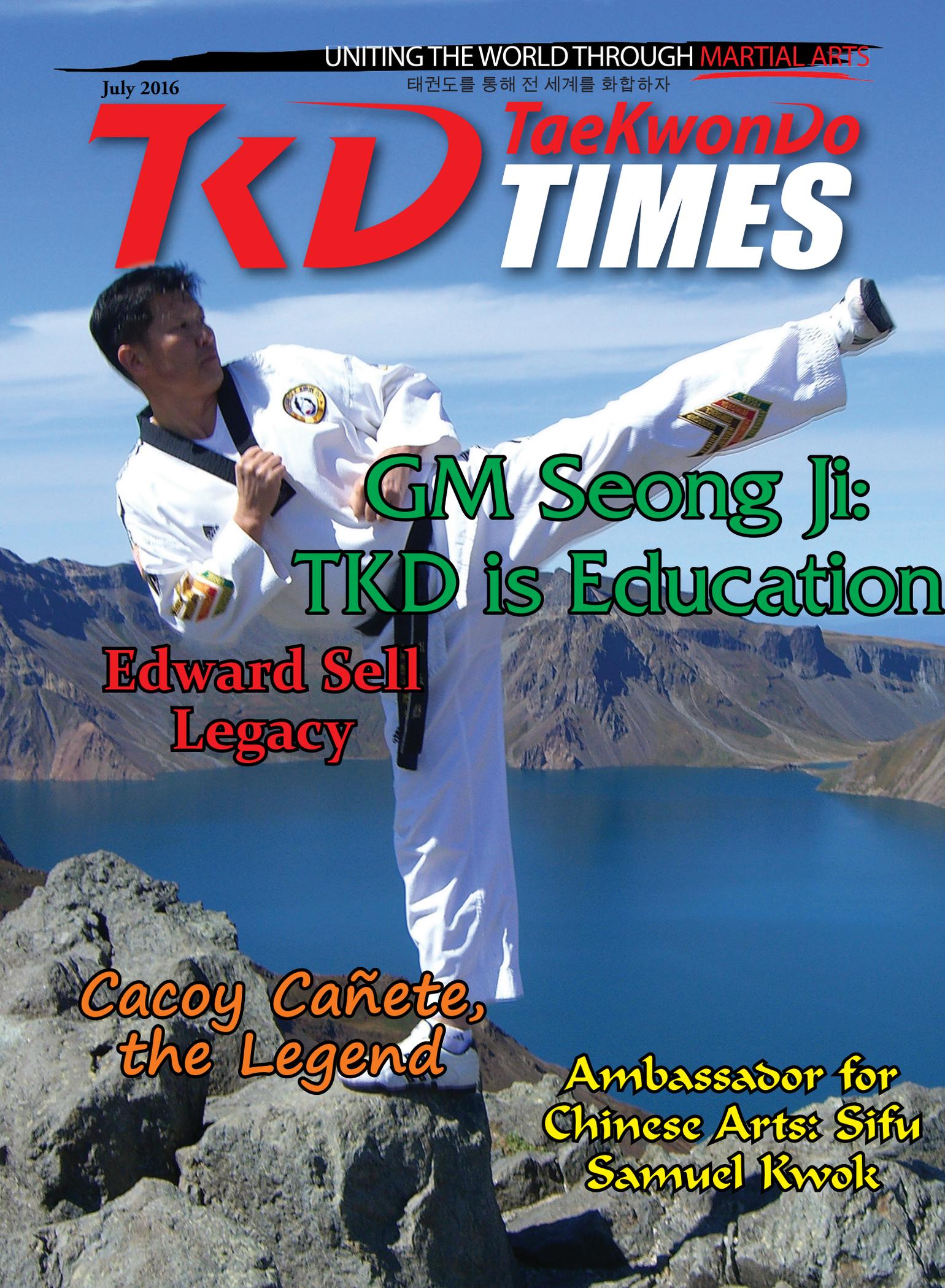


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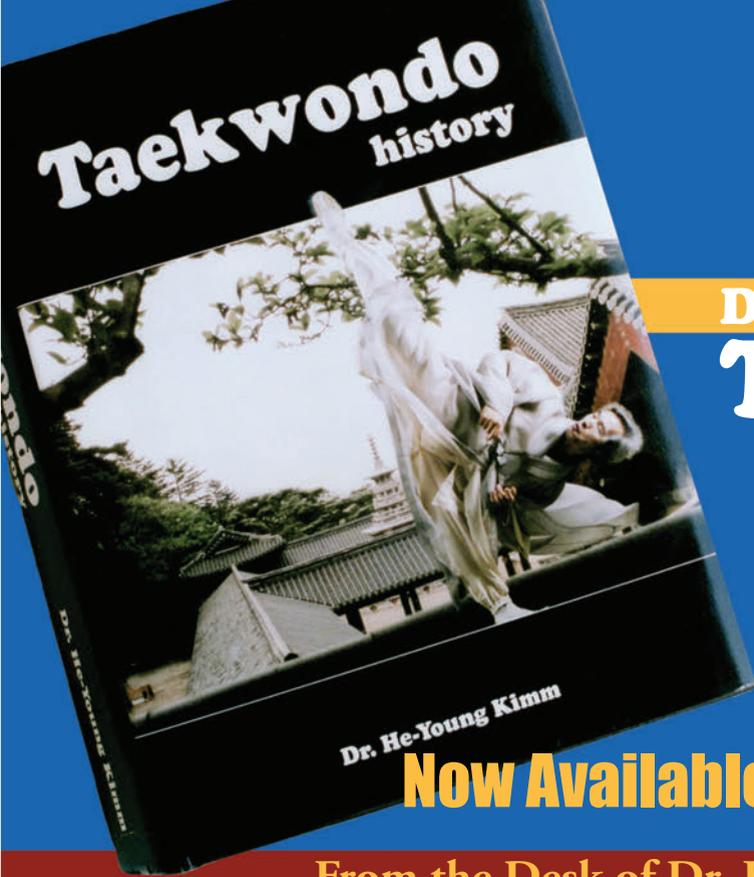
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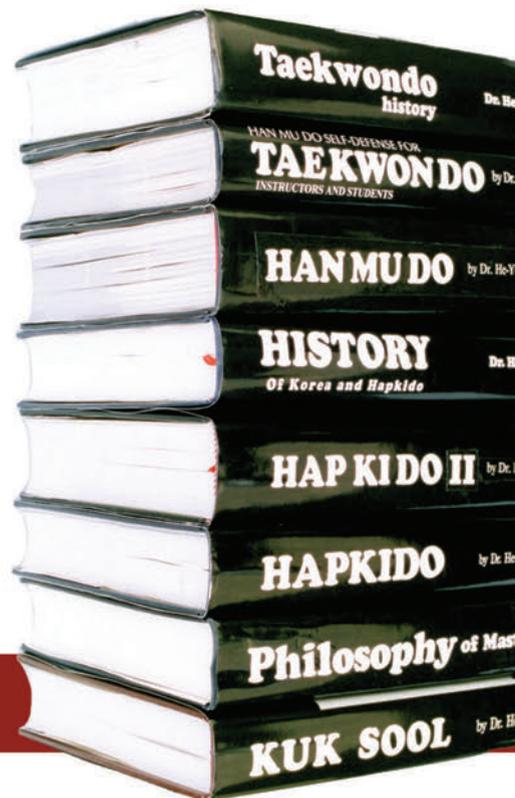
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Publisher's Page

Bringing Out the DNA

Most people cannot compete in sport Tae Kwon Do competitions. But I believe that everyone can participate in the art of Tae Kwon Do.

An instructor must not focus solely on athleticism. Some people can jump two or three high on their first day of class. Others will never be able to jump high. Everyone's martial arts journey is different. A good instructor understands this. If 100 people take TKD classes, there will be 100 different programs.

Consequently, a good instructor must be a good psychologist. It is not necessarily the case that merely kicking higher or breaking more boards is a path toward progress. He needs to explain carefully the significance of each student giving his best within the boundaries of their own innate abilities, since students have different physical characteristics.

When the focus of training is correct, students with average or low physical abilities will not feel shame if they are unable to kick high or with great power. And those who can kick high will not become conceited. There is a recognition that differences in abilities arise because people are born with varying physical abilities.

Martial arts training can be adjusted to meet the physical abilities and capacities of different students. Let us as martial arts instructors set a goal to awaken the sleeping spirit, or the basic human nature, of the student. I call this "bringing out the DNA." If an instructor succeeds in this endeavor, his training academy will be transported back in time to a place where modern civilization had yet to emerge. At that time men carried spears to hunt for food, while women gathered and prepared the food. Children roamed freely on green pastures, running, picking flowers, and playing with rocks and insects. They became one with nature.

Students with an awakened human nature will function optimally at home, in school, and in society. The dojang itself will be a

place where all forms of stress are driven away. It will be a catalyst in awakening the latent, wild nature (the DNA) in humans.

Constant encouragement is important. For those who choose martial arts, commitment to training provides an individualized, personal form of art. Compliments such as "Good!" and "Very good!" should be commonplace in the dojang. Each student should be encouraged to strive for their individual maximum.

Motivation is important. Students write essays for their black belt tests. Instructors should put those essays on their schools' websites to motivate present and future generations of martial artists. I have heard from young students who have spent hours reading such essays on our website.

TaeKwonDo Times has always attempted to highlight inspiring stories of individuals who strove to attain their individual maximum. In



this issue we are pleased to present the stories of Sienna Lee, Desmond Aberdeen, and Scott Pribyl. We also are pleased to have Ben Evans of New Zealand tell about his project and success in teaching TKD to students with special needs.

Let's motivate everyone to take Tae Kwon Do and realize their potential. Let's bring out the DNA.

A red signature of Grandmaster Jung Woojin, written in a stylized, cursive font.

**Grandmaster
Jung Woojin**



The Philanthropy of Hwang's Martial Arts

Hwang's Martial Arts has long been known for its community involvement. Hwang's Martial Arts partnered with a local children's hospital and has raised over \$200,000 in the last four years. The philanthropic donations also funded a playroom in the remodeled Kosair Children's Hospital. In the most recent charitable event, (Louisville Health Kick Festival 2016), Hwang's Martial Arts and students raised over \$52,000. They hope to repeat this success for years to come. Hwang's Martial Arts is currently dedicated to providing charity to any child in need of medical attention at the hospital.

However, prior to Grandmaster Hwang's success in his charitable efforts, his initial fundraising efforts were relatively small but very significant, as they paved the way for his current success.

Grandmaster Jung Oh Hwang won the silver medal in the 1984 Los Angeles Olympics. He comes from humble beginnings. He was raised by a widowed mother in a small town in South Korea, where he was one of seven children. Through the hardship he endured as a child, he recognized the need to provide resources and services to those who are less fortunate.

He, along with his wife and children, emigrated to the United States in 1987. After winning the silver medal, he used his notoriety in a positive manner and made donations and influenced others to help many people who were in need.

When he opened his first school in Martin, Tennessee, Grandmaster Hwang did not have the financial means to start a large fundraising effort at that time. Instead, he provided the only things he could provide, which were his knowledge and his time to children with learning differences by providing martial arts instruction free of charge. He felt that this would provide much needed exercise, social interaction, positive energy and self-confidence. So Grandmaster Hwang opened his doors to anyone with learning differences to come and learn for free.

As his martial arts business started to thrive,

he started providing charitable events on a larger scale. That did not stop when he and his family moved to Paducah. The local Muscular Dystrophy Association was the charity of choice. There was an event that was created to support MDA, small in comparison to the current event but still very worthwhile. Once he and his family moved to Louisville, Kentucky, he partnered with WHAS Crusade for Children (an affiliate of ABC) and in over 12 years raised over \$325,000. "Raising money for the crusade helps our kids feel good about being part of our community. It teaches them that martial arts is not just about fighting; it is about being healthy, active and contributing to others. As in the past, martial arts are about providing service to our community," explained Cathy Head.

Starting in 2012, Grandmaster Hwang had an opportunity to tour the local children's hospital. After seeing all the miracles that happen there, he made it his mission to help Kosair Children's Hospital's charitable efforts. The event was renamed and restructured as the Louisville Health Kick Festival. The hard work and dedication of the Hwang's Martial Arts staff, student body, and volunteers culminated in \$52,795 for Kosair Children's Hospital on March 5, 2016.

The Louisville Health Kick Festival was sponsored by Your Community Bank and was designed to provide local families the opportunity to have fun and get healthy together! The event provided health screenings and a host of booths provided by local businesses, along with many fun family activities.

Festival goers were even treated with a once-in-a-lifetime demonstration from Grandmaster Jung Oh Hwang. In addition, hundreds of Hwang's students performed heart-stopping weapon routines and high-flying board breaks for the crowd's entertainment.

Hwang's Martial Arts is committed to exceeding fundraising goals each year and growing the philanthropic arm of HMA.

To receive information about any of the topics above, please contact Mimi Hwang at mimi@hmalouisville.com.



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Doce Pares for Veterans and First Responders

SEQUIM, Washington--Sequim Doce Pares is launching a free stickfighting program for veterans and first responders. It's based on the Cacoy Doce Pares Eskrima and Doce Pares Fighting Arts stickfighting systems. Instructor Kathrin Sumpter says, "This is very exciting for us. I've seen firsthand the physical and mental benefits this kind of training provides. We'll host two classes a week—a morning and an evening class to accommodate the retired, active and working individuals. Participants can attend one or both classes and rank promotion is encouraged but not required. We're looking forward to giving back to these wonderful, brave people who are the sheepdogs of our communities and our country. I'm happy to report that I'm getting some traction on this program. I've been invited to teach a class at the local and very active retirement residential community. Lots of veterans there. That starts in May. Then I'm meeting with the Clallam County Veterans Association and the local college (Peninsula College), also in May. Great resources there! This is a banner year for the school because we're celebrating our ten-year anniversary in September. You know how fly-by-night martial arts schools can be. I think I'm here to stay!"

The Martial Artists' Guide to Civil and Criminal Liability in Physical Altercations

www.injuryclaimcoach.com/martial-artist-liability.html

This site gives valuable information for martial artists regarding legal liability.

It answers the question "Are You a Deadly Weapon?" There are also discussions and case studies. For example, (from the site)

Criminal Liability: Case Study

Given your understanding of criminal liability in the excessive and disproportionate use of force, consider the following scenario and the appropriate course of action...

You are a Taekwondo practitioner. You and your friend Sue are driving out of a restaurant parking lot when your car collides with Tom's car. No one is physically hurt and the damage to the vehicles is minimal. While surveying the damage, Tom screams at you and Sue, and he threatens to sue you and physically assault you.

The site discusses several possible reactions and their consequences.

There is also a discussion of the Stand Your Ground Doctrine, the Castle Doctrine, and state laws on self-defense.



INJURY CLAIM COACH
Empowering Injured Victims

TaekwondoMe

TaekwondoMe is a new social network developed specifically for the Tae Kwon Do community, giving users the ability to log and share their training progress, upload images of events they have attended, and, most importantly, keep track of their competition results. An early version has been released, and the developer is encouraging people to sign up for their free account and provide him with any feedback or requests for features they would like to see.

TaekwondoMe was developed and completely self funded by 3rd dan black belt, Michael Daly. Based out of Liverpool, Daly has spent the past ten years as a software engineer and has a wealth of experience developing software for various industries. He is looking to grow the team behind TaekwondoMe, but first he wants to reach out to the TaekwondoMe community to get behind this project. This will ensure it is a success and help him to secure funding for things like mobile apps, etc.

“This is a unique social network and the first of its kind dedicated to the Tae Kwon Do community. If you are in the Tae Kwon Do community, you can have a big say in the direction we take the social network. Just drop us an email or contact us on Twitter,” says Daly.

TaekwondoMe is an idea conceived by Daly through the frustrations of keeping multiple scrapbooks of images, newspaper clippings and certificates in paper form. He decided to solve this issue by developing TaekwondoMe and giving other people the the tools required to store this information and, most importantly, share it with other friends and family in the Tae Kwon Do community.

If you would like to sponsor TaekwondoMe or place an advert, please contact Daly directly.

Email: info@taekwondome.com Twitter: [@taekdme_official](https://twitter.com/taekdme_official)



TAEKWONDOME

Demonstration in Japan

SAITAMA, Japan.\-April 23. There was a Tae Kwon Do demonstration commemorating the building of a monument symbolizing 1300 years of the Koryo army. The Japanese Emperor, a member of the Japanese royal family, Princess Takamadonomiya, the Korean ambassador, the Japanese Minister of Education, Sports, Culture, Science and Technology were special attendees. This was the first time in Taekwon-Do history to demonstrate in front of the Japanese royal family. 12 Japanese ITF masters demonstrated.



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Martial Arts at the Arnold Sports Festival

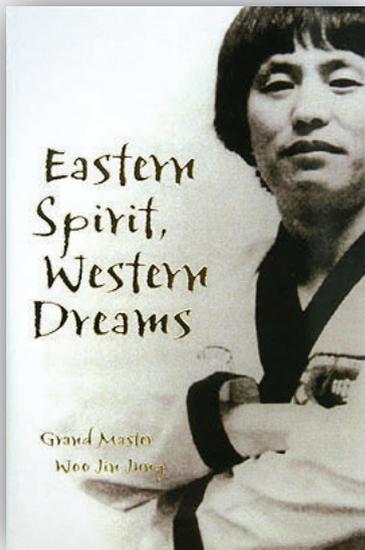
COLUMBUS, Ohio—The Arnold Sports Festival is the largest multi-sport festival in the nation and features 18,000 athletes competing in 70 sports and events throughout Columbus March 3-6, 2016. The Arnold Fitness EXPO, in the main hall of the Greater Columbus Convention Center, is the nation's largest health and fitness exposition. It annually showcases leading businesses and organizations presenting the latest trends in the industry.

The Oriental Martial Arts College, founded by Supreme Grandmaster Joon P. Choi (1988 US Olympic coach, trained over 25,000 students), exhibited at the 2016 Arnold Sports Festival and Sportworld Kids and Teen EXPO. OMAC partnered with Arnold to teach audiences about the vast mental, physical, and philosophical benefits of martial arts. These benefits include: learning the skills of self-defense, living a life of health and fitness, being involved in an Olympic sport, learning performance and artistic skills, and learning the philosophies of ancient to modern martial arts. OMAC also organized and directed the 2016 USA Taekwondo Ohio State Championship—the first step of the Olympic Dream—which was held as one of the new featured sporting events at the Arnold Sports Festival. The Oriental Martial Arts College World Headquarters is located in Columbus, Ohio, USA, with branches and affiliates throughout the United States, Canada, Germany, and the United Kingdom. For more information visit www.omacworld.com.



2016 Ohio State Taekwondo USAT National Qualifier with Arnold World Sports Festival
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Master Dr. Ron Shane Obituary

Master Dr. Ron Shane, PhD, ND, OMD, MFA, 7th dan black belt in Tae Kwon Do, passed away on April 7, 2016.

Dr. Shane was a frequent contributor to *Tae Kwon Do Times* and a passionate believer in the value of the movement arts, ITF Tae Kwon Do in particular, in actualizing the self through mind/body/spirit integration.

Dr. Shane was a world-renowned expert in the inner aspects of martial arts training. His students, friends and loved ones gathered on Earth Day (April 22) to celebrate his life.



Grandmaster Ho Chul Kwak Obituary

GM Ho Chul Kwak passed away on Sunday, May 1, 2016 from a heart attack. He was 74 years old and a dear friend. He was born in Korea and worked at a world Tae Kwon Do camp for 20 years before moving to the USA and continuing his Tae Kwon Do career and education. He will be missed.



Submit your news to
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Business

Systems for Success

by Master Rony McKee

I honestly don't know how my master ran a school without the technology we have today. From taking attendance to communication emails, my school depends upon technology.

Thanks to the book *The E-Myth* by Michael Gerber, most entrepreneurs understand that a systems-based business or school is the key to success. Unless you plan to be in your business every day, to do everything yourself forever and ever, you better have some systems in place to keep consistency and quality.

My school is closing in on its 11,000th student. That's teaching how to tie a white belt 11,000 times (at least, no one gets it the first time), 11,000 "how to care for your uniform" speeches and "where to put your shoes" speeches, etc. In addition to training your students, you are also training your leadership team, management team, counselors, instructors, staff, etc.

To streamline and systemize your business, you need to make a list of the procedures you want followed a certain way. In my school I have made a system for subjects such as:

- How to give a school tour
- How to teach a trial lesson
- How to enroll a student for a trial package
- How to orient a new student (required watching to earn the white belt)
- How to conduct an upgrade
- How to tie the belt
- How to fold the uniform
- How to earn stripes, applying for testing
- How to find ice cups. How to make more.
- How to make and serve coffee to visitors
- How to process testing certificates
- How to scan and file attendance cards
- How to use the binder

- How to use the cutter
- How to use the laminator
- How to make and post window signs
- How to conduct a belt ceremony
- How to set up for special events (system for each event)
- How to issue stripes on belts
- How to play the Tiger Tot Games
- How to incorporate the weekly Black Belt Life skill into class
- How to teach warm-ups
- How to read and write names in Korean Language
- How to teach stretching
- How to call out testing commands
- How to answer the phone

And many, many more.

But how can you teach these systems to every student, every team member or every person on your staff?

Unfortunately, I have found that this is not the "sit down and read the student manual" generation. This is the digital age, and people are used to video and mobile devices. As times change, businesses have to change to keep in touch with the customers and staff.

Fortunately, it is the digital age and anyone can utilize the camera on their phone and have access to basic editing applications. Everyone has the ability to watch posted or sent videos as well. For each and every "system" or procedure that I want taught and executed the exact same way that I, the owner would do it, I have created a mini training video. This video can be played on the big screen at the school to teach large groups at one time. It can be posted to my video learning library to access when needed, and it can be sent by email or by Facebook to staff or a new student

I need to train right now. The video can be reviewed again and again, eliminating “forgotten” information or steps. To ensure that the staff or student is actually watching and learning the information, again technology comes to the rescue. A quiz for each of the video subjects was created in an online quiz application. I use Quia.com, the same application many school teachers use. The quiz questions, which can only be answered by watching the video, are to be answered online. The application automatically grades the quiz and records the results. I can easily see who did the work, who knows the answers, and who is competent to work the system.

Students and staff will always come and go. The systems remain the same (except for minor improvements as needed). Technology has enabled me to do the work of teaching a system once – and reaping the rewards time and time again.

For more information on systems/marketing videos: http://www.whitetigertkd.com/white_tiger/MD_sales.html **TKD**



Master Rondy is a 7th-degree black belt Kukkiwon/WTF Taekwondo, 6th-degree black belt Korean Hapkido Federation, 2nd degree in kickboxing, a WTF International Poomsae Referee, and the only non-Asian member of the Korean Tigers Professional Martial Arts Team.

