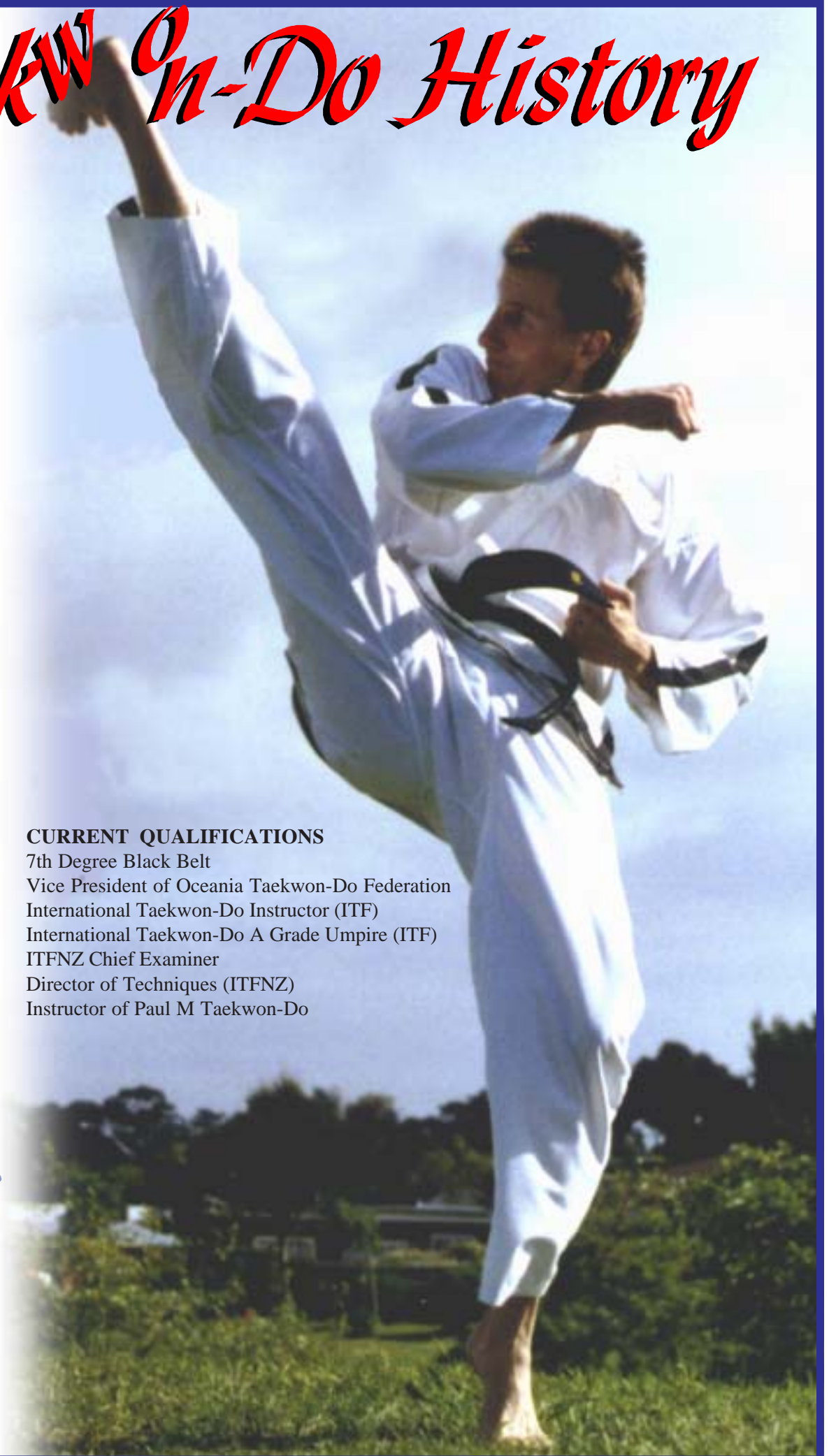


Taekwon-Do History

of Paul McPhail

CURRENT QUALIFICATIONS

7th Degree Black Belt
Vice President of Oceania Taekwon-Do Federation
International Taekwon-Do Instructor (ITF)
International Taekwon-Do A Grade Umpire (ITF)
ITF NZ Chief Examiner
Director of Techniques (ITF NZ)
Instructor of Paul M Taekwon-Do



In the beginning . . .



Gen. Choi Hong Hi



Master Nam Tae Hi



Mr Low Koon Lin



Mr Norman Ng



Paul McPhail

1975 - 1980

- Jan Commenced Taekwon-Do training in Palmerston North, instructor Mr Norman Ng.
- 6 April 75 Graded to 8th gup by S.O.Choi.
- 6 Sep 75 Graded 7th Gup by Willy Lim.
- 76 - 78 Graded 6th gup through to 1st gup by Master Y.K.Yun.
- 9 Jan 78 Attended International training camp held at Massey University, Palmerston North.
- 17 Jan 78 Participated in international demonstration held at the Palmerston North Opera House.
- 21 Jan 78 Attended 1st South Pacific Championships held in Wellington, Gen. Choi Hong Hi in attendance.
- 15 Aug 78 Graded 1st dan black belt by Master Y.K.Yun, age 16.
- 20 Aug 78 Competed in National Tournament in Auckland - 4th place brown belt sparring division.
- 1979 Taught children's Taekwon-Do classes in Palmerston North.



