

TOTALLY TAE KWON DO

Issue 5

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July 2009

The Free Global Tae Kwon Do Magazine

Grandmaster
Lee Yoo Sun
Interview



**Building
Confident Kids**

Plus

Master Yoon Byung-in's Legacy

The Sawston Superhero

Is Your Technique On the Level

Light Continuous Sparring - A Lost Sport!

Martial Arts Are About Survival

A History Of TaeKwon-Do Demo's

Plus loads more great articles inside

**TOTALLY
TAE KWON DO**
The Free Global Tae Kwon Do Magazine

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Editorial
Issue 5 - July 2009

Welcome to issue 5 of Totally Tae Kwon Do. Quick story for you: Man downloads Totally Tae Kwon Do magazine, flicks through it and feels that there isn't enough WTF related articles. So what does he do?



- A. He writes and submits some articles himself, as the magazine is open TO ALL Tae Kwon Do and it would even up his perceived imbalance!
- B. He emails his friends in WTF TKD and his instructor and asks them to email their friends, and submit articles so there is more WTF related articles in the magazine, as this would even up his perceived imbalance!
- C. He moans and groans on a forum and doesn't do anything about it except continue to moan and groan!

Now, I bet your thinking, depending on his grade it may be A, if not, then perhaps B, as that would seem logical.. But no, sadly its C! The point is that the magazine **IS** open to all that do Tae Kwon Do to submit articles, if a certain faction isn't getting enough press, then its not down to the magazine, but down to the faction and the answer is simply to encourage more submissions!

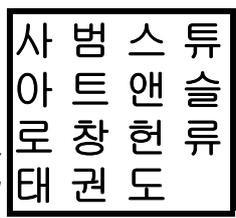
Anyway, enough of that and back to the good and more positive stuff. Many fantastic articles adorn this months issue and I thank all those that have contributed, once again making the magazine the only place you need to come for top quality Tae Kwon Do info.

Totally Tae Kwon Do magazine is running the definitive Tae Kwon Do book survey, to really find out what are the most worthwhile books ever on the art, for you to purchase. Be sure to check the news section of the magazine for further details on that.

Finally, we have so much good stuff to come I'm itching to tell you about it, but can't until it comes to bear, so for this month, enjoy the mag and prepared to be amazed!

Stuart Anslow
Editor

Ps. To the guy who did the book survey rating all WTF books as top class and all ITF books as rubbish.. Please learn the 2nd tenet of TKD!



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Totally TKD News

WTF To Honour Original ITF Pioneers

As first reported in the 2nd issue of this magazine back in April of 2009 the World Taekwondo Federation will honour and give credit to numerous original pioneers of Tae Kwon Do. News is circulating that this will happen during the Brazil Open 2009 and 1st WTF President's Cup Championships in Sao Paulo, Brazil, from July 31 through August 02, 2009.

These pioneers moved abroad to several countries around the world introducing their adopted communities to many aspects of Korean culture through the teachings of the Korean Martial Art of Self Defense they called Tae Kwon Do. These Goodwill Ambassadors, many dispatched overseas by General Choi Hong Hi and under the auspices of the International Taekwon-Do Federation, acted as trailblazers paving the way and laying the groundwork for what would become the world's most popular martial art. These early instructors of Taekwon-Do are often referred to as the original pioneers. They can also be considered national heroes as they also introduced countless numbers of people to Korea, a nation with a long and proud history that suffered both under a terrible occupation and a devastating civil war. Numerous trailblazing pioneers have confirmed their attendance including Grandmaster Nam Tae Hi who founded, along with General Choi, the Oh Do Kwan, where Taekwon-Do was first developed. Also confirmed is Grandmaster Cho Sang Min, the pioneer of Taekwon-Do in Brazil, and Kong Young Il. Other notable Taekwon-Do Pioneers are expected to attend.

Sao Paulo, the "Brazilian Big Apple," is a city of 11 million people and will be the host of the 1st WTF President's Cup, a new annual official international competition.

The award ceremony will coincide with the 39th year anniversary of Tae Kwon Do in Brazil as part of the "Festival 50" which celebrates 50 years of diplomacy between Brazil and the Republic of Korea. The Brazilian Tae Kwon Do Festival is one of the best in South America, drawing some 1,200 national and international players in 2008. At this year's event the organizers expect some 35 nations and some 2,000 athletes. During this weekend in addition to 1st WTF President's Cup, which may enable WTF players to accumulate ranking points, an open martial arts tournament and Miss Taekwondo competition will also be held. Other events on the schedule will be a referee's class, seminars on poomsae, Olympic sparring, hoosinsul, international Taekwondo dance, black belt exams, along with symposiums by the WTF President Dr. Choue Chung Won, Secretary General Jin Suk Yang and pioneer Grandmasters.

For more information about this event and to register and attend, go to www.brazilopen.net – and those interested can also visit www.akillingart.com/blog to see a video clip with the WTF President Dr. Choue acknowledging the great work of these grandmasters. The video clip is part of a feature documentary project, currently in production, about the history of TKD and is produced by the company Legacy Unity Vision Films, LLC. For more information about the film project, please sign up for future news at www.LUVFilms.com

8th Dan Promotion

We are pleased to report that Master Earl Weiss, continual supporter and writer for Totally Tae Kwon Do magazine from its inception, has been promoted to 8th Dan by legendary TaeKwon-Do Grandmaster Chuck Sereff. Many congratulations to Master Weiss, 8th degree.



Master Earl Weiss, VIII

Dan Hardy Exclusive: 'A lot of my style comes from Taekwondo'

By Chris Granet

News courtesy of www.kidokwan.org

Much has been made about new UFC light-heavy weight champion Lyoto Machida's karate-based style of MMA.

Apart from Thai boxing, most of the traditional striking styles from the Orient have dropped by the wayside during the recent and rapid fusion of martial arts. Lyoto, on the other hand, has adapted his father's Machida Karate style to create his own unique brand of MMA.

Obviously, many fighters started off along the traditional martial art route. Georges St. Pierre demonstrates some of his karate background when he fights - especially in his earlier bouts - and I noticed that Dan



Hardy, having trained taekwondo since the age of six, also likes to pick off his opponents more technically.

I asked him how much of his style is attributed to the South Korean national sport.

"I would say quite a lot of it, actually. Certainly a lot of the footwork and the movement. With taekwondo being an Olympic sport, and it being based on scoring points, you have to be very quick to move in and out and score your points without getting scored on. So I think a lot of the footwork that I use, moving around the Octagon, moving into strike and then getting back out again, I think a lot of it was taken from taekwondo.

"And all the way through my career I've never really taken too many shots in fights, kind of similar to Machida, I think that's because of the footwork and the timing of throwing the strikes from traditional styles like taekwondo and karate. So it's been very useful to me. Obviously I've had to adapt a few things to suit MMA because with taekwondo it's very easy to get punched in the face and get taken down, so certain things have changed but I have taken a lot from it definitely."

"You can watch my fights. I'm always pretty light on my feet and that's from years of competing in taekwondo, especially as it became an Olympic sport the fighters I was coming up against were getting faster, so I had to adapt, but that was the point where they were just too fast."

Hardy has also taken many useful elements from Thai boxing to create a highly technical striking style.

"I've had quite a few Muay Thai fights before, just around the UK really," he told me in an earlier interview. "The first couple of years I was fighting pro MMA I was fighting Muay Thai as well. My main thing was I used my range, my kicking and

punching like I do in MMA. But I did work out the best techniques for myself and my body type that would be effective in MMA through my Muay Thai fights.

He also likes to use the front push kick which, surprisingly, is rarely seen in MMA - and which I mistakenly thought it was the Thai boxing 'teep'.

"To be honest, that's more from my taekwondo background. With the Muay Thai teep you really commit to it, but in taekwondo you use a push kick and it's a much faster technique and I think that's why I have more success with it as I land it with more speed than a normal teep. That's where the effectiveness comes from, the foot work's slightly different to Muay Thai."

France Wins Overall Title at 1st WTF World Para-Taekwondo Championships

France won three gold medals to clinch the overall title at the 1st WTF World Para-Taekwondo Championships in Baku, Azerbaijan on June 10, 2009.

Host Azerbaijan grabbed one gold medal, two silver medals and two bronze medals to rank second, followed by Turkey with one gold, one silver and three bronzes.

Spain came next with one gold and two silver medals, followed by the Russian Federation with one gold.

Chinese Taipei stood at sixth with one gold, while Iran came next with one silver and one bronze. Guatemala came next with one silver. Israel followed with one silver, while six countries - Mongolia, the Philippines, Korea, Australia, Canada and the United Kingdom - ranked next with one bronze each.

The Good Fighting Awards were given to the Philippines, Israel and Guatemala, while the Active Participation Awards went to Azerbaijan, Turkey and Mongolia.

About 30 countries expressed their intention to attend the inaugural World Para-Taekwondo Championships. The Para-Taekwondo Championships, which took place at the Baku Sports Hall in Baku, marked the first WTF-promoted event to use electronic protectors. The event featured one female category and seven male categories.

In the seniors female A -67 / bantam category, France's Prescillia Schiel Laura won the gold medal, while Turkey's Celik Gulsun and Great Britain's Trusdale Amy earned their respective country the silver and bronze medal.

In the most heated men's seniors A8 -68 / fly division, Russian Kan Artur grabbed the gold medal, while Spain's Amado Garagarza Gabriel won the silver. The bronze went to Korea's Han Kook-hyun and Mongolia's Gankhuu Ankhbayar.

Under the WTF's new Competition Rules, an instant video replay system and a new scoring system were introduced for the Para-Taekwondo Championships. There were also some changes to the new WTF Competition Rules. Head kicks were not allowed and a one-minute, three-round system was adopted. There were some calls for an instant video replay and the one-day event ended successfully.

The WTF plans to hold the second WTF World Para-Taekwondo Championships in 2010, with an aim to including taekwondo in the official program of the Paralympic Games in the near future.

Prior to the final matches, an opening ceremony for the 1st WTF World Para-Taekwondo Championships and the 2009 WTF World Cup Taekwondo Team Championships was held at the Baku Sports Hall.

The opening ceremony drew high-ranking sports officials, including Azerbaijan Youth and Sport Minister Azad Rahimov. It also

featured a variety of Azerbaijan cultural performances.

In his speech during the opening ceremony, WTF President Chungwon Choue said, *"Taekwondo has been a sport growing fast and reaching out to all parts of the world. With the growing popularity and balanced development, taekwondo has established itself as a global sport that is enjoyed by tens of millions of people around the world regardless of their race, age, gender, or disability."*

"The first Para-Taekwondo event, in particular, is part of the step to bring taekwondo closer to every individual and to the Olympic ideal of promoting the universality of sport," Dr. Choue said. *"Those who are here are all champions who will demonstrate their strength beyond their physical ability and confidence overpowering the difficulties,"* .
-- Many thanks to Ray, from [Dojang Digest](#) for this news

Atlantic-Pacific Tang Soo Do Federation 2009 New England Black Belt Camp & Regional Dan Shim Sa

Submitted by Dr. Anil Mathew, Cho Dan Bo, Apple Valley Family Karate



The 3rd annual New England Regional APTSDF Black Belt Camp took place from May 15th-17th, 2009 at the picturesque YMCA Camp Jewell in the mountains of Northwestern Connecticut at Colebrook. This now being the 3rd annual event, we in the New England region have come to expect nothing short of an inspirational,

motivational, and highly educational experience. These expectations were met and surpassed by far. Over 90 participants of all ages with ranks from red belt to Senior Masters joined with Grandmaster St. James for a spectacular weekend.

Friday Evening's events included our regional Black Belt test, with 23 participants testing for their Cho Dan (1st degree) or E Dan (2nd degree) Black Belt. Testing was very successful and it was evident early on that our testees had come prepared. Special congratulations go out to Haley McClure of the Southbury Academy of Karate and to Chad Zawisza of Apple Valley Family Karate for attaining the honor of "best of test" for children and adults respectively. A general workout led by some of our 3rd Dans took place early Friday evening for those campers not testing. Leadership presentations by Grandmaster St. James and Master Becker later Friday evening allowed participants to learn about the foundations of Mastery and the importance of maximizing one's personal performance.

Saturday's events started at 7a.m. with jogging, Capoeira, and Chi Gong/Meditation. Throughout the event-filled day, sessions included detailed instruction in hyung (forms), weaponry, Akido, sparring, and advanced self-defense. For our younger campers, time was carved out for some fun extracurricular activities that included archery, rock-climbing, and canoeing. Following dinner, presentations on Certified Instructor Training, principles of breaking barriers, and Moo Do philosophy were offered to all participants. Time was also set aside to review the important principles of tournament judging.

Sunday's events included a 2 hour Master's workout in the morning led by Grandmaster St. James and attended by all of the New England Regional Masters. Instructional sessions led by our Regional Masters soon followed and the entire weekend's activities culminated with group

hyungs to the drum beat led by Grandmaster St. James.

The energy and the spirit of Tang Soo Do was quite evident throughout this Black Belt Camp. Just ask Michaela Narus of Apple Valley Family Karate who received the honor of “Most Spirited” student. Participants came from all over the New England region and well beyond. Instruction was given and received, but just as importantly, ideas were shared and friendships were strengthened. The history, culture, and general philosophies of Tang Soo Do were embodied during this time, as was the richness and the fervency of this ancient Martial Art. Sincerest thanks go out to Grandmaster St. James, Senior



Masters Rivera, Klacko, and Sattler, and Masters Becker, Fernandez, and Duva. It is often said that to share one’s wisdom with enthusiasm and desire is the sign of a truly selfless teacher. Tang Soo!!



Subscribers Book Survey

As all the subscribers will know, we have been running a book survey to find the “most rated” Tae kwon Do books of all time. The survey is not an “ITF Vs WTF” type of thing, but designed to find the best books for students of any style of Tae kwon Do, which is why the categories are split into WTF/KKW, ITF/Ch’ang Hon and Other.

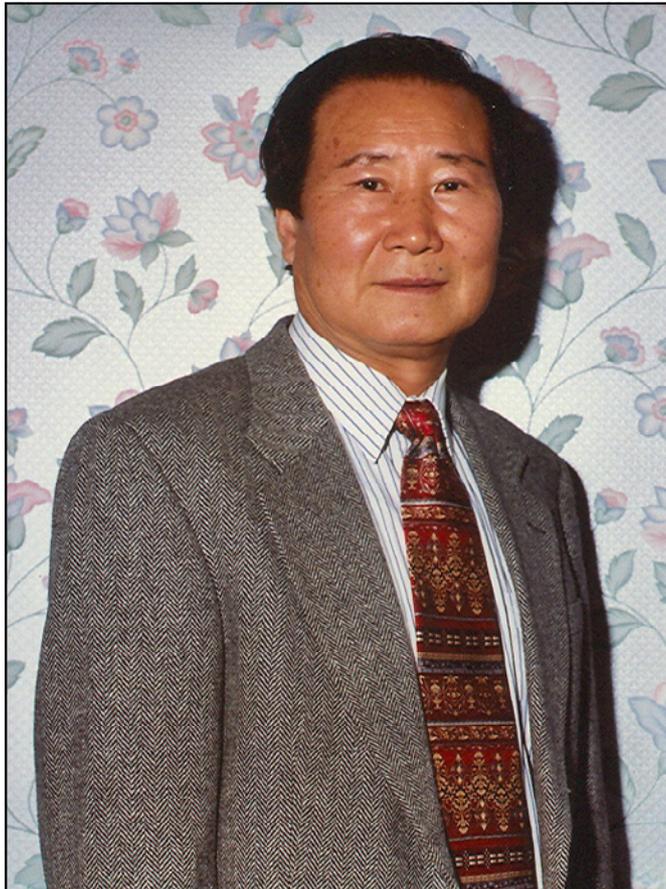
We will be emailing around one more time before compiling the results and we will re-run the survey again in the future as new or ‘missed’ books have been added to the survey as time went on. We have had **8 - Totally Tae Kwon Do**

hundreds of votes, so we shall issue the results of this 1st ever survey next month, with an update in a few months time. Thanks you to everyone that took the time to vote and please do again when needed as it really is doing the Tae Kwon Do world a service. Also, I must admit, I am pleased to see my own book doing so well and as much as I try to remain separated from the magazine (apart from my own articles) obviously it is nice to see something I invested so much time and energy in being so highly rated - Full results in the August issue of Totally Tae kwon Do Magazine.

An Interview with Grandmaster Lee Yoo Sun

By Philip Hawkins[©], 2004

As I stood in the Hotel Lotte in Seoul, South Korea, with Dr He Young Kimm, waiting for Grandmaster Lee Yoo Sun to arrive, I was debating with myself whether or not I would recognise him. Although I had seen numerous photos of Grandmaster Lee, most of these photographs were some 35-40 years old. However, as I have found with all true Taekwon-Do Masters, they have an air of authority and confidence that sets them apart from most people. Grandmaster Lee was no exception.



His skills have lead him to teaching posts in Hong Kong, Holland, France and the U.S., as he and others helped to spread Taekwon-Do from Korea's shores in the 1960's. Along the way, he was to be challenged on numerous occasions. As we spoke, Grandmaster Lee's love for Taekwon-Do shone through; also his respect for his seniors and instructors.

Grandmaster Lee Yoo Sun began his training at 15 years of age. Whilst walking home every day from school, he would pass the University of Agriculture in Seoul, in whose gymnasium there was a Chung Do Kwan class taught by Masters Choi

Bong Gip and Hong Ei Jung. Such was his interest and enthusiasm he was soon training two hours a day, five days a week after school. During the holidays, when the University class was closed, he would travel to the main Chung Do Kwan Do-Jang in Seoul, where he would train under Uhm Woon Gyu, Yoon Ki Hue, Son Duk Song, the resident instructors (General Choi Hong Hi was the honorary President of the Chung Do Kwan at this time).

After graduating from school, he was to continue his education at university. However, his family's finances meant that after only a short time his university education was curtailed. But, as is usually the case – as one door closes, another one opens. The Military was that door, where his martial arts skills were recognised and flourished from the start, under the direction of General Choi and the senior Oh Do Kwan military instructors.

His military career began early in the 1960's. Almost from the start, after his initial military training, he was drafted into the 26th Infantry Division, being singled from the outset – to both teach and be taught the fundamental movements of Oh Do Kwan Taekwon-Do. Although still in it's



Grandmaster Lee Yoo Sun demonstrating a flying side kick in front of the Gyeongbok (Royal) Palace, Seoul, Korea, 1970

infancy, he began to learn the new Tuls, Hwa Rang and Ul Ji and Choong Moo, which were replacing the previously taught Japanese forms of Karate.

He recalls that after General Park Chung He came to power in 1961, that General Choi left the military and accepted the position of Ambassador to Malaysia, in 1963, where he was to finalise the 24 Chung Han Taekwon-Do Tuls. It was from here that General Choi sent back the drafts of the new Tuls to Major Woo Jong Lim. This enabled all military personnel based in Korea to begin learning the complete Chung Han Tuls.

Whilst in the military, Grandmaster Lee's sole role was to teach Taekwon-Do. This he did in a large marquee, which covered a hard soil base on which he used to teach. The military training at this time was extremely arduous for the students training under Grandmaster Lee.

Throughout the time I spent with Grandmaster Lee, he continually praised General Choi. He stated that General Choi was at this time a very astute man.

"I believe even at this time he had a vision for Taekwon-Do and could see into the future. He truly wanted to establish a martial art that characterised Korea. Therefore it had to be different from Japanese Karate. Everyone knew the names of the new Tuls from their school days. This helped create pride and patriotism, which was essential in the military at this time". (Korea had been occupied by Japan from 1910 to 1945).

"Not long after General Choi returned to Korea after completing his ambassadorial duties in Malaysia. Grandmaster Lee along with Park Jong Soo and Kim Jung Chan and others began to train regularly under General Choi at his residence in Seoul. General Choi's stamina was

amazing and the training itself was very intense. We trained both inside and out and I recall that General Choi had a beautiful lawn. Also in the garden were forging posts and kick bags. We would train from 10am until lunch, when Mrs Choi would dish up noodles. After which we would train in every aspect of Taekwon-Do – Tuls, Sparring, One Step and Foot Sparring with our hands behind our backs, tucked in our belts. General Choi would constantly correct our movements. For myself, I loved to train for the kicking aspect of Taekwon-Do, especially the jumping kicks. Grandmaster Han, I remember, had excellent jumping kicks. I also recall him telling us how he once knocked out a bull with a sidekick. Another memory is of myself standing in front of General Choi whilst he sat behind his desk calling out Pattern movements. He would call out 'Lee – knife-hand guarding block; forward front punch' and so on. Sometimes he would get annoyed and would say 'Lee – get out!' and I would leave until I was called back in again.

When asked about Gradings, Grandmaster Lee laughs and explains that he graded under General Choi, both in Korea and in Holland, were in 1968 he attained his 6th Degree. However he states that he has certificates from Chung Do Kwan, Oh Do Kwan, KTA, ITF and WTF. General Choi would also come and regularly grade students at his civilian Do-Jang in Seoul. He was at this time President of the Korean Taekwon-Do Association.

November 1966, saw Grandmaster Lee arrive in Hong Kong at the recommendation of General Choi. He was sent to support the resident instructor, Grandmaster Kim Bok Man (who had arrived the previous year to help advance Taekwon-Do, as it's popularity was growing).

"We performed many Demo's to promote Taekwon-Do, as it was still relatively new. Our Demo's were well received and in a

short space of time our membership grew significantly. My main Do Jang was located in a shopping mall, were I would teach every day. However, not all were happy with this new art. Some felt threatened, like the man who threatened Grandmaster Lee whilst he was exercising in one of Hong Kong's many parks, along with other martial arts practitioners. Grandmaster Lee recalls:

"As you can imagine, a large crowd had gathered to watch. My challenger threw a punch. I dodged and executed a spinning back kick, which dropped my opponent to his knees and thus ended the challenge. I decided to give this particular park a wide berth after this".

More challenges were to appear throughout his career. "Before leaving Hong Kong, a Karate practitioner walked into my Do Jang and in front of my students, he issued a challenge. I knocked him out with a single turning kick".

1967 saw Grandmaster Lee relocate to Holland, to replace Grandmaster Park Jong Soo as head instructor. Again Grandmaster Lee laughs as he recalls his first experience upon arriving in Holland. He was handed a cassette tape by a senior Dutch student, which contained a message from Grandmaster Park apologising for being unable to welcome him, as he had left for Toronto, Canada at very short notice.

"I found myself in a strange country, unable to speak the language and not familiar with the customs". However, Grandmaster Lee soon broke down the barriers. He recalls that how every Monday morning he would be collected from the Dutch Taekwon-Do President's residence in Danhague, to then spend the week travelling the length and breadth of Holland teaching, performing demonstrations, grading students and helping to establish the Dutch Taekwon-Do Federation.