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A Reflection of My Tae Kwon Do Journey from the Perspective of a Brown Belt

by Sienna Lee

Tae Kwon Do—it's not merely a hobby or a pastime, nor is it simply a sport. Tae Kwon Do is an art form: a way of life. Over the course of my martial arts education, I've learned that fact.

Everyone remembers what it was like in your first white belt class. The “purest belt,” you were most likely intimidated by the other belts, staying quiet, doing as you're told, and trying to absorb all of the wisdom and knowledge that you could in one enlightening session. However, one thing hasn't changed since that first day in the dojang: you've never stopped learning. By no means will you ever get to a point in your Tae Kwon Do life where you sit back and say, “OK. I've learned everything that there is to know about Tae Kwon Do.” No matter what dan you are, what belt . . . you will continue to learn. Tae Kwon Do is an infinite teacher, and we are its eternal disciples. But do not let this discourage you, for even great masters are always perfecting a simple, yet at the same time, complex, middle punch. This is what is so incredible about Tae Kwon Do: it is a learning experience that can be a lifetime journey.

I never thought I would get to where I am today. On my first day as a Tae Kwon Do student, I watched all the other pupils in awe, stunned by how coordinated and precise the dance-like moves were carried out. I saw the other belts and thought “How will I ever get there? Will I be able to do it?” Now I see that anything is

possible when you have the right teachers, and the masters at Chosun Taekwondo Academy provide me with all the information and wisdom I need to become the best I can be.

I remember when I was first being taught the basics of Tae Kwon Do, one of the rudimentary things that you learn as a Tae Kwon Do disciple is how to kihap. When I was being instructed, the master very kindly told me to yell when I carry out a movement. “That's called a kihap. Eventually, you'll get your own sound when you kihap, but for now, it's a yell to express strength.” When the master said that, I was thinking, “Wow. I'm going to get my own sound in Tae Kwon Do.” For quite some time I thought that one day I would kihap in Tae Kwon Do and a different new sound would come out. I now know that that was not what the master meant. What she meant was not that I would one day sound different but that one day I would achieve the confidence to yell as loudly and hard as I could, demonstrating my assertiveness

in the art of Tae Kwon Do. This progressive assurance in the craft makes it special.

No matter who you are, how old you are, or where you are, Tae Kwon Do is always there for you. It is a universal art. From the moment you remove your shoes to the time you put them back on, once you step into the dojang, you know you're at home. But do not be fooled, Tae Kwon Do is not for everyone. It takes



courtesy, integrity, perseverance, self-control, and indomitable spirit, as stated in the Five Tenets of Tae Kwon Do. Let's break these down, shall we?

Courtesy

In other words, politeness. Tae Kwon Do is all about pride, and that comes with being polite and having respect towards others. Remember, you represent your Tae Kwon Do academy everywhere you go, so you want to be the best you can be, always.

Integrity

Having strong moral values and beliefs is important to be a good student at any Tae Kwon Do academy.

Perseverance

Rising through the ranks in Tae Kwon Do doesn't happen overnight. It takes perseverance to stick with the art and not give up.

Self-control

Tae Kwon Do isn't an excuse to go pick a fight with someone. It shouldn't be used to provoke an attack against anyone. Self-control helps diffuse situations.

Indomitable Spirit

Tying in with perseverance, one must be brave, confident, and never give up.

One of the best things about belonging to an academy or dojang is that you're never alone. You will always have a family; you will always have someone there for you to encourage, push, and test you to perform to the very best of your ability. To see the other students train is an inspiration to me to train harder. Whether I look to a

white belt to observe how far I've come or to a black belt to contemplate what I have to look forward to and work for, every student, master, and grandmaster inspires me. This is what it's like in the Tae Kwon Do family. There is always someone to support you.

When test day comes, a mixture of emotions punctures the air and creates a unique aura cloud floating above the heads of all the eager students. Anxious, nervous, excited, proud. Adrenaline helps balance the uneven scale of feelings overtaking our already busy heads. When it finally comes to carry out our poomsae, perform our break, we're ready. We know by heart what is expected of us, and this is evident by how we perform. There is no better feeling in the martial art of Tae Kwon Do than knowing that you did your best and are rewarded with the esteemed promotion from belt to belt, dan to dan.

Looking back, I see that although I have learned a lot from the experienced masters at Chosun Taekwondo Academy, I still have much to learn. As long as I continue in Tae Kwon Do, I will never stop learning. Each class brings new lessons on how to correctly carry out the art, acquiring new knowledge

As a brown belt, I look forward to being taught new techniques in Tae Kwon Do. I hope to continue Tae Kwon Do as long as possible because I not only learn defensive techniques, but I also learn life skills that will help make me a successful person in the future.

I've progressed a lot from that timid white belt way back last November. **TKD**

Sienna trains diligently under Master Doug Cook at the Chosun Taekwondo Academy



Tae Kwon Do Saved My Life

By Scott Pribyl

The many benefits of Tae Kwon Do are realized throughout a student's entire life. I needed middle-of-the-night emergency surgery to repair a Section A Aortic Dissection (the same injury that ended the lives of John Ritter, Lucille Ball, Albert Einstein and John Lennon). The probability of surviving the surgery is 5-10%.

Ninety to ninety-five percent die within one to three hours. I was injured January 28, 2008. I had run five miles two days prior. There was no precursor to this injury. It occurred about 10:30 p.m., and surgery was performed about 2 a.m.

Statistically, 28 of every 1,000,000 people will need Emergency Section A Aortic Dissection surgery, and twenty-five will die within a few hours. Three will survive. Two of the three survivors will have permanent stroke, paralysis or brain damage.

One will survive as I did—without those severe complications. I was lucky to make a “comeback,” which, statistically, has odds of one in 10-50 million, or more. Highly improbable. I went to Mayo Clinic two years ago, and my DNA has been examined since August 2015 by the Ritter Foundation and the University of Texas Medical Center in Houston. There is no medical explanation for how I “came back,” but I write about the entire ordeal and my belief in my newly released book *Miracle Man: Beating the Odds; Cheating Death* (now available worldwide, including a bookstore in South Korea).

Here is a summary: I became Grandmaster Yung Sam Kim's seventh student in Green Bay, Wisconsin, when GM Kim opened his school in August 1973. Like you, I learned both the physical art of TKD and the mental and philosophical aspects. Specifically, the four Tenets of TKD were responsible for my survival and

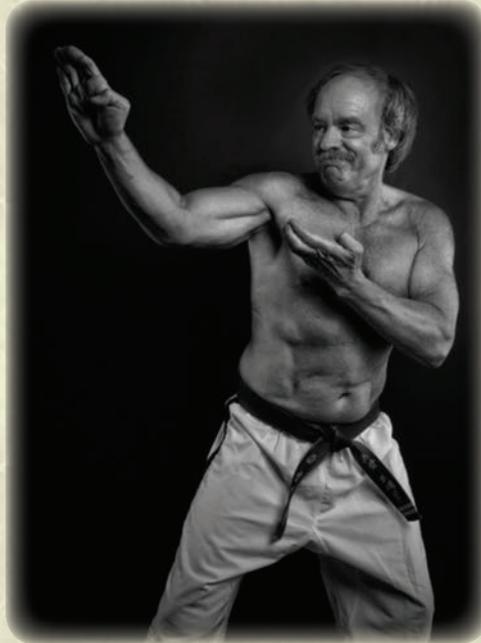
“comeback.” Further, I attribute perseverance and indomitable spirit for guiding me through survival, recovery, rehabilitation and “coming back.” After eight years of research, I have concluded that there are no records of such a comeback, and I give full credit to Grandmaster Kim and TKD for instilling the intrinsic benefits TKD affords me and all students.

Like you, I learned to break up to five boards and three concrete blocks with a single strike. Most photographs of me at age 60 show the inner strength TKD offers a student, and that inner strength stays with the student for their entire life. Under Grandmaster Kim's watchful guidance, I learned to do things physically that I never would have imagined just one or two years earlier. And, as the years progressed, my physical

and mental strength expanded exponentially, ultimately resulting in my medical near-death experience and comeback, the only one of its kind in modern medical records.

When I did not feel like doing anything physically, I would literally hear Grandmaster Kim shouting “Kima ja sae, jun bi!” (horse stance, ready!). The trauma this injury took on my body has been severe, but my spirit, or “ki” (internal energy), kept me going when I was exhausted.

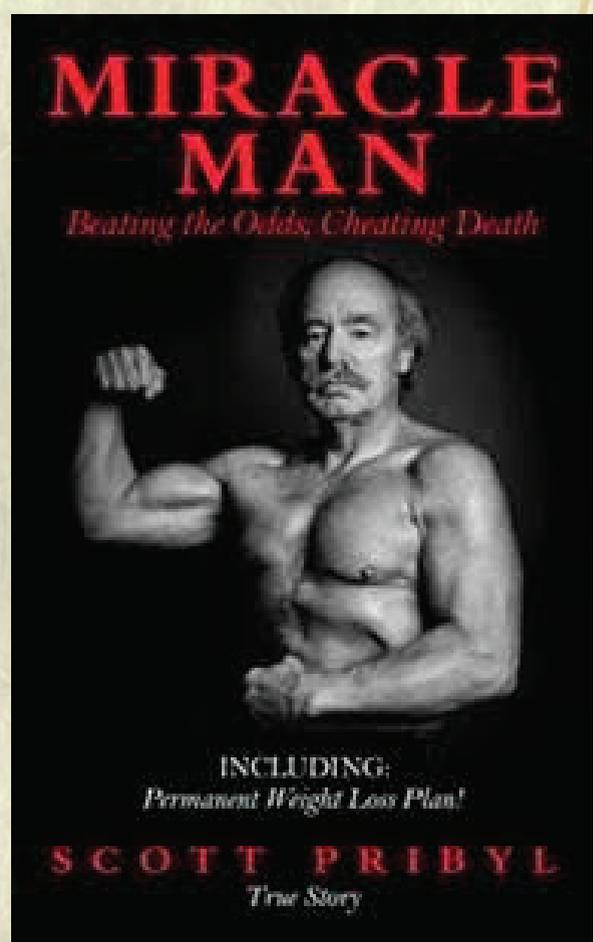
That has been my mantra for eight years. I urge all TKD



Author Scott Pribyl, with GrandMaster Yung Sam Kim and current DoJang Owner, Master Penny Duggan, 6th Degree

students to pursue the physical rigor of TKD but spend increasing amounts of time on the mental, psychological and spiritual teachings of this precious, timeless art. As your lives progress, difficulties will arise, and those four fundamental TKD tenets will carry you through—and beyond—any obstacle. My book contains the surgical/hospital records and photographs taken in the summer of 2015 to authenticate and document the entire true story. I don't just "talk the talk." I "walked the walk." The alternative was death.

I urge everyone, whether a new student to TKD or even an advanced black belt, to "perfect" every single move. If you don't do it correctly, it has no value. Every single movement. Practice until you can execute every movement perfectly. I don't kick high anymore (I'm 61), but every technique I am still able to perform, I do to perfection. In the process, your "ki" will further develop, building your character, your perseverance and your indomitable spirit. It took an injury that is almost always fatal for me to realize Tae Kwon Do is a lifestyle as well as superb martial art. For a signed book, my website is www.MiracleManScott.com. Or my book can



be obtained at a bookstore or online. (iBooks and eBooks are available. If you want to read it from your email address, the eBook is just \$7). Contact me at ScottMiracleMan@gmail.com.



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Kick it with Kerwin

Neil Brown, Jr.



Neil Brown, Jr. is a TKD brown belt, a Shotokan black belt and one of the stars of *Straight Outta Compton*, one of the seminal films from last year.



When interviewing him, it was clear that Neil is focused, personable and very at ease with himself. Neil is a huge Jean Claude Van Damme fan (his favorite films are *Bloodsport* and *Kickboxer*). As a young TKD student, he mimicked the

showy kicks from Van Damme's films and was soon discovered for the television series, *WMAC Masters*, playing Jake. I asked him why he stopped with TKD at brown belt, and his answer touched on a problem I've discussed here before: the McDojo issue-TKD schools that



give out belts too quickly and without merit, so that the school can churn out belt testing fees. Neil

explained that later in his life, he worked with great TKD instructors and that made up for his poor experience as a teen. As a Karate student, he told me he was a white belt for a year and a half, mastering basic fundamentals before moving up belts. That training served him well



when landing the role of his life with DJ Yella in *Straight Outta Compton*. Neil broke down the fundamentals of DJ'ing and directly drew upon his martial arts training in playing that role. You may also know Neil from *The Walking Dead*, where he played Guillermo, the leader of the Vatos. He has no problem turning on the intensity when acting, and the physicality he utilizes when creating characters is impeccable. When asked which celebrity he wouldn't want to get into a fight with, he jokingly answered, "Gary Busey, as you don't know what crazy stuff he'd do." On that same subject, Neil mentioned LL Cool J as someone who is in show business who can really throw down. I asked what his favorite word from the TKD Korean terminology is. He said "charyut" (attention) because it sounds like "chariot" and was easy to remember. One part of TKD that Neil loved was breaking boards and bricks. He believes that it helped with his confidence and focus. He also agreed that when you kihap, it really makes breaking boards easier. That's one of those adjustments that you don't believe or understand until you actually try breaking boards. Now making movie after movie, Neil Brown, Jr. continues to apply his TKD and martial arts skills to all areas of his life. And something tells me that he's more than ready should he ever get jumped by Gary Busey. **TKD**

John Kerwin can be contacted at john@thejohnkerwinshow.com



NAFMA National's 10th Anniversary

By Master Guy Edward Larke



The martial arts industry is a brutal one to be sure. In North America it seems one is threatened at every turn. To sustain, let alone thrive, for more than five years is a challenge. Competition, inflation, currency fluctuations, media, and politics can set any martial arts organization into a whirlwind out of control. So when one successfully grows year after year and starts hitting milestones, it is worth taking notice and realizing that more than luck is at work.

One of those rare groups, NAFMA, is celebrating its NAFMA Nationals Ten-Year Anniversary this year. Since its first Nationals held at the Philadelphia Convention Center in 2006, the event has strived to provide an amazing martial arts experience for the whole family. This year the event will be held at the Sheraton Hotel and Resorts in Atlantic City, NJ, on May 27-28. The Sheraton has been the home of the Nationals for the past nine years. Past VIP guests have included celebrities such as UFC Legend Dan "the Beast" Severn, Karate Kid actor Martin Kove, and Tae Bo founder Grandmaster Billy Blanks, to name a few. This year the event will feature members of the cast of *Power Rangers Super Mega Force*. It will be the first time the group attends a martial arts event on the East Coast. There will be a special VIP Ranger Experience that will give competitors the opportunity to

meet the Rangers, take pictures, and learn the techniques of their special "morph sequences."

Competitors will hail from other countries such as Canada, Puerto Rico, Mexico, Guyana, St. Lucia, and Trinidad and Tobago.

A special 10th Year Anniversary After Party will also be held on Saturday night, May 28 at 8:30pm. at the Sheraton International. DJ from Trinidad and Tobago, Selectah Kieon, will be the DJ for the event.

The North American Federation of Martial Arts was the brainchild of New Jersey's own Master Jose Torres. Hard to believe how such an organization started from a young elementary school boy pestering his mother to go to some kind of Karate school and ended up at a Tang Soo Do dojang.

In addition to NAFMA, he is also the founding father of Tang Soo Do International, a highly successful school owner, demo team leader and a vital part of the World Tang Soo Do General Federation in Seoul, Korea.

To fully appreciate the full scope of the coming event, however, it's important to know where it started and the price its founder had to pay.

MGEL: Why did you start NAFMA?

MJT: The concept of NAFMA started to take form around 2003. I had personally competed in a variety of tournaments and events that were sanctioned by various organizations. Some were good; others were bad. I saw that there was a need for the market of athletes that wanted to compete in state, national and international events. Most of the national or world events were not open to non-members of that particular organization. Athletes desired the opportunity to compete at the next level but really were not sure what direction to go in or who to contact. NAFMA was formed to fulfill those desires and provide opportunities for not only the seasoned competitor but also the first-time athlete.

MGEL: When did you start the federation?

MJT: The federation was officially launched in 2005. The founding board members were Master Duane Buck (NJ), Master George Anderson (NJ), Master Jeff Adams (OH) Master Chino Rodriguez (IL) and myself.

MGEL: What was your first event? How was the turnout?

MJT: Our first state-sanctioned event was the 2005 New Jersey State Championship, which was held in Willingboro, NJ. Our first national event was the 2006 NAFMA National Championship, which was held at the Philadelphia Convention Center in PA. The Nationals drew almost 600-plus competitors and over 500 spectators. We are excited that this year's 2016 NAFMA marks our ten-year anniversary for the NAFMA Nationals.

MGEL: What was the most incredible thing(s) that has happened to you in the last ten years of NAFMA?

MJT: I really can't say that one event or moment outweighs another. I feel that it has been a total accumulation of significant moments that have forged the development. It's amazing that NAFMA has drawn athletes from international countries such as Canada, Trinidad and Tobago, St Lucia and Guyana. These international members have helped with the development of the NAFMA Worlds Martial Arts Championships. As of 2016, NAFMA has run six successful world events.

MGEL: What has been the biggest challenge(s)?

MJT: The biggest challenge is trying to stay open minded about the current state of martial arts competitions.



Tournaments are more frequent than ever before, and competitors ages 12 and under are more prevalent in the athlete population of these events, say, 20 years ago. The focus is to not only to make your event good for the competitor but also an amazing experience for the whole family. The challenge is to provide an experience so that the whole family wants to attend year after year.

MGEL: What makes NAFMA events different from other events?

MJT: Our family-oriented events help provide an overall martial arts experience instead of just a typical tournament day. NAFMA events have had residual attendance year after year. We have some athletes that have attended our events for over the past eight years. NAFMA has become their martial arts family.

MGEL: Martial arts are very family oriented. Do you wish one or all of your sons to keep the federation going after you step down?

MJT: I am blessed to have three sons. I hope they will be involved with the organization well after I am gone. It's every father's dream to have a legacy. My older son, Ryan, who is 16, is probably the most well versed in the international affairs of NAFMA, as he has traveled with me at some point to all of the countries that are involved with NAFMA.

MGEL: How do you juggle running NAFMA, your schools, and being a family man?

MJT: It is probably the single hardest thing I attempt to do. I try my best. It is very difficult to practice time management whereas



sometimes I have to travel to new countries or countries that have continually supported NAFMA or are operating my schools. However, as difficult as it may be, I try not to lose sight of what's most important. I am very active in my boys' activities. I actually coach my older sons U-16 travel soccer team and my middle son's flag football team. I feel it is so important to properly balance life, family and business. It makes a stronger more successful person.

MGEL: Where do you see NAFMA in another ten years?

MJT: Our intention is to continue to grow as a federation both nationally and internationally. In ten years we hope to expand to Europe with new international membership and celebrate the 20-year anniversary of our NAFMA Nationals.

MGEL: What advice would you give to those who are looking to start their own organization?

MJT: Make sure to stay passionate about what you are trying to do. Make sure you develop your federation with a strong support network and staff. In order to grow, you cannot be the entire business. You must build the business. **TKD**

Information can be found at www.nafmanationals.com.

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The Legacy Continues

*Sr. Grandmaster Edward B. Sell
Tae Kwon Do Legend (1942-2014)*

10th Degree Kukkiwon Black Belt

Sr. Grandmaster Edward B. Sell has been featured in numerous issues of *TaeKwonDo Times*, as well as being a supporter and regular contributor. He was known as “The Legend” and “The Breaking Expert,” and he pioneered modern-day Tae Kwon Do.

“Edward B. Sell, you are the first foreigner ever to successfully pass the Kukkiwon 9th dan examination! Congratulations!” the chairman, Grandmaster Kim Soonbae of the examination board, announced through an interpreter at the Kukkiwon in Seoul, Korea, on September 10, 2001. Later an exclusive article in the *WTF Official Quarterly Magazine* (Winter 2000-2001, No.8) stated, “Edward Sell becomes first Non-Korean to earn 9th Dan!” Sr. Grandmaster Sell



was posthumously awarded the rank of 10th dan on February 10, 2014, by the Kukkiwon, forever sealing his title of the highest ranked Kukkiwon black belt foreigner (non-Korean) in the world. Grandmaster Sell carried the title of the highest ranked black belt outside of Korea since 1964.

Breaking personal records, ethnic barriers, and “first” titles came naturally to Senior Grandmaster Edward B. Sell. Many of his “firsts” can be found at www.tkd.GrandmasterEdwardSell.com or www.uscdka.com

It all started when a five-year old boy, Edward Sell, was watching an ancient black and white television in 1947. He talks about this in his biography that will be released next year (excerpted here.)

The Battle at Sand Hill

The kids would make fun of me. My bright red hair caused me to stand out. Kids were just as mean during the time that I was growing up as they are today. The only difference is that there are more kids today than there were back in the 1940s and 1950s. Behind my grandma’s home was a big sand hill. It was where most of the neighborhood kids hung out. My brother Tom and I decided to go to the “famous” sand hill.

Immediately, we noticed that there were no familiar faces there, but we did see two boys who were a couple of years older than us. I recognized them as being trouble-makers at my school.

I could hear an audible voice in my heart tell me to grab my little brother and head for home. Of course I did not listen to that

still, small voice or that uncton. Instead, I walked up to those boys and asked them if they wanted to play with us. They immediately started throwing hard dirt balls at us. Then they ran towards us, shouting, “We are going to beat you up!”

Those three simple words ---“BEAT YOU UP”--- left a lasting impression in my mind. Other than a good spanking at home, it was the first time my brother and I experienced the traumatic effect of deliberate physical violence. Those boys were experts. They not only beat us up, but whipped us pretty bad! I felt kicks, punches, scratches, etc. all over my body, not to mention, feeling my hair being pulled out by the roots.

We ran straight home to mommy.

I felt blood, I tasted blood. My ribs hurt. I was frightened to death. My brother was

also in severe physical pain. He had a nasty bump on his head. I was the one who was on the receiving end of every wide-open punch, not to mention the throwing me down on the ground and kicking me.

With tears streaming down my face, screaming and wailing, I thought that my mom would heal my wounds, and tell me some nice motherly words to get my emotions under control. Instead, she simply took a cold washrag, wiped the blood and dirt from my face, saying, "Now you go out there and fight your own battles!"

I was in shock!

Was this my loving mother who was talking? I was sent back outside. I guess my little brother was treated with some tender loving care.

I realized right then and there, that I was never to experience getting beat up again! Maybe this is where the Taekwondo desire began to formulate?

My mom was really trying to teach me a good lesson. She and I had a unique relationship. We were always very close and loved each other very much. With those incredible words, she was really telling me, "Why didn't you listen to that still small voice? If you were dumb enough to get close to those kids who you knew already had a reputation for fighting, you deserve to get beat up!" That is exactly how I interpreted those now famous words that I didn't want to hear at that devastating time of my life.

