

Totally Taekwondo

The Global Tae Kwon Do Magazine

August 2018 · Issue 114

Over
160 Pages



Quick Hits



Korean Martial Art Festival Keynotes & Instructor Profiles



Should The Path To Black Belt Be Walked In Bare Feet?

An Interview with
Master David Bonthuys
Martial Art World

Also in this Issue: I'm Responsible • Hand To Forehead In Choong Moo Tul
Review: The Illustrated Guide To Taegeuk Forms • Effective And Efficient
An Analysis of the Chang Hon Patterns: Part 5 - 1st to 3rd Degree Black Belt Patterns
'Best Kicks & Quips' - Final Pics From The Dan Tul Tour 2018 • Plus more inside



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

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Editorial

Issue 114 • August 2018



Hi everyone,

I don't have much space for an editorial this month, so very quickly, welcome to the massive August issue, running at over 160 pages, featuring a fantastic in-depth interview with full time successful UK owner/Instructor David Bonthuys, profiles of all the instructors at the Korean Martial Art Festival (which you read about last month), an interesting article on whether students should be allowed to wear martial art shoes in the dojang or not, plus some 'quick hits' for you to take in and utilize, as well as the latest instalment of the novel 'The Dojang', plus more.

Congratulations to Ross Sharman, for hosting an Open Tournament and managing to get entries from every major UK Taekwon-Do organisation, as well as most of their Chief Instructors - it was a strong display of unity.

Be sure to check in next month as we hope to have the report from the recent (and massive) TAGB World Championships.

Till then, train hard, fight easy and sleep well (but always with one eye open ;-)

Regards,
Stuart
Editor

Contributors: **Stuart Anslow (cover), Master David Bonthuys, Master Clive Harrison, Master Thomas Gordon, Grandmaster Doug Cook, Robert Frankovich., Kristy 'The Mortal Mouse' Hitchens, Master Richard Conceicao, Marek Handzel, Grandmaster Rhee, Ki Ha, Kelvin Liew, Media Insight, Trevor Baxtor, GB Taekwondo, Master Ray Gayle, Martin Harvey, Dr He-Young Kimm, Grand Master Kwang Sung Hwang, Grand Master Rudy Timmerman, Grand Master No Won Park, Soke Michael DePasquale Jr., Grand Master Kenneth MacKenzie, Grandmaster Inwan Kim, Grand Master James McMurray, Grand Master Kevin Janisse, Grand Master Kevin Janisse, Grand Master Jim Faralli, Grand Master Jimmie Mickens, Grand Master Steve Kincade, Grand Master William Widmeyer, Bradley Lord, Chris DuFour, Calvin Longton, Alain Burrese, Nikolai Lee, Amanda Howard, John Wilkerson, Master Guy Edward Larke, Kieran Cobley, Master Michael Munyon, Liz Porteous, John Dowding,**

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Totally TKD News

Life is good for Joel Walsh as he looks to become Instagram hit



Like most 21-year-olds Joel Walsh is a keen social media follower.

Now thanks to Instagram, the Cardiff born kickboxer is set for a new career in taekwondo.

Back in January, GB Taekwondo launched a new talent scout portal on Instagram with the hashtag #Taekkers.

Joel seized the opportunity, uploaded a video of himself in action, filled in an online form and sent off his application.

Now's he's a member of GB Taekwondo's elite performance squad in Manchester and looking forward to forging a new sporting career.

View the video here:

<https://twitter.com/twitter/statuses/1014901949014126592>

"Everyone says it's their dream is to

compete at the Olympics," said Joel, a 10-time Welsh kickboxing champion and former British Open winner.

"That would be fantastic. But Britain hasn't yet produced a male world champion so that is the dream."

Joel, who knows current European champion, Lauren Williams from their junior kickboxing days, is no stranger to Olympic style taekwondo.

He entered the National Championships in Manchester last September and won the -63kg title but is likely to compete at -58kg.

"I can't believe how friendly everyone has been," he explained. *"I am the new boy but everyone has been so welcoming, offering me hints and tips. It's been great."*

On the #Taekkers initiative, Joel added: "It is a good and efficient way of scouting talent.