Grandmaster Lee Yoo Sun (back row, top left), with General Choi (front row, centre left), Grandmaster Kim Yong Soo (bottom right) and Master Lee Nam Suk (front row, centre right), Master Song Tae Hak (front row, far left). Taken at the ITF Headquarters, approx late 1960s/70s

“After some time in Holland, I returned to Korea for a three-week vacation. However, after only one week the Korean Ambassador to France requested that a Taekwon-Do instructor be sent. So I returned to France. Shortly after returning I was asked to perform at a Karate tournament by the host, who had previously graded in Karate, but now wished to make the transition to Taekwon-Do. Although I performed a good Demo, it was not particularly well received. My stay also coincided with the CISM Demonstration in Paris, which was a prestigious military demonstration, which was performed before many politicians and dignitaries. General Choi gathered myself and other European based Masters - from England came Rhee Ki Ha; from Italy – Park Sun Jae; from Germany – Kim Kwang Ill and Kwon Jae Hwa; and from Austria Lee Kyung Myung to perform. Our Demo was very well received. I recall that we cut up an old ammunition case for our

destruction material. Master Rhee Ki Ha performed breaking techniques. I performed Pattern Taegye and One Step Sparring with Master Kwon Jae Hwa, with whom I had previously trained in the Korean military. My main memory though is of performing a flying sidekick over the shoulders of the other Masters. On the first and second attempts I failed to break. General Choi shouted ‘No more, Lee’. However, on my third attempt I was successful. This was also the first time I had heard Taekwon-Do and the Olympics mentioned in the same breath”.

After the Demo, I was expected to remain in France, which obviously caused problems in Holland as they expected me back there. General Choi resolved the problem by sending another instructor.

But his stay in France was short as his father became ill (back in Korea) and unfortunately passed away. To make

matters worse Grandmaster Lee was also taken ill and upon his return to Korea he was detained in hospital for one month for surgery. After being released from hospital, he decided to stay on in Korea to support his family. This again gave Grandmaster Lee the opportunity to train under General Choi and in 1970 he attended the ITF Instructors Course held in Seoul. He also

posed for numerous photographs for General Choi's up-and-coming Taekwon-Do book. He also continued running a successful Dojang in Seoul. After the ITF moved to Canada, he affiliated with the WTF and stayed in Korea until 1975, when he moved to the US.

In 1975, he moved to the US - firstly to Chicago, Illinois. His sponsors were former students - Park Sun Boo and Choi Chun Mung (who had both immigrated to the US with the

assistance of the Korean church) and now in turn helped Grandmaster Lee. Grandmaster Lee states that even though he was moving to a new country, in some ways it felt like he was coming home, as he was reunited with many of his old friends who now resided in Canada and the US where they ran successful Dojang's. It also enabled him to rejoin the ITF and receive his 7th Degree. His eyes were also opened for the first time to the exploitation of the Taekwon-Do name, as there were many bogus instructors

shamefully trading under the Taekwon-Do banner. Settling into a life in Chicago was by no means easy. After only a short time teaching in a rough neighbourhood, he was approached by a local thug who asked him to pay protection money for his Dojang, which he declined to do. Again and again he was asked, and each time he refused. Eventually the situation came to a head.

Once again Grandmaster Lee's techniques despatched his aggressor, but he decided that Chicago was not the best place for him and his family. So he moved and settled in Midland, Texas, where he began to establish an enviable reputation as both a practitioner and instructor of Taekwon-Do.

By the early 1980's his main Dojang had some 300 students. He also established six satellite Dojang's with over 120 students in each,



Grandmaster Lee Yoo Sun demonstrating a flying turning kick break, in Holland around 1968/69

"We had a good standard of technique and organisation at this time".

1980 was also a time of heartbreak for Grandmaster Lee and many other students of General Choi. General Choi was assembling a Taekwon-Do Demonstration Team at this time, to travel to Pyongyang, North Korea. He requested that Grandmaster Lee go with him, however the political situation in South Korea was complex at this time (a law had been passed in South Korea, which made it



ITF Course Seoul 1970. Grandmaster Lee is standing first left as you look at the photo

illegal to be associated with Communists or to have Communist sympathies).

Grandmaster Lee says that he had put his family first. He spoke to his close friends about this situation and they, like myself, were also unsure and felt uneasy.

"I spoke openly to General Choi about this, and we disagreed, but unfortunately I could not fulfil his wish to accompany him to North Korea. I felt very sad, as I knew it would mean we would go our separate ways. I again re-affiliated to the ITF, although I still taught the ITF syllabus in my Dojang, although my students competed in ITF competitions. The satellite school instructors that I had built up decided to stay affiliated to the ITF and join the USTF. As a result, I lost many students in the 1980's. I continued to teach in my main Dojang until 1990, when I relocated to Houston.

"Upon moving to Houston, I continued to teach Taekwon-Do, but also built up my

business. I also became somewhat politically active, as I began working for the Korean President at that time as a bodyguard. In 1991, Taekwon-Do Master Van Binh Ngyuen, hosted a seminar in Houston with General Choi. Masters Park Bu Kuang, Park Jung Hi and myself received an invitation to again meet with General Choi, which we gladly accepted. Both General Choi and myself apologised to one another for our previous disagreements. Not long after this, I flew to Toronto to meet both General Choi and my good friend Park Jong Soo, where we reminisced about all the good times we had shared together. I would like to say that it was misconstrued that General Choi was a communist supporter - he was not at any time. I would like to re-iterate a point I made earlier - General Choi was ahead of his time, his only dream was to spread true Taekwon-Do around the world. I openly admit that I misunderstood General Choi on several occasions. Nowadays everyone wants to visit communist countries to teach, especially Pyongyang.

General Choi, more than anyone, broke down the barriers between the West and the Communist countries, with regard to Taekwon-Do. He was an inspiration to myself and so many other instructors in his teachings, both physically and mentally.”

“I hope that Taekwon-Do can help build bridges between the respective Koreas. The reason for my visit to Seoul at this time is that I am a member of the Korean Council here in Seoul, with the proviso of trying to help build friendly relations between the two Koreas. On my recent visit to North Korea, unfortunately I did not have the opportunity to witness Taekwon-Do, but hopefully the opportunity will present itself some time in the future.

Taekwon-Do has taught me so much. It has also given me lasting friendships, especially with Masters Park Jong Soo, Choi Chan Keun and Kim Jong Chan.

Talking with Grandmaster Lee was a pleasure. His photographs are testimony to his immense Taekwon-Do talent. I found him, like so many others, wishing to promote General Choi’s legacy and the art of Taekwon-Do before himself.

The author takes full responsibility for any inaccuracies, which may have occurred during translation.

Philip Hawkins can be contact at www.taekwon-dohistory.com

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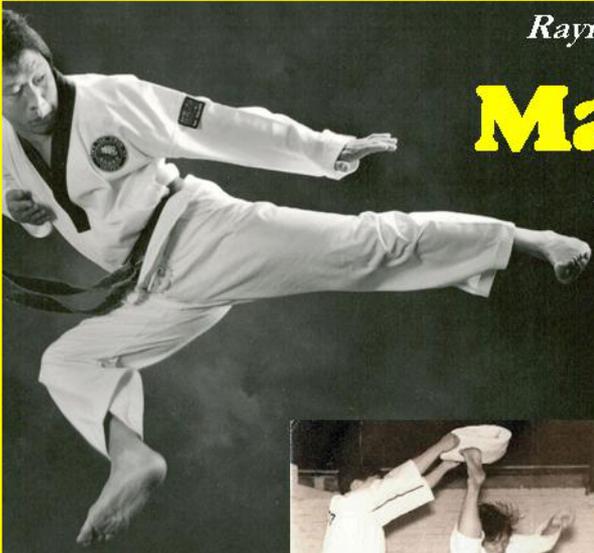
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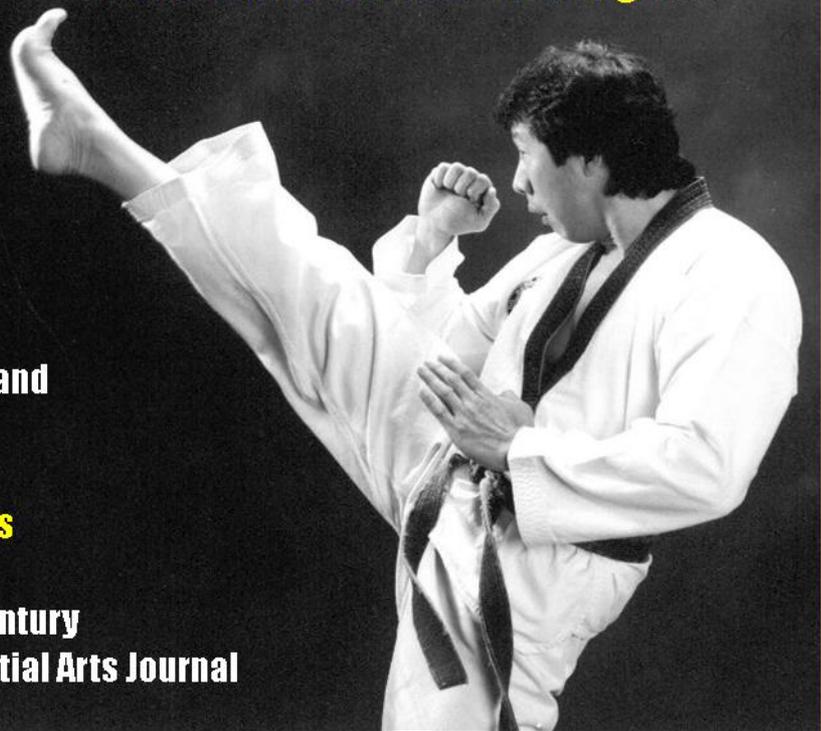


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Building Confident Kids

By Keith D. Yates

“I want my child to feel more confident.”

Isn't this a comment that we often hear parents say when they are considering martial arts lessons?

A lack of confidence can be seen in little kids, in teenagers and even adults. What is self-confidence? It is a belief that one has value. It is an optimistic viewpoint about one's abilities. And it is the belief that one will be accepted and appreciated by others. The opposite of these feelings is poor self-esteem.

In little kids self-confidence can be improved by positive feedback by parents and teachers. Children who hear lots of praise and encouragement are on well on the road to building a sense of self-esteem.

In teenagers poor self-esteem can be caused by all kinds of issues related to the onset of adolescence. Awkwardness, loneliness, and peer pressure intensify during these years. Some adolescents act out to gain attention. Others withdraw. Self-destructive behavior such as smoking, drinking and drug taking is often due to poor self-image problems.

In both younger children and in teenagers self-confidence is multi-faceted. In other words, a kid can feel confident in one area and not so in another. Maybe he is good at math but bad at sports. A kid's overall self-

image is directly related to the amount of importance he or she places on the perceived area of poor performance.

Let's say that kid who makes good grades but is physically awkward places more importance on his physical prowess than on his academic achievement. His lack of co-

ordination on the baseball field has a greater impact on his overall self-image than his good grades. So even though he is a gifted academically, he suffers from poor self-esteem because he isn't skilled at the things that he WANTS to be good at.

Think about it. Even as adults, we would be unhappy if we were forced to do only those things we weren't good at.

So what is a parent to do? Experts say that kids need to be encouraged to enjoy the things they are good at and to become better at the things they like. They need to be encouraged to do the things that bring out the best in them.

This brings us to a critical question. What if the kid just isn't good at the martial arts? What if she is really uncoordinated? What if he just can't kick without almost falling over? If we listened strictly to some ex-



perts we would conclude that maybe these kids would be better off in a non-physical activity where they don't have to face the embarrassment that their lack of coordination could cause.

Of course, as a martial arts teacher I would disagree, at least in part. I don't believe in FORCING a kid to participate in an activity that they just hate (other than school that is). But you have to give the activity a chance. Especially if it is an activity like martial arts that can so benefit a kid's self-esteem (and that sometimes takes a while to produce results).

Here is where the right type of instructor comes into play. There must be an environment in the classroom that fosters self-confidence and reduces the possibility of ridicule. All students have to be made to feel that they fit in, that they belong in the dojo. Teenagers especially need to feel like they are one of the group, that they aren't left out. A teacher who encourages kids to become friends can help a lot in this area. Activities outside regular class hours can range from demonstrations at the mall to dojo parties.

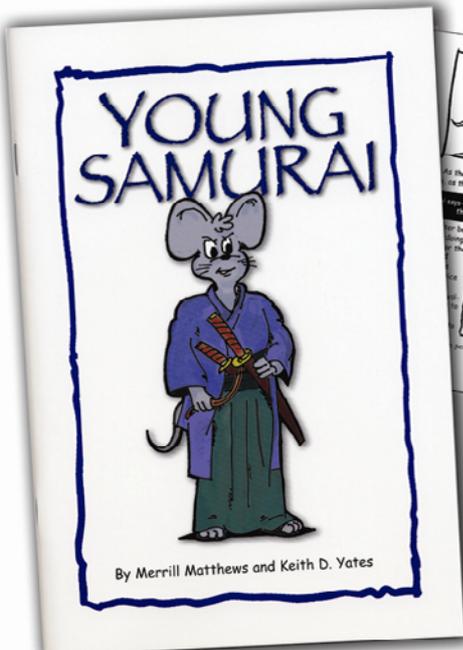
Kids have to be encouraged when they do something right and also when they do something incorrectly. Children actually do want to be corrected, they just don't want to be ridiculed. As grandmaster Jhoon Rhee says, "Always correct with a smile."

And speaking of what is correct and incorrect,

address not just physical techniques but life in general. Talk to your students about what is the right and wrong way to approach different situations. You can tie it into the martial arts by talking about being safe, both physically and emotionally. Talk to your students about hanging around with the right kind of friends. A good martial artist can talk himself out of a bad situation without having to resort to a physical technique. That is still using your martial arts skills.

Having the knowledge and the confidence to be able to avoid these kinds of situations goes a long way in developing self-esteem.

Grandmaster Keith D. Yates has written a children's book that discusses the character-building aspects of the martial arts, including self-confidence, through the story of a young mouse who takes up martial arts lessons. You can order it on his website at www.akato.org.



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Light Continuous Competition Sparring - a lost sport! -

By Stuart Anslow

Sparring for competition is a different ball game (or foot game) from that of sparring for realistic self defence... we all know that don't we! Certain techniques are omitted for safety, targets are restricted, contact is supposedly monitored etc.

Competition is fine and adds value to most martial arts in some form or other. It seems however that the sparring in many Taekwon-do competitions, usually billed as '*light continuous*' has changed dramatically over the years and not for the better. This article refers to the changes in '*light continuous*' events that are predominant in ITF style Taekwon-do, and is not a reflection on other types of martial art competition formats or their merits or demerits.

When I began a competitive career that took me to national and world titles (I say that just to show that I know what I'm taking about, not as a boast), sparring was quite rough, we didn't wear head guards or shin pads, just hand and foot pads, a box and we fought on hard floors with no mats. This was all fine and dandy as that's just how it was back then, technically it wasn't bad either, good techniques could be seen and being Taekwon-do, the legs were mostly used,

with a variety of hand techniques from jabs to reverse knife hands. Opponents were sometimes knocked down due to a good technique with good timing, landing on an open undefended area of the body, not through sheer 'bulling' punching power, as this was the Taekwon-do competition way - *light continuous sparring* – it kept it techniques technical, crisp and sharp!

Then '*light continuous*' under went a small transition. Head guards were introduced for



safety and became mandatory (mostly to avoid the head smashing on the hard floors should someone fall or be knocked over), contact seemed to be monitored more, again for safety, rules were adjusted slightly, gaining more points for more difficult techniques like jumping head kicks and less for just punching your way through, to

encourage and reward more spectacular kicking.

With the splits and divisions in Taekwon-do, '*light continuous*' has changed again, and not for the better of Taekwon-do as a whole I feel and I wonder just where it is actually heading as contact and technique aside, it seems we may have entered a so called *grey area* with regards to its actual

legality, as I will explain later!

To enable more competitors into their events, certain things are now over looked and this is what I want to discuss. For many tournaments, what is billed as '*light continuous*' should in fact be billed as '*Heavy Continuous*', as its not quite full contact because the onus isn't on knocking your opponent out and the emphasis still remains on scoring points, though neither is contact light any more. However, it seems the contact levels are more dependant on the opponents will to take punishment. For example, if we are sparring and I throw a blitz of punches and knock you down, I will often get warned, however, if I do the same thing but you stay up, the fight just continues, if your nose pops I get a warning or even DQ'd, if not, fight continues etc.

I don't mind a bit of contact and my students can and often have to step up levels in order to match their opponents after starting in light mode, as that's what the format stated (examples can be found on the videos section at www.raynerslanetkd.com), but all students should be aware of what type of competition they are entering, for safety, for training and for the organisers... legal reasons!

A couple of years back we entered a competition which had weight divisions and was billed as "light contact", but how then did a yellow belt end up with a broken nose in a light contact event.. only his 2nd ever tournament and it



was '*light contact points sparring*'!! Granted, accidents happen, but this was because the referee let heavy contact go on and on

until the injury happened near the end of the bout (eye of the beholder!!) but how many injuries can be avoided by good referees enforcing the rules and other small details at tournaments (like their own rules) properly adhered to!

To me, what's even more important than the level of contact is the fact that as contact seems to increase, technical fighting decreases. I have witnessed in the last few years '*light continuous*' Taekwondo bouts that vaguely resemble poor kick boxing, with only punching and perhaps the odd kick thrown in. If you want kick boxing, enter a kick boxing tournament! I also note how many instructors now advertise Kick Boxing as part of their classes, maybe this is part of the issue, I also wonder how many have done proper kick boxing bouts or training or if its just *light/heavy continuous* sparring and pad work billed as kick Boxing training for extra income and the attraction Kick boxing has for many! I competed in Kick Boxing events many years ago, they were great fun, but I wouldn't claim to teach it!

'*Light continuous*' should flow from foot to hand to foot/hand techniques (you get my point) for the duration of the bout. How many bouts have you witnessed stopping and starting numerous times due to one competitor simply bulling his way forward with a barrage of punches forcing the bout to stop by either excessive contact (the ref stepping in or the opponent turning their backs) or simply 'bulling' the opponent out of the ring forcing it to stop? Many ITF style competitors refute WTF sparring, but at least competitors know exactly what they are getting into when they sign up, the same goes with full contact and MMA events.. this is not so anymore with '*light continuous*' events, as contact levels are very much 'in the eye of the beholder'.. this is a grey area!

Another facet to all this is that many tournaments now allow 8oz or 10oz (or higher) boxing gloves, claiming safety as a

key point. We use these gloves in our heavy contact training at the academy and a hit with an 8oz gloves hurts, as gloves these days are constructed to be pretty solid. Boxing gloves are not needed for light continuous sparring, unless you are allowing heavy contact (ie. heavy continuous sparring) but then it shouldn't be billed as *light continuous*! I have often heard organisers that call for boxing gloves as a requirement say that it is because of safety, but from what I've seen over the years, boxing gloves in light continuous events seem to simply encourage fighters to hit harder... perhaps they are under a *m i s g u i d e d* impression that the larger boxing gloves means less impact on their opponents, but again, it takes it from a light to heavy contact event! Again, nothing wrong with more contact, but should it not *p e r h a p s* be descriptively billed as such?

Still other organisers say it is because of the type of 'open fingered' semi-contact gloves and how students have lost eyes due to them!! Though I'm sure this may have happened on an occasion (though it might also be Chinese whispers), its very few and far between, in fact I've never seen it at an event I've attended myself in the last 15 plus years! That said, I once heard of a Karate bout where both fighters threw the same kick, their shins clashed and one broke his leg.. though they didn't ban kicking in Karate bouts because of it, in any case, whether true or not, I have witnessed far more people knocked down by those wearing boxing gloves at '*light continuous*' events, and more and more heavy head contact than anyone ever getting poked in the eye, let



alone losing their sight.. perhaps that's a thought to ponder also!

At the time of writing this article I had just finished watching a tape of two top squads fighting for England and Wales, and sadly to say, out of the 10 bouts or so between the teams only 2 could even fit the bracket of '*light continuous*' (as billed). In one fight one of the fighters threw a single kick through the whole bout, the rest was just boxing... go do a boxing match if you want only boxing! Some of the Taekwon-do demo's were just as pitiful I'm sorry to say! This is not how I want our beloved art represented and would be ashamed if they connected me and my students to what I witnessed on the tape!

Egos were almost filling up the hall (don't we teach courtesy and humility anymore in Taekwon-do), the instructors/coaches were running on and off the mats at every available stoppage, fights went into clinches, a fair defence, but from here they were yanking each others necks to throw each other, then when they hit the floor they carried on punching! Sounds more like Vale Tudo to me! More so was the fact that the whole event was just boring to watch, with not one spectacular technique thrown, let a lone being pulled off! Why? Because they were too busy trying to punch each others lights out and that doesn't show the world what good Taekwon-do can look like and the tape was billed as 'Britain's Premier Spectacular' and is one in a series, with the early ones from the late 80s/90s being excellent!

One of my students went to an large

International Taekwon-do tournament recently, and came back and said it was almost full contact! I asked him to explain and he said that if you didn't hit hard you got walked over, the referees (international certified refs by the way) allowed this level of contact to exist through the whole event, despite the sparring sections again being billed as 'light continuous'!

Its funny that for an actual full contact sparring event, as far as I'm aware, all competitors need a full medical, whereas, for *light continuous* you don't, further more the medical requirements for the ring side are considerably more substantial than what is required for a 'light continuous' events. I don't know the full details (as I've never organised a full contact event, so stand open for correction) but I'm pretty sure you need a paramedic team or doctor at a full contact event, rather than a couple of 1st aiders like you see at most 'light continuous' events (excellent though they usually are).

As I've said, many 'light continuous' bouts border on heavy/full contact and event organisers are risking serious injury to their competitors! More so, it makes Taekwon-do look sloppy, less technical and without grace! Is that really how we want people to view our beloved art!

The problem is compounded by the fact that many competitors now see this type of contact as a test of their skill (above actual skilfully executed techniques), and event organisers have let it go on for too long to the point where it has become the norm, but as I said earlier, such events are now entering a grey area!

This 'billed as *light continuous/contact*' which in practice is really 'heavy contact' came up in a conversation I had with a lawyer. She felt that technically they are infringing the law as firstly, events are falsely advertising events as light contact, then allowing heavy contact. Secondly, she felt they are setting themselves up for a 'prosecution waiting to happen' (as she put it) as she felt that if someone enters an event under the impression by the organisers that they are entering on the grounds that contact would be light/semi, then they are continuously hit with heavy contact strikes.. she feels this constitutes an assault that both the opponent, referee and event organisers could be held liable for! Furthermore, should someone actually die from a hard blow at an event, a more serious case will occur as it could be put forward that this was an almost full contact event without proper



medicals for competitors beforehand to ensure they were fit and healthy enough for an event with such contact, as well as the wrong type of medical staff on hand at the event itself! Again, serious food for thought I think!

