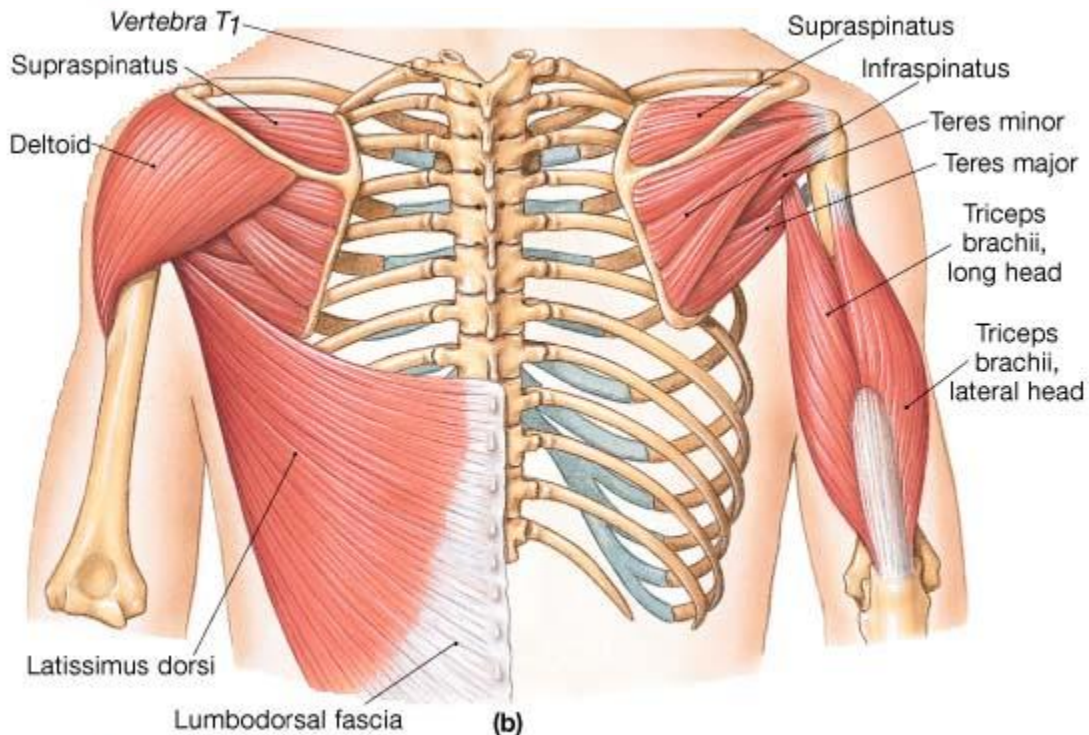
Muscle strain: A muscle tear that can range from a Grade 1 (minor) to a Grade 3 (total tear). Muscle strain often occurs from quick movements requiring a sudden, hard muscle contraction, especially when a dancer is not completely warmed up.