"The world is changing and everyone uses social media. It was great to be picked up this way. It was seamless. All the information was covered or overlapped. I wasn't left with any questions. It just so happened I had a good trial as well so it feels amazing to be here. Taekwondo is such a fast paced, high scoring, high-intensity sport where anything can happen. It is out of the norm and I can't wait to get more involved."

CHOSUN TAEKWONDO ACADEMY RAISES FUNDS FOR LOCAL CHARITIES

WARWICK – On Saturday, July 7th, members and parents of the Chosun Taekwondo Academy, located at 60 Galloway Road in Warwick, hosted a pancake breakfast at Applebee's in



The Chosun Taekwondo Academy Leadership Team at Applebee's in Middletown.

Middletown to raise funds for local charities. Similar events are held throughout the year including the ever-popular Chosun Book & Bake at Lewis Park in September, Ultimania, and the Community Kitchen dinner event during the Thanksgiving holiday. Proceeds are routinely earmarked to benefit the Brian Ahearn Children's Fund, the Warwick Lions Club/Rotary International holiday party for underprivileged children, and the Warwick Historical Society. Past operations have

provided donations to the Warwick Humane Society, a cleanup of Wawayanda State Park beach, maintenance of the gazebo in Warwick Town Park, and the Warwick Ambulance Corp.

The fundraisers are organized and executed by the Chosun Leadership Team, a group of youngsters within the academy whose mission it is to provide community service and enhance leadership skills by embracing the ancient creed of traditional



Chosun Leadership Team members offering a \$1000 contribution the Jeff Ahearn of the Brian Ahearn Children's Fund.



Chosun Taekwondo Academy owners Patty Cook (second from right) and Grandmaster Doug Cook (far left) presents a \$1000 donation to officials of the Warwick Historical Society

taekwondo. Contributing sponsors for the various events include: Warwick General Rentals, the Warwick Valley Farmer's Market, the Warwick Historical Society, Guardian Self-Storage, Frank's Pizza and CVS.

Reached for comment, Lions Club Event Chairwoman Claire Gabelmann commented: "The Chosun Taekwondo Academy Leadership Team is nothing short of amazing. They have continuously generated significant funds, year in and year out, for worthy events. They are well organized and successful in their community efforts. All involved at the Lions Club are impressed with their enthusiasm and abilities under the direction of Bryce Parkinson, Cheryl Crouchen and Chosun owner Grandmaster Doug Cook."

For information regarding fundraising and standard martial arts programs offered at the Chosun Taekwondo Academy, call (845) 986-2288 or visit their web site at www.chosuntkd.com.

True colours! Full house of medals for GB Para Taekwondo squad

AMY Truesdale led the way as GB Para Taekwondo athletes achieved a full house of medals at the Pan Am Para Championships in Washington, USA..

The world champion from Chester won gold in the +58kg (K44) weight category, Londoner Joseph Lane took silver at -75kg

(K44) while Welsh heavyweight Matthew Bush won bronze at +75kg (K44).

“It was my first time at the Pan AM tournament so I am so pleased to come home with a gold medal,” said Truesdale. *“But it is also amazing to see how the Para programme has developed resulting in Joe and Matt also gaining medals on the day.”*

For happy Joseph, it was his first medal in

Para Taekwondo. *“I am so happy to get myself on the podium,”* he said. *“Hopefully I can cement my place on it going forward. But to finally get my first medal is an incredible feeling. I felt like my preparation in the build-up to the competition and the fact we all got on the podium, was great.”*

“I’m so proud of my teammates. We all worked hard to get there and all deserved the results that we got. The mood around



the team is amazing as we all have done what we came to do. I will celebrate by enjoying a nice burger and chips and a few card games with everyone."

"For me, my next big competition which I want to have a huge impact on is the Worlds next February. But we have a tournament in Korea soon so want to keep the momentum going and attempt to get on that podium again and continue to execute my game plan."

Danish Tang Soo Do dominates the United Kingdom!