If nothing changes it won't stop my students competing if they wish to, they can go toe to toe in any format but steer well away from straight brawling as I don't teach that, because as an impression of Taekwon-do it looks so poor when bouts go that way, let alone whole tournaments! As we don't train strictly for tournament (its only a small percentage of what we train) it doesn't matter that much on a club basis, but for Taekwon-do as a whole and the world impression of the UK Taekwon-do

scene, it matters a great deal!

A competitor should be able to take the format for exactly what it is, 'light continuous' should be exactly what it describes itself to be. If you feel its not the right 'test' area for you, try a full contact kick boxing event, a WTF format tournament or even an MMA style event. Only a coward enters a 'light continuous' event, then deliberately steps up the contact to make themselves feel better and secure a win because they cannot simply pick off their points! This makes them a coward as the opponent is unaware of this intention until it happens and the aggressor has broken the rules to make himself feel better or tougher or whatever.. but it is indeed a cowards way! Those that don't like the rule restrictions of this type of event simply shouldn't enter!



These are just some points organisers, referees and competitors should think about, even maybe billing your event as *heavy continuous*! There are others about that do *light continuous* fine. We enter a tournament each year which had no weight divisions, no mats, but also no major injuries, due to Taekwon-do rules being enforced well. No boxing gloves were allowed, a combination of punches scored a maximum of 2 points to encourage good leg techniques, and referees strictly monitored contact levels. There were many fast and furious bouts, great leg and hand techniques, flying techniques etc. and it gave a great impression to all who watched it.

Being able to punch the crap out of an

opponent doesn't make you good at Taekwon-do or martial arts, it just means you can brawl! Even in 'light continuous' sparring, with well controlled techniques accidents happen, with good timing, good technique etc. I once broke a fellow competitors ribs with a jump back kick that was pulled and controlled (I have video evidence to prove it – the controlled technique that is), but it goes to show that even with *light continuous* it can be hazardous. Black belt divisions are often a little heavier on the contact than the coloured belt divisions, but should still be able to flow! I was once pulled up by my old Chief Instructor when I was referring a red belt division, for allowing too much contact (though this was in the days I mention at the beginning of the article). I said to him I felt hypercritical telling adult red belts to calm the contact down, when in an hour, my divisions (black belt divisions)

would be going even harder. To which he pointed out there is a great leap between coloured and black belts (at least there was back then) and the two simply aren't comparable and the rules should be enforced, as when they turn black belt, they will then compete that way! A good point to remember, even if just for the safety of competitors!

I once asked an excellent Taekwon-do student, a black belt that was exceptional at sparring, why he never competed (this was many years ago in my early days competing) and he said "I have a young son, he doesn't want his dad to look worse than he already does, so why would I want to risk my face being bashed up for a piece of plastic and metal and even have to pay

for the privilege”.. he had a point!

Now, some may be reading this and thinking what a wuss (I would put a stronger word but that's not appropriate here), but sorry, been there, done that and still do.. but in the right way! When I was younger I didn't care about contact, about injuries etc, I entered kick boxing bouts as well as the hard and fast Taekwon-do tournaments and simply gave back what I was given. I accepted the contact, the bruises and the injuries simply because that's how it was then, but now my injuries take longer to heal, I'm not as young or as fit as I once was and have nothing to prove to myself anymore, because to me at least, tournaments were not about glory, but rather about certain things I wanted to prove to myself rather than proving things to others, which I have done and am now contented with. If I compete nowadays its simply because when I'm at a tournament I like to be involved as much as possible, but its more for fun than anything else! When I want contact stuff, myself and my black belts go for it in traditional sparring as I trust them and they trust me, which allows these types of levels in a safer environment!

(which is most things in full out traditional sparring, though only senior grades do that) and what the contact levels are! Sparring and contact aren't the issues, allowing competitors to enter something they are unprepared for, either physically and/or mentally, is morally unethical, not to mention dangerous for everyone concerned, not least the competitor!

It should ultimately be remembered that students enter tournaments for a number of reasons, yes, some simply want to win, others to test their bottle, some for fun and others simply because 'its that time again' and everyone else is entering! A tournament should be a good experience for students... fun, hard work, a learning experience, but a good experience. That experience becomes less pleasurable to the point of putting students off entering any tournaments when, should they drop their guard etc. they simply get battered (even with their guard up this is often the case these days)! As they mature, they can chose to enter heavy contact tournaments, kick boxing events etc, but let's keep the *light continuous*' sparring of Taekwon-do for what it is, as no other art does it as well as us, when its done properly!

We do many types of sparring at Rayners Lane Academy, from 'light continuous' competition type, to heavy contact with boxing gloves, to traditional sparring (which allows grabs, throws, sweeps etc), but students always know which one they are doing, what's allowed

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The TKD Clinic

With Glenn Smits



Hi Glenn,

I am a 24-year-old male. Since the age of 12 I have suffered a knee condition known as Osgood-Schlatter's. This is a disease in which the bony protrusion below the knee becomes inflamed, painful and swollen. It is relatively common in active kids and young athletes. An individual usually grows out of it by around 16 years old. However my condition, although not as severe, has persisted. It restricts me quite substantially in the training of my legs in the gym and in martial arts particularly when contracting my quadriceps against resistance and when pressure is applied directly to the knee. Any help or advice would be appreciated.

Thanks,

Dave
United Kingdom

Alrighty then, Dave. Very good question and I must say a bit challenging for me. Although I know what Osgood-Schlatter syndrome is I must admit that I had to do a little research on this one. On a personal note, as an instructor I have had at least two adolescent young men in the past that had to drop out of my school based on physician recommendation due to the same condition. I had never heard of it persisting into adulthood. In addition to my own research I was fortunate enough to be able to interview a few orthopedic surgeons whom I work with on a regular basis in the course of my duties as an insurance consultant. One actually specializes in pediatric orthopedics.

For the benefit of our readers let's first discuss what the syndrome actually is and the symptoms it manifests. Osgood-Schlatter syndrome is one of the most common causes of knee pain in young athletes. It causes swelling, pain and tenderness just below the knee, over the

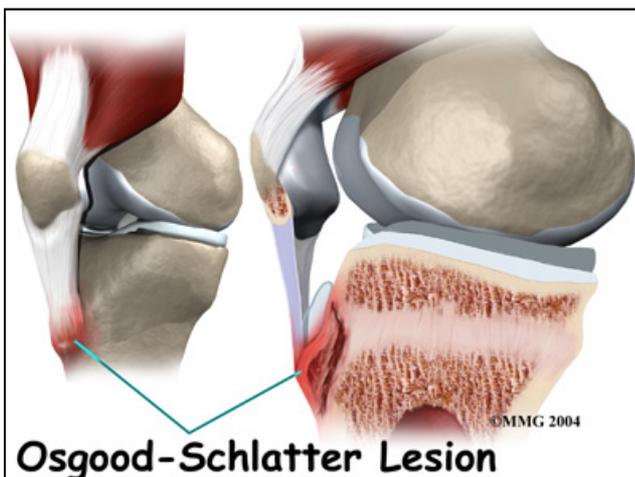
shin bone (tibia). It occurs mostly in boys who are having a growth spurt during their pre-teen or teenage years. However, as girls increasingly become involved in sports such as soccer and martial arts, this is being seen more often in adolescent females. One or both knees may be affected.



Enlarged Tibial Tuberosity

Osgood-Schlatter disease results from the pull of the large powerful muscles in the

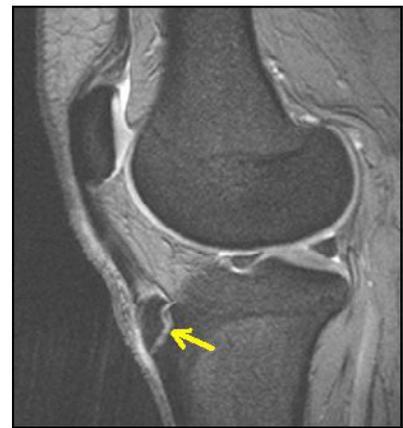
front of the thigh (called the quadriceps). The quadriceps join with the patellar tendons, which run through the knee and into the tibia, to connect the muscles to the knee. When the quadriceps contract, the patellar tendons can start to pull away from the shinbone, causing pain. This pulling can also cause micro-avulsion fractures (the tendon actually pulls bone away) and cause small fragments called ossicles to form. This problem becomes more noticeable during activities that require running, jumping or going up or down stairs. It's most common in young athletes who play American football, soccer or basketball, or are involved in gymnastics and ballet. Characteristic symptoms are pain, swelling, and tenderness over the tibial tubercle at the patellar tendon insertion.



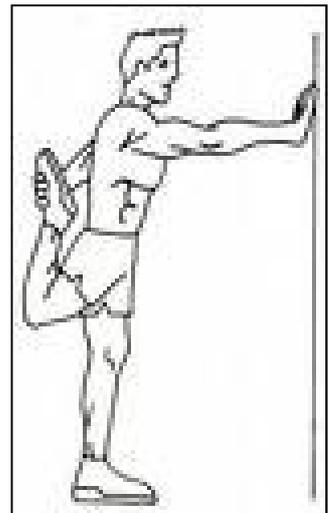
Osgood-Schlatter disease usually stops when skeletal maturity occurs between 16 and 18 years of age. Technically, even though symptoms may persist, the diagnosis of Osgood-Schlatter becomes inappropriate and persisting symptoms are called *sequelae* (after-effects) of Osgood-Schlatter disease. Usually these symptoms are due to the tibial tubercle (bony prominence on the shin where the tendon attaches) becoming enlarged or a loose ossicle actually forming a separate joint under or within the tendon. Kneeling can then be very painful and symptoms may be exacerbated during sports activities. The accompanying photographs show an enlarged tubercle on the right knee, a

cutaway view of the lesion and an X-ray view of what an ossicle would look like.

Treatment is usually non-surgical and can include taking anti-inflammatory medications like aspirin or ibuprophen, or possibly even local injections of cortisone. Stretching is paramount prior to physical activity. One must remember the "three T's" of stretching, which are temperature, tension and time. You don't stretch to warm up; you warm up to stretch. If the muscles are not warm and full of blood you will just injure yourself further. The attached pictures demonstrate several methods of quadriceps stretching. Warm up by jogging in place for a few minutes, fast walking on a treadmill or stationary cycling. A good warm-up should be at least 10 minutes. Hold the stretches for at least a minute or two each and do several



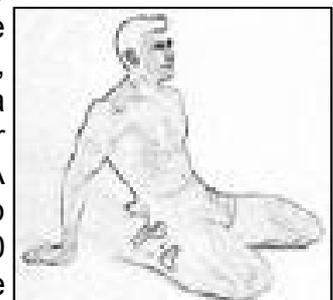
Ossicle



Quad stretch



Quadriceps stretch II



Quadriceps stretch III

repetitions. Total stretch time should also be at least 10 minutes. Taking an anti-inflammatory medication prior to training may also be helpful.

Surgery is rarely required for the resolution of symptoms but in some cases may actually be the best option if symptoms persist. This may include the surgical removal of loose bodies (eg, ossicles, avulsed fragments of bone) or possibly scraping down some of the bone. A surgeon specializing in orthopedics would be able to tell if this were to be necessary and it is my understanding that the odds of success are very good in these cases. Surgery should only be considered as a last resort and only after other, more conservative methods have been pursued. Consulting with a physician is as always highly recommended.

Of paramount importance, Dave, is the warm-up and stretching prior to training. Get to the Dojang a bit early and start. Also let your instructor know about your problem and that sometimes you may not be able to go full bore. Listen to your body and don't push the leg if you feel pain. Finally, do see a doctor and get a professional opinion as to whether surgery may be needed. He should be able to tell from doing an examination and an X-ray. I hope the information presented is helpful and wish you the best of luck!

Yours in training and good health,

Glenn Smit

The information given is provided by the staff of Totally Tae Kwon Do magazine for educational purposes only. It is not a substitute for professional medical care, and medical advice and services are not being offered. If you have, or suspect you have, a health problem you should consult your physician.



"The TKD Clinic"

Each month Glenn Smits will be able to answer selected questions on health, well being, physical training and advise on the treatment of Tae Kwon Do sustained injuries.

Please send your questions to Glenn via
TKDClinic@totallytkd.com
ensuring **"TKD Clinic"** is in the subject line

Please be as descriptive of your issue, problem or injury as possible to allow a correct response. Please include your name and country on any emails sent and state in the email if you do not wish your name to appear in the magazine.

While there can be no guarantee that every question will be addressed, Glenn will attempt to answer two or three questions each month that he feels will be the most informative and beneficial to readers.

Glenn Smits started his martial arts training in 1963 and started training in Tae Kwon Do ten years later. His one and only Tae Kwon Do instructor has been and is Grand Master Kwang Jae Lee. Over the last 30 plus years he has actively participated and promoted Tae Kwon Do as a competitor, instructor, coach and long time commercial school owner. He is a Licensed Acupuncturist and Chinese Herbalist currently in private practice specializing in sports and rehabilitative medicine as well as pain management.

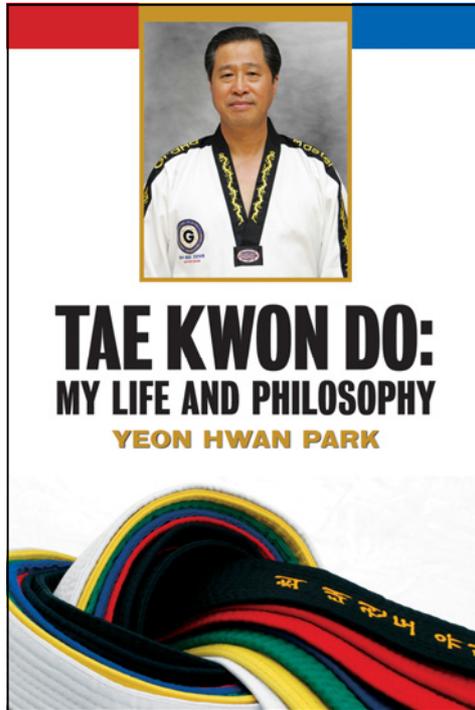
HONEST JOHNS PRODUCT REVIEWS

"Tae Kwon Do: My Life and Philosophy"

Many of you will be familiar with the name Yeon Hwan Park, especially if you practice WTF Taekwondo in the United States, as Master Park has been a driving force there for many many years, as well as being the author of numerous books on Taekwondo. For those unfamiliar with him, Master Park was undefeated Korean national Taekwondo champion from 1971 to 1975, he is now a 9th degree black belt in WTF Taekwondo, who was coach of the 1988 US Olympic team

and organised many events to promote Taekwondo within the US, as well as foster relations between Americans and Koreans and facilitate growth and acceptance with the Korean-American population in the US. As you will see if you read the book, he is a firm believer in the benefits that Taekwondo can bring to everyone, from children to adults to families and this book oozes these beliefs from every page.

When I first received this book to review and flicked through it, I couldn't help but notice it bore similarities to General Choi's 'TaeKwon-Do and I' books, probably because they are both about the lives of Taekwondo masters and pioneers, however, that's really where the similarity ends. To start with, General Choi's book is hard reading (due to the way it was translated to English I presume), where as Master Parks has been translated by a Professor and reads really nicely, with no



'Konglish' as Master Park calls his grasp of Korean-English.

Another difference between the books is the Master Parks is solely about his Taekwondo life, as opposed to all areas of his life. I'm presuming here that despite his obvious passion for Taekwondo that every waking minute of his life didn't involve the art, but we rarely get to read about any of it if its not connected to Taekwondo. As an example, in one chapter he refers to his wife who

he married 23 year prior and this is the first time we hear of her (except for in the preface).

In the book we first learn of Yeon Hwan Park in reference to his birth during the years of the Korean War, about his life at a child and attending school where, due to losing a fight (one of very few physical ones that he lost due to his talents in Taekwondo I should add), his brother decided to enrol him in Taekwondo classes and that was really the start of a pretty incredible journey that has taken Master Park from Korea, to Africa and eventually to America and the Olympics all due to his skills in Taekwondo. It is this journey that has solidified Master Parks beliefs and appreciation to what Taekwondo offers the individual, as he recounts how the spirit of the art has helped him keep on a steady road despite opposition or set backs. I did find it a shame that he couldn't recount the

name of his first taekwondo instructor, as this was pre-WTF, but then again he was only a young child at the time.

The major part of this book and in fact Master Parks life centres around his involvement and promotion of Taekwondo in America, specifically the New York area, which I'm sure will have many long time US students remembering the high level promotions Master Park put on throughout the years, though others not from the US may not find it as interesting, but it still shows the incredible amount of Taekwondo related events that Master Park has been involved or in fact the key figure in throughout the years and one cannot help but respect his dedication, no matter what country you are from. It is testament to his dedication to Taekwondo in the US that has taken him down many roads, from no small roles in civic duties to US-Korea relations, to gaining acceptance in American Universities and assisting in getting Taekwondo involved in the US school system and of course the Olympics and coach of the US national team.

One of my favourite parts of the book was when we see a gap in Master Parks armour, when he recounts how certain events (again related to taekwondo) drove him to depression and 'Johnnie Walker' (drink) and how the spirit of Taekwondo helped him through. I found this quite touching and human, for a man who, with taekwondo seems almost superhuman in spirit.

The book, apart from being about Master Parks lifelong journey, both with and for

Taekwondo, is also about his rock solid belief on the benefits Taekwondo offers. His strong beliefs in Taekwondo as a martial art first and a sport second, as well as what the 'Do' side of Taekwondo offers if the art is trained correctly is apparent and exposed through his own story and he follows that up with some final chapters at the end of the book, in the section titled "My Philosophy" which may be of interest to both instructors and students of the art. these chapters involve Master Parks views and ways in dealing with children in Taekwondo, the meaning of black belt, moral codes, leadership for students, as well as some positive quotes (which he refers to simply as 'Good Advice'). He even includes a 'Rules of Etiquette for Taekwondo Practitioners' chapter.



In conclusion I feel this would make a worthy addition to any WTF students book collection, especially those in the US, but I also feel it is worthy for consideration by those who practice and follow other styles of Taekwondo (such as ITF), simply due to the unwavering belief in the art that Master Park demonstrates, how he has had such an incredible journey with simply 'Taekwondo' as his tool, and the extra chapters at the back which will be useful for all Taekwondo students and instructors.

The book is soft back, 8.9 x 5.9 x 0.4 inches in size and 165 pages long. It retails at \$16.95 and can be found on online retailers such as Amazon and book stores, with the following ISBN numbers:

ISBN-10: 0816077975
ISBN-13: 978-0816077977

The Sawston Superhero

A TAGB Blue Belt Swings Into Action

By Marc Kerr, 4th Kup.
Submitted by Tim Smith II (his instructor)

It started on the train. Hot, busy, noisy. Phones, people, bags and books. A gaggle of footie fans (you could tell, they must have been in the pub all day, they were unkempt, smelt, and you could have mistaken them for carriage-jumping homeless) huddled by the offside doors, hanging on the grab-rails, swinging if not menacingly, then at least incoherently. Five of them, all told. No visible tattoos, no close-cropped hair. No threat.

If I miss the fast(er) train, which I did, there is the local-stopping variety. Which only takes ten minutes longer overall, but that is enough to call it the slow train. I was on the slow train. The next stop, two young ladies boarded, took the seats opposite me (vacated by local people for local stops) and proceeded to chatter about whatever it is young ladies chatter about.

Commuting life, the regex in my head filters out most noise, but not all, as some conversations are worth interrupting. But this isn't a story about that.

It all started when one of the football fans (you can tell, they were all wearing the same uniform) swung on the grab-rail, and *noticed* the two girls. You could excuse it by the drink, you could excuse it by the group mentality, you could excuse it by the Neanderthal knuckle-dragging no-thinking

ill-bred upbringing, or you could just *not* excuse it. But one thing you shouldn't do is ignore it. It was loud, it was obnoxious, it was lewd, it was rude and it was uncalled for. It wasn't funny; it certainly contained no wit and wasn't meant in jest. But everyone ignored it.

I couldn't. A few statements in, I could see where this was going. Knowing the distance between stops, listening to the undercurrent from the others in the group, I knew I should do something, not as no one else would, but because someone should, indeed, I should. And I did.

Sitting on the outside seat (with a studiously-ignoring-everything guy on my inside) it was easy for me to swing out and up, a few paces from the lead taunter. "Calm down", I said, "leave the girls alone, you are making a fool of yourself".

There was a momentary pause, enough for a blink, a breath. I could see the thought passing across his face. "What you sayin'? What you sayin'?"

"All I am saying, is calm down. There is no need to hassle the girls. They don't like it, I don't like it, you are making a fool of yourself". "What? What? What?"



Marc Kerr - The Sawston Superhero

He took a step closer, moving to the periphery of my personal space. The brow furrowed, teeth starting to bare. Another step, and now it was ugly. The four others had focused their attention behind, and the collective ignoring was now more evident than before.

A foot shuffled, and I could see the fingers flex. I didn't take a step back, rather I shifted my weight into a right L-stance, moving my body sideways, dropping my right arm down, pulling my thumb back towards my wrist, closing the fingers together. He moved in towards me, I took a calculated risk. Raising my arm, a quick jab, not a full thrust, I arced my hand into his throat. The pulled back thumb hits the windpipe, just a contact and withdrawal, enough to cause an intake of breath, enough to cause him to step away from me, enough for a warning.

At the same time he took a step back, the leader of the back pack step forward and was in my personal space in a single bound. "What the f*** are you doing? What is your problem?"

"Calm down", I said, "don't do this. Just calm down, leave the girls alone, step back, leave it be."

This time, his face was red, and his arm was raised. He stepped back, and forward towards me again. One of the sequences we practise is called 'the drill', basically a pushing block, hooking block, grab, slide and counter. A little push, a little hook, a little grab, a sturdy grab and I was done. If you take someone's arm, turn it over while holding the wrist, you will see the elbow is locked, and if you push on it, the only way is down.

His only way was down. But not to the floor, just enough so he was bent over. At which point, using the locked arm, I pushed him lightly forward, enough to get him out of my personal space. "Calm down, leave them alone, relax. There is no need for any more.

You don't want any more".

He muttered, took another step back, huddled with his mates and they were no more trouble. They got off at the next stop, at which point the girls mumbled their thanks, and the carriage collectively exhaled.

All in the space of what, thirty seconds. At this point, my wife has returned, pointed out while it was good of me to stand up to them, what if they had a knife? True, I didn't have enough space to use a crescent kick to swipe a knife away. Luckily they didn't. They were rude, boorish and drunk, the physical contact I used was minimal, a warning and a disarm. Would I do it again? Yes. Replaying it the neck strike was probably a mistake, but it was an opening gambit, probably a reaction to the stance I adopted. But it was a light strike, had I carried it through it would have dropped him.