I can only imagine my emotions and feelings at that specific time. I believe that the Battle

on Sand Hill was an emotional turning point for me because for the first time, my mother did not treat me as a baby as she did my brother. As I gave that incident in my life some thought over the past 60 years, I believe it stirred my fighting spirit, as it does today.

Thinking of that battle as a kid back then, I did a dumb and stupid thing by not listening to my mom. As years went by, and as I would allow that incident to scan through my mind as a teen or much older person, it taught me to listen to that small soft voice and stay away from trouble-makers. Plus, if I didn't wish to use such wisdom, I had better become more prepared. I think everyone has a "Battle of Sand Hill" at some point in their life. Most probably won't admit it because it was a battle that they knew they lost. By not addressing it, it will usually affect one's self-confidence and self-esteem. However, when they address it and admit error, and yes; take on the whole blame, they can begin to build on that and become more prepared when faced with such a challenge again. Of course, if a similar incident should happen again, we are now talking about some serious self-defense strategies that must be placed into effect or, at least, on alert."

Tae Kwon Do...In Pursuit of Discipline

It was not too long after my sand hill incident that I found myself standing in the middle of my grandmother's living room watching a television program called, You Asked For It! You must understand that this had to be one of the very first episodes of this now-famous program where a person writes in and requests various performances. It was sponsored by the original Skippy Peanut Butter. I remember a young boy about my age asking to see a man break a board with his bare hands. In amazement, I stood there and watched an Oriental man, dressed in what looked like a pair of white pajamas, wearing a black belt around his waist, holding a brick in one hand, giving



a loud yell and smashing the brick with the other hand. I was absolutely fascinated.

I said, "Wow! I want some of that!"

I didn't have the slightest idea of what I had witnessed. It obviously was a very special event in my life.

I know this for several reasons.

I witnessed this program on a very special television set. I know that it was special because the television stood about four feet high and four feet wide, with a television screen about four inches in diameter. It was a special television because in 1994, I saw what looked like that same television in the Smithsonian Institute Museum in Washington, D.C.

Little did I know as I watched that television program, that years later, I would find myself in Korea, watching a Korean Karate instructor break bricks and boards; and kick American G.I.'s through walls and I again said, "Wow! I want some of that!" Little did I know that at the age of 25, I would become the highest ranked, non-Oriental in the world, in what is now called Taekwondo, formerly Korean Karate.

We were border-line of being poor. I knew that my chances of going to college were slim to none. I also knew that as an 18-year-old, I needed an attitude adjustment and get some discipline in my life. I also wanted to get out on my own and not be a burden to my family.

On my 18th birthday, July 17, 1960, I was sworn into the United States Air Force. I was a long-haired, hippy-looking teenager that was ready to take on the world. Little did I know that my life was about to make a drastic change for the good. I believe the drill sergeants heard I was coming. They wasted no time getting me in shape.

Taekwondo was my first love. I couldn't get enough of it. There was nowhere in America where it was being taught at that

time. I loved the Orient, especially Korea. The customs and traditions intrigued me.

Everyone in my family was proud of my Taekwondo accomplishments. As I described some of the bouts I had, the bumps, bruises, and fat lips as a result of really challenging the sparring ability of my Korean counterparts, my mom begged me to stop. That was one of the few times I didn't listen to my mother. I never described how close my training in that era, due to the well-known movie called Blood Sport. We never used protective gear like we do today. This ancient form of physical fitness and self-defense was not officially declared a sport as it is today. In the early 1960s, we only knew it as "Korean Karate."

That fight spirit that was inherited from my dad (a Golden Gloves boxer) reared up inside me, and I could not get enough training. I hired other instructors to train me on my off days when the school at Osan Air Base (my home at the time) was closed. I guess I figured that I had been pushed, shoved, punched at and bullied enough in my life, and it was time to gain more self-confidence. And that I did.

In the 1950s, family and friends would return from the Korean War with stories of martial arts experiences. This intrigued me. Upon entering the USAF, I had many friends who were stationed in Korea and Japan that had some training. The unction picked up momentum as I received combative training while serving as an Air Policeman (MPs of the Air Force). Such training required that we become familiar with the various unarmed defensive techniques, such as Judo and Karate. Eventually, as my Taekwondo training advanced, plus attending the USAF School of Judo and Police Combative Tactics, I was assigned to many training sections while stationed at various Air Force Bases during my second tour of duty, before my honorable discharge.

Development as a Sport

Taekwondo has taken many forms throughout history, since its origin in approximately 37 B.C. With the influence of high-ranking government officials and the cooperation of prominent Taekwondo masters, the Korean Tae Kwon Do Association was formed in 1965.

It was a time of transition for the many factions of Taekwondo to come together. During this time, I trained at the local Chung Do Kwan school in Pyon Teak-kun, in central South Korea.

In 1973, the Korean Taekwondo Association organized and sponsored the First World Taekwondo Championship, held in Seoul, Korea, at a site designated as the World Headquarters for Taekwondo, called the "Kukkiwon". In May, 1973, 20 countries formed the World Taekwondo Federation and officially made the Kukkiwon their headquarters. Breaking the mold, I was the only American to be represented and compete at that organizing conference. Of the 300 black belts in competition, 299 were Korean and one was Edward Sell. Korean Masters were shaken a little when this "upstart" from the United States broke the Korean mold and placed third in that national event. It was a highlight of my life.

From that time, Taekwondo has rapidly spread around the world, not only as a unique martial art, but as a fascinating competitive sport. It was finally introduced into Olympic competition in 1988.

"A Black Belt represents a champion; a champion of his or her own weaknesses." Taekwondo is, by far, the most advanced form of hand and foot martial art, as was demonstrated in the 1988 Olympics for the first time. Taekwondo added to its credibility by being the first and only hand and foot sport in the Olympics. As in all other sports, Taekwondo emphasizes strengthening, discipline, concentration, integrity, and coordination, as well as the physical being.

It has been said by many wartime generals that the true battle is won or lost in the mind. That is also the case when a person begins to learn an authentic form of martial art. It is not simply learning a few good moves; it is an expression of one's inner strength. As one continues to project strong inner strength, eventually, that expression builds into an automatic action: "To move defensively without thinking, for if one must think about it, it is too late!" Through humanity, there are tests and struggles that must be won and over-come. Just as kittens or puppies play and wrestle, they are actually preparing for the real thing.

When confronted with a physical challenge and we fall down in shriveling fear, the battle is over and we have lost!. However, if we stand up strong in the face of that challenge and express strength and confidence, the chances of winning are much greater. My wife, Grandmaster Brenda Sell, 9th degree black belt, said something several months ago that really captured my attention. So much, I printed it out and have it hanging in my office. She said, "Fear paralyzes! Faith releases!" To me, that was profound. When one is weak and has no faith in their ability to stand against stress or other mental or physical confrontations, their ability to express confidence becomes so paralyzed that they crumble in defeat.

However, with the right training, one builds faith in their physical and mental abilities and



releases the expressions of confidence, which sends a message that states, “Beware, I will react according to whatever it takes to secure my rights against all threatening adversaries!” As of the writing of this book, I have been actively training, researching, and teaching Taekwondo and other forms of martial arts for nearly 40 years, an entire generation.

Last year, I broke the TaeKwonDo record by breaking through 32 inches of cement blocks.

After returning home when completing a total of eight years in the Air force, I decided

to make a profession out of teaching Korean Karate. This was unheard of. Even the first accountant I hired told me that. My tenacity kicked in once again. On August 18, 1967, I officially opened that doors of my first school in Trenton Michigan. It soon became America’s first national Taekwondo association. Today, it still thrives and is one of the most organized, one of the most authentic and the longest lasting martial arts organization in the United States.

Sr. Grandmaster Edward B. Sell’s purpose in life would be birthed after being stationed at Osan Air Force Base, Korea. From that day, Tae Kwon Do became for him a vehicle to help others become strong in mind, body and spirit. Grandmaster Sell’s goal through the U.S. Chung Do Kwan Association was to provide the western world with the benefits he received from Tae Kwon Do through his Tae Kwon Do system. The legacy continues . . . The U.S. Chung Do Kwan Association continues his legacy and vision. His last two books on breaking, *Board Breaking 101* and *Brick and Concrete Breaking*, were released prior to his death and are available on Amazon.com. These books share “secrets” that have revolutionized Tae Kwon Do.

Since 1967, the U.S. Chung Do Kwan Association (www.uscdka.com) has enjoyed a reputation as being the “Best of the Best,” as proclaimed by Grandmaster Woon Kyu Uhm, the highest-ranked man on the planet. By continuing the old traditions with new ideas, we keep ourselves on the cutting edge

of training and credentials in the industry while maintaining the legacy passed down from the founder of modern-day Tae Kwon Do. We have developed an effective system of teaching Tae Kwon Do that has impacted nearly a million men, women and children since 1967. Our reputation and credentials are impeccable and reach worldwide. We’ve helped students with depression, anxiety, stress management, weight management, mobility issues, focus and discipline. It does not matter what situation is presented; we have experience with it all. Led by Senior Grandmaster Brenda J. Sell, 9th degree black belt, the highest ranked woman in Taekwondo Chung Do Kwan, our credentials are unparalleled in the industry. Through our unique National Certified Instructor Training Program, each student has a clearly defined path to mastery and beyond. The focus of the U.S. Chung Do Kwan Association is to equip our members with tools to have a life changing experience through the Tae Kwon Do journey by providing a safe, secure, friendly, family environment. We are more than just an association. We are family! **TKD**



Paul Mormando's Cha Ki Do

by david j. moore

Born under the lineage and tutelage of boxers in Brooklyn, New York, martial artist and founder of the Cha Ki Do system of martial arts, Paul Mormando was small in stature and shy as a child and was therefore a target for bullies growing up. Both his father and grandfather were pro fighters at various stages of their lives, but when he was at his most helpless and despondent, he discovered Bruce Lee on television, and his eyes were open to the possibilities of self-defense and the limitless possibilities of training in the martial arts.

As he grew older, Mormando became a devoted practitioner of Tae Kwon Do, achieving a 2nd dan status in Moo Duk Kwan, and looking to his favorite martial artist at the time – Bill “Superfoot” Wallace—he began developing his own style of kicking and testing his range of flexibility. With skills in Shotokan (Shodan), Jeet Kune Do, boxing, Muay Thai, and Jiu-Jitsu (5th degree black belt), he continued honing his skills and meticulously tweaked his own abilities into a hybrid he would call Cha (Kick) Ki (Internal Strength) Do (Way). The system, while philosophically intentional in terms of pushing the student to learn and improve, has been a work in progress since he began teaching it in 1987. As a younger man, Mormando felt that the next natural progression of his learning would be to compete, which is where he was able to test the effectiveness of his newly developed system. Despite the fact that he excelled in all facets of point fighting, kata, and weaponry, and garnering the moniker “Mr. Karate USA” during his days

as an up-and-coming competitor, he ultimately found that competition hindered his self-defense abilities, and he felt that he had developed a false sense of confidence. Though he loved to perform and ranked in weapons competitions regionally, he grew tired of the politicking and incessant costs incurred with travel, and he decided instead to train other martial arts hopefuls. He began teaching classes shortly after retiring from competing in the late 80s.

There came a point in Mormando's life when a life-threatening car accident put him on the sidelines, and he spent over two years in



a painstaking and extremely painful process of physical rehabilitation. Getting his body, mind, and spirit back into a semblance of shape that gave him hope and the burgeoning ability to continue his training, he defied the odds stacked against him and got back into the groove of training, though it might have seemed impossible for a man with a weaker will than his. In the meantime, he reevaluated his mindset and began exploring a wide variety of different martial arts, including Judo, Kung Fu, Jiu-Jitsu, wrestling, and Bruce Lee's own system, Jeet Kun Do. By 1989, Mormando had incorporated elements of all of these and fused them together with wrestling and Newaza Judo with some Brazillian Jiu-Jitsu, and it had all been predicated on his original intent, which was to adapt the martial arts as a whole into his own abilities as an athlete. With specific



kicking techniques and leg strategies not unlike those “Superfoot” Wallace himself used, Cha Ki Do uses low Muay Thai kicks, a Wing Chun centerline philosophy, and even recently has begun incorporating the Filipino art of Kali. Kali is an element incorporated in the advanced stages of Cha Ki Do, and while advancing to that stage, students will be working on grappling, boxing, and other skills. Mormando has withheld using overly complex techniques that he feels won't work under duress, and his ultimate objective is self-defense in the purest sense of the term.

Mormando's life's work is Cha Ki Do, and it's a culmination of his own self-discovery through the martial arts. He has embellished with respect and countenance all of the arts he has studied through the years to help teach and educate in a well-rounded manner, and he gives his students a comprehensive system to explore that is easily adaptable to the individual's body structures and personalities yet still leaves room for their own self-expression. His personal philosophy is that the martial arts are a life-long journey through training and pushing oneself to improve, and the continual process of learning the arts is an essential part of Cha Ki Do.

While he originally created, developed and intended Cha Ki Do for himself as a practitioner in the martial arts, Mormando found that in demonstrating became an effective component to teaching it, and he therefore brought it to the public. He now teaches at several locations, and he's even felt a demand to give lessons of it online. The system hasn't stopped evolving

since its inception in 1987, and he believes that it will continue to evolve until the day he dies, perhaps even beyond that, as his students have responded so well to it. Now that he's in his mid-forties, Mormando's objectives as a teacher and sensei have radically changed. No longer enamored with the grueling life of a competitor or as a teacher concerned with raising champions to the fore, he has begun focusing all of his time and efforts in training young students who have their self-esteem in the doldrums. He has trained students with developmental disabilities and has really concentrated on keeping bullied children fulfilled with life skills and values. Having come full circle as a bullied adolescent himself to a protector and trainer of such children, Mormando's studio in Brooklyn is a family-oriented domicile where students are a part of a family. Though he teaches students from the age range of three years to 75 years, children take up nearly 90% of the enrollment of his classes. With adults, he focuses more on mental development, self-defense, mindset training, and adrenaline process and how those affect their motor skills and combat effectiveness, while the children's program is more focused on life skills and teamwork development, all elements that will cross over into their upbringing and growth into maturity. Mormando, who has admitted that martial arts were his salvation, has seen his students grow and become more confident, and enjoying the fulfillment of such success, he continues to strive to become a better sensei and to explore the possibilities of Cha Ki Do.



Cha ki Do is synthesis of many arts and is a forever evolving style of martial arts, predicated on the most efficient and functional techniques from all forms of combat, ranging from Tae Kwon Do, Karate, Brazilian Jiu-Jitsu, catch wrestling, boxing, Muay Thai, and the Filipino martial arts.

To illustrate some of our more functional techniques Mormando chose a defense against the Jab.

In the first set of photos Mormando and opponent square off, and instead of blocking or parrying, Mormando, following the principles of the Filipino martial arts, uses a destruction, in which the elbow is placed in front of the face and allows the punch to run into it, inflicting pain, In some cases this can be a fight ender, and in others may just give the defender ample opportunity to follow up with another counter.



In the second set of photos Mormando and opponent square off. Mormando uses a defensive side kick to stun his opponent

and follow up with an immobilization technique from Wing Chun (pak sao) and a simultaneous vertical punch.



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Woman of the Times Battle with Yourself

by Master Karen Eden

One of my all-time favorite movies is *The King of Comedy* with Robert DeNiro (Twentieth Century Fox, 1983). In this movie, DeNiro plays the character Rupert Pupkin, a man who lives in his mother's basement and will stop at nothing to become famous. He becomes so obsessed with wanting fame that he becomes delusional.

My favorite scene is where he fantasizes about being famous and making an appearance on *The Tonight Show*. In this fantasy, his old high school principal comes on stage to personally apologize on behalf of all the kids who bullied him, as well as staff members who never thought that he would amount to anything. I could watch this scene over and over again, each time with a grimace on my face of both pleasure and pain.

People often ask me why I would choose an activity like martial arts. For years I have pondered that question myself. Exactly what is it that I was—and still am—so attracted to when it comes to martial arts?

I think that what most people don't realize is that martial arts is a very individual journey. One might think that the training is about learning how to overcome your opponent or enemies, but I have discovered the truth to be quite the opposite. Martial arts is about overcoming yourself. The battle is always with yourself first.

As martial arts instructors, we get a lot of "Rupert Pupkins" that come through the door. The ones who have been bullied, mistreated or just never seem to really fit in the normal scheme of life. I'll be the first to admit, I've got a little Rupert Pupkin in me!

Master Karen Eden is a 6th-degree black belt in Tang Soo Do. She is also a radio personality and television journalist who has appeared on CNN, with feature reports airing nationally on Fox News. Master Eden has authored four books and has appeared in two major Hollywood productions. She can be reached at sabomnim@toast.net.

My favorite part of teaching is seeing the misfitted "Rupert Pupkin" students start to take their individual journey and gradually learn to master themselves. Somewhere around green belt, the journey questions start to set in. "Who am I?" "If I can accomplish this, what can I not accomplish?" "Why do I even care what other people think about me?"

This is indeed why I chose martial arts over soccer, basketball and softball as a young girl. It's not a team effort. It's a Karen effort, and I have only myself to be accountable for, should I win or lose. Life is no different, is it? Great if someone comes along to help you on your life's journey, but more often than not, the journey is ours and ours alone to travel.

I don't want to spoil the movie for you in case you want to see it, but Rupert Pupkin does end up becoming famous in the end. He definitely took the less traveled road to fame, but he did get what he wanted.

My job as an instructor is to get my Rupert Pupkin students to realize that you don't need the approval of other people to validate who you are. If you really know who you are in the first place and have fearlessly embraced yourself, you begin to realize that you were perfectly designed to be just the person that you are. The approval of others is not necessary!



A Legend in His Own Time

by Kathrin Sumpter



What constitutes “a legend in their own time”? The definition includes someone who is “... widely known for doing something special in their own lifetime.” That would describe Ciriaco “Cacoy” Cañete, who died at the age of 96 on February 5, 2016, in Cebu, Philippines.

Supreme Grand Master Cacoy (SGM Cacoy) was born in Cebu on August 8, 1919. He was the youngest of twelve children and began his Eskrima stickfighting career when he was seven years old. He learned from his father and uncles, but eventually, SGM Cacoy also expanded his martial arts training to include many arts, from Aikido to boxing, from Judo and Jiu-Jitsu to Shorin-ryu Karate and wrestling. Cebu, 1932—the Doce Pares Association was formed. Doce Pares means “twelve pairs” (twelve strikes paired with twelve blocks). With World War II looming, SGM Cacoy joined the U.S. Army Forces Far East. It was the beginning of an illustrious military career that lasted until his discharge in 1947. In that same year, the Doce Pares club reorganized, and SGM Cacoy revolutionized the use of the stick.



He incorporated traditional strikes with hooking strikes, butts, and thrusts and developed a system of curving and circular strikes. These were used with traps, locks, throws and disarms. SGM Cacoy also integrated concepts of Pangamot, Jiu-Jitsu, Judo, and Aikido into his combat system, yielding “Eskrido” as part of the art.

I had the opportunity to learn more about the man and his art through one of his closest students and associates, Senior Grandmaster Anthony Kleeman (GMAK). GMAK recently promoted to 11th grade black belt in the system, and he also serves as an advisor and senior grandmaster to the Cacoy Doce Pares World Federation, contributing directly to the syllabus, promotions and the future of the Cacoy Doce Pares (CDP) through their headquarters in Cebu.

I caught up with GMAK while he was traveling and working in security and logistics in California.

KS: Thank you, Grandmaster, for taking this interview.

GMAK: My pleasure, Kathrin. It’s a terrific avenue to once again honor SGM Cacoy through the *TaeKwonDo Times*.

KS: When and how did you first meet SGM Cacoy? What were your first impressions?

GMAK: I was introduced to the teachings of SGM Cacoy in 1985 after my teacher GM Martin Gardiner travelled to Cebu to learn from Cacoy at CDP headquarters. About six months later, I trained directly under SGM while he was in Australia during a 12-week, country-wide teaching tour. He was courteous, funny (always joking), wise and kind, but at the same time I could see a core of steel within him. The first time I trained “hands on” with him, it became immediately apparent that the art he taught had

little to do with exhibition and everything to do with application. He was 66 years old at the time, and there was nothing in the way that he moved or in the intensity of his application that suggested that he was any older than his 30s. This man was the real deal, and the skills he possessed were exceptional. I had met someone who was like a character from a legendary tale, someone who came from another time, like a time traveler that brought these ancient arts into a very real “right here, right now” existence.

KS: You were a stickfighter long before you engaged with CDP. What attracted you to the Cacoy Doce Pares system? What separates it from other stickfighting systems?

GMAK: I started learning Arnis in 1976. It was the system of Remy Presas called “Modern Arnis.” That was under my Karate teacher, Martin Gardiner. Years later in 1984, it was GM Gardiner that initially sought out SGM Cacoy. He was looking more for the “real deal” application rather than the exhibition-oriented techniques that we had been exposed to in Modern Arnis. The training in Cacoy Doce Pares is less about being perfect and much more about being effective. When I first crossed sticks with SGM, we did some slow sparring. I must tell you his ability to exploit the smallest opening, the rapid effortless and fluid movement of his stick and hands, my inability to keep my own stick in my hand as he repeatedly and relentlessly disarmed me or locked me up and after a blistering barrage of laser targeted strikes

... then throwing me effortlessly to the ground again and again and again. I very quickly became a believer in a new and very real “truth.”



KS: Can you recall a personal story about your training with SGM Cacoy?

GMAK: The first time I travelled to Cebu to train under SGM was in 1988. SGM was always very glad to have us serious foreign students come to him at HQ. It also meant that he would call up one of the big department stores in Cebu and announce that we would be putting on a public exhibition. So, soon after arriving, we went downtown to the department store when the majority of people were on a lunch break. We'd begin our demo by showing the basics, like blocks and strikes and maybe some forms. Then we would move into sparring as a finale.

As I mentioned, SGM had almost supernatural powers with application of technique in an entirely spontaneous and unrehearsed way. These sparring sessions would inevitably end with his sparring partner (me!) disarmed and locked up on the ground. With my hand twisted to a breaking point, I'd flop around like a fish out of water, groaning in agony. All the while, SGM would be giggling at my discomfort, asking if I could stand back up so that I could try another counter to his technique.

In telling this story, it's important to recall that even though he would blitz-attack and totally dominate your defenses, it never felt like a humiliating defeat. Instead, it filled me with wonder and a tremendous sense of gratitude to receive the smooth and effortless movement of this master. You could feel the ease in which he would overcome my best offense and how thoroughly he would beat my strongest blocks or parries.

Even though the tip of his stick would whip past my face or head, making the air buzz with its velocity, he always had perfect control, never once hitting or injuring me. All the while, I knew, “Wow . . . if he just went a fraction further, he would hit me so hard I would probably be seeing my ancestors.” The truth of the matter is that what we practiced was real and alive, but without the missing teeth or broken body parts. He really embodied the ultimate in skill and control.

KS: Is there a story you can share aside from training?

