



*The Newsletter of*  
**The International Association of  
 Gay and Lesbian Martial**

Fall 2009

### **Gay Games VIII Cologne 2010 Update**

Registration is now open and limited to approximately 150 participants. Currently there are over 40 participants already registered and the European schools have more than enough students to fill the remainder of the spaces. Persons interested in registering should do so as soon as possible to insure a place. Martial Arts is one of the few sports with nearly as many women participants as men. Cologne offers 4 days of training so the event will include a judging certification workshop, a tournament including kata/forms and sparring, weapons and self defense. At least one full day of workshops presented by various stylists will also take place. The limited number of participants is due to the time it takes to conduct a tournament and the amount of time allocated to the sport.

The attacks for the IAGLMA Self Defence competition have been updated in response to feedback from judges, competitors, coaches and spectators. The format of the competition has been retained but some of the specific attacks have changed. The emphasis is that the competition format will allow the competitors to display their style's technique to counter a variety of attacks.

*.....See Self Defense on page 3*

#### **News from Cologne**

IAGLMA recently contacted Andrea Lowe of Horangi Taekwondo in Cologne to ask her to give a Martial Arts profile of herself and her club. Andrea Lowe's Martial Arts & Horangi's Profile

**Name;** Andrea Lowe, 36

**What brought you to the martial arts?**  
 I was interested in Martial Arts since I was a child- but I didn't like Judo or Aikido at the age of 13 (too little physical exercise for me at this time...)- when a Grandmaster in Taekwondo opened a school in my small home town in western Germany, I found my first love in Martial Arts, which I still practise.

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#### **Tournoi International de Paris 2009**

The TIP 2009 was held in Paris France. The Martial Arts weekend was May 29th to June 1st and was hosted by Niji Kan. There were 35 participants from Paris, London, Berlin and Hamburg Germany, Netherlands and the US. There was a friendly competition between Black Belts and Workshops provided in Kung Fu, Filipino Stick Fighting, Karate and Ju Jitsu. Guest instructors from London, Paris and the U.S. A IAGLMA forms workshop to get ready for Gay Games 2010 Cologne. We would like to thank Niji Kan for hosting this event and creating a welcoming and friendly atmosphere.

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## Cologne Martial Artist Profile

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**Name;** Andrea Lowe, 36

**What Martial Arts Style(s) do you practice?** WTF- Taekwondo, Hapkido

**Why did you choose these styles?** I like Taekwondo for its fast and spectacular kicks and movements- and also like the contrast between traditional elements like kata, self-defense and the modern olympic competition. With Hapkido, I like the soft and circular self-defense, the inner harmony and peace this great style imparts. Taekwondo emphasises power, not speed. Japanese forms of martial arts tend to lean more towards the speed aspect. Korean Martial arts tend to lean more in the way of power, utilising the hips and shoulders as the source. Taekwondo & Hapkido combined gives you traditional and competitive styles.

**How long have you studied the martial arts?** I´ve studied the Martial Arts since 1985.

**Rank: what do you think about rank?** I´m a 4th degree black belt in Taekwondo and 1st degree black belt in Hapkido

**What are the favorite aspects of your style or of the martial arts in general?**

Studying Martial Arts is a lifelong journey and could be a way of live, if you open your mind. Never forget to learn- whatever rank you hold. „The consciousness of "self" is the greatest hindrance to the proper execution of all physical action. ( Lee,Linda, The Tao Of Jeet Kune Do) based on the Zen quote : If you seek it, you will not find it."

**What is the most difficult part of the martial arts for you?** In learning: The easiest and simplest thing requires most effort to understand and the most difficult to master. In teaching: One most important thing the students need to put behind, is their attitude before they can open their mind and let the knowledge be absorbed like a sponge.

**What's your favorite kata/form? Why it is your favorite?** Right now I like Sipjin- Poomse (form) most. All techniques are on one line- very difficult to show the „flow“ between hard and soft movements, great challenge.

**Please tell us something about your club.**

With more than 1200 members, SC Janus in Cologne is one of the biggest European gay and lesbian sport associations and hosts the Gay Games in 2010. I´ve founded the Taekwondo section in January 2000- and we now have around 50 male and female members from white to black belt, between the age of 17 and 50. We offer two traditional Taekwondo classes per week and do a "Fit & Fight" training on Saturdays. It´s a cross training with elements from Taekwondo, karate, boxing and kick boxing and includes preparation for the Gay Games competition as well as punching bag training and a special fitness program. We volunteer at community events, do yearly training camps and a lot of other activities beside the sports. We are proud to be the first Gay Taekwondo group in Germany and look forward to meeting with our partners from Triangle/US and other Gay Martial Artists.

**Are you a teacher? Why do you choose to teach?**

Yes, I´m a teacher. I began teaching as a blue belt and liked it from the first moment on. I´ve learnt a lot about Taekwondo and myself during the years of teaching. I try to pass the whole system of Taekwondo and the philosophic background to my students. Let them help to keep their eyes open and try to share our ideals of spirit, friendship, respect and variety.

**Tell us about some issues that you have encountered in your time practicing the martial arts: gender issues, age issues, ability/disability issues, homophobia, HIV related, training, traditional vs modern, and any other point you wish to share with IAGLMA members.**



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## Cologne Martial Artist Profile *Continued Page 1.*

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You all may share my experiences- at the beginning it was hard to bring Martial Arts to the gay community. Taekwondo is not so well known as Karate, but through the years we've built a very harmonic and mixed group. Of course HIV is also present, but fortunately they all can participate and feel healthy with the MA. I think it's important to pass the training of Martial Arts to the future - keep eyes open to teach the traditional elements, but don't forget about new aspects of healthy exercises and progressive training. I'm also a huge fan of cross training and like to share experiences and elements with other styles to make self defense most practical. No style is leading or most attractive or efficient- it depends on what you are looking for. I've always liked the idea of connecting the Gay Martial Arts Community that's why I love the ideas of the IAGLMA- meeting with martial artist from all over the world. Thanks for this!