VIII. References

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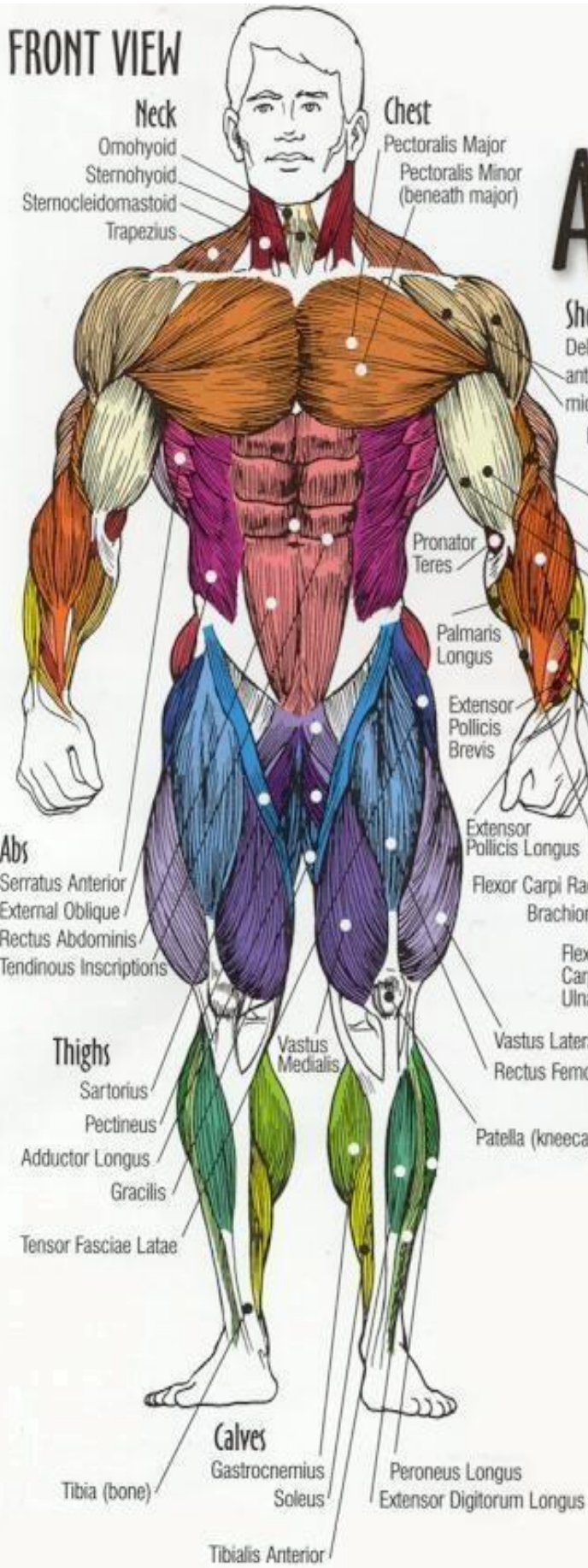
• **FIGURE 11-16** Muscles That Move the Arm. (a) Anterior view.



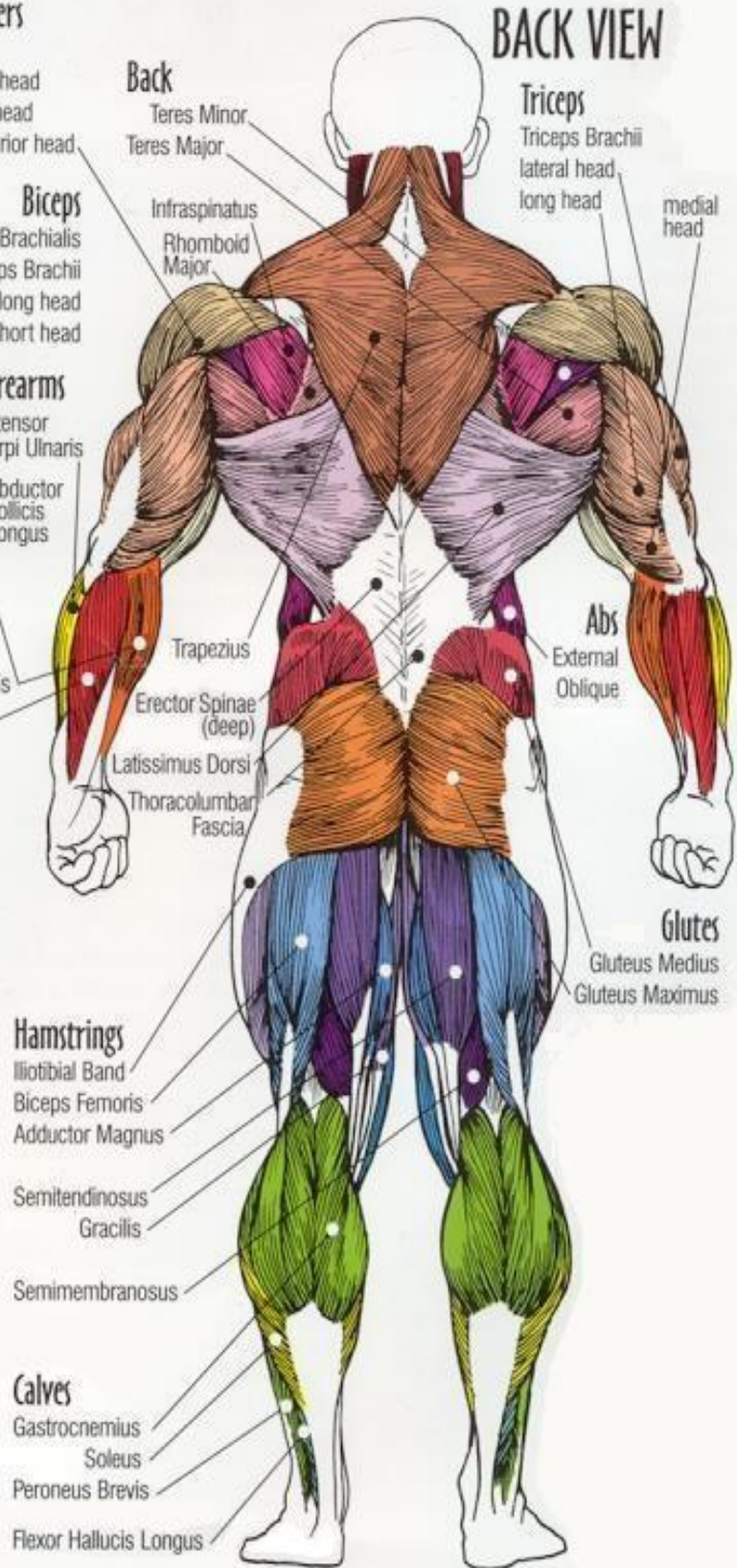
• **FIGURE 11-16** Muscles That Move the Arm. (b) Posterior view.