You are only half as good in reality as you are at your worst during training. These are my principles, if you don't like them, I have others. Would I have done the same had they been hassling (*insert your age group/sex/ethnicity here?*) Yes, yes I would.

The above is a true story as written by a blue-belt TAGB student from the Sawston club of BL Tae Kwon-do schools in Cambridgeshire. Although this could have turned out very differently and I would not recommend anybody to *have a go*, as his instructor, I commend his bravery and quick actions.



Master Yoon Byung-in's Legacy: The Changmoo-Kwan And Kangduk-Won

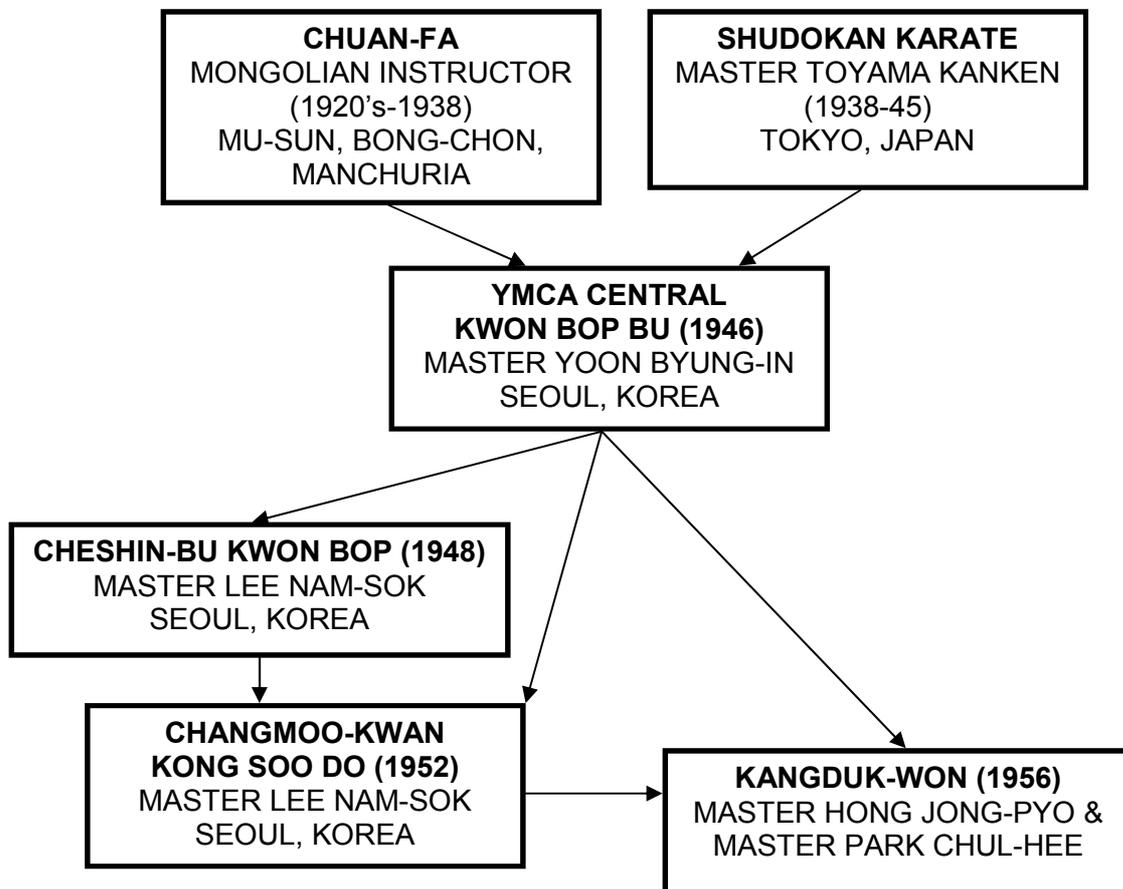
By Robert McLain

In issue 2 of **Totally Tae Kwon Do** magazine, we read the life story of Grandmaster Yoon Byung-in. He passed away on the 3rd April, 1983 but left an enduring legacy of Tae Kwon Do behind.

The Changmoo-Kwan (Brighten Martial Arts School) and Kangduk-Won (Institute of Teaching Generosity) were two notable schools of Kong Soo Do established in South Korea following WWII. These schools had different chief instructors, but hailed from the same root school, the YMCA Kwon Bop Bu. The YMCA Kwon Bop Bu was established by Master Yoon Byung-in in Seoul, Korea in 1946. The unique aspect of the YMCA Kwon Bop Bu was the combination of a Shudokan karate and Chinese Chuan-fa curriculum.

There are schools in the world still using the name Changmoo-Kwan or Kangduk-Won and link themselves to the original curriculum. A quick glance at the background of the original YMCA Kwon Bop Bu curriculum and modern Taekwondo development can bring to light whether a school preserves the original YMCA Kwon Bop Bu instruction or is simply a modern Taekwondo school using the old "kwon" name.

The founder of the YMCA Kwon Bop Bu was Master Yoon Byung-in. Master Yoon's grandfather, Yoon Young-hyun, was from



the Yang Ban (Noble) class in South Korea. During the later part of the Yi Dynasty (1392-1910A.D.), the grandfather was the government appointed Country Chief of the Tong-young and Gojae Island Districts. When Imperial Japan invaded Korea in 1909, Grandfather Yoon Young-hyun was pushed out of his government position. To avoid any trouble with the Japanese forces he took his family to Manchuria. His grandson, Master Yoon, was born on May 18, 1920 in Mu-sun, Bong-Chon, Manchuria.

Master Yoon began his academic studies at Shin-kyoung elementary school and later attended Youn-byun middle school. During his elementary school days he began studies of Chuan-fa under the guidance of a Mongolian instructor. According to his 2nd cousin, Yoon Byung-bu, most chuanfa instructors in the area were from Mongolia at that time. He also described Master Yoon as, "very bright, sincere, quiet, always helping people. Typical martial artist." Master Yoon continued his studies of chuan-fa through elementary and middle school. His cousin adds, "He was very strong. If he ever had to fight, he would never seriously hurt anyone. He just did enough to make them stop."

Despite having a relatively peaceful childhood, Master Yoon suffered a severe

injury to his right hand. One winter while huddling around a neighborhood fire for warmth, he was shoved forward into the fire. He stopped his body from getting burned at the expense of his right hand being immersed in the hot coals. Unfortunately, there were no doctors in the area to help and he ended up losing ½ of the length of his fingers. To hide his

injury, Master Yoon always wore white gloves in public and while instructing classes. Later, his students would wear white gloves during training to show respect for him.

In 1938, Master Yoon graduated from high school and was chosen by his family to study Colonial Agriculture at Nihon University in Tokyo, Japan. During his academic career at Nihon University, he had the opportunity to meet karate Master Toyama Kanken (student of Yasutsune "Anko" Itosu) through an interesting situation. Master Toyama Kanken was faculty at Nihon University and was Sensei (Teacher) for the university karate club.

Some of the Korean students were allowed to join the club and learn karate. One of the Korean students decided to spend additional time with his college sweetheart and began to miss karate club practices. This angered the Japanese karate students and they pursued the Korean student and beat him up. The Korean student knew about Master Yoon's practice



*Korea, circa 1950
Grandmaster JongPyo Hong at the Hae-In Temple
forrest. Grandmaster Hong was a senior student of
Master Yoon Byung-in and is one of Grandmaster Kim
Soo's present teachers.
<http://www.kimsookarate.com/gallery-old-days/jphong.html>*



*Seoul Korea, 1946 Grandmaster Yoon, Byung In (front row, second from left) conducting "Summer Special Training" with students on Ranji-do Island near Seoul.
Source: <http://www.kimsookarate.com/gallery-old-days/yoongroup.html>*

of Chuan-fa, as he was routinely seen conditioning himself by striking a large tree in the university courtyard. The tree eventually started leaning a little bit towards the ground from his training. The Korean student begged Master Yoon for help against the karate toughs. He asked, "You are a Korean, I am a Korean, will you please help me to not get beat up?"

He agreed and upon the next intended beating from the Japanese karate students, Master Yoon sprung into action using Chuan-fa. He skillfully deflected and evaded the karate students' strikes and kicks to the point that they gave up and ran back to tell their teacher about what happened.

Master Toyama Kanken was an open-minded person and invited Master Yoon to tell him about the skillful non-karate martial art he used against his students. He

explained to Master Toyama about his Chuan-fa education in Manchuria. Master Toyama appreciated the Chuan-fa background since he (Master Toyama) had studied Chuan-fa in Taiwan for 7 years, previously. They decided to exchange knowledge; Master Yoon would teach Toyama Kanken Chuan-fa and Master Toyama would teach Master Yoon his Shudokan karate.

Master Yoon was later made Captain of the university karate club and recognized as a 4th degree black belt by Master Toyama. Master Toyama was a 5th degree black belt at that time, which made Master Yoon the highest ranked student in the karate club.

When the Japanese military surrendered on August 15, 1945, marking the end of a 36-year occupation of Korea, Master Yoon returned to Korea and settled in the Chung

-yang Rhee area in Seoul. He had two notable friends from the karate club at Nihon University living nearby: Chun Sang-sup and Yoon Ui-byung (Yoon Kwe-byung). Chun Sang-sup was head of the karate club within the Cho-sun Yunmoo-Kwan Yudo School located in Seoul, Korea.

The Cho-sun Yunmoo-Kwan was the Korean main branch and representative of the Japanese Kodokan (Lecturing Way School) judo during this time. Chun Sang-sup invited Master Yoon to teach kwon bop (chuan-fa) and karate at the Cho-sun Yunmoo-Kwan. He taught with Chun Sang-sup at the club for 6 months before he (Master Yoon Byung-In) was invited to teach at the Cho-Sun Central YMCA in Seoul, Korea. In the instructor's directory of Toyama Kanken's book published in the early 1950's, Master Yoon is listed as Chief Instructor of the Cho-Sun YMCA. The book

also listed Yoon Ui-byung (Yoon Kwe-byung) as chief instructor of the Jido-Kwan (Way Of Wisdom School) in Seoul, Korea. Both Master Yoon (Byung-in) and Yoon Ui-byung (Yoon Kwebyung) were listed at 4th dan black belt in the directory. In 1959, the 2nd edition of Toyama Kanken's book, Yoon Byung-in is listed as Chief Instructor of the Seoul, Korea dojang and Yoon Ui-byung (Yoon Kwe-byung) is listed as Chief Instructor of the Seoul, Korea Hanmoo-Kwan (Korean People's Martial Art school). Hanmoo-kwan was also the name of the school Yoon Uibyung (Yoon Kwe-byung) established while living in Japan.

Master Yoon Byung-in taught in many places in addition to the Cho-Sun YMCA. He became faculty at Sung-Kyun Kwan University and Kyoung-Nong Agricultural College, teaching chuan-fa and karate. He



Seoul, Korea, April 9, 1955

Photo taken after a demonstration, in front of the city municipal auditorium, Shi Gong-Kwan, in Myong-dong street, Seoul, Korea. The lettering at the top says: 5th Kong Sudo Exhibition / Demonstration 4288.4.9 (Chinese year 4288 = 1955 modern calendar)

Source: <http://www.kimsookarate.com/gallery-old-days/1stdemo.html>



The photo was taken at Hq. dojang of Changmu-Kwan, Seoul, Korea located near the Capital Bldg. (Jung AngCheong) on Dec. 9, 1956. Grandmaster Kim Pyung-Soo (2nd row standing first from the left) was in the 12th grade at Choong Ang high school. At the time Grandmaster was 2nd Dan and a member of the faculty/staff of Hq. Changmu-Kwan.

Source: <http://www.kimsookarate.com/gallery-old-days/Changmu-Kwan/Changmu-Kwan.htm>

was also appointed as bodyguard of 1st Korean President Syng-mahn Rhee, but he refused the appointment. One reason for his refusal was because of the requirement to salute (military style with the right hand) to President Rhee. Master Yoon was missing fingers on his right hand from the injury during his youth and wanted to avoid the embarrassment.

Master Yoon Byung-in created his own bong sul hyung (staff form) based upon his karate education in Japan. He also adopted the bong sul hyung created by his friend, Yoon Ui-byung (Yoon Kwe-byung), and included it in his curriculum.

In June 1950, the Korean War started and South Korea was in turmoil.

In August 1950, Yoon Byung-in's older brother Yoon Byung-du showed up as a Captain in the North Korean Army. He told Yoon Byung-in, "I am your older brother and you must come with me." Yoon Byung-

in chose to go with his brother to North Korea. At this time, all YMCA Kwon Bop Bu students lost communication with Master Yoon and many speculations were made about his disappearance. Several of Master Yoon's students continued instructing following his disappearance: Master Lee Nam-sok, Master Hong Jong-pyo and Master Park, Chul-hee.

The YMCA Central building was completely destroyed by bombs from U.S. warplanes in the late part of 1950 or 1951. So, the YMCA Kwon Bop Bu was temporarily closed until 1952. In 1952, Master Lee Nam-sok had YMCA Kwon Bop Bu students transfer to training space provided by the Postal Administration Department he used for his Cheshin-Bu (Postal Administration Department Club). When the YMCA Kwon Bop Bu students transferred to his club, Master Lee changed the club's name to "Changmoo-Kwan" (Brighten Martial Art School). Changmoo-Kwan was a name mentioned

by Master Yoon Byung-in when he was still in South Korea. Later, Master Lee lost use of the training space at the Postal Administration Department and had to relocate the Changmoo-Kwan. The Changmoo-Kwan first moved to the Mukyo-dong area in Seoul, then to the Kangmoo-Kwan Yudo dojang in the Kyungwoon-Dong area from 1958-63.

Both Masters Hong Jong-pyo and Park Chul-hee trained and taught at the Changmoo-Kwan until 1956. In 1956, Master Hong Jong-pyo established a separate school called "Kangduk-Won" (Institute of Teaching Generosity). Because he was very busy making a living, Master Hong Jongpyo didn't have time to operate the school and Master Park Chul-hee became chief instructor of the Kangduk-Won. Master Hong continued instructing several days per week at the Kangduk-Won. The Kangduk-Won had a difficult time finding a permanent location for the school and moved seven times from 1956 to 1964.

KANGDUK-WON DOJANG LOCATIONS FROM 1956-1964

1. Shinsul-Dong, East Seoul, Korea
2. Chungjin-Dong, Seoul, Korea (Inside the Yunmoo-Kwan Yudo dojang)
3. Youngchun Seodae-Mun area (Inside the training center for prison officers)
4. Ulji-ro area (Inside a Wrestling gymnasium)
5. Chungshin-Dong (Near the Seoul National University Law School)
6. Shinsul-Dong, East Seoul Korea
7. Dongdae-Mun, East Seoul, Korea (Inside the Yunmoo-Kwan Yudo dojang)
8. SeoDae-Mun area (In front of the police station)

By 1957, Master Lee Nam-sok wasn't teaching much at the Changmoo-Kwan and placed 3rd Dan Kim Pyung-soo in charge of instructing the majority of the classes. Kim Pyung-soo wanted to continue learning past the 3rd dan level but couldn't find anyone at the Changmoo-Kwan to instruct him. So, he taught at the Changmoo-Kwan and would take classes as a student at the Kangduk-Won since



*Kang Duk Won Martial Arts Association
Official Black Belt Test 1958*

*Located at Choong-Shin Dong near Chongro 5th GA • Seoul, Korea
Cheong Nyon Hoe-Kwan Building (Center of Youth)*

Source: <http://www.kimsookarate.com/gallery-old-days/kangdukwon2.html>

they both shared the same lineage and curriculum. Kim Soon-bae, an assistant instructor for Master Lee Nam-sok at the Changmoo-Kwan headquarters dojang, found this out and told Kim Pyung-soo he had to choose only 1 dojang, not both. Kim Pyung-soo chose to stay at the Kangduk-Won and be a student. Because of Kim Pyung-soo's reputation as a teacher and martial artist many of the Changmoo-Kwan Black Belts followed him and joined the Kangduk-Won dojang.

FORMS OF THE CHANGMOO-KWAN/ KANGDUK-WON

Shudokan Karate

Kibon Hyung 1-3	Kong Sang Kun
Pyung Ahn 1-5	Cha-un
Shipsoo	Ban Wol
Balsek Dae	Oh Ship Sa Bo
Balsek So	Jin Soo
Chulki Hyung 1-3	Ni Jushi Ho
No Hai	Myong Kyung
Wan Shu	Ship Pal
Ahm Hak	

Chuan-fa

Dan Kwon	Cheung Yong Kwon
Doju San	Kum Kang Kwon
Jang Kwon	Han Son Dae Ryon
Tai-jo Kwon	Dalryon-Beup
So Ho Yon	Chil-Bo Yaksok Dae-ryon
Palgi Kwon	

Unique Forms

- Yoon Byung-in's Bong Sul Hyung
- Yoon Ui-byung (Yoon Kwe-byung) Bong Sul Hyung.
- Kibon Hyung 4 & 5 (created by Master Park Chul-hee)

On July 10, 1951 peace talks began between North Korea and the United Nations. On November 25, 1951 the talks resulted in a country being divided at the 38th parallel: North Korea would control the north part of the Korean peninsula (with Soviet Union occupation) and South Korea would control the south (with U.S. occupation). During this time, Master Yoon

Byung-in was in a POW camp on Gojae-do Island. After release from the POW camp, Master Yoon stayed in North Korea His activities are unknown from this time until 1966.

From January 1966 until August 1967, Master Yoon was appointed by the North Korean government sports committee to teach an intensive Gyuck-Sul (special combat strategy) course to the Moran-Bong physical specialists group (specially selected group) in Pyong-yang, the capital of North Korea. In December 1967, the North Korean government's International Sports Association told Master Yoon, "Gyuck Sul is not a game or international sport. The government has cancelled the Gyuck Sul program." He was sent to work at a cement factory in Cheong-jin City, Ham-Gyoung North Province. Master Yoon worked in the cement factory until he died of lung cancer on April 3, 1983.



Houston Texas, 1979

Grandmaster Chull-hee Park and (then) Master Kim Soo at the Chayon-Ryu HQ dojang in Spring Branch, Texas. Grandmaster Park was a student of Grandmaster Byung-in Yoon.

Source: <http://www.kimsookarate.com/gallery-first30/gmks-park.html>

It is quite a loss that Master Yoon was not utilized as a martial arts instructor to the people of Korea. It was very rare to have a Korean national with a high ranking under a reputable karate instructor in Japan, plus

a background in Chinese chuan-fa. Though Master Yoon provided a rich and diverse curriculum to his students, very few continued his legacy. Most students followed the push towards a unified “Taekwondo” during the 1960’s in Korea. This movement resulted in two organizations for Taekwondo students: 1) The Korean Taekwondo Association, 2) The International Taekwondo Federation.

In 1967, the Korean Taekwondo Association (KTA) created Yudansha (Black Belt) forms for rank advancement. These forms included: Koryo, Kum Gang Hyung, Tae Baek, Pyong Won, Ship Jin, Jee Tae, Cheong Kwon, Han Soo, and Il Yo. In 1972, the KTA required students to learn the new eight Palgwe as gup-level forms for rank advancement. In 1974, the KTA became the World Taekwondo Federation (WTF) and the eight Tae Guek forms were created for Gup-level students as was a new version of the Yudansha form “Koryo.”

The International Taekwondo Federation (ITF) was created by Choi Hong Hi. Master Choi created a curriculum of 24 forms for his students. These forms are listed in the chart to the right.

To find a Taekwondo school that has preserved Master Yoon Byung-in’s legacy (Changmoo-Kwan/Kang-Duk Won), simply look at its list of forms for rank advancement. There should be a large list of Shudokan karate and chuan-fa forms required for students. Sometimes these forms are found in addition to the modern Taekwondo forms of the KTA(WTF) or ITF. But, if you find a list of modern forms of the KTA (WTF) or ITF without Shudokan or Chuan-fa forms, then the school is not preserving the Changmoo-Kwan/Kangduk-Won curriculum.

One standout that preserves Master Yoon’s legacy is Grandmaster Kim Pyung-soo, who immigrated to Houston, Texas on January 16, 1968. In Grandmaster Kim’s martial art system, Chayon-Ryu, students continue to receive direct instruction on the forms and techniques from Master Yoon’s lineage. Grandmaster Kim Soo continues to teach at his Chayon-Ryu headquarters dojang in Houston, Texas, Rice University and the University of Houston. He routinely travels as a guest speaker and instructor. Hopefully, his students will carry on the rich heritage of Master Yoon and his legacy will live for generations to come.

MODERN TAEKWONDO FORMS

The Korean Taekwondo Association (now WTF)

Yudansha (Black Belt) forms (1967)

Koryo
Kum-gang Hyung
Tae Baek
Pyong Won
Ship Jin
Jee Tae
Cheong Kwon
Han Soo
Il Yo

Gup-grade forms (KTA) (1972)

Palgwe hyung 1-8

Gup-grade forms (WTF) (1974)

Tae Guek hyung 1-8
Koryo 2

The International Taekwondo Federation (1950)

Chon-ji
Dan-gun
Do-san
Won-hyo
Yol-kuk
Chung-gun
Toi-gye
Hwa-rang
Chung-moo
Kwang-gae
Po-eun
Ge-baek
Eui-am
Chung-jang
Juche
Sam-il
Yu-sin
Choi-yong
Young-Gae
Ul-ji
Moon-mu
So-san
Se-jong
Tong-Il



Left to Right: GM Kim Pyung-Soo, GM Park Chull-Hee and GM Hong Jong-Pyo - Y.M.C. A. Seoul, Korea 1983 GM Kim had to borrow a uniform from one of his previous students, Lee Kum-hong, for this training.

Source: <http://www.kimsookarate.com/gallery-first30/GMParkHong1983/parkHongKim83.html>

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About Robert McLain:

Robert McLain is a 4th Dan Black Belt under the direct instruction of Grandmaster Kim Pyungsoo. Mr. McLain established the Arlington, Texas branch of The International Chayon-Ryu Martial Arts Association in 1994. He graduated with a Bachelor Of Science degree from The University Of Texas At Arlington and held an adjunct faculty position at the University for 2 ½ year while still an undergraduate student. He directed the for-credit "Self-Defense for Women" program through the Kinesiology Department which consisted of 200 students per semester. Since then, he has contributed articles to Black Belt Magazine, been appointed as "Special Correspondent & Photographer" for Taekwondo Times Magazine, and has worked in the film industry as a fight choreographer. Mr. McLain may be contacted at robertnmcclain@yahoo.com

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A History Of TaeKwon-Do Demo's

By George Vitale

I can remember my first demonstration as a 2nd gup back in the mid 1970s. It was at a block party in the summer time in New York City. That paled in comparison when I earned my 1 Dan black belt and then started to perform. There was something special about a black belt back in the time when Eastern Martial Arts were still gaining a foot hold in Western society.