GMAK: I remember a time when I was visiting in those early days and a priest came to SGM's house. I think it was after the christening of one of the grandchildren and SGM (as he always did) was telling jokes after the fiesta. He sees the priest and greets him very formally and then proceeds to tell the priest the crudest joke you can imagine. None of us had ever seen anything like it before, and we all burst out laughing. The priest laughed along and told us, "Not only is Cacoy a great fighter and a great grandfather. He is a great joker, too."



KS: Cacoy Doce Pares has spread worldwide. How did this happen? I find it remarkable that SGM's art went global within his lifetime, coming from a country with a different set of resources than what we have here in the United States. If the statement "the cream rises to the top" were ever true, it's in this case, for sure.

GMAK: I think by the 1980s, people were becoming aware of the martial arts of Southeast Asia, and in this case, the Philippines. These native Filipino arts are known by names such as Arnis, Kali and Eskrima. The techniques vary, but there are common threads. They all incorporate single stick, double stick, bolo (sword), daga (knife) and pangamot (empty hand). GM Dan Inosanto and GM Richard

Bustillo had been two of Bruce Lee's leading students, and after he died prematurely, they were a driving force in bringing Jeet Kune Do and also the Filipino arts to the public eye. They began to share their knowledge of the Lacoste and Villabrille systems. Right around this time, in 1979, the very first all-Philippines Eskrima Championships, national as well as invitational, were held in Cebu and Manila, respectively. Fighters from SGM Cacoy's school had swept the field, and SGM Cacoy himself had won in both tournaments in the masters division, beating all the masters and grandmasters that entered the competition.

In 1981, SGM Cacoy made his first trip to the U.S. at the invitation of GMs Inosanto and Bustillo. The word got out that this particular master was the real deal. Meanwhile, in Australia, my teacher, Martin Gardiner, had come to hear of Cacoy. To advance his own skills, he would have to make a connection with CDP Headquarters in Cebu. His efforts paid off, and in late 1985, Martin travelled to Cebu and was lucky enough to train at HQ for almost a month.

When GM Gardiner returned to Australia, he shared many of the drills and forms that he learned with us. We all realized that these techniques were useable under pressure and not designed to just be pretty or flashy. These techniques were meant to work!

We were now converts to SGM Cacoy's system because suddenly we had a fighting art that covered everything from single stick to double stick to stick and dagger to dagger, sword and empty hands. The Filipino martial arts picture became very broad and comprehensive. It was no longer just "stick fighting"; it was now a wide-ranging and effective combat system.

KS: Can you talk about some of your competition experience and how you came to be an ambassador for CDP?

GMAK: In 1989, the very first world championship in full contact Eskrima was held. I emerged as the first world heavyweight champion. Jumping ahead to the present time, I have (as of this writing) won seven world full-

contact championships in both single and double stick. SGM Cacoy lived in San Jose, California, from 1992 till 2009, and he had developed a fairly extensive seminar circuit, not only within the U.S. but also in Australia and Europe. When he retired from the seminar circuit at the end of 2009, he passed most of the West Coast and some other key locations onto me to continue teaching and propagating CDP.

KS: Where do you see the art going?



GMAK: The future is looking bright for CDP. It's an art that's constantly evolving, and when first exposed to CDP, many martial artists see that the system will act to complement and reinforce their other training. It's a point that I make again and again; in today's martial arts world, the striking arts (kicking, punching, etc.) are well represented. Grappling/throwing (wrestling, Judo, BBJ) arts are also widely available. But many traditional weapons training systems have become trapped in tradition and formalities. These arts tend to not keep pace with changes in society and modern self-defense considerations.

Eskrima is a system that has a tremendous amount of validity in today's world, and don't make the mistake of thinking that if you don't have a stick, you can't use Eskrima. Eskrima works with or without a stick, with or without an edged weapon, with or without an improvised weapon. It is a system that once it has become ingrained in you, will always be with you. It will complement the arts that you practice and help to fill in the blanks that exist within all styles and systems.

KS: SGM helped make stickfighting the national sport. The town must have lit up every year with the annual events hosted by the Federation. Can you describe the tone and atmosphere at his funeral? How did the town react to their best-known resident's passing?

GMAK: So, February 5th 2016 was truly the end of an era for the Eskrima world. True to his innate mathematical ability and his sense of occasion, Manong Cacoy passed away at 8:08 p.m. in the presence of those near and dear to him. (SGM was born on the 8/08/1919),

His daughter Kitty called with the news a couple of hours after his passing. And now, this man was gone . . . this man who had taught me more than I can probably ever remember. He taught me to fish and in that process had liberated me from "technique chasing." He had given me a vehicle to process all future endeavors and arts and had ushered me onto the path of becoming my own entity. The flight to Cebu was long and to me felt longer and heavier than any time I had ever done it before.

So, in the tradition of Filipino culture, the dead are afforded tremendous respect and are honored for their lives and their achievements. The Cañete family sat in vigil with him at St. Peters chapel for nine days. We foreigners arrived saddened but knowing with a certainty that our world had now lost its leading light. A new chapter in the life of our federation was about to begin. We stood on the last night of his vigil speaking to the hundreds that gathered. His leading students, from HQ—GM John Mac, GM Chuck Cañete and Master Miko Cañete—put on a display of Eskrima that showed everyone that this was an art that was here to stay and still lived on in those of us who teach and practice CDP. The next day hundreds of people from all walks of life gathered in the church. Amongst them was the Mayor of Cebu. Later at the graveside, the army gave a 21-gun salute to honor his war service. We had several productive meetings with the family and the masters and grandmasters that

had come to attend the funeral. Things are beginning to return to normal, and the new foundation is looking strong. The new core group at Headquarters means that Cacoy Doce Pares will have a bright and strong future ahead of it. We have seminars planned throughout the year, and in September the World Championships will go ahead as planned. CDP has started a new chapter, and CDP is here to stay.

KS: How did SGM Cacoy's



life, friendship impact you?

GMAK: Supreme Grand Master Ciriaco "Cacoy" Cañete was often heard to state "the only constant within Eskrima is change," and since my first meeting with him in 1986, it became apparent to me that this saying wasn't just empty words but, in fact, a personal standard by which he taught, refined and practiced his art.

The terms "innovator," "visionary," "originator" and "one of a kind" have all been so overused that they have lost much of their meaning, but SGM "Cacoy" Cañete was truly a man that not only encompassed but also re-defined all of these qualities. He was our light—inspirational, thoughtful, tough, spiritual and kind. A man full of contradictions, but also a man in balance with his world. A true rarity in the world we live in today, a world in which bland conformity is most often the norm and in which genuine innovation and talent can often be wallpapered over and ignored because of its unquantifiable nature. He was a "one off"; he was our "one off," always encouraging us to "climb our Everest," "never resting on" our laurels. The only constant within Eskrima is change, and true to this philosophy, he continued to innovate and inspire right up to his last days. To SGM Cacoy, I and so many others owe much which can never be truly repaid. As readers, please hear these few humble words of admiration and gratitude for his tireless efforts, his guiding hands, selfless advice and for his faith in me for helping propagate CDP worldwide.

KS: Thank you, Grandmaster Kleeman, for your time and your insight into this amazing person and his art.

GMAK: Thank you, Kathrin. **TKD**

Kathrin Sumpter is a Washington State correspondent for the TaeKwonDo Times. She is also a student and teacher of Cacoy Doces Pares under Grandmaster Anthony Kleeman and Guro Gail Sumpter.



The Journey to Black Belt

By: Desmond Aberdeen



Photo credit Barry Aberdeen

The black belt is a coveted symbol in martial arts that you have “arrived.” Many people who practice martial arts work tirelessly to obtain this level and believe that it is the end of the journey, that magical powers that make you superior to others are granted, and that others will look up to you. However, I am humbled to be at the point where I am obtaining my black belt. Dr. Brett Dension said, “A black belt is a piece of dyed white cotton, but we attribute many characteristics with the attainment of this object. Martial arts training is a never-ending journey, with many layers and facets associated with the training.” The journey to my black belt has been one that has been introspective. As I have advanced through each stage of martial arts, there have been new lessons, spiritual awakening, and cultivation of characteristics that will last me well beyond practicing. Join me as I share with you highlights of my journey on the road to obtaining my black belt. It is through understanding my journey, both triumphs and trials, that you will gain an understanding that this black dyed piece

of cotton is a symbol of perseverance in the face of sometimes seemingly insurmountable odds.

A famous Buddhist Proverb says, “When the student is ready, the teacher will appear.” Little did I know in the fall of 2007 that I was about to be thrown into a classroom with a new teacher called “martial arts.” What started off as me taking just a self-defense class at Lake Arbor Eagle Claw Karate turned into so much more! In my first month of classes, I was meeting new people and learning skills that excited and intrigued me. The class was fun, and my personality drove me to desire to learn more skills. I decided after the self-defense class was done to stay and officially join the school. My curiosity and intrigue was evident as I was constantly questioning things in the class, reading more about martial arts. At some points in the beginning stages, friends and family members hated the fact that I was always talking about martial arts or reading books concerning the art form. They were not able to see it at first (or neither was I for that matter), but I was positioning myself to become not just someone who took classes and learned forms, but I was posturing myself physically, spiritually, and mentally to become a student of the craft. In doing so, I began to absorb knowledge and information like a sponge. In a few short months (January 2008) I tested for my 9th gup and continued to move up the ranks from there. Still at this novice stage, I did not see that the learning in martial arts was about to extend outside of the books and forms. These lessons would be a test of my will, determination, and integrity.

As someone who has always been athletically inclined, I grew up playing sports, especially basketball. Playing basketball taught me a certain level of discipline and gave me natural athleticism. However, I was encountering a serious problem that I had not fully addressed up to this time. It had been years since I was in a formal athletic program, and the evidence was showing in my body, specifically in my



weight. I was not in a place where I could excel much further in martial arts if I did not get my weight down. Working in a very demanding federal job during the day and having a real estate business provided me little

time to do much. I found myself picking up bad habits of eating unhealthy foods, staying up late, etc. I knew that I wanted to take my skills in martial arts to the next level, so I had to make a choice: would I show up as a good student and do what is necessary to be excellent or remain complacent with being mediocre?

I struggled with what to do, because this process would be hard and gruesome. It would require that I make some drastic changes. It required me to implement the one word that I had tried to avoid up to that point concerning my physical health . . . sacrifice. The turning point for me came during a conversation with Sensei Pete, an Isshin Ryu instructor who changed my way of thinking. Sensei Pete kindly asked me, “[Desmond] who would win in a fight if your opponent is equal to you?” I paused at his line of questioning and began to analyze the question. While I was still trying to formulate a thought, Sensei Pete quickly replied, “The one who is in better conditioning.” That was just the motivation that I needed to go the extra mile. If I had learned nothing else about myself, up to this point, I knew I was not a quitter and not fond of losing. A simple question gave me the motivation that I needed to make the changes necessary to get in the best physical shape possible. My mantra during this time was from Bruce Lee: “You must have complete determination. The worst opponent you can come across is one whose aim has become an obsession.” Sensei Pete didn’t realize, but he awoke in me a sleeping giant. My aim and obsession went from not just moving up the ranks, it turned into a fierce desire and determination to operate in excellence at all levels. I worked tirelessly, practicing forms,

defense steps, and functional training. The obsession to be my best pushed me to not only practice Tang Soo Do but also perform basic training in Isshin Ryu and Jiu-Jitsu with various instructors. While people were ending their days earlier, I would be up early in the morning and late at night completing workouts. I even would use breaks at work to practice katas. The result of the hard work, dedication, and sacrifice resulted in my losing 40 pounds and continuing to advance in martial arts. Through this process I learned my second lesson, without sacrifice, hard work, and dedication no goal is achieve. Although the process didn’t feel good at the time, it worked for my good. A scripture in Psalms says, “It was good for me that I’ve been afflicted, that I might learn your statutes.” Sacrifice and temporary pain worked for my benefit in the end. A black belt represents hard work, dedication, pain, and determination.

Another important lesson within the black belt journey was that with every new level, there comes a level of humility and separation that is necessary. Humility is the art of posturing of lowering yourself in relation to others and having a clear perspective and respect for one’s place in context. On my journey to obtaining my black belt, I was privileged to meet a variety of individuals. Two people in particular that stood out to me were Ed Whittset and William Blake. Both of these men are respected black belts, known throughout the Greater Washington, D.C., martial arts community. Although it would be easy for both of these men to allow their ego and persona to drive them, instead both Ed and William master and demonstrate the art form of humility. I watched Ed on several occasions remain humble during classes with Sensei Pete. I can recall a time as a blue belt and in class formation. Quickly, I noticed that Ed was a part of the class that day and out of respect for his rank, I asked Ed to take my spot in line. Much to my surprise, Ed said, “I am a white belt [today] and will stay in the back.” I was puzzled by the statement and could tell by Sensei Pete’s facial expression that he was equally shocked. It was in that moment I realized that although Ed was a seasoned black belt, he was demonstrating that

there is always a sense of renewing, purpose and learning in martial arts. It takes humility to not become satisfied at your current level and realize that even when you become a teacher, even as a black belt, that you are still always a student. Ed and I were both able to learn from each other, as I later learned that he was beginning to explore a new art form. As I used the lesson of humility, I would soon become aware how much I was about to eat more humble pie.

By this time in my martial arts journey, the group at Lake Arbor Eagle Claw Karate had become a family to me. I had grown and developed not only as a martial artist but further as a man with this group. However, due to rising conflicts and temperaments, I had to pull on the lessons learned of humility and understand that sometimes you have to hone the gift of goodbye. Saying goodbye and separating from the things that are familiar are never easy. Leaving Eagle Claw was the hardest decision I had to make to further my growth as a martial artist. Although the journey was difficult and painful, even if I didn't want to admit the emotional anguish at the time, I knew it was necessary. It was during was during the transition period and making the tough choice to move on that I met someone who would take me to the next level. Master William Blake introduced me to Master Grissom. After spending some time observing Master Grissom and his program, I was convinced that he could take me to the next level. I must admit that things between Master Grissom and me started off a little rocky. Generally, pride, egos, and self-centered thinking can lead us to places of missing divine and purposeful connections. However, I am grateful that I was able to pull on the gift of humility and a fiery passion to become better in martial arts to put those feelings aside. Once I laid aside my pre-conceived notions, I was able to fully enjoy and engage in Master Grissom's curriculum. It was during this time that I realized that Master Grissom's program possessed what I was missing—a full curriculum. Although

I lost the friendship and family that I gained at Eagle Claw, I realized that I gained more by stepping out and joining Master Grissom. What I couldn't see at the time was that the familiar was becoming the greatest threat to my future potential. Separation is not necessarily isolation from others, but it is a willingness to be called out and set apart for something greater than you—a higher purpose. This is a clear representation of a black belt. It is someone who accepts the call of being humbled, knowing that they often have to leave the familiarity and comfort of one level to move to the next.

The new territory resulted in my joining the distance learning program under Master Grissom via Lion's Den. Thankfully, the distance learning experience has made me work harder in martial arts. I have to motivate myself to attend seminars, enter local tournaments, and travel to different schools. Phil Bradley of the Arizona Wing Chun Association said, "The idea that a martial art can't be learned properly through a distance learning program has been repeatedly debunked, yet for whatever reason, many still hold to it." Distance learning is by far not the easiest way to learn; however, it has worked successfully for me. I am a self-starter and have used the personal motivation to take me to the next level. A black belt requires discipline and personal motivation so that you do not let mediocrity sink it. My journey throughout the entire martial arts experience has given me the tools to harness this power.

My personal journey within martial arts is a testament that the journey and lessons presented during the path are far more important than reaching the destination. Obtaining my black belt is not just a symbol of elevation in martial arts but also a badge of how I have honed the skills needed to operate as a man of purpose and inspire others to do the same. I know that obtaining my black belt is simply the beginning, and I look forward to the new memories and lessons I will learn in this next chapter. *TKD*



GM Seong Ji: TKD is Education



Grandmaster Seong Ji, owner of Major Tae Kwon Do in Lilburn, Georgia, humbly says that the keys to success are respect and perseverance. At age 51, he has come to understand that by giving respect to all—regardless of a student’s age—and instructor not only teaches respect but also heightens the students’ enjoyment of Tae Kwon Do as well. When Ji’s students enjoy Tae Kwon Do, they have the opportunity to gain the wonderful benefits characteristic of the discipline.

Born in 1964 in Ansong City, South Korea, young Ji began his studies in Tae Kwon Do in elementary school. By the time he was twelve, he had earned his black belt. This accomplishment gave him incredible personal strength and self-confidence. To Seong Ji, earning a black belt gave him a way to handle the difficult tests of life, be they mental, physical, or emotional. It was the self-respect that Ji gained as a black belt that he considers to be the key to his success.

Attending Kyung Hee University, the world’s first university to offer a bachelor’s program in Tae Kwon Do Education, solidified his future as a Tae Kwon Do professional.

Ji was in the inaugural class of the university located near Seoul, South Korea. By 1990, Ji had earned his B.S. in Tae Kwon Do Education and opened his first school. A series of fortuitous events led him to the United States, where he was submersed in a different culture, a different language, and a different landscape. After teaching in the Midwest for almost three years under the guidance of Grandmaster Woo Jin Jung, Ji moved to Georgia to start a new chapter in his life.

When the doors of Major Tae Kwon Do opened in 1996 in Lilburn, he was the only instructor with three students. The number of students did not faze him as he knew he had the privilege of holding what he considered to be the most rewarding responsibility: influencing and inspiring the students within and outside the framework of Tae Kwon Do. As a humble man, Grandmaster Ji’s greatest pride comes from each student enjoying his classes. Even now, over twenty years later from the start of his Tae Kwon Do journey in the U.S., Grandmaster Ji still considers himself to be a student; every day his students teach him how to be a better teacher, he says.

Grandmaster Ji tells his newest students, “When you plant apple seeds, you wait three years to get an apple.” One of the greatest challenges he faces is when students want to quit if they have difficulty or struggle within the discipline. Grandmaster Ji hopes to teach his students and their parents that if a student has a setback, such as having a difficult time with a technique, that is when they most need encouragement and support from their family and peers. He teaches the importance of helping bear each other’s burdens and struggles in order to provide confidence and inspiration. “You need to believe in their abilities and encourage them to persevere,” says Ji. If the





student leaves Tae Kwon Do during a difficult time, a cycle of self-doubt is learned rather than a cycle of determination, self-respect, hard work, and success. Due to Grandmaster Ji's belief that training includes character development, students of all ages can be confident and successful. Such inspiration applies to people of all ages and backgrounds, all with varying degrees of skill.

These are but some of the reasons why Grandmaster Ji believes that Tae Kwon Do is education. People develop their character through training with each other, and they learn to use what they have in positive ways. An important lesson Grandmaster Ji teaches his students is that a black belt is a white belt who

never gave up. As the owner and chief instructor at Major Tae Kwon Do, he believes teaching has provided an avenue for him to inspire and influence the people in his own community. Grandmaster Ji also draws strength from his loving family. College sweethearts, Eun and Ji married in 1991 and started a family. Eun, his wife of 25 years, raised their three sons, all of whom earned their 3rd dan. Dabin enters medical school this fall, Robin is a senior at the University of Georgia, and Harbin begins high school in August. As Major Tae Kwon Do continues growing and expanding, Grandmaster Ji credits his success to not only his wonderfully dedicated staff but also the continued friendships and relationships he has formed with his students and their family members.



Peace Maker at The Heavenly Lake

Chon Ji is located in the volcanic crater by Baekdu Mountain, the highest mountain in all of Korea. Visiting Chon Ji represents peace and unity for all, especially in light of the current division of North and South Korea. For the first time in history, thanks to a visionary group of Masters and their students, the North Korean Demonstration Team participated in the Goodwill Tour in 2007 here in the United States. The North Korean Demo Team visited California, Iowa, Kentucky, and Georgia.

Ji, one of the most important sites to visit for anyone who trains Tae Kwon Do. Each invited host reflected upon the full significance of setting foot on the mountains of Chon Ji—where their integrity, perseverance, and trust in all that Tae Kwon Do offers had brought them to stand there that day in 2011. The Masters wore their doboks to further signify the ways in which Tae Kwon Do can unite us all, as long as we choose to open our minds.



As one of the hosts, Grandmaster Ji was later invited to visit Chon

GM Ji acted as a peace maker with other US TKD martial artists at the 2007 Goodwill Tour in Atlanta, GA

GOODWILL TOUR 2007
N. KOREA NAT'L. TAEKWONDO DEMONSTRATION TEAM

N.Korea **U.S.A.**

FIRST TIME NORTH KOREAN NATIONAL ANTHEM IN U.S.A.

OCT. 5-17, 2007
LOS ANGELES, CA
SAN FRANCISCO, CA
CEDAR RAPIDS, IA
EDOUVILLE, KY
SEASIDE, GA

PRESIDENT WOJUN JUNG
TKD TIMES

February 2008
THE FIRST TIME THE US NATIONAL ANTHEM WAS PLAYED IN NORTH KOREA.

THE NEW YORK PHILHARMONIC PERFORMS FOR THE FIRST TIME EVER IN NORTH KOREA.



Embracing Opportunities: Sara Schuler & Isaac Mazur

When Isaac started taking lessons at Major Tae kwon Do with Master Seong Ji in 2008, I would have never thought that he would earn a third Dan, that I would earn a second Dan, that we would compete in Tae Kwon Do tournaments in different states, that we would join demonstration teams, that I would travel to South Korea for three weeks for a coaches training course at Kyung Hee University (Master Seong Ji's alma mater), that Isaac and I would both learn to speak some Korean, that we would both learn a tremendous respect for the South Korean culture, people, history, as well as make lifelong friends.

I can remember, as a parent, sitting and watching Isaac take lessons from Master Seong Ji and wondering to myself whether I could do Tae Kwon Do, and one day I asked Master Ji if I could take lessons as well. Master Ji happily said yes and was very excited for me to begin. Three years later, I was testing for my first Dan black belt alongside some of my soon to become best friends that I met while training at Major tae Kwon Do. The hardest part, just like anything in life, was getting started.

After taking my son, Isaac, to various tournaments and watching him compete, before I knew it I was competing in tournaments with Isaac as well. Master Ji explained to me that one of the ways to learn and grow in Tae Kwon Do training was to compete in tournaments, so that we can see for ourselves in what areas we are strong and in what areas we need greater focus. Just like Master Ji has explained over the years, Isaac and I left tournaments knowing so much more about where we are in our training process.

Tae Kwon Do is fascinating for a number of reasons, one of which is that the more you learn, the more you realize how much you really don't know and need to work on to improve.

In the demonstration teams that my son and I have joined, we have learned how to put on amazing demonstration shows with routines that showcase everyone's individual talents. Master Ji even took one of our demonstration teams all the way to an ATU National Taekwondo Championship in 2012, and we took third place in the demonstration competition. Master Ji has given his students the opportunity to have many great memories by encouraging his students to focus, concentrate, work hard, respect each other, and have dedication and respect for Tae Kwon Do. Recently, Master Ji asked me, along with three other ladies, to attend a coaches training program in South Korea. There, I learned a great deal more about Tae Kwon Do, acquired a deep respect for the culture and people of South Korea, and learned way more about the rich history of this great South Korean sport and lifestyle.