The ancient spirits of the Scandinavian Vikings thundered through the bodies of Senior Master Erik Kristensen's Danish Moo Duk Kwan Tang Soo Do Federation as they returned home with 18 Trophies! The 7th Dan, the official Denmark Representative for the World Tang Soo Do General Federation-Moo Duk Kwan, came to the UK with a small, but powerful contingent.

The London Black Belt Academy Open

Championships was held on Saturday May 19th in Newham Leisure Center on 281 Prince Regent Lane, in London, England.

There were 260 competitors at the championship, of which Danish Moo Duk Kwan Tang Soo Do Federation made up 10 athletes.

The performers from the Dansk Moo Duk Kwan Tang Soo Do Federation were working hard since October 2017 at the London Championships, which also saw good results.

From Oedsted Moo Duk Kwan Tang Soo Do, GM Kristensen's daughter, Ploytawan T. Moolyapor Kristensen won 2 trophies. The 16 year old powerhouse fought in the Women's Junior Division and faced all comers head on.

Rasmus Stangholm, 2nd Gup, represented the team in Boys 12 to 15 years – 3rd Gup to 1st Gup and as a result took 2nd place in Hyung and 3rd in Sparring.

Andreas Schmidt Gravlund, 6th Gup, competed in boys 12 to 15 years - 6th Gup



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to 4th Gup 2nd place in Hyung (open hand).

Peder Aggefjeld Larsen 7th Gup participated in Men 7th Gup to 4th Gup. There he took 1st place in Weapon Hyung, a 3rd place in Hyung (open hand), and a 3rd place in Sparring

Vitus Dhanakim Larsen, a white belt, participated in boys 7 to 9 years - 10th Gup to 8th Gup where he won a 1st place finishing in Hyung.

Sidse Andre Borup Danielsen, 9th Kup competed in Girls 7 to 9 years - 10th Gup - 8th Gup. It was the first foreign championship after a longer break in Tang Soo Do. Although Sidse did not win any event she fought like a champion.

From the Givskud Moo Duk Kwan Tang

Soo Do academy, Karoline Kristine Kongstad Thomsen (7 Gup) participated in the Girls 9 to 11 years – 7 Gup to 4 Gup. There she won 1st place in Synchronized Hyungs (with Willads Nygaard Møller and Eliyas Atie-Hald), 1st place in Weapon Hyung (weapons in arms), and 1st place in Hyung (open hand).

From the Jerlev Moo Duk Kwan Tang Soo Do gym, Willads Nygaard Møller 7 Gup participated in Boys 9 to 11 years – 7th Gup to 4th Gup. He took 1st place in Synchronized Hyungs (with Karoline Kristine Kongstad Thomsen and Eliyas Atie-Hald), 3rd place in Weapon Hyung, 3rd place in Hyung (open hand), and a 3rd place in sparring.

Eliyas Atie-Hald, 7th Gup, participated in Boys 9 to 11 years – 7th Gup to 4th Gup



where he also dominated with a 1st place in Synchronized Hyungs (with Karoline Kristine Kongstad Thomsen and Willads Nygaard Møller), a 2nd place in Weapon Hyung, and 2nd place in Hyung (open hand).

Kamal Atie, 7th Gup participated in Men 7th Gup to 4th Gup. Although Kamal did well, it was unfortunately not enough this time out.

By Master Guy Edward Larke



KOREAN MARTIAL ARTS MASTERS HALL OF FAME



한국무술명수명예의전당

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Atlanta Georgia

Georgia International Convention Center

The 5th Annual Korean Martial Arts Masters Hall of Fame Inducts Internationally Known Martial Arts Master



GM Widmyer Master Michael Munyon and Master Thomas Gordon Award

On 27-29 July 2018 numerous martial arts Grand Masters, Masters, Black Belts and more attended the 5th Annual Korean Martial Arts Masters Hall of Fame in Atlanta, Georgia. This prestigious Hall of Fame is owned by Grand Master William Widmyer. The purpose of this Hall of Fame is to recognize the many outstanding accomplishments and contributions to the martial arts on both a national and international scale. The President of the International Taekwon-Do Federation HQ-USA and Moo Sool Won-USA, and owner of the Munyon's Korean Martial Arts Academy in Oscoda, Michigan was one of the few martial arts Masters to be inducted into this Hall of Fame. Master Michael Munyon has shown his skills in the tournament, military and private communities and continues to share his knowledge with his association members, local law enforcement, municipal