It seemed like the eyes of the city crowds were fixed upon the black belts. Of course as a new black belt I was usually the one that was tossed around like a rag doll in the self defense or hoosinsul parts of the exhibition. You may also think that the crowd focused on the one doing the throwing and sweeping. Actually most of the crowd was more concerned with the rag doll that was being thrown, knocked, tripped, pushed or sweep to the asphalt pavement.

My white dobok with the black trim would get a lot more color added to it from the grime of the city streets. This was of

course before we had mats to help cushion the fall. So correct falling was essential. I think the crowd was more amazed as that rag doll kept standing up and coming back for more. Those shows displayed to the audience up close what some aspects of our TaeKwon-Do were about. It helped to promote our Art and school while it also gave us the opportunity to demonstrate what we had worked on so hard over the years of our training. Likewise the demonstrations in the early years by the original pioneers helped introduce the world to the new modern national martial art of Korea they named TaeKwon-Do. This is the story of some of the more important ones that have taken place over the years.

The first time TaeKwon-Do was demonstrated abroad was 1959. Major General Choi, Hong Hi, founder of TaeKwon-Do and the first president of the International TaeKwon-Do Federation led his top black belts to Vietnam and Taiwan. Among those pioneers that made this historic trip were, Nam Tae Hi, Ko Jae



George is no stranger to giving demonstrations of TaeKwon-Do himself. George Vitale taking part in TaeKwon-Do demonstrations on the streets of New York in the 1970's with Rueben Lopez and Dr. Nelson Perez (performing the throw) of Kim's TKD Demo Team.



*Col Nam Tae Hi and the 1959 Demo team in Vietnam.
Photo courtesy of GM Nam*

Chon, Paek Joon Gi, Woo Jong Lim, Han Cha Kyo, Cha Soo Yong, Kim Bok Man, Kwak Keum Sik, Kim Geun Taek, Yoon Jong Geul, Kim Mahn Ho, Lee Eung Sahn, Lee Hwa Seuk and Kim Jae Ryong. It was reported that some 360,000 Vietnamese spectators were on hand to view, in person, the techniques of this new Martial Art that they were developing in the Republic of Korea's Army.

Public exhibitions of Taekwon-Do have been very important in the history and development of this Korean Art of Self Defense. In fact, back in 1954, black belt members assigned to the 29th Infantry Division, under the command of General Choi, performed in front of the then President of the Republic of Korea, Seung Man Rhee. After watching Nam Tae Hi break roofing tiles with his fist, President Rhee wanted the military trained in this Art. From there it spread to the police service and civilian gyms throughout the Korea.

As Taekwon-Do goodwill tours reached other nations, it helped to set up centers in those countries as well. The 1965 Good Will Tour sponsored by the Korean

government was led by the retired general, Ambassador Choi Hong Hi. Four of the best experts were selected to accompany him. They were Han Cha Kyo, Kim Joong Keun, Park Jong Soo and Kwon Jae Hwa. The historic team performed in 4 cities in West Germany, Italy, The United Arab Republic (Egypt), Turkey, Malaysia and Singapore. This tour was so successful that it led to the formation of additional national Taekwon-Do bodies. These groups would become the foundation for what established the International Taekwon-Do Federation in 1966, some seven years before the World Taekwon-Do Federation came into being.

In speaking with 1965 team member Grandmaster Park Jong Soo he explained what it was like to be away from home for so long, seeing so many parts of the world for the first time. Grandmaster Park was so proud and worked so hard to show the world what Taekwon-Do was and that they were from Korea. He took great pride in being able to have so many people see not only this new Korean Martial Art, but how good the Koreans were that were performing it. The audience was thrilled

like a circus, with so many flying kicks; 360 degree turns in the air and such high jumping feats. They pounded the floor and banged the chairs demanding more. Despite the bruises and exhaustion of performing daily and at times multiple shows, they pressed on. They wanted to show the world what Korea was made of, and they did. While he was filled with a great sense of patriotism, when he returned home he realized how poor he and Korea actually was.



George speaking with 1965 and 1973 ITF Demo Team member, Grandmaster Park Jong Soo

In 1973 the ITF Demonstration Team toured 23 countries in Europe, Africa, the

Middle and Far East. During this tour, more than 100,000 spectators watched then VII Dan Masters Kong Yong Il, Park Jong Soo, Rhee Ki Ha, Park Sun Jae and Choi Chang Keun perform. This tour helped to promote the 1st ITF World Championships that would be held the next year in Montreal Canada. In 1978 the 5th ITF Demonstration Team, comprised of Choi Chang Keun, Rhee Ki Ha, Park Jung Tae and Liong Wai Meng toured Sweden and then the Eastern Bloc countries of Poland, Hungary and Yugoslavia. This was the first time that original Taekwon-Do was demonstrated in the communist and socialist countries, hoping to bridge gaps between political ideologies'.

Two years later the 7th ITF Demonstration Team toured north Korea, marking the first time Taekwon-Do was introduced to the Korean people in the northern part of the peninsular. This Team was made up of nine Koreans living overseas and six Westerners, including Grandmaster Charles E. Sereff . The following year, the late great Grand Master Park Jung Tae, then a VII Dan Master with the ITF and Chairman of the Instruction Committee taught an extensive seven month course



Historic ITF Demonstration Team that introduced TaeKwon-Do to North Korea in 1980

which was responsible for the initial group of instructors.

The graduates of this course performed in front of 10,000 people and Taekwon-Do took hold in the north of Korea. They have produced some of the finest performers, instructors and world champions. Members of this graduating class also performed the first demonstrations in the People's Republic of China in 1986.

I witnessed first hand the calibre of the ITF Korean Demonstration Team way back in 1988. The Demo Team came onto the international stage at the 6th World Championships held in Budapest, Hungary. They amazed me and all the other spectators at the stadium and the countless others who watched in their homes, via the extensive television

coverage.



Demo Team at the 6th World Championships, Budapest, 1988

Many others may have seen them perform flawlessly at other venues around the world. This was the same team that introduced Taekwon-Do to the former Soviet Union,



13th World Festival of Youth and Students demo, July of 1989, Pyongyang, Korea

also in 1988. This team put 1,500 black belts on the field of a 150,000 seat stadium, filled to capacity, during the 13th World Festival of Youth and Students. This Festival took place during July of 1989, in Pyongyang, Korea.

I was fortunate to watch that amazing show live and again watch these teams demonstrate magnificently in May of 2006. That was at the 40th Anniversary celebration of the ITF in Pyongyang. Many of you may have seen them over the years, or watched them on video, when they put on an exhibition in the south of Korea. That took place in Seoul during November of 2002. This was the first time that Taekwon-Do students from the north performed in the southern part of the peninsular.



North Korean ITF demo in the USA in 2007

History was made again when the ITF Korean Demonstration Team from North Korea made a 5 city good will tour of the United States of America. The team was led by VIII Dan Master Pae Nung Man. He was a graduate of the early classes of Taekwon-Do students in Pyongyang.

Master Pae also serves as the vice president of the Korean Taekwon-Do Committee. The team coach 5th Dan black belt Mr. Won Young Nam was the 1994 World Champion in both patterns and special techniques and repeated as World Champion in special techniques in 1997. He has toured many countries demonstrating Taekwon-Do and has taught in China and Russia. It is hoped that this Taekwon-Do Diplomacy will play a similar role that table tennis (ping pong) did, for the warming up of the relationship between the USA and China, back in the 60s and 70s.



Grandmaster Jung Woo Jin (host of the Goodwill tour), with Grandmaster Jhoon Rhee and Mr. Won Yong Nam (5th Dan), Team coach of the North Korean ITF Demo that toured the USA in 2007

For more information on that historic tour, including photos, guestbook, video and the extensive press coverage you can log onto www.usnktkd.com

If you are a student or instructor of Tae Kwon Do and have a charity in mind that could do with highlighting its cause - FREE - please tell them to get in touch with us - editor@totallytkd.com and we`ll do the rest

Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 5

Following on from last months article we are going to skip quite a few chapters of the book in order to get into some actual combative applications for this months edition.

The chapters I'm skipping cover how the scientific principles apply when using applications for self defence, as well as many common misconceptions about Taekwon-do and the patterns, their techniques/performance, differences with Shotokan, how I research them and what factors are involved which helped to shape and define the tul – though we may come back to these sections in a later article, all this really sets the ground work to ensuring they are appropriate, that they work and that they fit in with the self defence aspect of training.

When Are Applications Applicable to Self Defence

Contrary to what many are told, I don't believe patterns as a whole were designed as fighting at all, well not what most would consider fighting. To me, patterns are the first instances of self defence, not fighting, not squaring up, those first few seconds when someone grabs your arm (but has darker intentions), thus the heavy emphasis on training them over and over, to make movements instinctive in these instances (hence visualization is essential to correct solo patterns practice). Of course, applications can be used within a fight should the situation occur, but they mainly concern themselves with *first instances* rather than a fight, where, if all goes well, the fight is actually over before it begins fully and if not, this is where sparring, real sparring, all in sparring, comes into play¹. Patterns are more akin to one step and hosinsol than free sparring, especially the competitive form of free sparring practiced in many dojangs.

Pattern applications are not fighting, neither is sparring, fighting is fighting period. Real self defence should last 1 to 5 seconds or less - after that its a fight! The idea behind patterns is to make that 5 seconds count. Consequently, when *'in fight'* so to speak, opportunities can and do present themselves, its up to the student to capitalize on them! Running through patterns over



and over with no basis wont help, learning, practicing and testing applications will!

The applications shown on the previous page (and at the end of the last months article) are taken from Joong-Gun tul. It involves just 3 techniques and moves forward by two stance lengths. The first two techniques are commonly known as blocks, with the last referred to as a punch (strike). Here we see it as it looks in the actual pattern, during solo practice:

The combination we are using starts with Kaunde Palmok Daebi Makgi (*Forearm Guarding Block*) in L-Stance (*Niunja Sogi*), followed by Sonbadak Noollo Makgi (*Palm Pressing Block*) in Low Stance (*Nacho Sogi*) and finally with Kyockja Jirugi (*Angle Punch*) in Closed Stance (*Moa Sogi*)



In the pattern itself we could practice all this from the previous movement, but as discussed in other sections of the book, in the real world we are more likely to be in a neutral, non-aggressive stance, using a fence etc. When we break down the previous picture into its combative applications (move by move) we see the following:



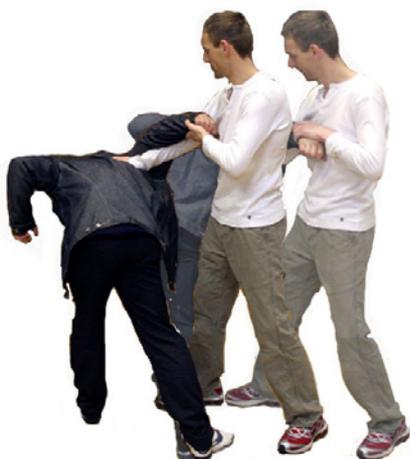
An opponent starts to become aggressive. Shouting, swearing and posturing aggressively as the student puts up a fence.



The situation quickly develops and the aggressor becomes frustrated and moves forward to attack, grabbing the defenders 'fenced' arm to move it out of the way to



The defender quickly steps forward to nullify the attack, performing Kaunde Palmok Daebi Makgi to lock up the attackers arm and off turn him to render



The immediate follow up is the next motion in the pattern (the chamber). Used to push the attackers shoulder down and pull on the attackers arm.



The actual pattern technique is brought into play, locking the opponents arm behind his back.



Keeping hold of the attackers arm, the defender slips round and chokes the opponent out. The opponents arm is still held and pulled across his back.

It starts by the defender (the student) being shouted at, then grabbed by the aggressor and finishes with the attacker being choked out! The pictures are slightly off-set in the hope that you can see how the applications flow from one to another, You will notice that there are no actual 'blocks' or 'strikes' at all! Remember, this should all happen in a few seconds or less and performed with speed and with surprise on our side (another important factor)! The book also offers alternative applications to these techniques.

The bottom line is that patterns taught with no real application knowledge in ITF or any other schools have little use but to help make technique better, but with minimal realism due to lack of resistance or simply poor applications. Visualization in solo patterns performance cannot be emphasized enough, but drilling applications is equally important. Do not expect that by simply memorising this combination and then trying it out that it will work immediately against a resisting opponent, because without repeated drilling, with a partner, until its ingrained, it wont!

Knowing The Application Isn't Enough

The master said, "I will not be concerned at men's not knowing me, I will be concerned at my own lack of ability."

- Confucius

We can look at training applications in the same way as training a single technique. To get a grasp of a technique, you need to practice it over and over, the more you do it, the better it gets, the same applies to applications. When an instructor teaches a student a side piercing kick, they break it down to teach the basic elements, then it is practiced, only then it can be applied, but even the most technically correct side kick has no value if it can't be used to hit the target, this is where partners come into play, at varying levels of resistance until you are able to shoot off your side kick at

full speed and hit your opponent. Its not applied via sparring straight away... the mechanics need to be learnt in order to think less and deliver faster, almost instinctively. So when practicing applications we must learn the mechanics, practice the applications over and over, then apply them to resisting partners at varying levels of resistance. If you know the application, you no longer have to think about it, so it can be applied quickly without thought when needed, the more you practice the better it becomes!

Applications do need partner work, with varying levels of resistance, then the field needs to be widened in scope, as it is almost impossible to apply an application to a fully resisting partner if they know exactly or even partially what you are going to do. This is where hosinsol comes into play. You may also like to consider '*kata based sparring*' or in our case '*pattern based sparring*' a term coined by English martial artists Iain Abernethy.

I feel patterns were simply drills of one, two or a few movements, that were meant to be practiced solo and with partners. By combining lots of small drills into a pattern, they were easier to remember and allowed practice when solo, allowing someone to train when not at a school or club or when in a suitable location like a park or at home etc.

Back then, when Taekwon-do was formulated, competition was low or non existent, pads weren't invented and ways of training/fighting safely were not modern like today, thus it was considered a safer environment to train what was considered dangerous moves (i.e. arm breaks, finger jabs etc.) that pertained to these first instances. With the advent of sport, sparring evolved to be safer and thus fighting (in training) has evolved to be safer as well, and sadly in many schools the only form of sparring practised now is sport based competition sparring, which although highly enjoyable, disallows most

of the pattern applications as they are too dangerous because of the target areas (vital points) or had to be struck to an ineffective area (as far as actual combat is concerned). Modern patterns training has evolved to a point where apart from not knowing proper applications or even any real application, the emphasis is again on winning competitions, so placing your block X amount of inches from the floor at X angle, is more important than what that block actually is for.

Properly taught patterns still retain many benefits if trained properly, and both patterns and fighting work hand in hand for combat. Patterns (with visualization) is a valuable resource for self defence, after all, you cannot practise an arm break over and over without going through a multitude of unhappy partners, even in hosinsol you must pull your movement before your partners arm is broken, pattern practice allows the full motion, with follow through. Patterns do not replace partner work, pad work, fitness work, basics, fundamental

training, sparring, hosinsol or live opponents, they run concurrent with them, with each overlapping and complimenting the other, forming the whole: what we know as Taekwon-do.

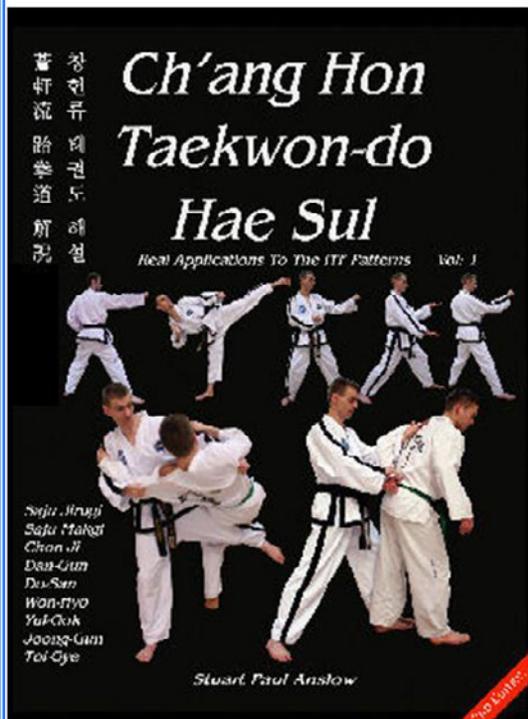
Next month we'll look at some of the techniques of lower grade pattern applications, as well a few tips and insights on teaching or practicing applications.

¹Sparring has many different variations. By 'all in sparring' I am referring to the type of sparring practiced mainly by the red and black belt levels in my dojang (what we called 'Traditional Sparring'). 'All in sparring' allows the students to grab, sweep, take down and throw as well as strike and they are sometimes allowed to continue on the floor. Contact levels can vary, though control to a certain degree is also emphasised on certain techniques that are obviously dangerous (elbows, eye gouges etc), though these techniques can be used, the defending student needs to be able to acknowledge their effect, rather than feel it first hand.

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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

Not only does this book detail applications for the motions within these patterns, it also explores the background to each form and, perhaps most importantly, it also details the thought process that gave rise to the applications shown.

Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

Ch'ang Hon Taekwon-do Hae Sul should be in the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!

- Iain Abernethy 2006 5th Dan Karate (British Combat Association and Karate England).



"The most important book published on TKD since the encyclopaedia."
 - John Dowling, 3rd degree, ITF

Journey To Our Dreams

The True Story Of Sayed Najem Part 2

By Stace Sanchez

Last month we started the short story of Sayed Najem. How he travelled from his home in Lebanon to avoid the war, settling in Canada, only to encounter racial hatred there and how Taekwondo became his 'saving grace', not only strengthening his resolve but establishing a dream that was to be fulfilled then almost taken away due to life's twists and turns... this month his story continues...



Life Takes Yet Another Turn for the Worse

At 1:18 a.m. on October 17th, 1987 tragedy beset Sayed's family like never before. His beloved, savior brother, Rodrigue, was shot and killed on the streets of Ottawa. The close Lebanese family was totally and forever devastated. "The loss took the wings off my father's back, and the eyes through which I see good souls were destroyed." Sayed secretly joined the "Brown Nation" – a gang of Italians, Portuguese, and Lebanese.

The Gangster Sayed Najem

For the next five years all his pent up anger, resentment, and frustration was vented in gang activity. In the fifth year of the gang affiliation, he was at a bachelor party when he and a couple of friends received a phone call that a twelve year-old boy had his face cut up by a biker just because he was Arab looking.

The child's older brother was at the party and asked everyone to help. Without any

hesitation they were ready to seek revenge. As one of the leaders of the Brown Nation, he personally wanted to take on the leader of the biker gang.

Life Starts Looking Up, 1993

Despite his life in the gang, he was spared any personal injury, legal prosecution, or damage for his Tae Kwon Do reputation. In fact, in 1993, his reputation in the world of Tae Kwon Do was advancing rapidly. Over the next several years, he received numerous titles; numerous times Canadian National Champion, Pan-American Champion, and finally, experiencing his lifelong dream – the Olympics. His colleagues bestowed the name, "The Dancing Panther" on him.

Unfortunately, he also experienced the downside of serious sports competitions. *"When so much is at risk, the rules are not always followed by everyone – the game is not fairly played by all either."* At the Olympics in Barcelona, despite fighting with a fractured knee cap, the tapes will speak for themselves.

Without knowing who is who, it is easy to see who the victor is. Sayed was not that person.

"Athletes know the truth and they take great pride in winning clearly and they, they feel cheated if the medal they received is not rightfully theirs." Sayed goes on to say *"believe it or not, we became close friends,"* referring to William Jesus Cordova, the man he lost the medal to. *"He named his first born child after me – Sayed".* "Sayed said that he asked him why and William said, *"just in case if you had really won, I do not want to be punished by bad Karma."*

First and Only Love, 1996

After years of living the insular world of a serious athlete, he wanted to become more educated. His mind was well exercised from speaking four languages – Arabic, French, English, and Korean – but he wanted to expand his options with a more formal and extensive education. So he attended Algonquin College in Ottawa with the goal of getting his bachelor's degree in business marketing. His friends and family knew that he was now a "free

bird" so they tried to counsel him to pay attention to his studies and not get distracted by all the beautiful girls.

"I followed their advice for one semester, but in the second semester one of the most popular girls in the school caught my eye. I set a new goal for myself – to make her my girlfriend". After a few bungled attempts, she conceded to have coffee

with him. Five hours and many cups of coffee later, she became his girlfriend. She was his first true love. Her presence at one of his tournaments gave him the fulfillment and happiness that someone, for the first times someone intimately other than his mom, believed in him.

At the age of twenty-seven, he received a phone call from the Canadian Olympic Committee – they wanted him to train for the Sydney Games in 2000. *"I promised my love I would train for two months and then return to her. We kept our promise to each other in letters, calls, and then, our Lebanese culture's engagement."* What was thought to be a two month trip expanded into fourteen months for them.

Five months before the 1999 Olympic trials, He decided to surprise her by visiting her. He couldn't contain the excitement as he walked up her walkway with roses, cards, and gifts for his fiancé. The surprising visit for her became to him, once again, another episode of sad love that he had to overcome. While he was gone, she started seeing someone else. Sayed was crushed.

A Taste of Hollywood

"After the Olympics, I knew I wanted to redirect my passion, my deep discipline and focus, into a new avenue," says Sayed. *"In my heart, I am humbled and grateful for all the gifts and talents bestowed on me. I am even grateful for all the hard lessons that built my character and made me achieve successes. So, I*



opened my heart and mind to what direction awaited me, and as circumstance would have it, I happened to be competing alongside a young woman in Tae Kwon Do." She explained to him that her brother was playing the part of Anakin Skywalker in Star Wars II. She asked, "would you help train him" Without hesitating, said," "Of course." "I trained Hayden Christiansen daily to prepare him to fight magnificently with light sabers. I enjoyed working with him and hearing of his success. It brought me closer to my lifelong passion which began for me in 1992 – to be an actor".



Training with Hayden Christiansen from Star Wars

Next Olympic Generation

Today Sayed lives in the United States, a land filled with opportunity. *"I train children and adults in the sport and Martial Art I love".* Beyond kicking, punching, blocking, sparring, and forms – He teaches them about being passionate and determined, being kind and thoughtful, respect of parents, and hard, hard work. He shares all he has learned in all aspects of his life with his young (and not so young) students. One of Sayed's proteges that he still watches out for and hears is still doing great in Tae Kwon Do, is Adam Paolino. Adam is presently is training with Michael Tang, USA Heavy Weight National Champion.