Master Ji has truly given so much of himself to his students, as well as provided life changing opportunities that

we otherwise would never have had. I have met lifelong friends throughout my journey at Major Tae Kwon Do, and I plan to continue my training with my son as we look forward to earning our third and fourth Dan black belts. It has been an honor and a pleasure to train with Master Ji, and I am forever grateful to him for opening our eyes to a whole different world, and for sharing his vast knowledge of Tae Kwon Do with us and with his other students.



Motivated to Instruct

Master Erica Dodd

If I had to describe my younger self, I was a child who was active and athletic who knew internally what I wanted but, unfortunately, lacked confidence and a strong voice. When I was eight years old, I was being bullied by this young boy at a daycare that I attended. Therefore, my father removed me from that daycare, and the search began for a new facility. One day my mother and I decided to check out this daycare called Kids R Kids. As we were finishing the tour, the employee turned around and said, "Oh, I forgot to tell y'all, but once a week, a local Tae Kwon Do studio called Major Taekwondo sends an instructor here to teach classes." After I heard that statement, I immediately made my choice. I decided from that moment this was the way that I was going to become stronger.

That decision is the best and smartest decision that I have ever made. The reason why is because I received a lot more than what I initially desired. Through training at Major Taekwondo, I learned more than just self-defense and character skills, but I received a family and a second home. Whenever I think of Major Tae Kwon Do, I do not merely think of it as a facility where Tae Kwon Do is being taught, but as my safe haven.

In addition to gaining a new family and home, I was also later on blessed with a life mentor and

Instructor Silviu Dragu

My journey with Major Tae Kwon Do is quite unique. When I was a child, I had always dreamed of becoming a martial artist, but because my family just immigrated to the United States from communist Romania, we had little to no money. By the time I was 13, I would walk a little over a mile to the local Publix Supermarket doing errands for my mother. I would stop by Major Tae Kwon Do and watch some of the classes from outside. After a couple of months I realized I had friends from school that attended Major Tae Kwon Do, so I would stop by when they were attending classes. After a little bit, Grandmaster Ji approached me and suggested I train in TKD. I told him I was sorry but I could not afford the

second father, Grandmaster Ji. Grandmaster Ji has provided me with a tremendous amount of opportunities and advice. At the age of 17, he gave me my first and current job as an instructor. When I was 20, he provided me with the opportunity to train with the Taekwondowon Demonstration Team for a week in South Korea, and last year, he pushed me once again to participate in an amazing coach training session at Kyunghee University. Even now, he is writing a special letter for me to send for a graduate program in South Korea.

The special thing about Grandmaster Ji is that he is a man who truly cares. He will take the time to understand you as a person and will never give up on you as a student. His motto is that anyone can do Tae Kwon Do, and he truly lives out that belief. Through the teachings of Grandmaster Ji, I learned how to have my own voice and confidently walk my way through life. As I reflect on my life, I can earnestly say that Grandmaster Ji has given me one of the greatest gifts, which is Major Taekwondo. And this gift is something that I will always cherish.



tuition.

Between five brothers

and one sister, my father was in school and working, there would be no way I would be able to pay. Grandmaster Ji understood where I was coming from and quickly came up with a solution. He said "I need some help with cleaning the studio and a couple of other things around the studio. If you help me clean up, you can train here."! I quickly took that opportunity and began my training immediately. At that point in my life I didn't realize that Grandmaster Ji had

taking me under his wing. As the years passed, Grandmaster Ji would continuously guide me not just in Tae Kwon Do but in life! Because of Grandmaster Ji, I continued studying Tae Kwon Do. He hired me as an instructor throughout high school so I could pay for my day-to-day activities. I went to college on a Major Tae Kwon Do fund, joined the military for ten years under Grandmaster Ji's guidance, left the military a little over a year ago, and now I am a full-time instructor at the Major Tae Kwon Do Academy.

There are many people that will influence one's life. But never in my life have I come across someone who has influenced me in so many positive ways like Grandmaster Ji! I am lucky to have someone like him in my life, and I truly feel blessed! I don't just see Grandmaster Ji as an instructor but rather a mentor, father figure, and best friend! Thank you, Grandmaster Ji, for what you do and everything you have done!

The Everts: Tae Kwon Do with a heart

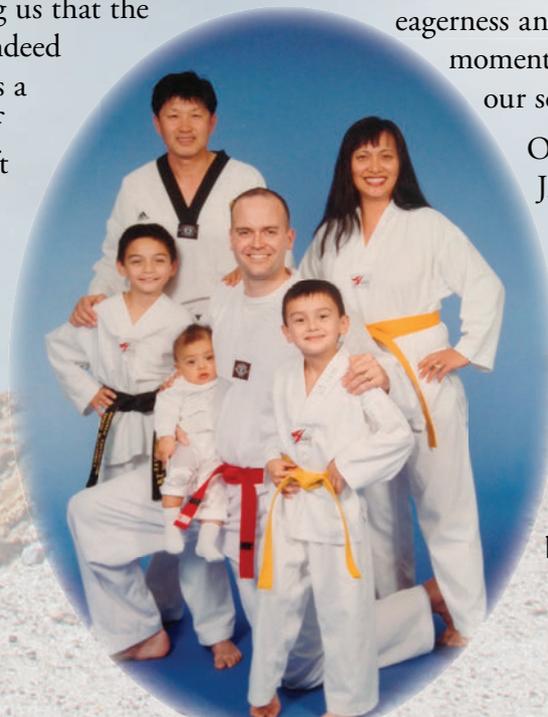
We are deeply thankful to be a part of the Major Tae Kwon Do family, a family with a big heart! It has been a rich and nurturing place for us to learn discipline, both of the body and mind, and what it means to live in a community. Individually and as a family, we have blossomed into maturity and strength, and so caring for others and making a difference in their lives has become a way of life. At Major Tae Kwon Do, we have had many opportunities to hone our techniques, experienced what can be accomplished when you work hard, and apply the principles that we've learned into our day-to-day lives. One of the things that we value is the way we always start the class, by reciting the tenets of Tae Kwon Do: obedience to parents, courtesy, self-control, certain victory, the training of the body and mind. To us, these Tenets are life signs that keep reminding us that the essence of Tae Kwon Do is indeed a heart that shares and makes a positive impact in the lives of others. What a wonderful gift it is to be in a place where you are constantly reminded of goodness, respect, and kindness. Through the leadership of our caring and supportive Grandmaster Ji, we are trained well in life. He truly created a haven for his students to do their best and be their best!

What sets him apart are his integrity, kindness, and genuine heart towards his students.

In 2009, I started an outreach project for our family to reach out and help school age children from poor families overseas by giving them backpacks and school supplies. And along with the school supplies, we were able to share too what we have been taught at Major Tae Kwon Do. Through basic demonstrations and teaching basic techniques, we taught and shared the "heart of our school." It was such a joy for us to hear the children's laughter and witness their smiles and enthusiasm in learning Tae Kwon Do as they (for the first time!) kicked and punched the bags that we brought with us. While we taught them a few punching and kicking techniques, we also talked to them about "life techniques," which they listened to with eagerness and acceptance. It was a proud moment for us, that we represented our school, even in a small way.

Our beloved Grandmaster Ji and Major Tae Kwon Do indeed gave us a gift to treasure and a bright legacy to live out. And so, we, the Everts, continue to practice the art of kicking and punching with a heart, and with all our heart!

"Love has no other message but its own." -Mother Teresa



A Family Who Trains Together Stays Together: the Ruffins

As a family who trains and works together at Major Tae Kwon Do, we very much value all that Grandmaster Ji teaches students about mutual respect, cooperation, discipline, integrity, and perseverance. I needed a supportive environment for my daughter Ava, only 7 years old at the time, so that she could gain self-confidence because she was being bullied at school. Ava really enjoyed

classes, and before I knew it, I signed up to finish my own martial arts journey begun over ten years before when my son Orion and I attended another school in a different county. Orion, age 15, played on an elite soccer team, but during summer break, he wanted me to sign him up for a summer program at Major Tae Kwon Do. At summer's end, I told Orion that it'd be difficult for me to balance both his soccer and Tae Kwon Do as a single mom on a teacher's salary, but it was his choice to do both or one. Orion chose Tae Kwon Do, and was happy to learn Grandmaster Ji's curriculum as a white belt, even though he'd been ready to test for black belt at the other school.

Now we consistently enjoy quality family time. Before, it always seemed as if the majority of our conversations occurred on our way to and from school or to and from Orion's soccer games. We help each other with Tae Kwon Do techniques

since we're learning the same thing. Plus, we also discuss the many ways in which Tae Kwon Do history and philosophy help us work through life's many challenges each day. As 2nd and 3rd degree black belts committed to training our bodies and minds, it's immensely satisfying doing forms as a family. Orion's doing well in college, Ava's finishing middle school soon, and they

both make great choices in terms of their integrity, mutual respect, and compassion for others.

It is because of Grandmaster Ji's excellent example of how Tae Kwon Do develops our character that I am honored to work as program director for the past five years as my family continues training together. Orion also assists with after school, camps, and Tae Kwon Do instruction, and Ava wants to do the same. It's always easy

for me to tell people interested in joining Major Tae Kwon Do the countless benefits of training, especially in terms of all the good it does for the entire family and our community. Major Tae Kwon Do participates in community service projects, along with other events to provide any number of opportunities in our students and families and our community to take what we learn during class and apply it for the greater good.



The Golden Dragon's Tale

Over a decade and a half ago, Grandmaster Ji was approached by three gentlemen who were in their fifties, or their Golden Years. Thanks to their dedication and Grandmaster Ji's encouragement throughout the years, they recently earned their 5th Dan. They are called the Golden Dragons, and they offer other students their wisdom, their enthusiasm, and their willingness to defy the odds in terms of their ages with their ongoing training. The Golden Dragons of Major Tae Kwon Do include Master Rick Watts, Master

Maurice (Mo) Sonnenfeldt, and Master Paul Tucker.

The Golden Dragons have all visited the Kukkiwon. They have been on Demo teams (including competing in Korea), help with training, judge belt testing, assist at competitions, and still

actively train. The Golden Dragons successfully perform techniques such as flying side kicks, triple front kicks, and other challenging skills right alongside students who are much younger. The Golden Dragons demonstrate their full appreciation and respect for Grandmaster Ji who they affirm is a great judge of character which helps his students, regardless of age, to be flexible in their thinking, to live up to challenges, and thus go farther than they expect. Each attests to the fact that Grandmaster Ji encourages and respects all of his students, and works hard to teach the entire curriculum with an open mind.

Master Rick Watts

I received the gift of Tae Kwon Do as a Christmas present from my wife and daughter. I went three days a week, and needless to say,

the workouts and skill building sessions proved sweaty and tiring at first. However, I gathered the encouragement from Grandmaster Ji, and powered through three more months of training. Triumphant still, I lost 20 pounds, got my endurance up, and moved up a belt level within the first four months of Tae Kwon Do. After that I was hooked. That was over fifteen years ago. I got into the history and philosophy of Tae Kwon Do, and have been able to visit the Kukkiwon and their museum. I enjoy traditional forms and helping other to do them properly. Now at age sixty nine and half, and as a fifth Dan, I still enjoy training with and encouraging other adults by telling and showing them that they aren't too old to enjoy the benefits of Tae Kwon Do. I have gained many new friends, have learned so much, and have no intention of quitting anytime soon.

Master Maurice (Mo) Sonnenfeldt

One of my best friends since high school, now a former FBI agent, told me that the best way to learn Tae Kwon Do was from a Korean Master. I walked into Major Tae Kwon Do one day to inquire about classes, only to see Grandmaster Ji cleaning the school. When I asked if he accepted students my age, Grandmaster Ji set up his school video for me to watch. Much to my delight, I saw Rick Watts and Paul Tucker, both who were my age. I enrolled, and thanks to training, I also gave up my smoking habit. Therefore, I managed to enjoy training even more, became motivated to try anything the other students did during class, and there have been several times that people have been surprised about my true age. Tae Kwon Do has allowed me to remain in excellent shape, travel the world even more than I expected—I went to Hanmadang in South Korea in 2004 and competed, then I was even honored as the eldest competitor present in the Korean press—and be able to continue remaining an active member of the community. I especially enjoy helping others with traditional forms, coaching them through techniques, and whenever all three Golden Dragons are around, everyone's in for a wonderful time. We love training, we fully respect Grandmaster Ji, and



it's an amazing experience to be able to work together as we enjoy what we do, come what may.

Master Paul Tucker

I wasn't intending to train Tae Kwon Do, but I am glad that I did. My daughter Mary Ann enrolled at Major Tae Kwon Do first, and I enjoyed watching her train and test for each belt. When I offered her advice one day on some techniques, Mary Ann asked me why I didn't take classes myself. I wasn't sure that I could, given my age. However, Grandmaster Ji gladly accepted me as his student. Before long, I surprised myself. This was due to Grandmaster Ji's knack of seeing past whatever a student believes he or she is capable of achieving, and then motivating the student to exceed expectations. I haven't been comfortable with public speaking, making speeches, or really being social. However, I soon found that these were expectations of being an older student, and before I knew it, I was called upon to judge

at belt testing, make speeches, compete on Major Tae Kwon Do's Demonstration Team, and eventually trained long and hard enough to earn my 5th

Dan. One of the most important traits of Grandmaster Ji is his ability to adjust his teaching style to accommodate the ages of his students. Some instructors aren't able to do that well, and try to teach adults the same way they teach kids, then everyone is frustrated with the results. I am thankful for my Major Tae Kwon Do training experience, and for being accepted by the other Golden Dragons. I have learned so much, and look forward to learning more in the years to come.



Accepting the Challenge – The Sawyer Family

Our youngest family member was the first to join Major TKD. At ten, Aaron was having trouble focusing in school, and a teacher suggested we look into Tae Kwon Do. Once I heard Grandmaster Ji instructing the children's class in the tenets of Tae Kwon Do, I knew we had made a good choice. Within just a few weeks we could see a difference in Aaron's behavior, so we were sold on the program.

I watched his classes and paid attention to the forms and kicks so I could help him at home. I toyed with the idea of joining myself, but with my 60th birthday approaching, I wasn't sure it was a good idea. Then my 15-year-old came to watch one of Aaron's belt tests with me and was intrigued. Grandmaster Ji offered a six-week trial, so Miriam and I challenged each other to train. Neither one of us was sure the other would last the summer.

One year, three tournaments, and several belt tests later, it's hard to remember when Major Tae Kwon Do was not part of our lives. I have enormous respect for Grandmaster Ji. Somehow he manages to give personal, particular

attention to each student, acknowledging achievements but always challenging us to strive for more. He has brought together an excellent staff, and I'm pleased to see my children looking up to them as role models.

I love training alongside my kids, even if I never manage to kick quite as high as they do. I believe that Major Tae Kwon Do has helped us develop flexibility and balance, not just physically but mentally as well. With this sport, there is always something new to learn, some personal challenge to master. I am happy that we have Major Tae Kwon Do and Grandmaster Ji to guide us on that journey.

Frank Sawyer, The Sawyer Family



The Knights Way

Playing It Smart the First Time Around

By Master Guy Edward Larke

Greetings from Seongnam, South Korea.

One of the more effective ways to find a good instructor, if you have the time and the avails, to a translator is to contact an association or federation for the art you are interested in. In many cases they can arrange a teacher and/or school for you to train at. In my experience, a referral from the head office results in better treatment, a better “fit,” and, in some cases, a break-in price. If you want to be included in competitions, seminars and the like, it’s better to make yourself known. Remember your “name cards”! If you go about this method, have a martial arts resume prepared. It’s not necessary, but it makes you look serious and a cut above the average visitor.

Following is a list of a variety of groups—some large, some not so large—that you might want to check out. It is far from exhaustive, but it is a very good place to start.

- Hanminjok Hapkido
hmjhapkido.or.kr/html/english.php
- World Tang Soo Do General Federation
www.moodukwonkorea.org/
- International Teuk Gong Moo Sool Federation
www.tgms.or.kr
- Gongkwon Yu Sool
www.gongkwon.com/eng/
- Bon Kuk Kum
www.bonkukkum.com/

- Kuk Kung
kungdo.sports.or.kr/gungdo/index.jsp
- Korea Kumdo
www.kumdo.org
- Korea Karate-do
www.karatedo.or.kr
- Korea Hapkido
www.khf.or.kr/main/?load_popup=1
- World Combative Martial Arts Federation
www.facebook.com/siljeonmoodo
- Korea Haidong Gumdo
eng.hdgd.org/
- Korean Ssireum
ssireum.sports.or.kr/english/
- Korea Judo
judo.sports.or.kr/
- Korean Taekgyeon Association
m.cafe.daum.net/taekgyeonclud?nil=cafes

“Showing enthusiasm is the best approach. Call or e-mail and set up a time for visit with the instructor. Ask the instructor if you can watch a class and then discuss questions you might have. Once you are comfortable, join the class to learn and enjoy all the benefits martial arts has to offer.”

*- Chief Master Scott Seo -
Hanminjok Hapkido
Association, Seoul*

So until next time, be happy, be healthy, and train like there’s no tomorrow!

Master Guy Edward Larke has spent most of his life devoted to all aspects of the martial arts. He has spent the last 13 years working, studying, and writing in South Korea. He is the founder of Kisa-Do Muye (The Knight’s Way Martial Arts) and Marketing.



Choi Kwang Do: How to Master 80% of the Hand Techniques with Four Body Movements!

By Master Dale Miller 5th dan in Choi Kwang Do

Basic Choi Kwang Do Blocks

There is elegance and simplicity in all of the Choi Kwang Do hand techniques that makes them incredibly simple to learn and master. When designing Choi Kwang Do, Grandmaster Choi wanted to create techniques that were powerful, efficient and easy to learn. He based techniques on sequential motion, a step-by-step chain of movements, starting at the feet and working its way through the entire body, ending with the arm, each step multiplying the effect and power of the movement. What makes it even simpler is the fact that all of the hand techniques are delivered from the same stance, the Choi Kwang Do dynamic front stance.

If we break the Choi Kwang Do hand techniques into four groups—rear hand punches, front hand punches, strikes and block—there is a specific sequence of movements performed that is common throughout about 80 to 90 percent of the techniques for each of these groups. How you move your legs, hip and thigh, and twist your torso remains exactly the same throughout each group. The final part of the technique—which decides which punch, block or strike you are using—only takes up around ten to twenty percent of the entire movement pattern.

This 80% or so of each sequential movement of the technique you perform is also responsible for delivering around 80% of the power you can generate in your hand techniques.

With the blocks, the 80% or so of the initial technique creates distance for you, gives you more time to react and narrows your profile, giving less of a target and limiting the chances of a blow's doing damage before the blocking arm even comes into effect.

Let us examine the techniques to see just what I mean:

There are three basic blocks in Choi Kwang Do which are taught at white belt level: the outward block, the inward block and the low block. It is worth noting that Choi Kwang Do blocks use different parts of the arm to impact and deflect an impending attack than traditional TKD blocks do. This arose from GM Choi's experience as a Chief Instructor in the Korean army. The soldiers would train in full gear, including heavy military boots. While blocking against boots, there was a greater increase in soldiers breaking their arms or injuring their elbows. When designing Choi Kwang Do, GM Choi found that there were two main causes for the injuries. First, the soldiers were putting all of the power of the blow onto the single bone in the arm, the ulna. Also, the position of the arm when blocking could result in the radius and ulna bone crossing in the forearm, increasing the effect of the load on the arm and elbow. The result was a higher risk of breaking the bones or injuring the elbow or both. With this in mind, all Choi Kwang Do blocks utilise the radius and ulna bones when blocking, either by lining up the back of the fist and back of the forearm to take the impact or the palm and inside of the forearm, depending on the block.

When blocking in Choi Kwang Do, we push up a little onto the ball of the front foot, shift our weight back onto the rear leg, turning in slightly, creating distance from the attack, giving us more time to react and narrowing our profile, giving the opponent fewer options to hit. From there both of the shoulders shrug up, with the rear arm staying up to guard, and then finally the front arm is used to block.



b1



b2



b3

b1: Right front stance

b2: Push up on ball of the front foot, shifting the bodyweight onto the rear

leg creating distance from the attack and giving more time to react.

b3: Shrug both shoulders up



b4a



b4b



b5a



b5b



b6

b4a: Keeping a 90 degree angle in the elbow, with wrist slightly higher than the elbow, roll the shoulder up and rotate the blocking arm outward until it makes contact with the attack.

b4b: Keeping a 90 degree angle in the elbow rotate the shoulder and bring the arm out at a 45 degree angle from the body making contact with the attack

b5a: Follow the technique through to deflect the attack

b5b: Follow the technique through to deflect the attack

b6: Recover back to stance

For a video demonstration of the blocks go to: <https://youtu.be/iQi6NuHEFfQ>

The Choi Kwang Do Strikes

With the three strikes in Choi Kwang Do, the basic movement pattern is again the same. We turn in slightly, bringing the front striking arm down towards the rear elbow. From there we push off of the back leg and twist the torso quickly, whipping the bent striking arm up towards the target. Finally, the arm extends, making contact with the weapon—which is either the side of the fist, back of the fist or the knife hand—before following through to maximise power and returning to the guard position.

For a video demonstration of the Choi Kwang Do strikes go to: <https://youtu.be/DZg3zgIaKp0>

Choi Kwang Do Punches

Choi Kwang Do punches were created after GM Choi found research on how Russian boxers developed incredible punching power. What he found was that the arm extension was only responsible for a small percentage of the power delivered. The majority of the power comes from the legs pushing off, hip and thigh twisting in and the torso rotating quickly. At the same time, the body weight starts off slightly more on the rear leg than the front leg and is shifted dynamically forward to the front leg during the technique, which puts the entire body mass behind the punch, significantly increasing the

force of the impact. Finally, the arm does not stop on contact, nor is it pulled back as can be the case in traditional arts, especially during semi-contact sparring. Instead, Choi Kwang Do practitioners are taught to follow through and drive the arm slightly further in towards the target to ensure that maximum power is delivered into the technique. These principles are utilised in punches both from the front and rear hands, although the biomechanics of delivering the punch are different for front and rear techniques.

Choi Kwang Do Rear Hand Techniques

If you take the rear hand techniques, again you see that there is a huge similarity in the movement sequence of the techniques, only changing when it comes to releasing the rear arm and performing the punch. The technique starts from the stance, body weight leaned back a little on the rear leg. From there we start by pushing off of the rear foot, driving it into the ground. Then the knee, thigh and hip drive forward. The hip starts to twist and rotate the torso, with the rear arm locked into place while the body creates a little plyometric stretch in the shoulder. This entire sequence of events is found to generate approximately 75.88% of the total power of the punch. From there we roll the shoulder and perform whatever rear hand technique we want to apply.