**Gay Games Cologne 2010 [www.games-cologne.de](http://www.games-cologne.de)**

Register now! Save € 25,-, basic fee € 125,- (€ 150,- in 2010)!

Martial Arts Competition, Monday, 2 August - Thursday, 5 August 2010

Competition: Monday- Wednesday, Martial Arts Seminars: Thursday

The Martial Arts competition of the 2010 Games invites martial artists of all styles and disciplines to Cologne. From Tae Kwon Do, Karate, and Jujutsu, to Kung Fu, Aikido, Tai Chi Chuan, the Games make it possible to meet martial artists from the entire world to compete, compare style and learn from each other.

Following the fundamental ideals of respect, courtesy, self-discipline, community, and fun, the participation in tournaments and seminars is open to all martial artists, regardless of style, rank, or age.

Prior to the competition, we will be offering a "Judge and Competitors Clinic" in conjunction with the IAGLMA, as well as time and space for individual training. After the completion of the tournaments, we will offer many Martial Arts seminars and workshops.

The Gay Games are not only about "winning" - we are hoping for an event where, in working with the goals of IAGLMA, the gay and lesbian martial arts community will be brought even closer together.

Looking forward to meeting with you in Cologne!

Andrea Lowe

Head coach Horangi Taekwondo  
Competition Manager MA Games  
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Horangi – Kampfkunsttaekwondo

**IAGLMA Makes Changes to the Self Defense Competition Attacks**

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Competitors and attackers have the flexibility to prepare their specific attacks from the general descriptions.

The first set includes three common real-life situations while the second set has more complex scenarios with the final set aiming to provide a challenge to the competitors in the black belt category. Beginners are required to demonstrate their defence to the attacks in Set 1 only. Intermediate and advanced students are required to demonstrate their defence to the attacks in Set 1 and Set 2. Black Belts are required to demonstrate their defence to the attacks in Set 1, 2 and 3.

**Set 1**

- 1.1 Straight punch to the face.
- 1.2 Grab on the wrist from behind.
- 1.3 Knife attack from the front.

**Set 2**

- 2.1 Club/escrima attack from the front.
- 2.2 Kick to groin.
- 2.3 Defender supine, attacker on their knees between the defenders legs and attempting to strangle the defender (rape position)

**Set 3**

- 3.1 Defender seated on a chair, the attacker attempts a punch to the face.
- 3.2 Gun to the head from the front.
- 3.3 Defence against two attackers, attacks are optional, but must be simultaneous.

If necessary, the attacks may be modified for disabled competitors. For example, 2.2 could be modified by a competitor in a wheel chair to be a kick to the face. Also the 2.3 attack position may be varied depending on the nature of the disability.

**Guide to Competitors and Judges**

Competitors and attackers have the flexibility to prepare their specific attacks from the general descriptions. For example, 1.3 could be interpreted as an overhead attack to the head or a horizontal slash to the body

If the attack falls outside the description above the judges will score the technique on its merits and then deduct 1 mark. For example if the attacks in 3.3 are clearly not simultaneous.

Visit <http://www.iaglma.org/rules> for complete IAGLMA tournament rules.

~IAGLMA Board

**Cleveland Chosen to Host 2014 Gay Games IX**

Excellent venues, fiscal accountability and widespread community support cited by Federation of Gay Games. The city of Cleveland, Ohio, USA, has been chosen by the Federation of Gay Games (FGG) to host the 2014 Gay Games.

The announcement by the FGG comes after a year-long site selection process that culminated in formal presentations by bidding cities to the FGG Membership Assembly meeting this week in Cologne, Germany, site of the 2010 Gay Games. Boston, Massachusetts, USA, and Washington, D.C., USA were the other two finalists.

Cleveland demonstrated to the Federation of Gay Games that they understood the mission of the Gay Games and our principles of "Participation, Inclusion, and Personal Best", said Kurt Dahl (Chicago) and Emy Ritt (Paris), FGG Co-Presidents. We were highly impressed by the facilities and infrastructure, the widespread community support, their financial plan and the city's experience in hosting large scale sports and cultural events.

"The City of Cleveland is prepared to roll out the welcome mat to the LGBT athletes, their families and spectators from around the world," said Cleveland Mayor Frank G. Jackson. "Fans of the Gay Games will find that Cleveland is a great place to celebrate sports and culture and that we have tremendous assets and amenities for them to enjoy. The sports and cultural environment here is truly a uniquely Cleveland experience, one they will cherish for years to come."

**IAGLMA 2009 Notice of Delegate Change: 7 July 2009**

The IAGLMA Board has changed delegates to represent the organization in the Federation of Gay Games. The new delegates will be Adelina Santiago and Sandy MacKay. We know that both will be excellent additions to the membership representative roster.

We would also like to extend our warmest thanks to outgoing delegate Rick Van Tassell. Rick worked diligently for the Federation in various capacities as a board member and delegate, we and the Federation owe Rick a profound debt of gratitude.

Teresa  
Teresa Galetti

**Federation of Gay Games**



IAGLMA is a Member Organization of the Federation

IAGLMA is a Member Organization of the International Lesbian and Gay Association.