September 11, 2001

This day affected all of us in many different ways. But for Sayed, as a Middle Eastern Christian man, the indescribable pain is two-fold. Sayed clutches his hands and he says, *"My heart goes out to all of those who lost family members on that tragic day."* But the 9/11 tragedy affects him personally. He sees the look in peoples' eyes when they hear his name. On Thursday August 12th, 2005, Sayed was sitting on a plane returning from his visit to Los Angeles. A woman next to him asked where he was born. *"I told her I was from Canada".* "She said", *"No, where were you born?" "I answered Lebanon."* She gasped and moved away. "Her reply was, *"I hope we land safely."*

Despite these enormous setbacks to his dreams and personal encounters, Sayed remains optimistic. He still faces some discrimination since he clearly looks Middle Eastern, sounds Middle Eastern, and has a Middle Eastern name. When he crosses the border to travel into a foreign country, he is often detained for questioning. *"Due to my world travels, my passport is filled with numerous stamps showing the 50 countries where I have been because of my fighting career. This raises suspicion."* Sayed says that even though he knows that he will encounter these obstacles, he will not change his name.

He says, *"On February 28, 1970, my mother gave birth to me and named me "Sayed Najem."* His name means in literal translation, "Leader of the Stars". For this reason, he will keep his name even though it brings him challenges and difficulties. It was those very challenges that have helped him rise above and push a little harder, kick a little longer, or run a little faster. *"I need to live up to this name."* Sayed says, *"It is a lot to live up to – but I am ready"!*

"I end as I begin"-- "my story is timely".

What is Sayed doing now

He has been living in America many years

now and the arts have been his life-long passion. He is proud to say "I've finished producing and starring in this cinematic production called "Victim." It is his own Independent feature and touches on the heart strings of millions throughout the world - AIDS. It's my honor to be able to give back to the world a positive effect through the arts while overcoming cultural barriers and prejudice." He goes on to say, "My passion is to be able to share with everyone the opportunity that was given to me to make films".

In a few months time, Sayed will be receiving his American Citizenship. For him, it is one of the greatest accomplishments since he won the Olympics in 1992, and being a two time world Tae Kwon Do champion. He is also dedicating his time and professionalism in helping out the students in Rhode Island to become Junior national Champions. With the help and support of Senator Jack Reed and the parents that put their children in the hands of Master Najem, he is making a difference. Because of Tae Kwon Do, Sayed continues to follow his dreams.

World Red Carpet Premiere

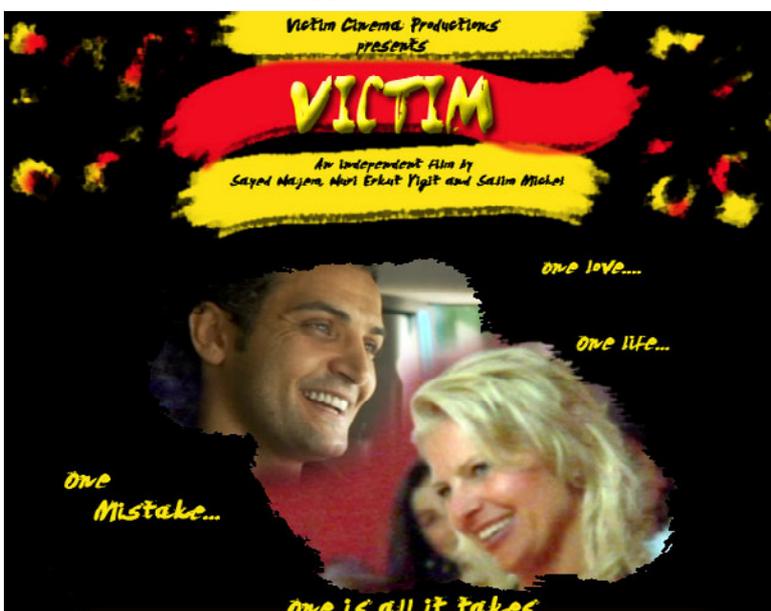
This project is a feature film about a man, Marco Bishop (Sayed Najem) and his wife, Nicole (Shannon O'Brien-Rosciti), whose lives couldn't be happier. As soul mates

they share a life in love. Yet their marital destiny is tested when joyful news of Nicole's anticipated pregnancy is overshadowed by Marco's discovery that he is HIV positive. "Could one callous mistake he made 10 months earlier now be haunting him? This is a story of two sharing one love, one life...and one mistake. One is all it takes." - a trailer can be found at www.victimthemovie.com

What Tae Kwon Do has Taught Sayed

Sayed Najem has been through it all. He has seen much more than any young 38 year-old has seen. However he says "If it wasn't for Tae Kwon Do I would be in a very bad place now, and Tae kwon Do has kept me alive, has given me a vision of determination and to never give up. Of course that all happens through hard work and respecting yourself. It has brought me closer to my father, my friends, and to never ever use my art on the streets unless it is to defend myself as efficient as possible. Now my work is through my films and "VICTIM" will make a difference for everyone in thinking strongly before jumping into a spontaneous decision, and this is only he beginning of my new era. It's my honor to be able to give back to the world a positive effect through the arts while overcoming cultural barriers and prejudice." He closes the interview with this: "My passion is to be able to share with everyone the opportunity that was given to me to make films."

Well everyone - here you have it. Tae Kwon Do is NOT just about kicks and punches. This is a real-life account of how amazing Tae Kwon Do is and how it can save lives. Congratulations on Becoming an American Sayed Najem. We wish you all the best, Sayed Najem; I will see you at your world premiere of your "VICTIM" movie. - Stace Sanchez



What's The Point?

By Paul O'Leary

Hello, in this issue I would like to look at the U-shaped block found in Chang Hon (ITF) pattern Joong Gun and Po Eun. Also in Karate kata Bassai Dai and Empi. The movement either has the upper hand turned up or down depending on the form. But for this article it does not really matter which version we are looking at.



Many times this movement is said to be blocking a rifle thrust, or removing a rifle/staff from a persons hands. Explanations like this often frustrate and annoy students of patterns/kata as they do not really give a sensible application for self defence against a real attack.

I would like to look at this move in completely different way.

Pictures 1-2 show the movements as in solo practice.



practice.

Picture 3 - Attacker attacks with a running punch to the head. Defender times there step and raises there hand to deflect the attack letting the momentum of the attacker continue.

Picture 4 - Defender steps across, grabbing the attackers right sleeve or hooks the arm, while they also bring there own right arm around the back of the attacker by hooking under the attackers left armpit.



Picture 5 - While dropping there stance and weight, the defender moves into a throw extending the arms as in the U-shaped block.



This application is dependant on timing from the defender and dropping there weight into the sitting stance / kiba dachi. Here you also see where this stance is really beneficial in helping you control your balance while performing throws. Try to perform this throw on mats or crash mats for the best training results as the attacker can get dropped onto the upper back or head if not performed carefully.

Paul o'Leary has been a student of the martial arts for over 20 years. He is the head instructor of JungShin Mu Do Kwan based in Cork, Rep. of Ireland and is also the head cordinator for Prof Rick Clark and his AoDenkouKai in Ireland. He can be contacted by mobile on 00353863545032 or adkeire@gmail.com

Why Community Service?

By F. M. Van Hecke, VII Dan

Many instructors require community service of students aspiring to higher rank. In the United State Taekwon-Do Federation documented public service is a requirement for all Dan ranks without exception. Whence comes the insistence on public service and why is it so often required of Taekwon-Do practitioners?

Community Service (*Sahwe Bongsa*) is an important component of the Moral Culture (*Jungshin Sooyang*) of TaeKwon-Do. Its importance is often inadequately understood.

Part of what instructors should be doing is educating TaeKwon-Do students to be complete and proactive adult humans. Community service, or personal sacrifice on behalf of one's community, is an essential part of the adult human moral character.

Look around your community. There are parks, schools, perhaps an American Legion Hall. There is undoubtedly a Chamber of Commerce, a volunteer Fire Department. There are Churches, maybe a hospital. There may be a Senior Center, a playground or two. The main street may have trees, benches, places to walk. And if you ask the average 18-year-old about how all these things got there, he or she might not have a clue.

This cluelessness arises from the passivity of the immature--they are accustomed to receiving benefits, not giving them. The

immature person does not envision his responsibility as a component of the community fabric.

The community fabric goes beyond buildings and institutions, although much of the work of helping people in the community takes place in them and through those channels.



A great deal of the fabric of a community is evidenced by the practical work of ordinary people on a modest scale. The lady down the block will baby-sit if the young working mother gets "in a pinch" when a snowstorm closes the school. The priest will spend many hours counseling a troubled parishioner. We might loan a neighbor who can't make the rent because of a layoff at the plant a few dollars. Almost all mature adults have at least one older person

they visit for no other reason than alleviating suffering and loneliness. And changing a tire for a stranger rather than just speeding on about your business is really a part of the same thing.

In the Encyclopedia of Taekwon-Do,

(International Taekwon-Do Federation 1993), Gen. Choi, Hong Hi, enumerating Public Service among elements of Moral Culture, specifically states: *“By contributing labor to the community, especially to the poor or disabled, the student learns charity, humility, comradeship, tolerance, and a sense of generosity.”* (Vol.1, p. 66.)

It is astounding to many that a person could attend a church or a picnic and not write out a check to help defray costs or bring potato chips and a ball to throw around, but many people just expect something to be there for them without looking to their own responsibilities.

Think about your dojang. That workout floor--how did it come to be installed, who installed it with what labor, how much did the materials cost him? Who makes sure there is soap, toilet paper, paper towels in the bathroom? Who put up the walls for the locker rooms, and what did those cost in labor and materials? How about the painting, the lighting, the cleaning? Who files the tax returns, keeps track of inventories of uniforms, writes out a check when needed? How does all this come

about?

More importantly, how did the relationships among students and instructors come to be? Did those relationships involve effort beyond your knowledge to build a mini-society? How many years of effort did that mini-society you enjoy take to grow, 20, 30 years or more of essentially fiscally-unrewarded but unrelenting work? How many students studied there without tuition when there was a strike at the local manufacturer? How often did an upset child pour his or her heart out to a faculty member, trying to find an answer to the tragedies in a young life, often caused by a parent himself or herself in need of growing up?

Community service at its smallest reach is about being good to yourself and your immediate family, and at its grandest scale about love of country and your fellow man. Being good to yourself and your family, however, is limited to a small number of beneficiaries and can even be practiced selfishly. And the grand scale can be too grand--Condi Rice is not likely to answer a phone call on my part with suggestions as to Kim Jong il's psyche, although I can



honor the U.S. soldier by thanking any one of them for his or her service.

It is on the level slightly above the immediate family that we are likely to get the maximum impact for our efforts. The church group, the community organization, the folks on my softball team, all have needs and are efficiently accessed and helped. It is possible to take care of Mrs. McGillicuddy's little girl for a day, but almost impossible to take care of all the children in the village at once. A vision too grand may partake more of posturing than of actual service.

Community service involves, on the one hand, getting "over" yourself, and seeing others as a reflection of self, and on the other hand, actually performing the work or making the contribution. It is in the former that we build character and put things in their right order for ourselves, and in the latter that we actually "deliver the goods" for our community.

I was very impressed recently when I discussed community service with a Black

Belt candidate and he indicated that he and his children often picked up trash along the highway, served meals to the less fortunate, and performed similar service routinely. Those kids have a wise father and will in turn be wise as adults. And happier.

Community service, then, is an important component of what completes human beings, makes them whole. Man is a social animal, and that enables us to achieve great things. Through community service we affirm both our communities and our individual humanity.

F.M. Van Hecke is Region 5 (IL, IN, WI, MN, MI) Director of the United States Taekwon-Do Federation and author of over 50 articles on martial arts topics.



The pictures in this article are unrelated to the author and for visual presentation only. Courtesy of www.kickpics.net



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There are many ways to get involved and fundraise for the world's children from trekking in Nepal, motor biking in South Africa, skydiving at your local parachute centre or running in one of the many road races across the country.

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Taekwon-Do - A Life Less Ordinary

By Michael Clune

Hi! My name is Mike Clune and I am a 1st Degree in the martial art of Taekwon-Do. If someone had told me this would happen when I was 10 years of age or when I was teenager I would have laughed in their face! I am not a World Champion at sparring, patterns, destruction or anything like that. I am just your average Taekwon-Do student and train at an ITF dojang in Ireland. So why write this you may ask as many of you would see people like me at your school and probably teach people like me every day?

As a child and teenager I lived in a constant state of fear, anxiety, had very poor self esteem and no confidence. This was mainly due to the fact that I grew up in an alcoholic home. I often say that at home that we were always on a *'war footing'*, and constantly *'walking on eggshells'* because we were afraid to do anything that would *'upset the elephant in the living room'*. I used to blame myself for what was going on even though it had nothing to do with me. Even regular normal childhood things that would be easy to others my age to do, I dreaded because of my lack of confidence and self-belief. I had few friends in my younger days because I just didn't venture out very much, didn't feel good at all about myself and I suppose I didn't want people knowing what was going on at home. This constant dread, anxiety and lack of self confidence prevented me partaking in anything with school friends or in sports. I often had intense dread when there were events such as school tours, parties, discos and sports events as a result. At times if I did want to go to an odd event it meant I needed money to go and in turn having to ask my parents which I hated because the way things were. So instead I would just lie my way out of attending because it was far easier then having to ask for money at

home. This became a way of life. In the first couple of years of secondary school (or high school) I had become a victim of bullying by some classmates. It was mainly being under constant fear and threat if I didn't do things for them when asked something would happen to me if you know what I mean. Of course my lack of confidence was certainly fuel to the fire for them. I never approached anyone about it at the time due to fear, or have never spoken about it before, but it ended by itself after a couple of years because I didn't have the same classes as them anymore so I just chose to forget about it.

I completed school and did some training which led to me working where I am presently in an aircraft electrical parts maintenance company. I worked on the factory floor for about 7 years and got fed up of it and needed a new challenge. A job came up in the engineering office as a technician which I got. I have been there since and it is a job which I enjoy. Early 2001 a chap started with us to gain work experience. I became great friends with him. Having lunch one day I asked him how he stayed so fit because he looked well. He said he trained in Taekwon-Do at the University where he was attending. After a while I said I to myself that I would give Taekwon-Do a try. I knew of a school near me and the fact that a cousin of mine had a Black Belt in it but I did not have a clue what Taekwon-Do was all about.

September 11th 2001, a day that is not forgotten by many for all those horrific events of the day. But it was strangely a day that would change my life forever and in a positive way as it was the day I began my Taekwon-Do training. I started with my instructor Mr. Kinsella then a 2nd Degree. He is a gifted instructor and has changed my life so much. That first day I did a



Me (2nd from left) with my instructor, Mr Kinsella (centre) and friends Don, Darren & Alan

number of simple exercises as a warmup and quite simply I thought I would die! I remember thinking, when the class was over, when he said next class was Thursday. I said "OK" while having serious doubts and thinking to myself "I'll see how I feel on Thursday!". Somehow this kept going on for months until I moved into the intermediate class where I ended up at the back which was great, an opportunity to hide, well out of harms way! But I remember looking up at the line of Black belts in front and thinking "What have I gotten myself into now!!" When I saw the way they moved, trained and sparred, I thought that was it. I will never last! Among those was my cousin Mr Stephen Ryan, then a 2nd Degree (now a 4th Degree) who is a gifted athlete and who would go on to win European & World ITF titles and still winning them as it happens he is away at the ITF European Championships in Spain as I write this). Even though he is a family member I would have rarely met him and I think the last time prior to this he was very young. However I got to know him further while training. He has been and still is a great source of support and encouragement. Among them also was Mr

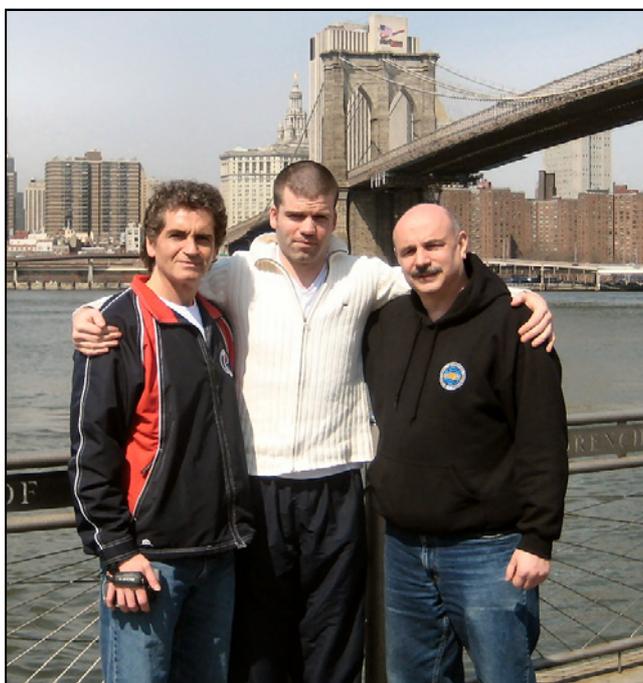
Jamie Rigney and Mr Brian Coughlan both 2nd Degree's at the time (now 4th Degree's), both whom have also helped me so much.

Somehow I kept going and found my self creeping up the lines while some of the Black Belts left and set up their own schools. I was then a 2nd Kup. It was around this time I found out then how much Taekwon-Do really meant to me. I am not interested in entering tournaments. I entered once or twice and won 3rd place in



My cousin Mr Stephen Ryan and I

patterns but it doesn't appeal to me probably due to the fact I am not that physically gifted. I prefer to and still do just to go to support fellow classmates competing or as I like to say *'leave it to the professionals'*. I just loved the training and being with people who like what I like. I found that I was constantly thinking about Taekwon-Do all the time. There would be days when I would just feel down about myself, things didn't go well at work or my home situation wasn't good. Then the very thought of Taekwon-Do, going to training, reading related articles or books, watching Taekwon-Do DVDs of old courses, looking at TKD Bulletin Boards and I would feel myself get a physical lift strange as it sounds. It was at this grade I had the confidence to travel for the first time and by myself. I went and stayed with a cousin, Master George Vitale in New York whom I met when he travelled to Ireland to meet family previously. I would have never kept in touch with him, probably, only for the fact that I heard he also trained in Taekwon-



Me with Master Vitale and Master Scott Downey whom I met while I was on vacation in New York

Do. I thought I was obsessed with Taekwon-Do until I met him. My definition of obsessed was merely a fleeting interest compared to this guy! I was in heaven because he is a long time student who was fortunate to have met, interviewed and trained with the founder of Taekwon-Do, General Choi Hong Hi. There were days, even though I was in the Big Apple (a place I had wanted to go to for years!), when I would do nothing but look at his collection of albums, books, magazines, videos of old IICs (International Instructor Courses), interviews with the General,

tournaments, read old articles etc. Some of you reading this are probably in them somewhere.

Not long after I got home and I ended up having knee problems. I eventually had knee surgery where I was told that the back of my knee cap was severely damaged. It appears this was happening not because of Taekwon-Do but back many years. However I was out for months and I thought that was it; it was over, no more Taekwon-Do. As you can imagine I was devastated even though it could have been a lot worse. My instructor, while I was recovering, told me to come in just to watch but I felt awful when I would watch everyone else train. One Saturday after a few months when I stopped training and felt a bit better, I just decided I can't give this up as it means too much to me so I just went back. I trained but it meant, not being able to do front snap kicks or any snapping kicks with the right leg and no jumping so I would just modify or do other things that I could do and sometimes be

warned by my instructor to go easy, and still do even though it is very frustrating at times. A few months later Mr. Kinsella said *'you have to get ready to test for 1st Degree'* and my heart literally sank! Where previously I would have been excited to be told I was ready to test, this time I just preferred to be able to train and didn't care if I never graded again just to be able to train. I kept training and didn't think much about the grading, just prepared for it, basically thought one day at a time, if I make it I make it and so what if I don't. D-Day came and I managed to get through it after a few

hours, what a day! It was special not because I made it to 1st Degree, but because most of the people that helped change my life, my Taekwon-Do family, were all together in this small room to support me and the others testing. Even more special was the fact that my cousin from New York, Master Vitale, made a surprise visit to the testing hall.

While I was 1st and 2nd Kup I attended 6 IICs (International Instructors Courses). 2 under Grandmaster Choi Jung Hwa in Ireland and 4 with ITF under the Presidency of Grandmaster Tran Trieu Quan, of which I am a member. These

h a v e b e e n t h e m o s t m e m o r a b l e w e e k e n d s o f m y l i f e e s p e c i a l l y e s p e c i a l l y t h e o n e s i n v o l v i n g t r a v e l l i n g a b r o a d . I l o v e d t h e s e b e c a u s e o f t h e a b i l i t y t o m i n g l e , l e a r n f r o m a n d i n t e r a c t w i t h S e n i o r s a n d g e t t h e i r T a e k w o n - D o l i f e a n d t r a i n i n g e x p e r i e n c e s . M y m o s t f a v o r i t e b e i n g B e l g i u m d u e t o t h e f a c t t h a t I g o t t o k n o w M r D e c l a n M c M u l l e n a I V D e g r e e , w h o m i s s e d h i s c a l l i n g a s a c o m e d i a n , a n d M r K e n W h e a t l e y a V I D e g r e e w h o i s t h e P r e s i d e n t o f o u r g r o u p i n I r e l a n d , T h e

I r i s h T a e k w o n - D o A s s o c i a t i o n . I h a d m e t t h e m m a n y t i m e s b e f o r e b u t i t w a s g r e a t t o s p e n d t h e w e e k e n d w i t h t h e m . 2 o f t h e m o s t h u m b l e , k i n d a n d f u n n y p e o p l e I h a v e b e e n h o n o r e d t o m e e t . I t w a s a t t h i s I I C I e m b a r r a s s i n g l y h a d f o r g o t t e n t o b r i n g m y r e d b e l t f r o m I r e l a n d . I h a d a n e w d o b o k p a c k e d s o I d e c i d e d t o w e a r t h e w h i t e b e l t t h a t c a m e w i t h i t a n d g o t o t h e v e r y b a c k o f t h e l i n e s a t t h e I I C . D u r i n g t h e I I C , o n e o f

t h e I I C i n s t r u c t o r s , M a s t e r H e c t o r M a r a n o w a v e d t o m e a n d s t a r t e d w a l k i n g t o w a r d s m e f r o m t h e f r o n t a n d I n e a r l y h a d a s t r o k e b e c a u s e I t h o u g h t i t w a s t o d o w i t h w e a r i n g t h e w h i t e b e l t ! H e c a m e t o w a r d s m e a n d s a i d " A h y o u M i c h a e l C l u n e " I r e p l i e d " Y e s S i r " . I d i s c o v e r e d h e w a s r e f e r r i n g t o a q u i z t h a t w a s p o s t e d o n t h e I T F w e b s i t e . I h a d w o n a p r i z e f r o m i t a f e w m o n t h s b e f o r e . H e h a d r e c o g n i s e d m e f r o m a p h o t o I s u b m i t t e d , t h e r e l i e f ! I h a d c o m p l e t e l y f o r g o t t e n a l l a b o u t i t . O f c o u r s e I a p o l o g i s e d , t o h i m , f o r t h e b e l t t o o .