1975



NZ National Tournament 20/8/78

1980

- Feb Appointed the Assistant Instructor of the Khandallah branch of ITFNZ in Wellington.

1981

- 15 Jan Attended instructors seminar in Brisbane and was graded to 2nd dan by Master C.K.Choi.

Participated in South Pacific Championships - 1st in highest flying reverse turning kick, 2nd highest mid-air kick, 3rd highest flying high front kick.
- 28 Mar Elected assistant secretary at the formation meeting of ITFNZ.
- 10 Oct Participated in New Zealand National Champs - 1st black belt patterns.



September 1978



Gen.Choi and Master CK Choi watch special techniques competition, Brisbane, January 1981

1982

- 28 Mar Manawatu Champs - 2nd black belt patterns .
30 Oct Nationals - 1st black belt patterns.

1983

- 13 Mar Manawatu Champs - 1st black belt patterns.
3 Jul Nationals - 1st black belt patterns.
21 Aug South Pacific Champs held in Fiji - Gold medal in patterns.

1984

- 25 June Attended instructors seminar in Brisbane and graded 3rd dan by Master Park Jung Tae. First person in the world to be graded on Juche tul.

1985

- Jan Became professional Taekwon-Do instructor in Auckland.
20 Oct Led the New Zealand demonstration team at the Sharp International Championships held at the Wellington Old Town Hall.

1986

- 15 Mar Attended Referees and Judges course in Auckland.
9 June Began teaching 5th to 6th formers on Rosehill College physical education programme.
3 Aug Attended Sereff's Camp Taekwon-Do in Colorado, USA - Participated in sparring and patterns at camp tournament -1st black belt patterns.
20 Sep Participated in New Zealand black belt champs - best overall black belt, 1st in light-weight sparring, 1st in patterns, 2nd in destructions.
Selected to represent New Zealand at the ITF World Champs in Malaysia.
30 Nov Attended black belt seminar, Massey University.

1987

- 1987 Appointed Director of Instruction & Techniques for Master Yun International Taekwon-Do Federation.
25 July Attended referees and judges course - Auckland.



Demonstration 1981



NZ Team - Fiji 1983



Sharp Tournament Demo Team 1985



*Mr Mike Winegar and Paul McPhail
Colorado 1986*



NZ Black belt champs 20/9/86



1987



Black belt demo Pakuranga 1988

1988

- 23 Jan Instructor at National training camp, Massey University.
Attended instructors course, senior instructors course and international instructors course in Brisbane.
- 1 June Attended international instructors course in Brisbane.
- 13 June Taught at instructors course in Brisbane.
- 30 July Referees and judges course in Auckland.
- 13 Aug Conducted seminar in Palmerston North with Dr L J Young.
- 28 Aug Black belt demonstration in Auckland.
- 19 Sep Senior instructors seminar in Brisbane.
Graded 4th dan by Master Y.K.Yun.



Commonwealth Games Opening

1989

Appointed member of ITFNZ techniques and grading sub-committees.

Conducted gup gradings throughout New Zealand, and have done so every year since this time.



Colorado 1990

1990

Jan Organised and choreographed the martial arts contingent of the 1990 Commonwealth Games opening.

Led the New Zealand demo team throughout New Zealand promoting ITFNZ.

Conducted instructors courses throughout New Zealand.

June Attended Sereff's Camp Taekwon-Do Colorado, USA and attended international Instructors course conducted by Gen.Choi Hong Hi. Qualified as an international instructor (ITF).

Appointed ITFNZ Chief Examiner and since this time conducted gup and dan gradings throughout New Zealand.



International Instructors Certificate

1991

Jan Organised ITF Masters Visit in Auckland New Zealand - ITF Training course and Master Classes conducted by Gen.Choi Hong Hi and Master C.E.Sereff.

Conducted instructors courses throughout New Zealand.



*International instructors course,
Colorado 1989*

1992

Jan Member of the organising Committee for the 1992 World Camp held at Massey University, Palmerston North. Designed training schedules.

March Qualified as Level 1 Sports Coach (C.N.Z).

12 Sep Refs and Judges seminar - Auckland.



*Masters MacCallum and Choi with
Gen. Choi and Paul McPhail*

1993

- 29 Jan Designed training schedules for National training camp, Massey University.
- March Qualified as Level 2 Sports Coach (C.N.Z).
- Oct Graded 5th dan by Master S.E.Sereff.

1994

Worked as a martial arts stunt double in TV series 'High Tide'.

Awarded the 'Outstanding Instructor Medal' from the International Taekwon-Do Federation.

1996

- March Conducted Techniques seminars throughout New Zealand.
- April Attended 5th dan and above conference in Toronto, Canada.