1. Left front stance.



2. Pushing off of the right leg, knee, thigh and hip driving forward.



3. Torso rotates quickly, leaving the right arm lag behind for a plyometric stretch of the shoulder muscle.



4a. Shoulder rolls and elbow comes in line with the shoulder, fist pointing forward.

4b. Shoulder rolls and arm stays bent with the fist pulled into the body, elbow rolling up.

5a. Punching arm starts to extend and makes contact with the target and then follows through until its almost 90% extended

5b. Elbow swings around, making contact and follows through the target until the elbow is past the target.

6. Collapse the punching arm back into the body into a rear guard position.



f1: Right front stance

f2: Pushing off of the rear foot bringing the rear hip and shoulder in line with the front hip and shoulder (counter rotation)

f3: Twisting the right hip and torso, opening up the chest

f4a: Roll the shoulder and bring elbow and wrist in line, make contact with the fist.

Dale Miller is a 5th dan master instructor of Choi Kwang Do

If you would like to learn more about Master Dale Miller or would like to contact him, you can through his website at www.CKDBristol.co.uk

If you are interested in learning Choi Kwang Do, please visit <http://choikwangdo.com/locations.html>, where you

f4b: Roll the shoulder, locking the elbow at 90 degrees and swing the elbow around, making contact with the fist.

f5a: Follow through with the punch

f5b: Follow through with the round punch

f6: Recover the punching arm to rear guard position.

can find the nearest location to you. Most of the classes offer some sort of free lessons, so please take a look.

And if you are already an instructor in another martial art and you this article has you interested in converting to Choi Kwang Do, please go to <http://choikwangdo.com/school-conversion.html> or contact Choi Kwang Do HQ by email at ckd@choikwangdo.com and let them know you found them through this article. TKD

Tae Kwon Do history

About three months before Gen. Choi Hong Hi passed away in 2002 he stated he wanted to be buried either in S. Korea or N. Korea. S. Korea did not accept because of WTF President Un Young Kim. That is why his body went to N. Korea. Gen. Choi through seminars, promoted Tae Kwon Do around the world. In his last days, he wore an oxygen tank during his seminars. Below are the letters translated to S. Korean Minister Government. There is a big misunderstanding that people think Gen. Choi was buried in N. Korea because he was communist. This was not true.

죽음을 앞둔 최홍희 총재님은 남이건 북이건 못치고 십다 부탁하여 아래와같이 남.북에 의뢰 하였는데 남에서 아래와 같이 문광부 장관이 김운용 총재와 의논하여 받을수 없다고하여 북에 못친다. 정치나 사상적 아님을 역사적으로 증언함.

Korea Cultural and Tourism center

1. We really appreciate your effort and dedication toward the spread of Taekwondo
2. We regret to inform you that the request that you have submitted to us about the Gen Hong Hi Choi can not be accepted with many difficulties on the subject and please be understandable.
3. However, please be advised that we are reviewing his dedication toward the county's independency to be considered and accepted as a significant contributor by our National Ministry of Patriots and Veterans Affairs.

So this organization is asking a serious and sincere consideration of the status of the chief of ITF Gen. Hong hi Choi who is longing the home country in respect of him to deliver his intention and the all righteous martial arts personals desire by May 30, 2002.

Also we would like to inform you that this document will be sent to the both departments in South Korea and North Korea to make the final decision with international opinion about Gen. Choi's status as below.

1. National recognition as the "Taekowndo Creator".
2. National level of medal endowment with reinstate of General status
3. Proper restoration of Pyung-Yang "Huyk Byung" incident and acknowledgement of Gen. Hong Hi Choi as Korea's Independence Contributor.
4. In case of the Chief Hong Hi Choi's passing, a national funeral will be declared

Attached:

1. One copy of the declaration of the American Taekwondo martial artist to innovate Taekwondo.
2. Pictures of Chief Gen Photo

Authored by:

The Grand Master Honor Society
World Black Belt Association
Tae Kwon Do Times
GM President Woojin Jung

Cedar Rapids, Iowa 52404-6337 U.S.A. Tel. 319-396-1980 / Fax. 319-396-1517

4. 이에 본 단체는 조국을 그리워하는 최 총재의 뜻을 존중함과 의로운 무도인들의 뜻을 전하고자 국제태권도연맹(ITF) 최홍희 총재의 거취문제에 대한 시안을 아래와 같이 요구하오니 2002년 5월 30일까지 심사숙고 하셔서 구체적인 답변을 회신하여 주시기 바랍니다.

또한 본 문건은 대한민국(SOUTH KOREA)와 조선인민민주주의공화국(NORTH KOREA) 관련 부처에 동시에 발송되며 각 국의 회신 내용을 심의하여 최홍희 총재의 거취문제를 최종 결정코자 합니다.

- 이 려 -

1. "태권도 창시자"의 국가적 명사
2. 국가차원의 훈장수여 및 장군의 복권
3. 광양 학병사건의 올바른 역사관을 재확인하고 최홍희 총재의 독립유공자 인정
4. 만일 최홍희 총재 운영시 장례식을 국가차원의 태권도장으로 치루며 국립묘지에 안장

- 별 첨 : 1. 태권도 개혁을 위한 재미 무도인 성명서 1부.
2. 최홍희 총재 관련사진 8부

The Grand Master Honor Society
World Black Belt Association
Tae Kwon Do Times (Tri-Mount Publications, Inc.)

대표 정우진

5-10-02



문화관광부

(www.mct.go.kr)

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국제체육과 과장 김 호 동 사무관 권 혁 중 담당자 오 준 환(jh721@mct.go.kr)

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제 목 국제태권도연맹 최홍희 총재 관련 회신

1. 해외에서 우리나라의 태권도 보급 발전을 위하여 진력하고 있는 귀하에 감사함을 드립니다.
2. 귀하가 우리부에 제출한 국제태권도연맹 최홍희 총재 관련 사항에 대하여는 수용하는데 어려움이 있음을 알려드리오니 많은 이해 있으시기 바랍니다.
3. 다만, 독립유공자 인정여부에 대해서는 국가보훈처에서 심사중에 있음을 첩언하오니 참고하시기 바랍니다. 끝.

최홍희 회신

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 남쪽 문화부 장관께
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문화관광부장



· 문화한국 월드컵과 함께 ·

2015- Silk Road Tae Kwon Do Quest (Part III - Tashkent, Uzbekistan)

February 1, 2016

Uzbekistan's masters of Jhoon Rhee and WTF Taekwondo, and masters of Silk Road history, culture and archeology

Though my trip to Tashkent last summer was very nice, it was all too brief as I know there's a lot going on there in the world of Tae Kwon Do. So I continue my Silk Road tour where I left off early last August, in beautiful Tashkent, Uzbekistan.

Monday, February 1, 2016, Tashkent, Uzbekistan. This morning started early (specifically 6:00 am) at my \$15-a-night but none-the-less most excellent hostel here in Tashkent. I woke, fried a few eggs, warmed some nan (flat bread) and chowed it down with some Uzbek traditional cheese made from yogurt called Qurt in Uzbek and Kypt in Russian, as both languages are commonly used here. At seven Mirzahid Mirdjalalov, Vice President Jhoon Rhee Taekwondo of Uzbekistan, arrived at my hostel to take me to see and participate in one of his classes, which started at 8:00.

I was not surprised when we arrived at a large public school as many or most martial arts clubs in China and Central Asia are located in regular public schools. We wove our way to the martial arts room there and found about 15 elementary school students waiting. I'd brought my old Tae Kwon Do pants and belt earned in South Korea and was tying my belt when he surprised me by giving me a new uniform of his school, called "Club Lucky." I'm going to be wearing that a lot when I get back to Beijing. Nothing against the traditional white-with-black-trim uniform, but travel has its benefits and Jhoon Rhee Taekwondo (also sometimes called American Taekwondo) is respected worldwide due to the astonishing talent of its founder, the honorable Jhoon Rhee. It is known for the excellence of his students, the innovative training methods of his schools, and (now I might add to that) a rather stylish uniform given to me by my new best friend, Mirzahid!

I led the stretching warm-up and some basic kicks and punches then turned the class back



over to him while I trained with the kids as a regular student. It was great fun, losing myself in the basic techniques of TKD that are so essential at all levels. After nearly 90 minutes were up, a couple of his students did some forms demonstrations to classical music, and then Mirzahid did a demo of his extreme precision kicks. Wow! Jhoon Rhee TKD rocks!

After class we went to have brunch, and then he ever so kindly drove me to my next destination, the Academy of Art of Uzbekistan, International Caravanserai of Culture, sponsored by Ikuo Hirayana. I'd read on the Internet that it was the national Silk Road Research Center. At first I was a little disappointed, as the books in the library were all in Uzbek, Russian and other languages I didn't know, but a few minutes later I met the most gracious Farrukh Usmanov, Director of the Academy. I told him I was looking for old Silk Road maps. He kindly asked his assistants to find some in the books in the library. Before long they showed me a few, which I photographed. Then a couple of minutes later, he introduced me to Sheyko Konstantin. With the help of translations by Farrukh and Mirzahid, I found out Konstantin is the Chief Manager of the archeological sites in Uzbekistan. Before long he escorted us downstairs, where they had a small museum of artifacts gleaned from various sites organized by time periods. It is a breathtaking collection spanning nearly 3,000 years, almost



rivaling the National History Museum of Uzbekistan, which houses many artifacts found by Dr. Sheydo Konstantin's archeological teams. I enthusiastically photographed everything while he explained the histories as we moved from the rise and fall of one civilization after another in the small museum.

Next he escorted us into his office, where he showed Mirzahid and me photos of the various sites his teams were working on around Uzbekistan, and then, to my supreme delight, he copied a few files to my USB. To me, archeology is one of the most exciting endeavors in the world and his collection of photos—priceless!

I also found out that each of his teams only has about six archeologists and that they do about five or six expeditions a year. Termez (in the south of Uzbekistan near Afghanistan) is one of the most exciting and fruitful, also one of great significance to Buddhists and Muslims alike. It was, for example, a stopping point of the early Chinese Buddhist pilgrim Xuanzang, who made a 17-year overland journey to India and back in order to collect the Sutras of the Greater Vehicle (Buddhist holy books) for the Chinese emperor. Xuanzang is also the moral center of the classic Chinese literary work *Journey to the West*, a fantastic novel of martial arts, magic and adventure.

All too soon we had to leave. I can only hope some large well-funded university archeology professor reads this and can form a sister relationship with the most excellent teams of Dr. Sheydo Konstantin, as there is so much more work to be done here in Uzbekistan's treasure troves of history.

After this Mrizahid ever-so-kindly drove me back to my hostel. Then I called the Uzbekistan WTF headquarters, got a friend here at the hostel to call a taxi, and was off for another series of interviews.

Driving there, I quickly realized we were on the edge of town and the fantastically beautiful WTF headquarters are located in a quiet suburban area next to a large park.

Walking inside, I was greeted by WTF Global Membership Systems (GMS) Event Assistant, Sarvar Shamusarov. We went to his office, and he soon brought me up to speed in regards to WTF in Uzbekistan. I found out that there are at present approximately 15,000 WTF TKD students in Uzbekistan, divided into 14 regions. I found out that TKD is one of the priority sports in Uzbekistan, receiving both public and private funding. In 2011 the WTF appointed five regional centers: Azerbaijan, China, Iran, Uzbekistan and Russia. The Tashkent WTF training center is located a spacious three-hectare location. At present they have a hostel for National Team members. However, a much bigger hotel will open March 21st, 2016, a regional holiday called Navros (New Year's on the Persian calendar). They also are planning to sponsor various seminars and mini-competitions after the upcoming Olympics in October and November 2016. Curious about his background and excellent English, I found out that Sarvar Shamusarove graduated from King Saud University in Saudi Arabia and the Institute of Oriental Studies in Tashkent, specializing in International Economic Relations. Wow! Wish I had those on my resume!

Pretty soon after this I was invited to meet Dr. Abbas Latipov, Secretary General of the Uzbekistan WTF Association. A distinguished looking gentleman greeted me at the head of a beautiful conference table, and our interview was supported by two master translators.

Though I hate to "parade my ignorance" around in such an obvious way, I felt compelled to start the interview with what seemed to me to be the most obvious question: "Can you please

tell me what kinds of things the Secretary General of the Uzbekistan WTF does?”

With rapid-fire assistance of the translator, he answered: “First, I am responsible for finding sponsors to provide financial support our organization, which means from both government and private sources.” Judging by the beautiful forested grounds and new-looking beautiful buildings, he’s been doing a very good job at that. He soon filled in the blanks in regards to this: “We’re currently operating on a budget of around \$10 million; we have the largest number of employees compared to other sports federations in Uzbekistan.” He also expressed thanks to Uzbekistan WTF Association president Botir Parpiev, who has been serving in that role since 2003, also the year Dr. Abbas Latipov began serving as Secretary General.

I asked him what kind of sponsors he’d gotten, and he mentioned a few, including a few large Korean companies in Tashkent. In response to a question he told me that at present sponsorship is about 70% government and 30% private.

In response to another question he said that Iran was their chief competition in the region. When asked why, he said they received large public and government support. “For example,” he said, “they have two million Tae Kwon Do practitioners in Iran, with each paying \$5.00 annually for membership fee.” “Of course,” he added, “they have great athletes who are also very highly motivated to win. For example, winners are rewarded with big money, cars, flats and houses. Tae Kwon Do is highly regarded in Iran, and they have longstanding support. In comparison, broad support for Taekwondo has really only just started here in Uzbekistan. On the bright side, last year for the first time our National Team won a gold medal and two silvers at the World Taekwondo Championships in Chelyabinsk, Russia.”

I asked about how many international events their national team competed in every year, and he said about 13 – 14. I also found out that Judo was the second sport in Uzbekistan after Tae Kwon Do in regards to number of medals won in all international competitions.



Curious about his own background in martial arts, I found out that, like many of the masters in Central Asia, Dr. Abbas Latipov started with Karate, specifically Shotokan.

I mentioned that in China when one wants to cheer on one’s team in a sporting event fans yell “Jai-yo!” and in Korea they shout “Fighting.” I then asked him how Uzbek fans give support to their athletes and found out the expression is “Olgha,” which means “Go!”

Before long, Uzbekistan WTF Association Secretary General Dr. Abbas Latipov had to get back to work, and I remain very thankful to him for taking so much time to interview with me. He’s obviously done an incredible job, as their headquarters are extremely impressive.

Next I was invited to meet the head coach of the National Team and watch them training for their upcoming Tae Kwon Do and Para-Tae Kwon Do competition in Turkey. Escorted by team manager Ester Grigoryan (who also served as the lead translator), we walked over to the training gym. On the way I found out that they have about 18 athletes on the senior men’s team.

Upon entering the gym with closer to 30 or more athletes engaged in light sparring, we were soon greeted by Head Coach Kim Alexander. He explained it was their first day back in training after a short break. Soon after Coach Kim and Ms. Grigoryan pointed out some of their most promising competitors, including:



But before the taxi came, Ms. Grigoryan remembered that I had mentioned I was going to Samarkand and then Bukhara within the next day or two, and she very kindly got me the phone numbers of WTF contacts there. Wow! Fantastic organization and thoughtfulness. I like these people!

Shokin Dmitriy—Gold medal winner at the World TKD Championships

Rafalovich Nikita—Silver medal winner at the last World TKD Championships

Baykuziyev Jasur—Silver medal winner at the last World TKD Championships

Got to say there were many spectacular TKD fighters working out there with supremely high-level technique and enthusiasm.

After some photos of their training, Ms. Grigoryan and her co-translator/International Relations Specialist, Sabina Akramadjanova, accompanied by Uzbekistan TKD Referee Chairman Dmitriy Kim, escorted me around the campus, giving me a tour of the soon-to-open hotel for visitors, which was/is very elegant, spacious, modern, and inviting. I wanted to move right in.

As a teenager, I had kind of a nickname: “Dojo Bum,” as I drifted around between many martial arts schools. So martial arts schools always feel like home to me. This WTF headquarters would be a very nice home indeed! I’d gotten the phone number of the taxi driver that brought me there and soon was on my way home, with “home” being wherever I happen to sleep, even if they don’t have martial arts.

It was a long day but the kind of “living the dream” day people like me live for. Special thanks to my new brother Mirzahid for making me feel like one of the Jhoon Rhee Taekwondo family, driving me around and translating at the International Caravanserai of Culture; the gracious and ever-so-kind Farrukh Usmanov, Director of the Academy of Art of Uzbekistan, International Caravanserai of Culture of Ikuo Hirayama; and Sheyko Constantine, master archeologist of Silk Road sites in Uzbekistan for sharing hours of his time and photos with us; highly informative and helpful WTF GMS Event Assistant Sarvar Shamusarov; and certainly the financial genius behind the rapid rise of the WTF in Uzbekistan, Dr. Abbas Latipov, Secretary General of the Uzbekistan WTF Association; as well as the multi-talented Uzbekistan WTF National Team Head Coach Kim Alexander; Uzbekistan WTF Competition Team Manager and master translator Ester Grigoryan and her co-translator/International Relations Specialist Sabina Akramadjanova; and Uzbekistan TKD Referee Chairman Dmitriy Kim; and especially all the fighters there who dare to dream the great dream of being world champions in one of the world’s most popular and hotly contested sports: Tae Kwon Do! **TKD**

Gregory Brundage started TKD under 6th dan Mr. Lee at the YMCA in Milwaukee, in 1969. Since then he’s trained in Europe, South America, and several Asian nations, including South Korea for seven years. He also trains in several other martial arts. He is currently a high school teacher in Beijing, still practices TKD, and competes in triathlons.

WAY OF THE RAVEN BLADE COMBATIVES: GUARDIAN ONE

by Fernan Vargas

People around the world look to their Guardians for protection. In the same fashion, we look to the Guardian series for protection. I am a fan of concept-based training vs technique-based training. I feel that when a martial artist grasps a concept, they will be able to apply that concept to create an infinite amount of techniques. I never understood why other instructors would teach techniques by rote. I always felt that it was so limiting to the student. I remember in the past I would teach a concept, explain it as thoroughly as I could, and when it came time to apply it in training, the students would hesitate and freeze. They seemed to have no ability to implement what I had just taught them. In the past I used to become frustrated with students and with myself as an instructor. Finally, I realized that some students are unable initially to think in such an abstract manner. I began to revisit the idea of teaching techniques by rote, not to give them just those techniques but more so to give them examples of the concepts at play. It worked wonderfully. The students were able to finally connect the dots mentally. After they became proficient in the “by-the-numbers” technique, they were able to draw out the key concepts and apply them in a more conceptual manner, as I had hoped. Another benefit of set techniques that I discovered was that they were

an excellent way of giving students a snapshot of a particular martial culture and philosophy. From this discovery were born the Guardian Sets.

The martial artist will find in the Guardian series seven basic training sets to answer the most common angles of attack. Each Guardian stresses different fundamental and essential concepts. The Guardian series represents the crucial core defensive tactics that every student of the system should know for both their protection and their advancement in the system. While the series offers the martial artist reliable, functional answers to common problems, their true value lies in their ability to train several skills simultaneously. While practicing the Guardian Sets, the martial artist will be training important skills, such as target acquisition, correct posture, footwork, methods of attack and defense. The martial artist will also improve their sense of timing and distance. While these sets represent techniques, they should not be considered dogma. The Guardian Sets give the martial artist function combinations of movement from which the martial artist can—and, more importantly, should—extrapolate and create their own “techniques” that are unique to their reality, attributes and abilities. Presented here is the first of seven training sets from the Way of the Raven Blade Combatives System.

Guardian One Series

Angle One Defense

As the enemy attacks with a forehand downward diagonal cut, the martial artist will block with both their arm and their blade in reverse grip. The martial artist will then execute a draw



cut upwards on the enemy’s arm and then thrust downward into the side of the enemy’s neck.

Angle Two Defense

As the enemy attacks with a back hand downward diagonal cut, the martial artist will block with both their arm and their blade in reverse grip.



The martial artist will then execute a draw cut upwards on the enemy's arm and then thrust downward into the side of the enemy's neck.

Angle Three Defense

As the enemy attacks with a backhand horizontal cut, the martial artist will block



with both their arm and their blade in reverse grip. The martial artist will then execute a draw cut upwards on the enemy's arm and then thrust downward into the side of the enemy's neck.

Angle Four Defense

As the enemy attacks with a forehand horizontal cut, the martial artist will block with both their arm and their blade in reverse grip. The martial



artist will then execute a draw cut upwards on the enemy's arm and then thrust downward into the side of the enemy's neck.

Angle Five Defense

As the enemy attacks with a straight thrust to the abdomen, the martial artist will block with their blade and then step into



the enemy while checking the enemy's arm. The martial artist will then execute a draw cut upwards across the enemy's neck and then thrust downward into the side of the enemy's neck.

*Fernan Vargas is a Hapkido and weapons instructor From Chicago, Illinois.
Learn more about Mr. Vargas at www.RavenTactical.com*

DISCOVER MUAY THAI PROGRAM

by Marcel Fabian

On March 15, 2016, I joined my friend Ayung Jumat, who is better known as One Championship's AJ Pyro and the coach of ONE Championship's Ann "Athena" Osman to teach mixed martial arts fundamentals to a group of eight kids enrolled in the Discover Muay Thai Academy based at the Dragon Muay Thai Malaysia—a prestigious Muay Thai outfit and gym based in Jalan Alor, Kuala Lumpur.



We arrived there at 9 am and met the CEO of Discover Muay Thai Malaysia, Mr. Imran Harith. He introduced us to the head coach, Kru Slathan from the World Muay Thai Council (WMC) Koh Samui, Thailand; and their lady fighter, Ms Neesa from Johor, who has had two victorious fights in Koh Samui, Thailand.

Imran showed us around the Dragon Muay Thai Gym's excellent setup, which replicated a traditional Muay Thai gym in Thailand, and showed us the living area for the Discover Muay Thai Academy students. It included bunk beds, a rest area with chairs and tables, a cooking area and all the comforts of home. Very well set up!

Later he introduced us to the participants, who were from the ages of 16 to 20 years old. They are Akib from Klang; Shahmi from Bintulu, Sarawak; Raz from Putatan, Sabah; Man from Semarahan, Sarawak; Ilya from

Sungai Petani; Kedah, Vicky, Prabag and Ruben from MySkills Foundation in Klang.

He told us that the pioneer batch started in September 2015 and completed the program in December 2015. Each program lasts four months.

This is the second batch of participants, who started in early March 2016. So they have been involved in this program for the past two weeks. Five of them had fought and studied Muay Thai before, so they were easier to train compared to the pioneer batch, who had been complete newbies.

Imran explained that Discover Muay Thai Club Malaysia is a special program that selects Malaysian youths from underprivileged families—orphans, troubled youths from very poor backgrounds—and teaches them to improve their lives via the study of martial art, specifically the art of Muay Thai. Their aim is to instill values gained through the study of martial arts, i.e. discipline, respect and honor.