Musculature ANATOMY CHART

FRONT VIEW



BACK VIEW



Martial Arts Knowledge

In Genesis Martial Arts we practice Lau Gar Kung Fu, Freestyle Sport Karate, Kickboxing and Mixed Martial Arts. All of these styles although different in their own right will have similarities that cross over from one to another. Lau Gar Kung Fu aside, the other 3 disciplines are not what would be considered a martial art but more of a sport which is practised for fitness, self defence, confidence and a competitive challenge. A martial art however, will tend to have a deeper root associated with history of a culture/country and more of a spiritual/mystical philosophy behind it. Whatever style or system a practitioner follows it is important to know at least a little about some of the many other styles that are practised throughout the world as they all have benefits if you remain open minded.



Freestyle Sport Karate – America

After World War II a few karate masters travelled to America from Japan and began to teach their chosen style of karate to the westeners. By the 50's and 60's karate clubs began to pop up in London, England. This flourished in the late 70's – early 80's due to the martial arts expert and film star Bruce Lee. By then, sport karate was an integral part of karate and already being practiced in the form of kumite. Freestyle Sport Karate was born due to the frustration of the stringent rigid rules and lack of 'self expression' allowed in the traditional art of karate. No person or set date can be pin pointed as to when freestyle sport karate was popularised in England, but it is thought that Mike Hayes was the first to document it. It was then popularised by competitors like Alfie Lewis, Kevin Brewerton, Neville Wray, Steve Babbs and Frank Lynch.

Kickboxing - America

Kickboxing started in the US during the 1970's when American karate practitioners became frustrated with strict controls on martial arts competitions that didn't allow full contact kicks and punches. Many questions were raised when the sport began about the high risk of injury. As a result, safety rules were improved and protective clothing was added. As this is a relatively new sport there are no long-term traditions. The sport has undergone changes and been refined during the last two decades. Competitors use sparring, kicks, punches, kick blocks, shadow boxing that is learned and applied under professional instruction. Unlike freestyle sport karate, most of the full contact kickboxing bouts take part in a boxing ring but some light continuous bouts can be conducted on a matted area.

Kung Fu – China (Gong Fu) “Skill achieved through hard work.”

As far as birth of Kung fu is concerned many believe that Kung fu was already in existence in China a long before Bodhidharma, the great Buddhist monk arrived in China. His main contribution was the introduction of Chan(zen) into the Sil Lum Temple. But a large number of people believe that the great Buddhist monk Bodhidharma is a founder of Kung fu. Throughout history credit has been given to Bodhidharma as a creator of Sil Lum Kung fu or the man person responsible of introducing the martial arts to China.



There are many kung fu systems but there is one thing that all Chinese martial arts have in common; the idea that kung fu itself is merely skill. Of course, it's a skill that requires serious and diligent training to perfect, but it is just a skill that anyone can learn. The real value of Chinese martial arts goes beyond self defense alone. It lies within the strong traditional training that all kung fu systems emphasise: training that teaches the kung fu student to respect his teacher and his teacher's advice; to be respectful towards other kung fu styles, because they are part of China's legacy; and perhaps most important, to only use his kung fu skill in a morally correct manner.

Ju Jitsu – Japan - The Gentle Fighting Art

Jujitsu (literally "the gentle fighting art") is an empty handed extension of the sword fighting art of the Japanese Samurai.

