

## World Cup

Congratulations to all those who competed at the ITF World Cup in Brighton - you did us proud.

Special mention to Naketa Wells, who as most of you know went from being wheelchair bound late last year to winning a Patterns Gold Medal!!

Medallists from Papakura were:

### Gold:

Niketa Wells - patterns

Melissa Timperley - patterns

Courtney Weir - sparring

### Silver:

Courtney Weir - patterns

Toni Moki - patterns

Niketa Wells - special technique  
Vienna Parker - patterns

## TKD Tigers

TKD Tigers is revolutionary program for children aged between 3 - 6 years of age.

TKD actually stands for "Total Kids Defence" and has been designed as a life-skills and danger awareness course primarily. TKD Tigers is based around Taekwon-Do, to teach children fitness, co-ordination, balance, flexibility, strength and basic elements of self-defence, when dealing with bullies.

An instructors Course open to all graded members of iTKD (with Instructors permission) is being conducted by Master Mark Hutton (Scotland) in November.

## Merchandise

Some TKD merchandise (xmas presents?) will be on sale at a for the next few weeks:

Paul M TKD Keyring - \$5  
Pattern Workout book - \$10  
TKD Pioneers DVD - \$10  
Self Defence DVD - \$10

*Paul McPhail*

## What's On

**20-21 October** - National Tournament - Palmerston North.

**4-5 November** - Stripes 1 to 1 senior dan seminar and examiners course

**10-11 November** - Tigers Instructors Course - Auckland

**11 November** - 3rd Pee Wee Tournament, CM.

**18 November** - Final Under 18 Tournament - Auckland

**23-25 November** - National Kids Camp

**5 December** - Gup Grading, hosted by PM Papakura (TBC)

**8-9 December** - Black Belt Grading, Auckland

Full Calendar is on-line at:  
[www.itkd.co.nz/events/calendar](http://www.itkd.co.nz/events/calendar)

## Nikita beats the odds - with support

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From then on, Niketa lost the use of her legs. Walking was not a possibility due to the pain and she spent weeks at home, undergoing physiotherapy from her wheelchair. During this time, they were told during one of the many visits to the doctor that the family were told to prepare for the worst, which was Niketa may never use her feet again.

"I got to the stage where we couldn't do it at home anymore. Niketa was in such pain. We went back into hospital and were then transferred into the Wilson Centre, a rehabilitation unit for children," says Pip.

Niketa and Pip moved into the Wilson Centre for seven months, where Niketa undertook physiotherapy three times a day, something she describes as absolute agony.

"I had to try and mentally block the pain. Even though I was on medication to help ease it, the pain was still there. I even said to my mum and the doctor, 'Would it help if you just amputated my legs?' I just wanted the pain to go away," explains Niketa.

"But I had to keep positive. And it was when I received a letter from Grand Master Lan, a Taekwondo World Champion based in Germany, saying he believed that I could beat this and that I was a fighter, that I started to push myself."

Niketa says that while the physiotherapy helped, it was really her instructor, Master Paul McPhail of Papakura, who really helped her begin walking again.

While she was still in her wheelchair, Niketa still participated at Taekwondo training, with her goal always set in the back of her mind - to compete in the Brighton World Cup in England in October and Master McPhail was there supporting her through the whole process.

By Christmas last year, Niketa had progressed onto crutches and had begun preparing her training schedule for her black

belt.

But as Niketa progressed and began controlling the pain, Pip started researching the outcomes of people who have suffered from RSD and was shocked to find that success cases were very limited.

"Niketa had just come so far, and the more she progressed, the more we found out how limited success stories of RSD were.

"In most cases, the RSD had become irreversible, and the patients had to live with it for the rest of their lives. Now that was hard at the time, thinking of that possibility."

Pip explained that the rare syndrome just doesn't affect the children, but the parents as well.

The financial burden that is on these parents with children affected by RSD was huge. I had to give up my job and care for Niketa full time. Not only that, the children just can't see the big picture. They want a quick fix, like Niketa, wanting her legs amputated just to remove the pain then and there, but not thinking about how that action is going to affect her later in life. It was really, really hard."

For Niketa, the hardest thing for her was going from being an outdoor person, who loved to be active, to teaching herself to walk again.

"But through the support from my instructor, my family and the RSD specialists, I learnt not to underestimate the true discipline of thinking."

While it has taken Niketa well over a year to learn to walk again, she still says she hasn't fully recovered yet and there may be a chance that the RSD may come back.

"I still get a bit of pain in my right leg and the doctors say they don't actually know what causes RSD and it might come back during any stage of my life. It is hard to know that but we are working through it," says Niketa.

Pip and Niketa would like to thank the community for their

support from the time Niketa was diagnosed up until now. "It was absolutely amazing. The support enabled us to help continue on with Niketa and get us to where we are today. And huge thanks to Master McPhail and for the only two specialists who work with RSD affected children in the whole of New Zealand, we are just re-

ally grateful," says Pip.

And for Niketa, she hopes that her story will inspire others to not give up, to keep pushing their way through the pain and to keep thinking positively.

"It was very hard, but I never give up. And I believe if I can learn to walk again, then other children have a fair chance at making through RSD too."



Above: While she was contained in her wheelchair, Niketa Wells still participated at Taekwondo training, with her goal always set in the back of her mind - to compete in the Brighton World Cup.

Check out her story here: <http://paulmtkd.blogspot.co.nz/>