He also explained that Discover Muay Thai Club Malaysia is a Social Business Initiative and is self-sustaining. The money to run the business is generated by holding workshops at government and private institutions and companies, promotional events, giving motivational talks and teaching Muay Thai. Of course, he also accepts donations and sponsorships. The project is also known as Sport Is Your Gang initiative, or SIYG.

In addition, they also learn English from volunteer teachers comprised mostly of expatriates, and soft skills, such as customer



relations, event management, promotion, retail and operations, by working at the gym and through planned activities, such as workshops, promotional events and volunteer work.

The success of the program is measured by monitoring the graduates and making sure that they are improved individuals.

As far as possible, the Academy will help them to find jobs and continue their Muay Thai training. After graduation, they are fully equipped to assist in teaching Muay Thai and running a gym. Imran hopes that they will then become the catalysts for change in their communities. So far, nearly all the graduates in the first batch have found jobs or been able to further their education and continue to practice Muay Thai.

This time around, five of the young men have fought in Muay Thai bouts before, and Imran will take the most promising ones to become fighters representing Discovery Muay Thai, Dragon Muay Thai and also promote them to other gyms who might want to take them on as their fighters.

A typical day for the participants is as follows:

Monday to Friday

630 – 9am Jogging for 7 to 10 km around the KLCC Park area, followed by fitness and conditioning training

10am – 12pm Rest--when they can cook and eat lunch in the living area located at the Dragon Muay Thai gym

1 – 3pm English classes

4 – 7pm Muay Thai training with Kru Slathan

8 – 11pm Learning life skills by working as staff at the Dragon Muay Thai gym

Saturday Volunteer work

Sunday--rest day when a psychology counsellor comes from the Malaysian



Armed Forces to give them advice and counselling.

All the kids looked very excited to meet AJ Pyro. They were smiling away and seemed star-struck. They were also joined by Ms Neesa!

AJ started them off with warming up and conditioning routines, which included jogging front and sideways, bear crawls, wheelbarrow walks, and jogging while

punching, elbowing and kicking. Then he explained the difference between MMA (mixed martial arts) and Muay Thai, specifically the difference between the fighting stances. Muay Thai stances are with the body more upright and body weight more to the back to allow fast kicks, and MMA stances are with the body lower and more evenly balanced body weight in order to facilitate the quick back-and-forth transition from striking to grappling.

He then went on to teach punches and kicks. There was a period of adjustment here because all the participants were so used to Muay Thai stances and had to be continually reminded to adjust to the MMA stance.

Once AJ deemed they were ready, he taught them how to do single-leg and double-leg takedowns. This was at first a bit difficult for them, but they soon got the hang of it.

Next item on the list was how to execute finishing moves. AJ taught them how to go to their opponent's back and execute a rear naked choke. He was careful to explain to them how to tap to signal that they submit. This is when the finishing move is working and it starts getting painful. Very important to know this in order to avoid injuries!

After that it was the ground game. He taught them how to fight when their backs are on the floor (guard position) and what finishing moves they can use from this position. He taught them finishing moves, such as the arm bar, choke and kimura.

An arm bar involves immobilising the body while straightening the opponent's arm and pulling it beyond the point that it's supposed to go so that it causes severe pain. A choke involves restricting the flow of blood to the head so that the opponent falls asleep. A kimura is a move where the body is immobilised while the arm is twisted to the opponent's back using two hands until the shoulder hurts. AJ reminded them constantly to tap if they start feeling any pain or begin feeling drowsy.

Finally, after two hours of intense training, he ended the seminar with a cooling-down session, when they gently and slowly breathed in and out and flexed their joints. He reiterated that this is important for preventing injuries and lowering the heart rate.

After that AJ closed off the session by giving some words of advice to the participants. He explained his own situation—that he was from a very poor family himself but he worked hard and never gave up. Now he operates a successful martial arts business and gets to travel the world teaching martial arts. He explained his involvement at the international stage in Rugby, Silat, Muay Thai, wrestling and mixed martial arts culminating in being ONE Championship's Malaysian National Champion. Even

then, he still managed to complete his degree in sports science from Universiti Malaya (Malaysia's top university). So he stressed the importance of having a good education.

Overall, it was an excellent experience, and AJ reiterated that he would be keeping tabs on their progress, even after they graduate from the Discover Muay Thai Academy. He also invited them to contact him if they needed advice on anything at all and said that he would be back possibly with ONE Championships Superstar fighter Ann "Athena" Osman in the near future.

The Discover Muay Thai Academy is an excellent program, which deserves all the support and sponsorship that they can get. You can check them out at their Facebook by searching for Discover Muay Thai or contacting the CEO Imran Harith at +6012 979 1035. You should also check out Dragon Muay Thai Gym at their Facebook page by searching for Dragon Muay Thai Club or by calling Leko at +6013 222 2231 or Imran at +6012 979 1035.



Marcel Fabian has over 30 years' experience in the martial arts and currently holds a 2nd degree black belt in Bujinkan Budo Taijutsu (Ninjutsu). He has studied martial arts from Korea (Tae Kwon Do) Brazil (Capoeira and BJJ), Japan (Aikido, Karate and Judo), Malaysia (Silat), England (wrestling and boxing), Russia (Systema), the Philippines (Pekiti Tirsì Kali) and China (Wing Chun). He is also an avid article writer on martial arts and has been featured in a few Malaysian TV shows. He is currently writing a series of martial arts books for Tambuli Media (one the largest martial arts book publishers in the world) and does stints as a fight journalist for ONE Championship.

The Joy of Breaking

Should Children Break Boards?

by Master Wiz

All my life I have been the kind of person who wanted to know why and wanted people to prove their statements to me. And what I found over the years is that many of the truisms that my fellow martial artists believed were in fact NOT true or they USED to be true but things had changed yet they stuck to their OLD beliefs rather than upgrading their knowledge and skill.

When I started teaching, one of the truisms was that “kids shouldn’t break boards because it can cause them long-term harm due to impact on still growing joints and tissue.”

We have all seen kids challenging one another to see who can jump from higher up the stairs than the other or off fences, trees, playground equipment or anything they can find to jump off. The impact of a falling body launched off the top step and hitting the ground causes substantially more energy to be absorbed by the body than a failed side kick. Both take impact from the heel and transfer it up through the ankle to the knee, hip and spine. However, we watch the kids do these kinds of activities for hours, and nobody tells the kids to stop jumping and playing (except the parents to keep the noise down). So why is breaking considered bad?

I believe breaking for children developed out of actual safety issues caused by the material and situation of the time. In the bad old days, the boards we used to break were made of solid wood and were 1”x12”x12”. However, in North America this actually became .75”x12”x12” because of the milling system we use. (Many parts of the world still use planks that are actually a full 1” thick.) There were enormous differences in the dryness of the board, depending on the quality of the board and the location they were purchased. The boards from British Columbia (west coast of Canada) often weighed two times the boards we purchased in Ontario (Easterly Canada), and therefore, breaking five BC boards was like breaking

seven or eight Ontario boards. Variables, such the number and placement of knots and the size and thickness of the grain (caused by growth history), could make one board snap like a chopstick while another required a hammer.

Letting children (or anyone) smash their hands or feet into these wood boards and only being able to guess at the power that would be required to break them obviously created situations that were potentially (and often were) harmful. We felt that adults should push through and tough it out, but we decided to protect children by simply prohibiting them from breaking. At that period of our art, I believe it was the right call.

Nobody worries about the kids damaging themselves from jumping down stairs (except the immediate concern of breaking a leg), and nobody seems to worry about long-term damage to kids’ joints when they see them chopping pencils in half off the edge of their desks at school, snapping a stick over their knee or stomping a pop can flat. I believe it is because they see that the kids are unharmed and it’s obvious that the energy from the strikes were absorbed by the object and not the kids, and that the kids are having fun. As I have said before, everyone loves to break things. Especially kids. Remember “Smash it up Derby”, “Rock’em Sock’em Robots”?

Today we have the option of using various styles of re-breakable boards that eliminate ALL the dangers and inconsistencies of wood boards. The breaking strengths are known and are consistent. UMAB has 13 breaking-strength options to choose from so that you can find a SAFE difficulty level for EVERY student, regardless of age, skill or technique. The tongue-and-groove boards often have padding to protect delicate digits, or a flat pool noodle can be used for the UMAB ones. The unique hinge system of UMAB boards actually allows them to flex and absorb impact—even

Yoga to Alleviate Chronic Back Pain

By Sue O'Connor

Anyone with a back injury knows how debilitating the pain can be. Back pain can keep us from enjoying life and from practicing martial arts and reaching our full potential in the practice. Pain that is severe and comes on quickly is acute and can be a result of heavy lifting, injury from a sports activity, or trauma to the spine. Acute back pain requires immediate attention from a doctor. Other symptoms of back pain that need immediate attention include sharp pain, back pain with incontinence or fever, and pain along the spine when coughing or sneezing.

The most common type of back pain, chronic back pain, lasts for more than three months and may or may not be the result of an injury. The fortunate thing for those suffering with chronic back pain is that the basic principle of Yoga requires balance in form and that practice can provide relief and, more importantly, help prevent injury and future pain.

Many people try to manage their back pain with, massage, chiropractic care, steroid injections or medications. While many of these options provide temporary relief, they do not address muscular imbalance, and some of them can have side effects that hinder rehabilitation. For instance, over-the-counter medications and prescription drugs that alleviate pain do nothing to combat muscular imbalance and can lead to habitual use that may cause other problems, like addiction and kidney disease. Injections to the back that contain steroids may provide temporary relief but come at a price. Muscle degradation and weakness are common side effects from both short-term and long-term steroid injections. Think twice before agreeing to this form of treatment as it may work against you in strengthening the areas that are actually causing the pain in your back.

In addition, while massage therapy is an effective approach to help speed the process of your Yoga practice and has other benefits as well—like relaxation—massage alone does not provide strength and flexibility to the muscles that support the spine. Recent scientific studies now

prove that a regular Yoga practice works better than conventional options for chronic back pain.

The one thing to remember as you begin a yoga practice for your back pain is, stretching alone is not good enough. In order to alleviate pain and support the natural structure of the spine you need strong muscles too. The first group you need to know about if you have pain is the core, comprised mainly of the erector spinae, rectus abdominis, transverse abdominis and obliques. When any single part of the core is either too weak or (for many martial artists) imbalanced, the natural movement of the spine is compromised and contributes to pain from injury or manifests in chronic undiagnosed pain.

The second important group of muscles is the hip flexors, which attach to the spine and include the iliopsoas and psoas major. When the hip flexors are tight, they tug the pelvis forward, placing strain and sometimes causing shortening of the spaces between the spinal discs of the low back. If you have ever noticed someone walking by scooting their heels forward with an unnatural tucking in of the tailbone; this is a sign of tight hip flexors. Most martial artists—because of the many kicks we perform—have tight hip flexors. Tight hip flexors are also common among the general population because of our normal daily walking and sitting activities.

Finally, the external hip rotators include the superior and inferior gemelli, obturator internus and externus, quadratus femoris and the more popular piriformis, which you may have heard about in regards to back, hip and leg pain known as piriformis syndrome, or sciatica. However, what you may not know is that the six external rotator muscles do not act alone. They function mostly as a group when you move your leg back and out and when you rotate your leg outward, a function of most kicks. When the external hip rotators get aggravated as a group, it is important to use Yoga poses to relieve tightness and also to strengthen the weak parts

in the group of muscles, to provide support and/or to assist in the movement of the leg.

Back pain can keep us from enjoying the activities we enjoy most, like martial arts. By following the short sequence of Yoga postures below, you will begin to provide strength and flexibility to the muscles of the core, hip flexors and external hip rotators. When these group of muscles are balanced, we support the spine to move in its natural range of motion and alleviate the discomfort of pinched nerves and compromised space within the discs of the spine, providing relief from chronic back pain while reaching for our full potential in martial arts and life.

Each of the poses can be practiced individually or together as a set. Start with bridge pose and work your way up to all three as the pain in your back subsides.

BRIDGE POSE is an effective yet gentle stretch for the front of the body, while being an excellent strength exercise for the core. Practice Bridge pose daily in one-minute intervals for up to five minutes. To intensify the pose, practice with one leg extended while keeping the hips level.



PIGEON POSE is an extremely effective pose for sciatica. It stretches the hip flexors and quad muscles of the back leg while providing deep relief and stretching for the external hip rotator muscles of the front leg. If you can raise the hands over head safely without pain or strain,

the pose will benefit and strengthen the core muscles. To intensify the pose, move the body forward until the hands and forehead rest on the ground in front of you. Practice Pigeon Pose, daily for one to five minutes on each leg.

SIDE PLANK relies on the muscles of the core to hold the body in a plank position. Make



certain to keep the hand directly under the line of the shoulder with the arm in one straight line. To lighten the load of this posture, bend the bottom knee. If the pose creates any pain in the shoulder, lighten the load by bending the arm, placing the forearm and elbow on the ground.

Practice side plank, daily for one to five minutes on each arm.



Models in photos: Sa Bum Nym, Liam O'Connor

Susan Griego O'Connor (AKA SuDevi) is a 2nd degree black belt and master Yoga instructor. To be featured in future articles or to ask specific questions relating to Yoga and martial arts, contact SuDevi on Facebook or www.sudevi.guru.

For a demonstration of these postures visit: <https://www.youtube.com/channel/UC2lnvRp2yYFLFWNCV0TFYkQ>



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SPECIAL NEEDS TAEKWON-DO

By Ben Evans

It is my pleasure to officially introduce Special Needs Taekwon-Do and future opportunities for instructors and special needs students in *TKD Times* magazine. Let me introduce myself here!

Here in Hawkes Bay, New Zealand, I began teaching at a school system which had special needs students. I started teaching very young, at 16. Little did I know the future ahead for not only me but my special needs students and parents (with all of this traveling internationally). I teach about 25 classes a week for both mainstream and special needs in various locations all over Hawkes Bay. Teaching is my full-time job. It once started a small hobby but has now grown quite rapidly. It can be a stressful job at times managing the various abilities in class, but by the end of the training, everyone leaves happy and cannot wait until the next class. I must be doing something right, surely! Students are progressing really well, and the main thing is they are having fun! It is a big challenge working with special needs and youth at risk. I've always felt that your heart needs to be in it. If you are just wanting the money, I'd suggest to find another job!

It is my fervent belief that it is important to support those who have intellectual and physical disabilities through the name of Taekwon-Do. The benefits for Special Needs Taekwon-Do are surreal. When teaching these students, we are benefitting our respective communities and there are ongoing health benefits that the students will surely receive. Age is not a factor that should be considered, nor should disabilities, such as autism, Down's Syndrome or cerebral palsy, be a limitation. Tae Kwon-Do changes lives in a positive way, as it provides opportunities for students to learn and develop skills that can be applied to everyday life.

I would like to personally thank the ITF, President Choi Jung Hwa, grandmasters, and instructors and

students everywhere who are supporting Special Needs Taekwon-Do. I have so many goals for the success of Special Needs Taekwon-Do in the ITF. I take my lead from the founder of Taekwon-Do, who believed that his legacy would transcend barriers. Thus far, the only barrier for Special Needs Taekwon-Do has been the scarcity of instructors and clubs willing to be involved in furthering the general's vision.

I believe it is my obligation to strengthen Special Needs Taekwon-Do within the ITF. I would like to offer my experience with special needs students to anyone who would like to develop a special needs program for their organization. Those who wish to support this future development of the ITF, I humbly ask you to make contact with me. The assistance I offer can keep the progression of Taekwon-Do moving forwards. Together we can ensure success. I have written a book that is coming out very soon called *Special Needs Taekwon-Do* (3rd edition), which has methods of success that focus on helping instructors how to teach special needs of all abilities. I am excited for everyone to have this chance to get a copy as it will open up a new dimension to teaching those with intellectual disabilities.

We have a Facebook page called Special Needs Taekwon-Do News. Please LIKE and follow us. We post videos and pictures regularly to help inspire and promote this aspect more internationally.

I am extremely excited about the Special Needs Taekwon-Do developments within the ITF. Furthermore, my dream has been made a reality with the next ITF Taekwon-Do World Championships in England. The announcement by President Choi Jung Hwa that there will be a special needs division in Canada fills me with pride. This coming on the occasion of the 60th birthday of Taekwon-Do was surely a sign of great things.



I would like to encourage as many as possible to support and attend with a special needs team. It is open to all TKD organizations. Any instructors wishing to be involved should email me at specialneedstaekwondo@gmail.com. Be a part of Special Needs TKD history!

It is a first in the history of Taekwon-Do. Let us strive to continue building the ITF and Special Needs Taekwon-Do with strength and honour.

Yours in Taekwon-Do,

Ben Evans

Special Needs Taekwon-Do Director

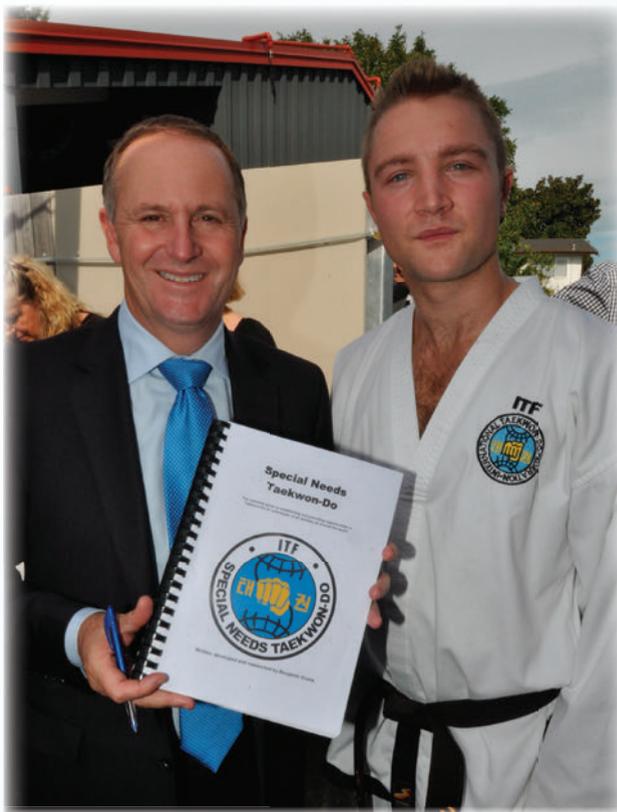


Photo with Hon. Rt. John Key
Prime Minister of New Zealand 2013

JUST FOR KICKS



When practicing throws, *help* your partner, don't be afraid to go with the technique when it's **YOUR** turn to go!

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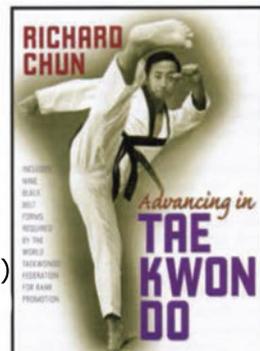
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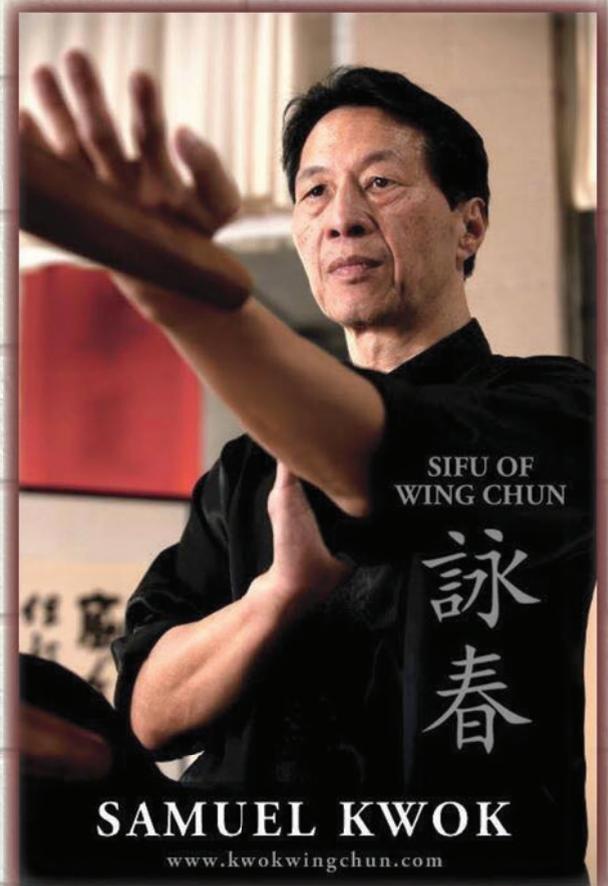
The Ambassador for Chinese Arts in the Korean Martial Arts World

By Master Guy Edward Larke

For any practitioner of one nation's arts there is a tendency to favor that one region's disciplines over any others. Japanese stylists prefer Japanese arts, etc. To step outside that comfort zone is not only awkward but socially difficult. Even though there are many "open-style" events and halls of fame, there are still invisible walls that traditional stylists place up between other nations' disciplines. There have been those who have championed the cause of breaking down those walls, such as Chuck Norris and Dan Inosanto, but it is still an uphill battle.

The age of the Kung Fu movie (1970s) was a double-edged sword. On one hand, the entire Western world saw a whole new world to discover. On the other hand, there were many mock-Chinese arts, in particular when thinking of some of the poorer quality productions. The Chinese arts are so numerous, you would likely need a computer to document in full. To label them based upon some B-grade productions does them a great disservice indeed. One art that snuck its way into our culture was the base of Bruce Lee's Jeet Kune Do. That was Wing Chun, an art created by a Shaolin nun for a woman. It slowly crept its way out of Bruce Lee movies into various other movies, such as Sammo Hung's *Warriors Two*, and into Chinatown kwoons (dojangs).

The slow expansion turned into an eruption when international action star Donnie Yen began his portrayal of Bruce Lee's deceased master, Yip Man. Martial artists of all disciplines took notice of the art's simplicity, speed and power. A few others have sought how to incorporate the art into what they taught. One of them is *TaeKwonDo Times'* premier White Tiger, Master Rondy. She was accepted as a close disciple by one of the foremost experts in the art, Sifu Samuel Kwok. The two forged an alliance that will perhaps change Tae Kwon Do and the Chinese art irrevocably.



This will start a short series on the art and the harmonious integration of Tae Kwon Do (or any Korean art) with Wing Chun. This month will be the interview of Master Rondy's and my grandmaster. Next issue will be on the actual integration of the two arts.

MGEL: When and where were you born?

SSK: I was born in 1948 in Hong Kong.

MGEL: Were martial arts common in your family?

SSK: My uncle was Grandmaster Luk Chi Fu, a White Crane grandmaster. My other uncle was a Tai Chi expert, and he taught me Qi Gong.

MGEL: What was the paradigm of martial arts at that time?

SSK: Martial arts were very popular at that time.

MGEL: Did you start any other martial arts before Wing Chun?