Master Munyon and Master Karen Eden Herdman Awards

employees and community

During the first day of this event several of the Grand Masters (9th Degree Black Belts) and Masters (4th Degree and higher) arrived from over nine states to train in the numerous seminars being taught by highly skilled martial artists and to witness the award presentations for all of the inductees. The evening began with a semi

-formal meet and greet. Everyone gathered together at a local German restaurant for dinner and got to talk about the many different martial art styles that were present during this event. Several of the people who attended this event have been martial arts friends for decades and this allowed everyone to rekindle their relationships and make new ones.



Day two of this event consisted of a black belt meeting where Grand Masters and Masters hand an opportunity to do a round table to talk about ways to improve student recruitment, retention, how to service our communities and how the Hall of Fame is working to help martial art school owners with their operations at no cost. Afterwards, the Martial Art Hall of Fame Inductees were given session to teach a subject of their choosing to those who were in attendance. This was a great way to show people who they are and why they were worthy of being inducted into this Hall of Fame. Many of the famous martial arts Grand Masters and Masters included the following:

- Dr. Hee Young Kimm
- Grand Master Shelton Moreland
- Grand Master Jimm McMurray
- Master Michael Munyon
- Master Karen Eden Herdman
- Master Calvin Longton

- Master Eldrige Holloway
- Master Jessen Noviello
- Master Eric Opazo
- Ms. Jayln Croft
- DoJuNim Ronald Garland

Certificates of induction and beautiful glass awards were presented by Grand Master William Widmeyer and MCing this event was Master Thomas Gordon who happens to host the largest Korean Martial Arts event in North America called the Korean Martial Arts Festival held in Crestview, Florida. One of our inductees and special guest, Master Karen Eden Herdman gave a wonderful speech about the outstanding work she's been doing helping "troubled" kids get the training and discipline they need to make positive changes and become a productive person in society through her work through the Salvation Army. This is the true result and impact of having a great martial arts Master such as Karen Eden Herdman. Karen Eden

Herdman is a published author and writer for Taekwon-Do Times and Century MA Success magazine.

On day three many people had to fly out but many of the participants of this event had a fun BBQ to celebrate the outstanding time everyone had at this event. Next year's Korean Martial Arts Masters Hall of Fame is scheduled for July in Texas. Grand Master William Widmeyer will continue to recognize excellence in the martial arts and hopes to see more outstanding martial artists get the recognition they've earned and deserve.

About the Author: Master Michael Munyon is a 4 time martial arts Hall of Famer, tournament competitor, security professional and President of the International Taekwon-Do Federation HQ-USA and Moo Sool Won-USA. He works directly for the International Taekwon-Do Federation HQ out of South Korea as their North America Regional Representative and he's also a Master instructor in HapKiDo under Senior Grand Master Hee Kwan Lee's Global HapKiDo Association. Master Munyon is available for seminars at info@itfhq-usa.com

BUTL UK Open Championships Unify Taekwondo

Saturday 28th July saw the British University Taekwondo League host the UK Open Championships at Loughborough University.

The event saw over 400 competitors competing from all ITF Taekwondo groups, as well as WT associations, with three Grand Masters and GB Taekwondo scout Derek Morgan attending.

The competition aimed to unite Taekwondo, bringing ITF and WT competitors together for the first time, as well as highlight the vast amount of talented fighters up and down the country.

Organiser Ross Sherman said: *"Saturday was probably the best day of my 19 year Taekwondo Journey. After nine months of planning we managed to fully unite the UK Taekwondo scene through the BUTL UK Open Championships."*

Taekwondo has been divided for decades in the UK with numerous groups under the ITF banner being found because of ideological differences about the martial





art, as well as political differences between masters, speaking on this Mr Sharman added: *“We’d had enough of this and thought, lets just try and do something and try and unite everyone for a day.”*

The standard of competition across the disciplines of patterns and sparring was incredibly high, with GB Taekwondo scout Derek Morgan who commented that he was *“thoroughly impressed with the organisation and quality of athletes”* he had seen.