1997

- Jan Organised and attended International Instructors Course by Gen. Choi Hong Hi and Master Choi Jung Hwa in Auckland.
- April Instructed at the Auckland Regional Camp on Motutapu Island.
- Oct Conducted Techniques seminars throughout New Zealand.

1998

- Jan Organised and Attended Gen. Choi course in Auckland.
- June Attended International Instructors Course in Hawaii by Grand Master C.E.Sereff and promoted to 6th dan on 23 June.
- Aug Attended seminars held by Grand Master Rhee Ki Ha in Auckland.
- Oct Conducted Techniques seminars throughout New Zealand.

1999

- Jan Attended the ITF NZ National Training camp held at Waikato University.
- March Attended seminars held by Master Leong Wai Meng in Auckland and sat on the senior dan grading panel.
- April Co-ordinated and instructed at the first Development Camp in Auckland - for double graders.
- July Attended ITF Umpires course by Master Leong Wai Meng. Qualified as an ITF A grade Umpire.
- Sep/Oct Conducted Techniques seminars throughout New Zealand.



Maui Grading 1998



6th and 7th dan Class - Maui



Rocky Rounthwaite and Paul McPhail



2000

- Jan Attended ITFNZ World Camp, guest instructor Master Robert Wheatley.
- March Ran the first ITFNZ Examiners' Course in Taupo.
- June Took part in Interview and demonstration for Triangle Television.
- July Made an Honorary Life Member of ITFNZ.
- Oct Conducted Techniques seminars throughout New Zealand.

2001

- Jan - June Assistant Coach of the NZ Team for the ITF World Champs in Italy.
- June Attended the ITF World Champs in Italy and represented New Zealand at the ITF Congress.
- Sep Attended ITFNZ Instructors Conference in Rotorua and presented a seminar of the ITFNZ syllabus.
- Sep Organised the Aussie Invitational Tournament and seminar in Auckland.
- Oct Organised the first Epsom Open Tournament in Auckland.
- Nov Attended International Instructors Course in Jamaica conducted by General Choi Hong Hi and Grand Master Park Joong Soo.

2002

- Jan Wrote and published ITFNZ Black Belt Handbook.
- Mar Attending Oceanic Goodwill Championships in Canberra and ITF Umpires course by Master Leong Wai Meng.
- June Attending World Camp in Colorado, USA.
Inducted into the New Zealand Martial Arts Hall of Fame
- Aug Conducted techniques seminars in various clubs throughout New Zealand.
- October Awarded "Administrator of the Year" at the Counties Manukau Sports Excellence of the year. The Papakura Branch of ITFNZ was awarded "Club of the Year".
- Nov Organised and Instructed at the first "Stripes 1 to 1" Seminar for 4th dans and above, held in Taupo, New Zealand.



Paul McPhail, Master Leong and Evan Davidson



Paul McPhail and James Rimmer



Italy World Champs Coaching Team



Seminar at the Instructors' Conference



Paul McPhail and Mark Baniveich in Jamaica



Black Belt Handbook

2003

- Jan Hosted Master Michael Daher at the ITF NZ National Camp in Palmerston North. Co-examiner for senior dan grading.
- Jan Appointed selector for the New Zealand Team to compete at the ITF World Championships in Poland.
- Mar Attended the first General Choi Cup in Sydney as an Umpire and Instructed at the Technical Seminar.
- June Attended the ITF World Championship in Poland and became the first ITF NZ member to umpire at a World Champs.
- July Awarded the ITF NZ Presidents Award for outstanding contribution to ITF NZ
- Represented New Zealand at the ITF Congress.
- Aug Ran several seminars for the new clubs from Rhee Taekwon-Do that joined ITF NZ.
- Oct Guest Instructor at the 2003 ITF NZ Regional Camp in Auckland
- Hosted Master Tran Trieu Quan for meetings with ITF NZ officials in Auckland, New Zealand
- Meet with Grand Master C.E. Sereff in Sydney for meetings on behalf of ITF NZ.



Judging the finals at the ITF World Champs in Poland



Paul McPhail, Master Tran, Master Daher, Mabesh Bhana

2004

- Continued to maintain and develop the ITF NZ Website
- Feb Instructors at the Oceania Technical Conference in Sydney
- Published the 3rd Printing of "Taekwon-Do Beginners' Training Manual.
- Mar Organiser and chief Instructor of the 2nd ITF NZ Development Camp held in Auckland, New Zealand.
- Conducted seminars for RTR Taekwon-Do in the Gold Coast, Queensland, Australia.
- Attended the second General Cup in Sydney as an Umpire.
- Opened new Branch of Paul M Taekwon-Do in Waiapu, Auckland.
- Aug Co-organised the ITF International Instructors Course in Auckland, New Zealand.
- Graded to 7th degree black belt by the ITF Technical Committee.
- Attended ITF International Instructors Course in Sydney.



CURRENT QUALIFICATIONS

- 7th Degree Black Belt • International Taekwon-Do Instructor (ITF)
International Taekwon-Do A Grade Umpire (ITF)
ITF NZ Chief Examiner • Director of Techniques (ITF NZ)
Director of Techniques (ITF NZ) • Chief Instructor of Paul M Taekwon-Do