SSK: I started with Judo, Karate and other Chinese martial arts.

MGEL: Why did you start Wing Chun?

SSK: I started Wing Chun because Bruce Lee did the same style.

MGEL: What was your first impression of it? How hard was the training?

SSK: It was very hard because the stances were so different and I had to train very hard on the basics.

MGEL: What aspects did you find easier or harder than others?

SSK: The center line theory and the economy of movement. Also the idea of not using force against force.

MGEL: When did you realize it would become your life?

SSK: After I met the two sons of Grandmaster Ip Man. I wanted to devote my whole life to Ip Man Wing Chun

MGEL: How did it change you as a person?

SSK: It made me become more confident, more positive in life, and I've used Wing Chun in solving problems at work, family, and in helping others.

MGEL: Did you ever have the honor to train directly with Ip Man?

SSK: No, I left Hong Kong in 1972, the year that he died, but I had the honor of training with his two sons

MGEL: What was he like as a teacher and as a person?

SSK: He was an easygoing but very intelligent person and very careful who he taught Wing Chun to. Only a handful of close people have actually learned from him.

MGEL: How about his sons?

SSK: His sons did a good job in promoting and teaching and passing on the art.

MGEL: When did you start your training with them?

SSK: I started training with GM Ip Chun in 1979 and GM Ip Ching, his brother, from 1992

MGEL: How do the two sons differ in their teaching styles?

SSK: GM Ip Chun is only 5'3" tall, so he uses a lot of footwork and angles, resulting in better skills in defense. While GM Ip Ching is a lot taller and stronger, so he focuses more on the fighting side. I got benefits of training with both sons.

MGEL: When did you begin teaching?

SSK: I started teaching in 1982.

MGEL: How would you describe the teacher-student relationship in Wing Chun as compared to other Chinese arts?

SSK: In Wing Chun the feeling is more like a family treats each other with respect in following the code of conduct set by Ip Man

MEGL: Do you believe Bruce Lee helped or hurt the image of Wing Chun? How so?

SSK: Bruce Lee tried to promote Wing Chun. Most of his Jeet Kune Do was based on Wing Chun. He promoted the art by using it in all his movies.



MGEL: When did you start to travel? How did you get to build such an impressive reputation?

SSK: I have been traveling and teaching since 1983 .I've been trying to preserve and promote Ip Man Wing Chun to different part of the world. Students have travelled to the UK to learn from me from different parts of the world.

MGEL: Do you feel if you started in a different art heavily, you would still have as much fame and recognition as you do now?

SSK: I am not doing it for fame. I just want other styles to recognize Wing Chun.

MGEL: You are famous for teaching such a diverse group of students and even masters of other arts. What is it you think that Wing Chun can offer those who already study various arts deeply?

SSK: Wing Chun can help other styles to increase their speed and power through relaxation and explosive power.

MGEL: Do you find it harder teaching non-Chinese students, or do you feel Wing Chun has no limitations in that way?

SSK: Teaching Wing Chun to all nationalities is the same. Foreign students tend to be bigger and stronger, so it can be harder to change them not to use their strength, but that's all.

MGEL: What do you feel you do differently as compared to other sifus?

SSK: I teach more scientifically. I believe what in works and how to make it work. Not blind following. Less talking about this "theory"

I am often asked, "Why, after 30 years experience and earning high rank, would you want to start all over again?" Like many martial artists, why we start and why we stay may be very different.

After decades of training and teaching Tae Kwon Do and Hapkido, I felt the need to learn more myself. Not only am I aging, but so are my

and that "principle." Try it with different martial arts and make Wing Chun better.

MGEL: What aspects of training do you prefer the most?

SSK: Chi Sau (sticky hands) is an important aspect of Wing Chun, but also practical in real fighting.

MGEL: If someone wants to study under you but can't find a nearby school, are there other options?

SSK: I have a long distance step-by-step program, DVDs and five books.

MGEL: What universal truths do you think there are in arts, regardless of nationality?

SSK: it is not the nationality but the attitude of the student. They must not rush and take time to train hard at the basics.

MGEL: What is the greatest honor you have ever received?

SSK: It was an honorary B.A from the University, Manchester, U. K, as Founder Fellow of the Martial Arts.

MGEL: What are your goals for the future?

SSK: To carry on to promote and preserve the art. Let the whole world benefit from this wonderful art.

For more information:

<http://www.kwokwingchun.com/>

http://www.whitetigertkd.com/white_tiger/index.html

by Master Rondy McKee

high-ranking students. The competition bug has become a thing of the past for many. As you pass the half century mark, you have to be

realistic. Your side kick is probably not going to get much higher, and break falls take a little more recovery time than before. The quest to learn more led to me train in every seminar I could possibly attend. I would learn



something from this master, something from that master and was able to supplement my classes with additional techniques.

A few years ago at a particular seminar in Atlantic City, The Action Martial Arts Expo, I met Sifu Samuel Kwok. His passion for his style, Ip Man Wing Chun, was evident. He had decades of experience beyond my own. As he taught his seminar, I felt the spark I once felt long ago as a beginner, and every new move, every techniques, was magical. He seemed to know of my school and was interested in teaching me. Not only would I be able to meet up and train with him at several of his numerous seminars around the world. He had an online training program as well. At first I wondered about "online training." Not only was the concept strange, but I was surprised someone his generation would be so tech savvy. But he was not kidding. He not only had monthly online training—five years' worth—but an assortment of DVDs, books, Youtube videos and even a 3D app for my phone. He made learning a new style a reality, especially when he takes the time to correct the position of my thumb from halfway around the world by Skype!

Now, why I started was to learn more techniques, to fill the gap and need for more close-range fighting techniques. And I am learning; I am training, learning something new every single day. But why I really stay, why I make the time to stay, is for the renewed perspective. Starting something new at this age, to be awkward and unsure, helps me to be a better instructor.

I run a big school. There is a new beginner every day. Being a beginner again gives me a better connection with my students. I too am experiencing the struggles, fears and doubts that every beginner must overcome. Being a beginner again is the best thing I could have done for myself and for my students.

Sifu Kwok has been instrumental in my journey. He does not run a school but oversees a multitude of schools in 38 countries. Yet, he makes every disciple feel as if they are a private student. He knows our capabilities and is able to push us to achieve a little bit more. He has somehow united his Wing Chun students to be free of egos and competition, and has created a worldwide family that is welcoming and supports one other.

I truly feel the key to success and happiness is to never stop learning. **TKD**



One Step At a Time

The Spirit of Competition

By Master Noly Caluag

Let's face it. Sooner or later, after considerable training in martial arts like Tae Kwon Do or Karate, an invitation to compete in a sparring tournament will come your way.

While there are some students who love to join tournaments, there are those who simply do not want to compete, especially in sport martial arts. Understandably, it is quite intimidating to be in the center of an arena facing a stranger who plans to kick and punch you relentlessly. Just thinking about this scenario will make the average martial artist think twice about competing.

However, let us not forget why you studied martial arts in the first place. You probably joined because you wanted to learn how to fight and defend yourself or your loved ones against bullies, or would be muggers. Maybe you lacked energy, felt sluggish, and just wanted some exercise. Perhaps you suffered from low self-esteem, needed confidence and just wanted to be good at something.

So you've been practicing all those defensive blocks and punches against the heavy bags for months or even years. Countless hours have been invested on your kihap, stances, hand strikes, and kicks to improve on your poomsae, step self-defense drills, and sparring. Your roundhouse and all those fancy turning and spinning kicks make an impressive thundering noise when they connect against a kick paddle or a shield.

Let me point out that all your practices in the dojang do not guarantee that you will be able to handle the neighborhood bully or the suspicious character loitering at the parking lot late at night. Things are different in the outside world with real-life stressful situations. For example, the heavy bag that you kick repeatedly will stay still and won't hit you back.

Stressful situations create a lot of tension and can make one panic. When panic kicks in, one can freeze, act irrational, forget what they're supposed to do, or even faint. Training in martial arts—especially joining a tournament—can help. You are conditioning yourself to deal with day-to-day pressures and other unusual challenges.

Training for a tournament alone makes it all worthwhile, as your physical fitness and overall health improves dramatically. You will see an amazing transformation as your mind, body and soul are pushed to the limit. Hardcore training will develop your mental toughness, and test your perseverance and indomitable spirit to the max. Physically, for Tae Kwon Do athletes, your kicks will be higher, stronger, and faster—exactly like the Olympic motto.

The self-defense aspect of your martial art is also best applied and tested in a controlled and safe environment like a tournament. Competitors are usually matched by gender, age, skill level and weight to minimize chances of injuries and give everybody a fair chance of winning. Safety precautions, like usage of headgear, chest armor, arm and shin guards, foot socks, groin cups, and mouth guards, are standard in contact sports like WTF Tae Kwon Do. Now is the time to apply all those blocks, hand strikes and kicks that you have been practicing for a really long time.

A tournament can also be a lot of fun. It will pinpoint your strengths and weaknesses, and establish a benchmark for future training. Enjoy the camaraderie, pride and brotherhood amongst your teammates. Remember that you are also representing your instructor, school, and martial art style in the tournament, so be in the best attitude and behavior.

This experience is life altering, so go ahead and sign up for the next tournament. Don't forget to ask an experienced trainer and a good coach to help you. On the day of the tournament, wish your opponent well, do your best, and have a good time. Regardless of the outcome, you are already a winner, so relish the moment, as this completes your journey as a true martial artist.

Master Noly Caluag is a 5th degree WTF black belt and has organized over 40 tournaments in Guam. A Philippine Taekwondo Sports Hall of Famer, middleweight champion, and WTF international referee, he has competed in a World TKD tournament, California Open, Asian Championships and the Philippine National Open. He has coached and trained national teams to the Oceania and WTF World Junior Championship. Currently, he is the founder and chief instructor of Guam Taekwondo Center, and has practiced Tae Kwon Do for almost 40 years.



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By Professor David Higgs

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Master Keyvan Mirzai, 6th Dan Han Mu Do, Sydney, Australia



Keyvan Mirzai was born in 1973 in Iran to a family that emphasized sports and education. He grew up in the tough neighborhood of Tehran. In his childhood he was actively participating in sports like soccer, gymnastics, wrestling, volleyball, swimming, table tennis and, of course, martial arts. His

passions were soccer and martial arts, but he followed martial arts more keenly. He practiced martial arts casually from the age of seven until he was a teenager. Since that time he has taken martial arts seriously and passionately. He started training in Kuk Sool Won under Master Reza Valinezhad and then his highest-ranking student Master Reza Khanian and achieved the rank of brown-black in Kuk Sool Won. The headmaster of Iranian Kuk Sool Won, Mr. Reza Valinezhad, decided to move away from Kuk Sool Won and take in Hapkido. Hence, Mr. Khanian and all his students changed to Hapkido, which had just come to Iran for the first time.

With the rank of 2nd dan black belt in Hapkido, Keyvan Mirzai emigrated to Australia in 1995 and trained in Hapkido. Shortly after his arrival, he realized there was too much rivalry among Hapkido organizations in Australia, which was conflicting with his idea of “Just train/do and train/do.” Hence, he decided to go back to Kuk Sool. He sent a letter to Grandmaster Dr. He-Young Kimm, who had taught Kuk Sool Won to Master Ghaffari. Master Ghaffari was the first Kuk Sool master in Iran. Dr. Kimm responded that he had founded his own martial art system called “Han Mu Do.” Master Mirzai started learning Han Mu Do and teaching it. He eventually became the Australian representative of Han Mu Do. Later on,

Master Mirzai also introduced Han Mu Do to his instructor/friend in Iran, Master Reza Khanian, and helped him to establish Han Mu Do in Iran. Master Mirzai is currently holding the 6th dan black belt in Han Mu Do from the World Han Mu Do association and also 6th dan black belt in Hap Ki Do from the Korea Ki Do Association.

With having three full-time schools in Sydney, Australia, his is one of the largest Han Mu Do clubs in the world. Through his efforts, thousands of people in Australia have been touched by and enjoyed Han Mu Do. Martial arts, and Han Mu Do in particular, have helped him with success in life. Perseverance and discipline have helped him to achieve his goals. His mission is to help others to improve both perseverance and discipline in order to achieve success in life, as well as mental and physical health. Lessons he learned from Dr. Kimm’s book *The Philosophy of Masters* have taught him how to simplify the problems in everyday life, as well as deal with an opponent on the mat. He uses the same lessons when he teaches Han Mu Do to his students so they can enjoy the same benefit.

Master Mirzai feels honored to have trained Han Mu Do under Great Grandmaster Dr. He-Young Kimm. He and his students are lucky to train in Han Mu Do because its philosophy helps in everyday life and its techniques are efficient and very effective due to the enormous and varied martial art experience of Dr. He-Young Kimm. Master Mirzai is a very talented businessman as well as an excellent Han Mu Do kicker. When he arrived in Australia for the first time, he learned business skills from his brothers, who owned a computer store. There he learned salesmanship.

When he had gained enough skill, he opened a Han Mu Do school and taught other martial arts disciplines. Today his three schools are rapidly branching out to new areas. He produces many black belts.



North America: Chief Master David Carr, 7th Dan Han Mu Do, Meridian, MS

Chief Master David Carr is the director of the North American Han Mu Do Association. Even though Han Mu Do schools are populated throughout the U.S., it maintains its highest density in the southern regions from Texas to Georgia. However, new schools have formed on the West Coast from California to Washington State. In the Midwest schools are located in Indiana, and on the East Coast from Maryland and North Carolina. David Carr was previously studying Kyokushinkai Karate before coming to Han Mu Do. He is an expert in weapons techniques and has contributed a lot to the development of weapon techniques in Han Mu Do, as the owner of Trucker's Supply, Inc., in Meridian, MS, and the owner/operator of Black Eagle Martial Arts.

Born in Meridian, MS, his family owned a local truck stop called the Red Hot and a small farm. At an early age he worked in the truck stop or on the farm, wherever he was needed. In 1969 his father opened a new business called Truckers Supply. In 1974, at the age of 22, he was put in charge of the company, which at that time had only three employees. Today it employs forty-three people in four locations. Master Carr met his wife, Jennifer, in 1972, and they married in 1974. A year later she was helping at Truckers Supply, where she still works today as head of A/P. They have three children and seven grandchildren. Every weekend, if not attending a martial arts event, he is with his grandkids, riding bikes, running, hiking, and playing in the country.

"I became interested in the martial arts in the 60s with shows like *Billy Jack*, *Kung Fu*, and *The Green Hornet* but didn't have the opportunity to

train under an instructor until 1976, when I joined a health club where the manager, Rowdy Yates, was teaching Karate. I trained in Karate for 11 years and received my 3rd dan black belt, and continued with Mr. Yates until his unfortunate death in 1987. In 1978 Mr. Yates met J.R West and immediately became friends. They both had served in Vietnam, and both held black belts in the martial arts. Mr. West held a 2nd dan in Hapkido and Tae Kwon Do, and almost every evening we trained in Hapkido. During that time Mr. West introduced me to his instructor, Dr. He-Young Kimm."

"For several years we attended Hapkido seminars conducted by Dr. Kimm at Master West's dojang. In 1989, after one of his seminars, Dr. Kimm met with the instructors and discussed the development of a new style and organization, which would eventually become the World Han Mu Do Association. After hearing Dr. Kimm's philosophy of Han Mu Do, the fact that it would include the best techniques from the Korean martial arts, including weapons training, and personally knowing Dr. Kimm and his reputation, I was ready to join."

Chief Master Carr and Master David Higgs spend their energies sharing Han Mu Do

techniques with Han Mu Do schools throughout the U.S. Master Higgs is a college professor who serves as Communications Director for the World Han Mu Do Association and hosts the annual He-Young Kimm Cup Tournament on the campus of Copiah-Lincoln College. He also serves as correspondent to *TaeKwonDo Times* magazine.



Latin America:

Professor Antonio Marquez, an Okinawan stylist, first invited Dr. Kimm to Mexico in 1975. Through him, Dr. Kimm had the chance to spread Hapkido, Kuk Sool, and later, Han Mu Do throughout Mexico. Dr. Kimm first produced Kuk Sool Black Belt, Mateo Lopez. Master Lopez produced three students, Eduardo Navarro, Alonso Rosado, and Arturo Sotuyo, who are now leaders of Han Mu Do in Mexico and Latin America. Eduardo is the Director of Latin America and responsible for the translation of the Han Mu Do Manual into Spanish. Professor Navarro began martial art training in 1979. He met Dr. Kimm in 1982 and has since had no inclination to search out other forms of

martial art. For thirty years he has sought no other master. "For me, Han Mu Do is my life. I am grateful for the opportunity of learning Han Mu Do and working with Dr. Kimm as frequently as time and distance will allow. Han Mu Do fulfills my life and provides me a livelihood that I enjoy," says Professor Navarro.

Master Alonso Rosado serves as the representative of Han Mu Do in Mexico City. He is the publisher of the martial art magazine *Katana*, which is circulated throughout Latin America. He organizes Han Mu Do events in the Mexico City area and promotes Han Mu Do training among other Korean martial art organizations.

Professor Sergio Chavez is another Han Mu Do master who promotes Han Mu Do to the Tae Kwon Do population. He is an 8th dan Kukkiwon Tae Kwon Do black belt. He has been associated with Dr. Kimm since 1975. He is the main person to introduce Han Mu Do to his Tae Kwon Do association.



Europe:

In 1992 Dr. Kimm went to Europe to attend the Olympics in Barcelona, Spain. He stopped in the UK to give a Han Mu Do seminar. Bob Banham, JiDo Kwan Taekwondo black belt, organized this seminar. Ever since that time Dr. Kimm has been invited twice per year to hold a Han Mu Do seminar. After Bob Banham passed away, Frans van Boxtel of the Netherlands became the Han Mu Do representative in Europe and moved the Han Mu Do headquarters to the Netherlands.

In 1994 Master Van Boxtel came in contact with Hanmudo and Dr. He-Young Kimm (10th dan) for the first time. He was so impressed by the art and its founder that he felt he had finally found the art that he had been searching for. After attending many seminars under Dr. He-Young Kimm in the

USA and Great Britain, he took over the position of European Director in 1996 for Master Bob Banham. A lot of the Han Mu Do instructors in Europe are personal students of Master Frans van Boxtel. He still conducts seminars around Europe to promote the art of Han Mu Do.

There are many high-ranking Han Mu Do masters in Europe: Frans van Boxtel, 6th Dan; police detective Ad van Workum, 5th dan; Hamza Keskin, 5th dan; Harm Verkjiulen, 5th dan; and Rob Plasmans, 5th dan. In Switzerland, Ernst Jan Roloos, 5th dan, is a very keen businessman. In Italy, Master Pietro Pinga, 5th dan, and Nicola Fusco, 4th dan, have pioneered Han Mu Do throughout the country. Master Pinga is also a WTF poomse champion.



Grandmaster Jamie Serio, 8th Dan Han Mu Do, Saint Francisville, LA

Grandmaster Jamie Serio began training in martial arts in 1977 after failing to join the gymnastics program at Louisiana State University. While walking across campus one day, he saw a handbill blowing across the ground. He picked it up and saw an advertisement for Kimm's Institute of Self-Defense. He enrolled and the rest is history. Martial arts became his passion and his avenue of self-discovery. After more than forty years of training and dedication, Grandmaster Serio serves as the Director of Curriculum Development and senior advisor to the World Han Mu Do Association.

"When I was young and studied the Greek tragedies, I could not understand why anyone would write stories that did not have happy endings. Life at that age was full of wonder and mystery. I spent long summer days with family and friends playing and working with no care for the future or past and living each day for the day. Whatever came my way was another adventure another opportunity. As I grew and became educated, I felt the need to plan and prepare for the future. Determined not to repeat other's failures and mistakes and to learn from the past, I approached life as though I had control of my destiny. I was fortunate to stumble upon the martial arts and the instruction of Dr. He Young Kimm. There I found a philosophy of life that opened my eyes and provided both a guiding star and anchor of values. He termed this philosophy Han."

"It gradually became apparent that life is not a Disney tale. As I matured and began to become immersed in the demands of work and family life, I sometimes felt lost in an ocean of worldly expectations and pressures. I realized that we must all face hardships and trials, some of which will take us to the brink. Without firm convictions and solid values, we will be cast upon the rocks. While drifting aimlessly in my search for meaning in the events of the material world, the more elusive answers became. When the

major life events threaten to take us off course or even to capsize us under the weight of the sea, we realize the need for anchors and 'North Stars' in our lives to secure us and guide us. They remind us that none of the experiences we encounter are good or bad. They are waves on the ocean which rise and fall, taking us with them toward our final destination. Life is neither a tragedy nor a Disney tale with a sad or happy ending."

"The teachings of Dr. Kimm and Han Mu Do helped me to find my way back to the little boy who lives in the moment—the here and now. Instead of clinging to the rocks and storms or even the spectacular sunrises encountered during the voyage, the waves which are supporting the ship at the moment are all that matter. Life is not a few big events but rather a stringing together of small moments. This is all we truly have."

Having served as Vice-President of the World Han Mu Do Association and in charge of curriculum development and seminar production, Grandmaster Jamie Serio is expecting to test for 9th dan black belt during the fall of 2016. All of his family have earned the rank of black belt. He wife, Penny, and his daughter Jacquelyn are doctors of veterinary medicine. His younger daughter, Jillian, has opened a Han Mu Do school in Maggie Valley, NC. Grandmaster Serio is considered as Dr. Kimm's most loyal student in helping Dr. Kimm in publishing Han Mu Do and Hapkido books. By becoming his partner for action photos to illustrate the books, Grandmaster Serio has become quite well known throughout the martial art community.



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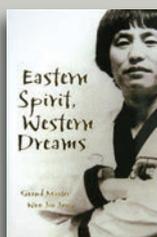
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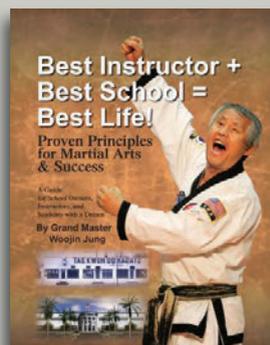
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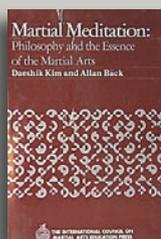
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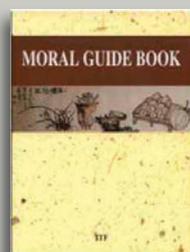


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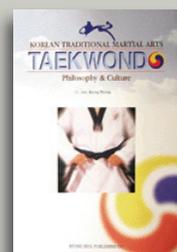
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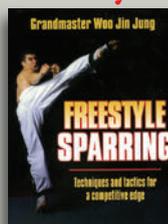
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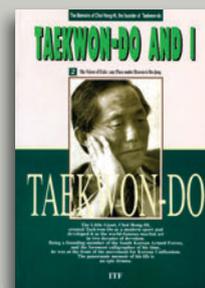
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