The actual ancient art is called Aiki Jujitsu. This involves joint locks, throws, strikes, blocks, and chokes. Aiki Jujitsu went through some changes in the late 1800s and early 1900s. Jigoro Kano removed many of the dangerous techniques to create Judo ("the gentle way"). This allowed students to practice full speed against resisting opponents, but with far fewer injuries that happened when Jujitsu was practiced at full speed.

About the same time, Morehei Uyeshiba took a different set of techniques out to create Aikido. (A jitsu is a fighting style. A do is a way.) About the same time, a Korean named Yong Suhl Choi combined Jujitsu techniques with the kicks and punches so prevalent in Korean martial arts to create Hapkido. (Hapkido is the Korean pronunciation of the Kanji that in Japanese is pronounced Aikido.)

Judo – Japan – The Gentle Way

Judo was founded by Dr. Jigoro Kano in 1882. He developed Judo from Jujitsu.



Why did Dr. Jigoro Kano develop this new Martial Art? Students were often getting injured while practicing many of the techniques used in Jujitsu. He wanted to form a martial art that was a little more gentle (Ju). He took out all the Jujitsu techniques that were dangerous when practiced and kept all of the techniques that were less harmful when attempted.

The techniques (Waza) Dr. Kano kept for his new form were throwing (Nage), grappling (Katame) and Atemi (Striking). This new form of martial arts he called Judo. Ju meaning gentleness or giving way, and Do meaning way of life.

Dr. Kano also developed Judo as a way to teach and develop physical education. In Judo he sought to create something to stimulate the mind and the body to work together or in harmony with one another. To accomplish this he used Randori (free practice) and Kata (form practice) as primary teaching methods. Later Shiai (tournament or contest judo) was used as another learning and/or teaching tool.

Karate – Japan – Empty Hand

Karate-do is a martial art originated in Japan, modified and transformed into a way of life by Master Gichin Funakoshi. Until before these modifications, it was just a group of techniques that permitted self-defense without weapons other than your hands and feet. Though there was some Chinese influence, the development was Okinawan, and later mainland Japanese. The word Karate is also formed by two characters, the first one kara (empty) and the other te (hand).

Tae Kwon Do – Korea – The Art of Foot & Hand

General Choi Hong-hi required the army to train Taekwondo, so the very first Taekwondo students were Korean soldiers. The police and air force had to train Taekwondo as well. At that time, Taekwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Taekwondo Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Taekwondo Union and in 1965 the name is set to Korean Taekwondo Association (K.T.A.). General Choi was president of the K.T.A. at that time and was asked to start the I.T.F. as the international branch of the K.T.A. The southern government was overthrown in 1961. General Choi Hong-hi left for America and established I.T.F. (International Taekwondo Federation) Taekwondo, as a separate entity, two years later.

Modern-day Taekwondo is influenced by many other Martial Arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea during 1910 until the end of World War II. During WWII, lots of Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all of the Korean culture, including the martial arts. The influence that Japan has given to Taekwondo are the quick, straight line movements, that characterise the various Japanese systems.

Muay Thai -Thailand

Most of what is known about the early history of Thai Boxers comes from Burmese accounts of warfare between Myanmar (formerly known as Burma) and Thailand during the 15th and 16th centuries. The earliest reference (1411 AD) mentions a ferocious style of unarmed combat that decided the fate of the Thai kings. A later description tells how Nai Khanom Tom, Thailand's first famous boxer and a prisoner of war in Myanmar, gained his freedom by roundly defeating a dozen Burmese warriors before a Burmese court.

King Naresuan the Great (1555-1605) was a great Thai boxer himself, and he made Muay Thai a required part of military training for all Thai soldiers. Later another Thai king, Phra Chao Sua (the 'tiger



king), further promoted Thai Boxing as a national sport by encouraging prize fights and the development of training camps in the early 18th century. These are accounts of massive wagers and bouts to the death during this time. Phra Chao Sua himself is said to have been an incognito participant in many of the matches during the early part of his reign. Contestants fists were wrapped in thick horsehide for maximum impact with minimum knuckle damage. They also used cotton soaked in glue and ground glass and later hemp bindings. Tree bark and seashells were used to protect the groin from lethal kicks.

Conclusion

There are many other martial Art styles developed around the world in various countries. Genesis Martial Arts encourages all students to explore, learn & grow by investigating other styles either by research or participation.