Mr Morgan also added that he had scouted a few competitors that he would like to follow the progress of and was definitely interested in.

With such comments coming from a scout for GB Taekwondo, a high standard of competition, and uniting Taekwondo, only time will tell what heights the BUTL’s next competition will reach.

- Submitted by Kieran Cobley



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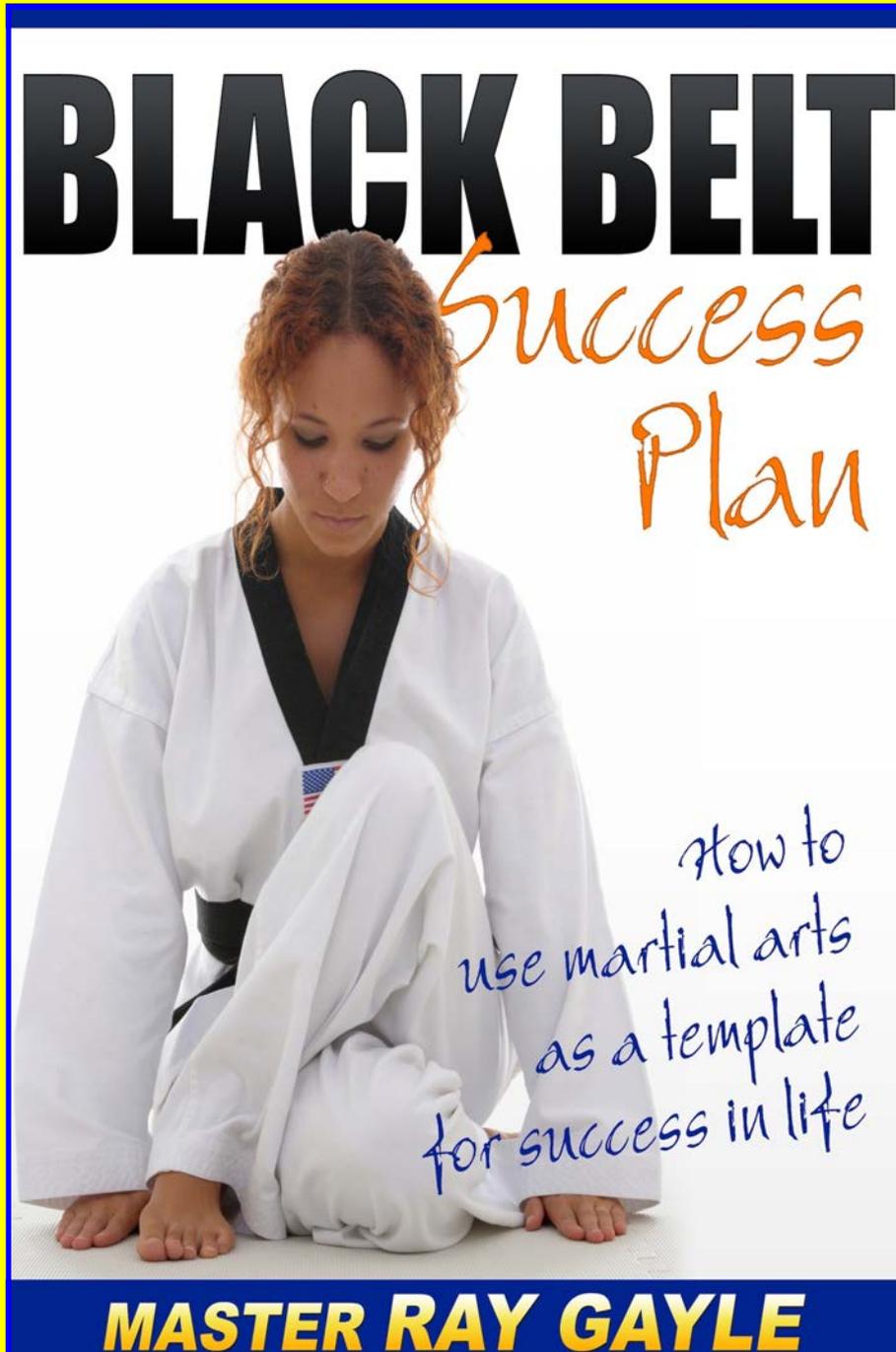
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- Anyone who believes that their religion, skin color, gender and present situation will not let them be the person they want to be.