S i n c e I w a s p r o m o t e d t o 1st D e g r e e I h a v e a t t e n d e d a n I I C h e l d b y I T F i n N e w Y o r k . I



My instructors, Ms Kinsella, Mr Kinsella (far right) and Mr Wheatley all a great source of friendship & support on the day of my 1st degree testing and throughout my short Taekwon-Do life.

a t t e n d e d b y m y s e l f f r o m I r e l a n d w h i l e s t a y i n g w i t h m y c o u s i n . I h a d a n o t h e r m e m o r a b l e i n c i d e n t h e r e . T h e 1st d a y o f t h e I I C h a d e n d e d a n d w h i l e I w a s l o o k i n g f o r m y ` t a x i ` b a c k t o w h e r e I w a s s t a y i n g , M a s t e r M a r a n o c a m e u p t o m e a n d s a i d " A h M r M i c h a e l C l u n e ! Y o u g o t t h e 1st D e g r e e a t l a s t , y o u r e d b e l t f o r a v e r y l o n g t i m e m y c o m p l i m e n t s t o y o u ! ! " I w a s s h o c k e d y e t v e r y c h u f f e d o f c o u r s e a n d s p e n t a w h i l e l a u g h i n g a f t e r w a r d s t h i n k i n g o f a l l t h e t h o u s a n d s o f p e o p l e h e m e e t s

a c r o s s t h e g l o b e a n d h e r e m e m b e r s m e , a 1st D e g r e e , f r o m p r e v i o u s I I C s ! T h a t n i g h t a t a b a n q u e t I w a s p r e s e n t e d w i t h a p l a q u e , b y M a s t e r M a r a n o , f r o m t h e I I C o r g a n i s e r , f o r s u p p o r t i n g t h e e v e n t f r o m I r e l a n d , v e r y A m e r i c a n I k n o w , b u t w o n d e r f u l ! I w i l l b e a t t e n d i n g t h e I I C i n S p a i n a t t h e e n d o f S e p t e m b e r a s M r K i n s e l l a , M r . W h e a t l e y , M r R y a n , M r R i g n e y , M r C o u g h l a n a n d a f e w m o r e o f

my Seniors are testing in front of the Masters at the IIC at what will be a very special occasion of our group in Ireland and I can't wait!

In my extremely brief time studying this wonderful gift that General Choi struggled all his life to develop and left to the world, I have been privileged to meet practitioners, instructors, Masters from all backgrounds who have left something for me to learn and have made an such a positive impact on my life. At times I keep thinking I just wish I had this in my youth and not because of the physical self defense aspect, but moreso the confidence it has given me since I started training. I know now it would most certainly have given me the



Me with my favorite Master, one of the most humble & knowledgeable TKD Masters in the World, recently promoted Grandmaster Hector Marano of Argentina at the IIC in New York March 2009

confidence & courage to do things a normal child & teenager would be able to do. It would have also helped me deal with things easier and not live under constant fear and anxiety all the time. One of the Masters at the IIC in New York, Master Wim Bos, said something to me and the others, which I will never forget. It brought a small tear to my eye because it pretty much sums up me, my life, how I train now & my Taekwon-Do Philosophy. *"Taekwon-Do comes from the here! (while tapping the heart area of his chest with his fist)... We all have problems in life and for some it can be very difficult... But the great thing about Taekwon-Do is that once you put on the Dobok and train you can forget*

about everything else." It was like he had prepared the statement for me because no words of mine could have put it better. Taekwon-Do has genuinely saved my life because I dread to think of where I would be without it. I love it because it allows me the freedom to express myself through training and learn to be a better person both physically and mentally.

I have never written an article for a magazine before. I have always said to

myself that someday, while I remember it, I would try and put into words and write down about how all this started and how I genuinely feel about Taekwon-Do because of all the positive experiences I have gotten from it. Someone suggested I

should write an article for this magazine so I suppose now was a good a time as any to put my thoughts to paper. I am writing this, in the end, in a small way to collectively say thanks to everyone mentioned here, those I haven't mentioned, my fellow Ennis Taekwon-Do School students and I hope friends, anyone I have ever met through Taekwon-Do, that have given me the support, the courage to participate in this wonderful martial art. Even though I am just your average practitioner, Taekwon-Do can have a profound impact on one persons life and open many doors as it has for me. I wish you all every and continued success in your Taekwon-Do journey!

Martial Arts Are About Survival

By Kevin Brett

Here's a shocker for you ... martial arts are about survival. Yep, that's right. The purpose of martial arts is to have the skill and knowledge to be able to do in the bad guy and still make it home in time to walk the dog. Martial arts are not some trendy type of workout designed to impress the ladies as you tell them about the tournaments or trophies you've won. While it certainly is an awesome total-body workout and a great way to get in shape many students really give little thought to its ultimate purpose; survival.



Let's talk self-defense. I was one of the co-founders of the United Karate Institute of Self-Defense, Inc. in Alexandria, Virginia. Three other instructors, my wife (also a black belt) and I decided that we had met way too many highly ranked black belts who had earned numerous trophies in sport karate competition. They were champions and winners and knew all the tricks in the ring to be able to score points

and come home with the large gleaming plastic and marble trophies. Sounds great doesn't it. Except for one small problem, virtually every one of these black belt "champions" did not possess even the most basic skills or knowledge of how to defend themselves against even a single assailant, much less multiple assailants. What's up with that?

They're black belts. They should be able to leap over tall buildings, outrun bullets, stop a speeding train and run between the raindrops! Right? No, but it certainly seems to the average person that a black belt must be nearly indestructible and probably possesses some almost mystical power and knowledge. Wrong again. If you are not trained properly with a real emphasis on self-defense and street application of martial arts techniques then you are merely mimicking movements from your instructor.

If you're a black belt and you can't even defend your way out of a wet paper bag then what have you spent all of those years doing? Let me say it again, martial arts are about survival. It's not about phony point-sparring competition where the only techniques you can use in the ring are things you would never dream of using on the street and where the most effective techniques from the street are not allowed in the ring.

When you study martial arts it's not all just punching and kicking, you must learn about many qualities of humanity, both positive and negative because your brain is your ultimate survival tool. Ultimately, at its core, is the need to survive; be it on the streets of New York City, the jungles of Asia, the deserts of the Middle East or

even a hostile business climate. To survive combat and harsh environments, you the martial artist must have many skills and have developed many physical and character qualities. In order to survive, you must improve yourself beyond your current abilities. However, remember the best warrior is not warlike, but is able to summon the warrior spirit within when it is required.

Preparing to Survive: Adaptability and Versatility

Survival requires adaptability, which is the ability to respond rapidly, effectively and without confusion to changing stimuli. These stimuli can be different training conditions. They can be new techniques, styles of martial arts, weapons or changes in lighting, temperature, speed, distance, surface, or any other attribute of your environment.

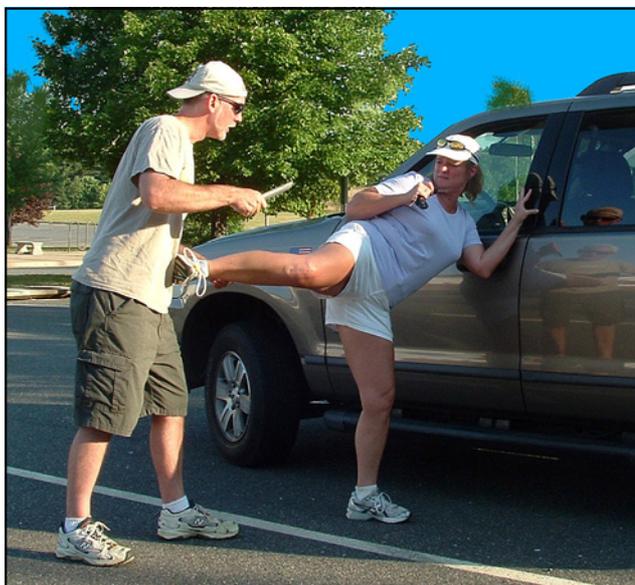
To survive, welcome change by varying your training. The more you do this, the better equipped you are to adapt effectively, because you are always doing it. Many martial arts systems have training sessions where their students practice their martial arts in the rain, snow, mud, swamps and other rough and difficult terrain. In this manner students learn to be aware of environmental factors, but also filter out distractions and focus on defeating their opponent.

Do not become frustrated as circumstances change or vary. Welcome this. Anything else would be boring. Variety improves and maintains your survival skills. You cannot possibly adapt if you are not first aware of what is around you to which you can learn to adapt. If you can adapt, you may just survive.

Adaptability can also refer to using your environment. For example, you may use your environment by grabbing a handful of sand to throw in your opponent's eyes. You may grab a branch lying on the ground to

strike your opponent or shove them headfirst into a vertical pole support inside a subway car or city bus. These are examples of using features of the terrain or surrounding environment to your advantage to augment your martial techniques. Typically, these are weapons of opportunity.

Versatility is having a broad range of skills; you can kick well, punch well, move well, think well etc. Versatility is the quality of having many skills; adaptability is the ability to acquire new skills readily. As you become more versatile, you will gradually become more adaptable. Do not confuse these two and train appropriately.



Realism and Diversity in Training

The more realistic the training experience...the less shocking reality will seem. Part of varying your training is practicing for realism. Take your training seriously. If it is a joke or becomes too much of a social gathering, you will be easily surprised or overwhelmed in a real situation. As I described earlier, some schools of martial arts practice in swamps, rain, and all types of terrain and environments. Martial arts are a war fighting skill where realism is a key ingredient.

Part of the reason for the diversity and variation in training is to introduce different realistic elements. A curious thing happens

when you make a training drill very realistic, you become uncomfortable. Reality isn't always pleasant, but reality is what you are training for. Being uncomfortable is a good thing. Get used to it in training so that you will not be surprised if it happens for real.

In a real fight, try not to ever let your opponent see that you are injured. Play off your injury if possible. Even if your injury is visible or noticeable, let your opponent think that it is not affecting you. This will make him stop and think that maybe his techniques are ineffective. In other situations, depending upon the opponent and the circumstances you may want to pretend that you are injured worse than you are. Pretending a more serious injury can give your opponent a false sense of security thinking that he is close to defeating you. Then you will have him. This is deception at its best. It also helps not to focus on yourself. Keep your eyes and your mind on your opponent in a real fight. Injuries can be dealt with later; a real opponent must be dealt with immediately.

Probing: Preparing to Attacking

Whether your opponent is an army of one-hundred-thousand men or a single man, you must probe to find weaknesses and collect information about your opponent's strength, position, mobility, reactions and skill.

Attack your enemy where they are weak, but first know this by probing. Test for weaknesses. Watch closely and observe potential weakness, signs of inexperience or disorganization. If you feint an attack and your enemy does not respond in a way that is adequate for his own defense, then you have discovered a potential weakness or area where you may be able to make an opening.

When you probe your opponent in a particular way, not only make a note of what their response was, but how fast, precise and strong their response was. These factors will be important in

determining how to attack and how to construct and time your attack.

Deception: The Key to Victory

Sun Tzu said that deception is the key to victory in all warfare, but what is deception? If I am to apply it, I must know what it is and how to apply it. What constitutes deception? Creativity is the key to deception. Think of ways to draw your opponent off their guard. When they are expecting one thing, give them something else. Draw their attention away from your true intentions so that when your true intentions are realized, your opponent will be caught unprepared and surprised. Do not be predictable.

The components of deception are these:

- Creativity
- Feinting or Faking
- Distraction
- Opposites

These components combined intelligently give you the basis of a strategy. You must practice your creativity. Creativity means developing new and different ways of feinting and methods of distraction or the use of opposites.

You must always create or switch to new means of deception because once your opponent recognizes a deceptive tactic, no matter how elusive or cunning, he will be better prepared to counter it. Always give him something new to deal with. This will give you the advantage.

Distraction is not the same as faking. When you fake, you make your opponent think one thing is happening when it is not. Distraction gives your opponent something to focus on or deal with while you follow up with your true intentions. The idea is that by the time you follow up with your true intentions, your opponent is still too busy dealing with what preceded them.

The difference between a distraction and a fake is that with a distraction you actually

are doing something; with a fake, you are only making your opponent think that you are doing something. This applies to combat, self-defense and many things.

Distractions are not necessarily always physical movements. They may be psychological also. You may distract an attacker who is intent upon doing you harm by talking to him. You may use psychology to distract him and engage him in a conversation, which is actually buying you time to size up the situation better or to maneuver to a more advantageous position.

If you are able to engage your opponent's mind and distract him that way, then you may not have to rely upon physical skill and posturing. Consider the possibilities. This is how hostage negotiators prevent unwanted physical harm from occurring.

Fakes must look real or they will not work. A bad fake is worse than no fake because you leave yourself vulnerable. The advantage of a believable fake is that if the opponent does not react in time you may just use the fake for real. To make a fake look real, you must believe that you are actually going to do whatever it is. Then at the last instant, do not do it, pull the technique short and instantly follow it up with the technique you really intended.

The purpose of a fake is to make your opponent react to it, generally to create an opening that you can take advantage of with a different technique. For example, a fake kick toward the head might make your opponent raise both arms to guard their face and head. This exposes their torso where you may actually be planning to land a punch.

Whatever technique you choose to fake, the two key elements of an effective fake are that the fake technique must look completely real – especially against an experienced martial artist – and the follow up after the fake must be fast and decisive

in order to take advantage of the opening or opportunity that you have created.



Attacking

As I have said, attack your opponent's weaknesses. Of course, you must first discover his weaknesses by probing. Once you have found these, attack them relentlessly. Do not attack him when he is strong or ready, hold off on this or you will be wasting effort.

Attacks can take a variety of forms. They may be like pecking away occasionally to annoy your opponent and gradually wear him down. It could be that his biggest weakness is simply endurance or stamina. You may simply float around him pecking occasionally until he cannot continue. Then either finish him off or leave.

An attack can be a short concentrated burst and then it is over. You can use a short burst to distract and disorient your opponent, putting them at a disadvantage, then follow up with the main body of the attack and finish with the grand finale to secure a final victory.

Another critical concept for you to grasp is that in a self-defense situation your survival may depend upon striking first. At the core of this concept is a philosophy espoused by Bruce Lee. If you feel that an assault or attack is imminent when you find yourself in a perilous situation and you are convinced that your safety or life is in grave

danger – strike first. The pre-emptive strike may give you edge you need to survive. On the street and in combat, there are no extra courtesy points for allowing your assailant to throw the first strike.

Decisiveness

Do not hesitate. Wait, be prepared, time your technique and strike, but do not hesitate. Take the advantage before your opponent seizes it. Decisiveness is essential in survival situations so that you may pre-empt your opponent. Pre-emption is necessary when you sense or read your opponent and determine that they are about to strike or position themselves in some way that increases the threat they pose to you. Be decisive on a course of action to prevent your opponent from realizing his plans.

Recycling Your Weapons

Do not allow an opponent to use a weapon (gun/knife/arm/leg) again after you have disarmed them. Stepping on the weapon, tossing, or kicking it away prevents recycling. However, you do want to recycle your own weapons and reuse them as often as is appropriate – circular strikes can be easily repeated, modified and used repeatedly and combined with hip rotation for added power. If you grab an arm or wrist or foot – do not let go. These are weapons. If you have one, damage it or control it so that your opponent cannot use it against you again.

Damaging their Weapons

Punch the arm or block the arm that is punching to hurt the arm or wrist. Damage the knee, foot, or leg so that it cannot be used to kick again. If the situation is serious, break the wrist, shoulder, elbow, or fingers so that they cannot be used again to hurt you! You must decide what is appropriate based on the level of threat.

Environment and Terrain as Strategy

The things around you make up your

environment. This includes the terrain, the surfaces covering the terrain, objects, artifacts, obstructions, structures and people around you.

Your environment can be used to your advantage. It can also be used to your opponent's advantage. Beware of this. The ways in which environment can be used are many. You may be able to hide or escape from an opponent in the dark or fog. You may be able to use everyday objects around you as weapons to add to your empty-handed defense.

You can use a wall or a railing to push off or as a support for throwing a kick to make you more stable and less vulnerable. You can throw objects in the path or the face of your attacker to distract him and buy you time to maneuver or escape.

You can use nearly any object around you to throw, swing, tip, spray or move rapidly and easily to put time or distance between you and your opponent. Consider the possibilities often and you will be surprised what you find that you had never noticed. However, do not get too caught up in a desperate self-defense situation trying to find too many objects or obstructions that may actually slow you down more than they do your opponent.

Whenever using weapons of opportunity or aspects of your environment they must be readily accessible and useable, only requiring a split second to grab or put to use to aid your defense or to provide some momentary advantage. Anything more will actually put you at a disadvantage.

You can train, study and prepare, but if when you are in a self-defense situation or any other form of combat, you do not have a grasp of the terrain and its surfaces, then you may be surprised and defeated.

It is essential to vary your training. This includes varying the type of terrain or surfaces upon which you train. Your

training should give you the opportunity to train on grass, dirt, gravel, in the water or mud and on smooth surfaces such as ice or tiles. All of these surfaces require you to adapt and select different techniques and strategies from your library.

Terrain is not merely the surfaces of the ground upon which you stand, but the contours of the ground beneath these surfaces. As Sun Tzu said, terrain can have many characteristics, which can give the advantage or take away an advantage.

Terrain can provide an escape route such as in wide-open areas. Another escape route may be a wooded area or a maze of alleys where you may give your opponent the slip. You can use terrain as a vantage point, such as at higher elevations. You can use it to encircle or otherwise entrap an opponent. You can use terrain to conceal and protect. This may be good for you or bad for you depending upon whether you are the one concealing

yourself or whether your enemy is concealing himself.

Any surface or terrain where your footing or balance is compromised or put at a disadvantage will require you to either grab hold of some handle or railing to stay upright or you will have to lower your center of gravity and your stance to keep from falling.

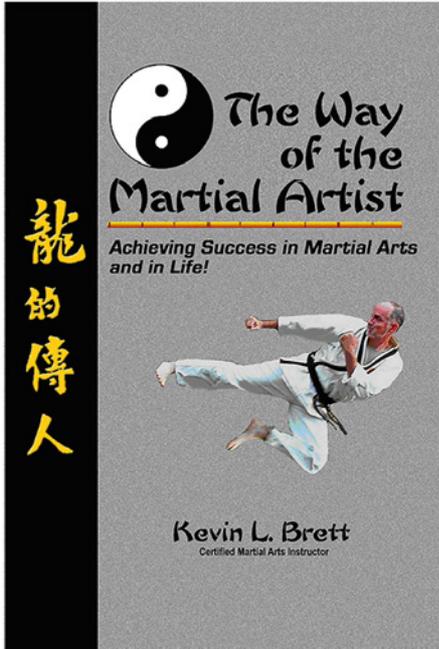
Use the terrain or objects around you to your advantage. Rocks and boulders offer a shield, concealment or protection. You can kick up loose dirt or throw it in your opponent's face. You may also do this with water or other liquids.

If some other surface is so unpredictable or disadvantageous that you cannot maintain balance and control, you may even consider drawing your opponent to the ground and taking the conflict lower, providing that you have trained and studied ground fighting. Then you will have an

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advantage even on disadvantageous terrain.

You can use icy, snowy surfaces for a ground fight, and then you will not be so concerned with maintaining your balance or footing because you are already down. If you choose to stay upright, then you must widen your stance to be more flat-footed to maintain traction. Kicks and sweeps are more risky because they reduce your stable base. In these cases, hand techniques may be more appropriate. Your techniques and strategy will vary with the terrain and the surfaces. Find advantages where there appear to be none. This is the essence of victory!

Also, be aware the same advantages you may find, your enemy can use. Do not assume that your opponent will not use the terrain or surfaces to the same advantage that you would. You must train on different terrains, flat, uneven, hilly, rocks, wooded, cluttered with debris or rubble, in narrow confines such as alleys or elevators, in wide-open places and in streams or inside automobiles or moving trains.

Terrain is a large component of the environment, as I have discussed. The more often you train in different terrains and environments, the more versatile and adaptable you can become.

It's About Survival

I started out by saying that martial arts are about survival. The topics I have covered in this article only provide a brief glimpse

into a few key concepts that for most commercially educated martial artists are completely foreign. I encourage you to study combat techniques and tactics for urban combat and street assaults and to incorporate what you learn into your training. Check out books and videos to gain a better understanding of these tactics and study how techniques you have learned in your martial arts training can be incorporated or adapted for practical use in a real situation rather than just as a form of demonstration for your next belt test.

We had a saying at United Karate ... *"If you can't defend yourself ... nothing else matters."*

About the Author

Kevin Brett is a certified martial arts instructor with twenty years of martial arts training and teaching experience. He and wife Lana Kaye Brett were two of the five co-founders of the United Karate Institute of Self-Defense, Incorporated in Alexandria, Virginia. He has taught martial arts and street self-defense to local law enforcement, military and federal officers focusing on realistic and practical application of martial arts techniques.



He is the President/CEO of Kevin Brett Studios, Inc., and the author of *"The Way of the Martial Artist: Achieving Success in Martial Arts and in Life!"* Information and samples from this comprehensive martial artist's guidebook can be viewed at www.KevinBrettStudios.com



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Is Your Technique On The Level?

By Earl Weiss

I have found some confusion among those who practice General Choi's system concerning the appropriate level of various techniques. So much so, that this is a topic for what I call (with tongue planted firmly in cheek) "Volume 16".

This volume would repeat for emphasis points often overlooked in earlier volumes. It would also further explain or elaborate on such points.

Terminology

First and foremost (as General Choi would say) "You need to use precise commands to direct the troops." Toward that end, instructors and students need to be consistent in their use of terminology as it relates to terminology in the books, keeping in mind that sometimes the use of the terms is unique to Taekwon-Do.

With the foregoing in mind the term "Section" should not be used when explaining a level of a technique for performance of a pattern move. Default levels for execution of a technique (with technique specific exceptions) refer to a specific height. These are; High = Eyes; Middle = Shoulder; and low = Umbilicus.

Note how the term "Level" is used differently than the term "Section".

General Choi uses the term Section to divide the body into areas in order to reference "Vital Spots" within that area. Sections are: High = Above the Shoulders; Middle = Umbilicus to Shoulders; and Low = Below Umbilicus.

An example of a poor command would be if an instructor were to say "High Section Punch", the student could perform a punch anywhere above his shoulder height. While this may be proper depending on the opponent, the instructor has no way of knowing if the student who is practicing without a partner (i.e. pattern practice) has

any idea whether his technique is reaching the intended level.

It is preferable to simply say the level (high, middle, low) and then designate the attack. (I.e. Front Punch; Side piercing Kick, etc.) A favorite example of General Choi was to lie face up on the ground and punch toward the ceiling with his fist at eye level and explain that this was a "High Punch."

My intent here is to encourage precise commands, not stifle creativity. Just because a technique may appear at only one level in patterns (outer forearm block always being high) does not mean that it can not be used or effective at a different level. That is dictated by practical considerations.

General Parameters

A source of confusion is that for levels of Attack, the "Tool" (That part of the body which is supposed to make contact with the target) reaches the specified level.

Contrast that with Blocking Levels where it is not the Tool level that is referenced, but instead the top of the fist for closed hand techniques or the fingertip for open handed techniques.

Another source of confusion is that in addition to the default levels, there are numerous exceptions. Though usually stated in the text, the statement is not always easy to find. It may be in the hand technique volume (3) the foot technique volume (4) the "Additional techniques" section for the pattern, or perhaps not stated in words but apparently shown by

the photos. In at least one instance the text has an error with a stated exception to the default level.

I must confess to being somewhat jealous of those who have had the encyclopedia available (approximately 1980 and later) for every pattern they learned. It is much simpler to learn as the text states, than learning it one way and having the text come out years later and catching anything you may have been performing incorrectly for years.

Reasons?

Aside from knowing the difference in Attacking and Blocking levels being dictated by the Tool for attacks and top of fist or fingertip for Blocks, often being overlooked, I think it is important to figure out why the difference exists. While the text does not give us a reason, an examination of the Sections can give us a clue. Each section has a vital spot located approximately in the center of the section. (High = Philtrum, Middle = Solar Plexus, Low = Groin). Placing the top of the fist, or fingertip at the designated level (for High and Middle) puts the Blocking tool at a location which defends the center of the section. This idea is bolstered by examples in the 1965 book which illustrate an attacker performing a high punch designating an attack to the Defender's



High Inward Outer Forearm Block

The top of the fist is at eye level, but the tool is at a level which intercepts an attack directed to the Philtrum which is at the middle of the high section.

Richard Mann III defending a punch by Darby O'Connor II

Dan

Philtrum and middle punch designating an attack to the Defender's solar plexus. (However, the astute student, or one who has seen General Choi or someone else do the front punch to the philtrum of someone their own height, may note that in order for the knuckles to properly strike the target, the wrist is bent at an undesirable angle, meaning that this is not an optimal application for this technique.)



High Outward Knifehand Block

The fingertip is at eye level. The Knifehand intercepts an attack at the Philtrum level.

Craig Wilke II Dan Defending

At Instructor Courses General Choi would often criticize the arm positions of certain people during blocking if that position unnecessarily exposed other parts of the body. This would certainly be the case for a high block if for example for a high block the forearm were to be placed at eye level. Much of the arm position would be wasted above the head, and more of the upper body would be exposed to an attack .

Default level Exceptions

As stated above, levels are not absolute. There are various exceptions. There are reasons for some and not for others. (The following is not intended to be an exhaustive list)

For instance a middle front Snap Kick is not at the usual middle = shoulder height level. Volume 4 states that the Solar Plexus is the maximum height for this kick. The reason for this exception is simple; once the front snap kick level goes above



Middle forearm Block with forearm protecting the Solar Plexus. (Otto Precht III Dan)

your solar plexus height, the ball of the foot tends to move in an upward angle rather than horizontal, diminishing its effectiveness.

Another early example is the “High Inward Knife Hand strike” in Won Hyo (#s 2, 5, 14, & 17). This is not done with the typical attacking tool is High = Eye level. It is simply a stated exception under the “Additional techniques” section for this pattern, that the tool reaches the level of the Attacker’s neck artery. While it would be convenient to state that it is an exception to designate a vital spot, the same could be said of many techniques where no exception is stated, and a better vital spot than eye or shoulder would seem like a better choice. I have seen some instructors try to explain the level by saying the fingers of the Knife hand reach your eye level so it is “High”. This is an example of confusing parameters for blocks with parameters for attacks.

A later example seemingly only explained in the additional techniques section for the pattern is the “Middle Vertical punch” found at #s 2 & 4 of So San. It is stated there that the technique is to your solar plexus level.

Sam II #4, Middle Twisting Kick presents an interesting conundrum. The additional



Middle Knifehand Guarding Block with Knifehand protecting Solar Plexus. (Otto Precht III Dan)

techniques section appears to show a solar plexus level technique as does the pattern application. Volume 4 indicates that the technique can be done to the shoulder level yet also stipulates Scrotum and Philtrum as targets. I have no clue how the Scrotum, which is located in the low section and Philtrum which is located in the high section can be included for this Middle level technique. So, what level should the technique be performed at? I will leave that to the technical directors of the respective organizations.

So, how do you learn and teach the exceptions? Simply follow the format General Choi would emphasize at instructor courses. Before teaching a pattern, the student must know the fundamental movements of the pattern. This should include not only teaching the fundamental move as set out at Volumes 3 and 4, but also as stipulated at the additional techniques section of the pattern volume.

Error

An example of a definite error appears at the additional techniques section for Yul Guk . While the text portion of the movement does not specify a level for the front elbow strike (#s 24&27) the Additional techniques section states “Solar Plexus Level”. In late 2000 I received an e-mail

from (Now Master) Willie Van Der Mortel who had a student ask him about this since everyone performed it at shoulder level. I told him I thought the text designation was in error, but I would post the question on an internet bulletin board to see what theories were out there. It was surprising how many people tried to justify the solar plexus instruction. As luck would have it, a couple of weeks later I had an opportunity to attend an instructor course taught by General Choi and hosted by (now Master) Scott Downey in Newfoundland. General Choi confirmed the text had an error and the technique was to be performed at shoulder level.

Application Specific

Some techniques are application specific. As such their level need not be specified. A couple of examples would be Twin Finger Thrust and Side Pressing kick. The Twin Finger Thrust is defined as being designed specifically for the purpose of attacking the opponent's eyes. The Side Pressing kick (Both inward and outward) is designed specifically for attacking the knee with the designated target being "Above the Knee Joint".

Similarly, certain defenses such as Low Blocks are defined as being used to protect against attack directed to the low section and downward block is specified as being to the Solar Plexus level. In some cases such as Low Blocks the particular Low Block needs to be referred to in order to see if there is a particular level of the Low Section the block is designed for. An example is the Low Outer forearm Block used to protect the Lower Abdomen from an attack. So, while the general category of Low Blocks covers a Section of the body, the particular block may have a technique specific designated level.

Practicalities and Technicalities.

It bears repeating that the specified levels are really most useful when viewing or performing solo practice. When an opponent is present the level (with

considerations of efficiency and practicality) will be adjusted as needed. This may depend on the size of the opponent as well as positioning.

Sometimes a level makes sense as stated. Other times there seems to be some finesse used in making the justification. While the "High" inward Knifehand in Won Hyo has a unique level seemingly adjusted for practicality, no such adjustment is made for many other techniques. An example is Ju Che 28 & 30, High Crescent strike with the Arc Hand.

This technique is performed to the traditional Eye level. Yet the tool is not suited for attacking an opponent at this level. The application is finessed due to the relative stances of the parties so that the tool meets the appropriate vital spot on the opponent's neck. A similar stance or height difference could have been used to justify the eye level Inward Knifehand, but it was not. So, at least in this case there does not seem to be any rhyme or reason for the different parameters.

Conclusion

So, we have certain rules. We also have exceptions which almost "*Swallow up the rule*". I can only leave you with this in order to facilitate your teaching and training:

1. Understand the terminology.
2. Understand the general parameters and reasons for the parameters as well as how they apply differently to attacks and blocks.
3. Learn the specific parameters from Volume 3 or 4 and the additional techniques portion of the pattern volume as well as the illustrated application.

With hard work, a good instructor, and maybe even a little luck, your technique will be on the level.

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Some Precursors To Tae Kwon Do

By Simon O'Neil

This article is the first of a three-part series, adapted from Chapter 1 of The Taegeuk Cipher: the patterns of Kukki Taekwondo as a practical self-defence syllabus by Simon John O'Neill, available at www.combat-tkd.com.

While the book is principally concerned with deciphering the practical close-range striking and grappling applications of the Taegeuk poomse set, the author first considered it necessary to establish a brief, objective historical context for his analysis. Note that the term "Tae Kwon Do" has been used in most cases rather than "Taekwon-Do" or "Taekwondo" for the sake of uniformity.

A Brief History

It is difficult to make an effective study of Tae Kwon Do without taking into account the circumstances under which it was born, and the changes it underwent to become what it is today. Tae Kwon Do's history has undergone many attempts at nationalistic and political revisionism; an objective overview, however, will contribute to a better understanding of the art. Although this book's main focus is the study of the Taegeuk patterns of Kukki Tae Kwon Do, the purpose of this brief history is not to demonstrate the validity or superiority of one form of Tae Kwon Do or one pattern set over another, but to give a clearer idea of the development of the art overall.

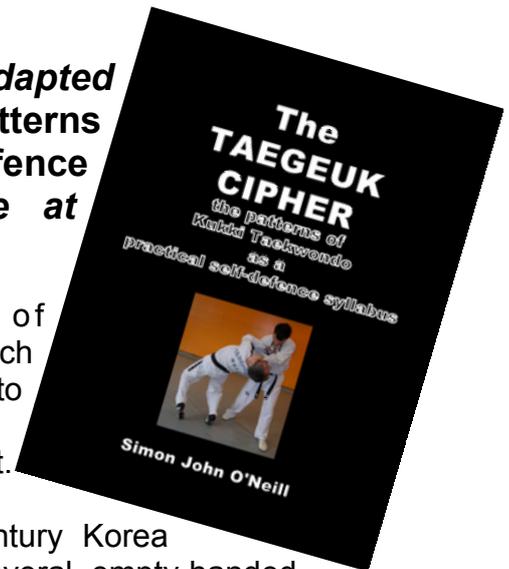
Precursors

While Tae Kwon Do first appeared under that name in 1955, according to most versions, it did so as an amalgam of many different influences extending decades or even centuries into the past. Official histories focus chiefly on the native Korean predecessors of Tae Kwon Do, but it is also essential to take into account the factors

outside of Korea which contributed to its development.

Pre-20th Century Korea produced several empty-handed martial arts. Perhaps the best known of these are Ssireum, Soo Bahk and Taekyon. Ssireum, a form of traditional wrestling similar to Sumo which survives today in a sporting context, cannot be said to have had any significant influence on Tae Kwon Do.

Soo Bahk is often quoted as being the true origin of modern Tae Kwon Do, but this is not supported by historical evidence. This martial art is thought to have resembled Northern Chinese styles, as its alternative name Kwon Bop ("Fist Method" – Quan Fa or, incorrectly, Kung Fu in Chinese) seems to indicate, and may have been introduced into Korea from China as early as the 7th Century AD. An 18th Century Korean military manual called the Muye Dobo Tongji includes a chapter on Kwon Bop, and bears a strong resemblance to the Jixiao Xinshu, a Chinese text which predates it by over 200 years. However, by the late 18th Century, the practice of the martial arts came to be frowned upon in Korea as an uncivilised activity, and Soo Bahk effectively died out. From a strictly historical standpoint, it is difficult to establish any direct connection between Soo Bahk and Tae Kwon Do, although arts of Chinese lineage continued to be practiced at a local level throughout the



19th Century and the Japanese occupation.

Taekyon, which likely has its roots in Soo Bahk, is a sporting activity in which two contestants attempt to knock each other down using kicks, sweeps and throws. Although it includes straight kicks and kicks to the legs, it also emphasises high, circular techniques. First mentioned in historical texts in the early 19th Century, it became popular at youth festivals as a tournament sport. Taekyon, too, suffered from scholarly disapproval of the fighting arts, not least because it came to be associated with criminal gangs, and was eventually banned under the Japanese occupation of 1894–1945, although it continued to be practiced. After liberation, few masters of Taekyon remained, although both General Choi Hyong Hi and Hwang Kee claimed to have studied it, and it continued to be relatively common among the more thuggish elements of society. Its influence on Tae Kwon Do is chiefly apparent in the general emphasis on kicking, and in the preference for high circular kicks in the modern form of the art.

By far the most important influence on modern Tae Kwon Do is Japanese Karate, itself based on Okinawan Toudi. The empty hand fighting methods known as Tuite or Toudi (Kenpo in Japanese, later called Karate) which developed on the island of Okinawa between the 12th and 19th Centuries are the result of native, Chinese and Japanese influences. Over the years, Okinawan grappling methods called Tegumi or Mutou were combined with the Bujutsu of the occupying Japanese warriors and the various forms of Quan Fa brought to the island by Chinese colonists and visitors, or by Okinawans returning from China. These syntheses were recorded in forms known as *katas*. The Chinese influence on Karate is particularly strong. Many of its major katas, like Naihanchi, Kushanku or Chinto, were either imported directly from China or composed by Okinawan masters as summaries of methods learnt from Chinese

martial artists. Although it is often difficult to establish a clear lineage, and while it is inevitable that these forms should be altered and influenced by indigenous methods, it seems that much of Okinawan and Japanese Karate has its roots in southern Chinese styles such as White Crane and Monk Fist Quan Fa.

Many of the men who pioneered the styles which would in time become Tae Kwon Do had trained primarily in Karate while living in Japan or Japanese-controlled areas of China. Lee Won Kuk, Chun Sang Sup and Ro Pyong Chik, founders of the Chung Do Kwan, the Yun Moo Kwan and the Song Moo Kwan respectively, earned their black belts in Shotokan Karate under Funakoshi Gichin, who had introduced the art into Japan from Okinawa in 1922. Choi Hong Hi, founder of the Oh Do Kwan was awarded a 2nd Dan in Shotokan while at university in Japan (it is unclear whether or not he too trained under Funakoshi). Yoon Pyung In, founder of the Chang Moo Kwan, became a 4th Dan (5th according to some sources) in Shudokan Karate under Toyama Kanken. Yoon Kwe Pyung, first headmaster of the Ji Do Kwan, also studied to 4th Dan under Toyama and was awarded a 7th Dan in Shito-Ryu Karate under that style's founder, Mabuni Kenwa. Hwang Kee, founder of the Moo Duk Kwan quoted a "Mr. Idos" (presumably the Okinawan master Itosu Yasutsune) as a source for his school's patterns. Other Koreans remained in Japan and became high-ranking Karate instructors; these include Yung Geka, Kim Ki Whang, Choi Yong I (who later became famous as Mas Oyama, founder of Kyokushinkai Karate) and Cho Hyung Ju (who took the name So Neichu and was Choi Yong I's instructor of Goju-Ryu Karate).

The establishment of the *kwans*

When the restrictions on martial arts practice were partially lifted in 1943, and especially after the liberation following Japan's surrender to the Allies in 1945, the fighting arts became extremely popular in

Korea, both among civilians and in the police. Between 1944 and 1946 five major *kwans* or schools were opened: the Chung Do Kwan, founded by Lee Won Kuk; the Choson Yun Moo Kwan, founded by Chun Sang Sup; the Moo Duk Kwan, founded by Hwang Kee; the Song Moo Kwan, founded by Ro Pyong Chik; and the YMCA Kwon Bop Bu, founded by Yoon Pyung In. During and after the Korean War (1950–1953) several other schools emerged: the Chang Moo Kwan (the re-opened Kwon Bop Bu) under Lee Nam Suk; the Ji Do Kwan (the renamed Yun Moo Kwan), presided by Yoon Kwe Pyung; the Han Moo Kwan, which emerged from the Yun Moo Kwan, founded by Lee Kyo Yoon; the Kang Duk Won, an offshoot of the Chang Moo Kwan founded by Hong Jung Pyo and Park Chul Hee; the Oh Do Kwan, founded by General Choi Hong Hi and the Chung Do Kwan graduate Nam Tae Hi; and the Kuk Moo Kwan (Kang Suh Chong), the Jung Do Kwan (Lee Yong Woo) and the Chung Ryong Kwan (Ko Jae Chun), all of which also emerged from the Chung Do Kwan.

While each kwan had its own characteristics, all essentially taught variations on the hard styles of Karate prevalent in Japan in the 1940's, calling it Kong Soo Do. In fact, the Okinawan and Japanese influence is the basis of the patterns adopted by post-liberation Korean martial arts schools. These forms were by and large nothing more than Karate katas with Korean names, such as the Pyong-Ahn series (Pinan/Heian), Chulgi (Naihanchi/Tekki) or Kong San Koon (Kushanku/Kanku), and were taught until the mid-1960's. Only the Kwon Bop Bu, the Chang Moo Kwan, the Kang Duk Won and possibly the Moo Duk Kwan incorporated some Chinese forms.

Part 2 next month:
Associations and Federations

Simon John O'Neill is the author of
The Taegeuk Cipher: the patterns of
Kukki Taekwondo as a practical self-
defence syllabus, available at
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Evolving And Training

By Michael Munyon, 5th Degree, US-ITF

Part 4

My articles in this topic will have some time lapses, but I still enjoy sharing a few things about how my training has evolved throughout my martial arts career. In 1992 I entered into the United States Air Force where I was placed as a Security Policeman (Military Police). I recall at the Security Police Academy we were trained in a program called Ikkyo. This was



their police defensive tactics techniques. I still remember a day when they (the instructors) were trying to teach certain techniques, which had little to no effect on me when I was kind enough to volunteer to be the rag doll. Come to find out later that Ikkyo is basically a Japanese term for a method of grabbing someone or a specific type of wrist lock. These techniques struck me in a profound way. Controlling verses or along with striking was a nice compliment. During the time frame of 1992 until 1996 I got to experience a few different martial arts. When I got to my first duty station (Malmstrom AFB, MT) I hooked up with an Air Force Captain who was teaching a unique version of TKD. After about 6 months with him I found a school at the Base Youth Center. They offered both Chang Hon

TKD and Tang Soo Do Moo Duk Kwan. I dabbled in both with this husband and wife couple. I recall testing for my 2nd Dan in TKD early on and later started learning the TSD hyungs. I ended up learning up to the 1st gup. It was interesting to see many similarities and differences between the arts. I could easily see how TSD was TKD's ugly cousin in a way.

While competing in a large amount of tournaments I came across a funny fella named Sifu Jan Marcus. He taught Kung Fu and Kenpo. Due to having no experience in these types of arts I was drawn to what he was teaching. His students were always winning in weapons and patterns. I was most impressed with the Chinese Broadsword. I then decided to talk with my TKD/TSD instructors to see if I could get their blessing to train with Sifu Marcus because I wanted to learn weapons. They agreed to allow me to train with him so I joined his school that same day. I was now learning Kung-Fu. The first 4-5 months I basically SUCKED. Due to training in "Hard" styles for so long I wasn't quite catching onto the "soft" style of martial arts. By the 5th or 6th month I was actually looking the part. I was told I had a

little "fu" in me.

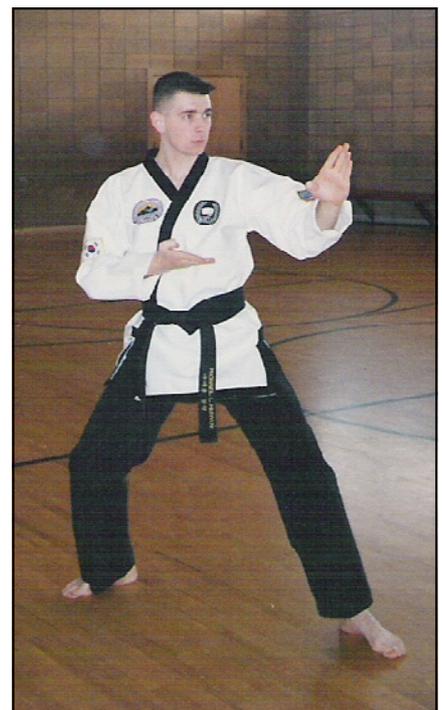
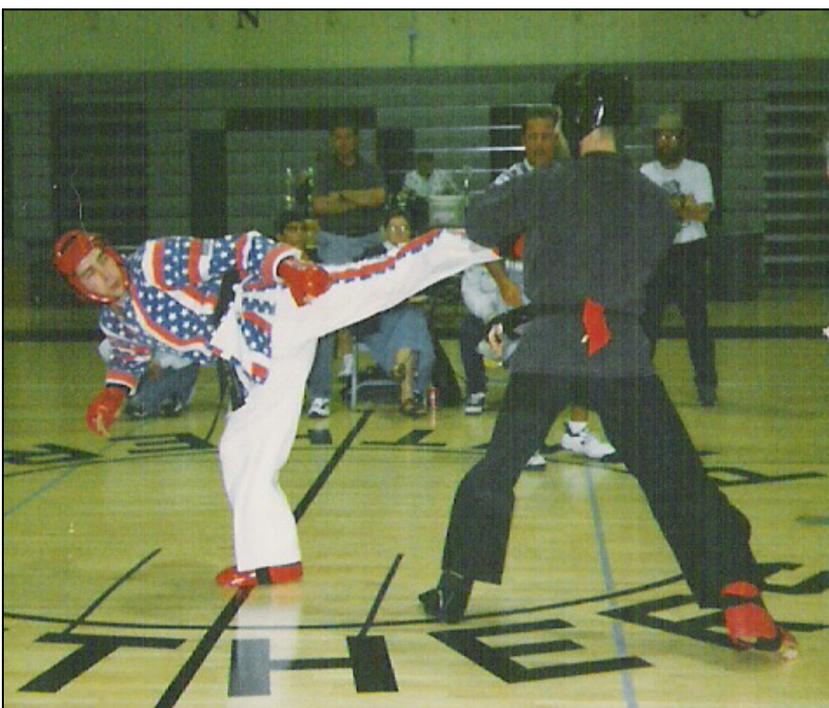
After training in Wu Shu and Chinese Kenpo under Sifu Marcus I found a school that said "Karate/Kung Fu" on the sign. I thought I'd check it out. A tall skinny man named Scott Gordon was teaching American Kenpo. Ed Parker pictures were all over the school with Scott Gordon standing next to him. I said...what the heck and joined that school. American Kenpo played a HUGE part in my martial arts training. The American Kenpo Theories and Concepts brought about by Ed Parker were just amazing. American Kenpo was a life changing experience for me.



to 5 months due to work. A military aircraft crashed in Brooklyn, Montana. While helping with the recovery I ended up meeting a fellow military member named Sensei Jon Fukushima who taught Ryu San Ryu Shorin-Ji Kenpo. This was basically Japanese Karate which used the Shotokan Katas. Jon and I ended up competing against each other in several tournaments. I was fortunate enough to win most of them. I was given an open invite to come and go as I please at his dojo. I would train and learn Shorin-Ji Kenpo and at times teach classes on aspects of TKD.

To be continued next issue.....

I ended up leaving the school after only 4



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Anyone can submit items as long as they are about Tae kwon Do or are Tae kwon Do related.

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