For more information on '**Black Belt Success Plan**' including where to purchase a copy, please contact Master Gayle at; chairman@puma-uk.com

Should the Path to Black Belt be Walked in Bare Feet?

The Question of Shoes for Taekwondo...

By Kristy Hitchens aka The Mortal Mouse



MY 10 year old son is a rule follower. This might sound like some kind of parental godsend but alas.

What goes with this rule-following territory is a child who is:

- **Mind bogglingly black and white about stuff**
- **Meticulous in his pursuit of everything (I mean EVERYTHING!) being fair and**
- **Unappreciative of grey areas or compromise.**

That's right! STUBBORN. He gets that from his father! A small example to demonstrate this character trait (we'll get to the shoes in a minute)...

Son (no joke real actual quote): “Mum you said they were going to be here at 5 o’clock. It’s 5 o’clock now and they’re not here?”

Me: Okay when I said 5, what I meant was I suggested to them that would be a convenient time to arrive but in life it’s very difficult to control every aspect of their journey from their house to ours to ensure they arrive DOT on 5. (or something equally wise and eloquently explained)

The rule following thing I have to admit, he probably DOES get from me. That means I like doing things the way they are SUPPOSED to be done. And that means when I started Taekwondo training in my 40s, I naturally went along in bare feet.

Tradition right?!?

In my club there’s a big mix of ages and some people wear shoes, some don’t. We train in a high school gymnasium (not a purpose facility) on wooden, often sandy, floors. Only a few weeks in, my feet and ankles were complaining LOUDLY. And given how just about every other muscle in my entire body was responding to this entirely new form of movement I had never in my LIFE subjected them to, LOUDLY means L.O.U.D.L. EEEEEEEEEEEEEEE.

I toyed with the idea of shoes to help.

I wasn’t happy with the plan. It felt like a cop out. Like I wasn’t REALLY doing it right if I wore shoes. Eventually though my loud feet won out and I conceded, purchasing some Adidas SM3 martial arts shoes. I forced myself to realise that I wasn’t going to (hopefully) reach my Black Belt grading one day and have the Grand Master point



Blue Belt Kick



at me and say:

“No Black Belt for you. You trained in shoes. Your Belt will be only very VERY dark grey.”

(Small Lego Movie joke there in case you missed it!)

On a more serious note though, I didn't want to NOT get there at ALL because of pain or injury associated with barefoot training that would put me off continuing altogether. Plus: If wearing shoes at training is good enough for my Taekwondo Master, then pretty sure it's ok for me.

One day I asked Master Justin Warren why he chooses to wear shoes.

He's a 6th Dan Black Belt, a five times Australian Open Black Belt Champion and won international gold. This was his answer: *“I wear shoes because of 30 years of impact on my feet. I personally have a*

long-term Taekwondo goal so looking after my body is my number one consideration. Taekwondo shoes allow me to train and protect myself so I can enjoy this fantastic art right up to my older years.”

In researching the topic online, I found a pervasive attitude towards shoes for martial arts of “just toughen up”. Pretty sure you couldn't apply that kind of logic with someone like Master Justin wearing shoes. He's broken nearly every bone in both feet during his highly decorated sparring career.

In fact, I'd dare you to tell him to “toughen up”. Let me know when you do though, I'll bring popcorn!

Other arguments talk about tradition and the custom in Asian cultures of leaving shoes at the door but the information on the specifics of that seem pretty sketchy. Though as a rule follower by nature, I can understand the thinking around traditions.

Another Master I communicated with on the topic spoke of feeling physically ill about the idea of wearing shoes for training. Many people I came across in fact, had VERY strong opinions on the topic – some were pretty practical about it, saying the floor they trained on didn't have mats and just wasn't suited to bare feet – like mine!

Or those in a purpose facility with expensive floor mats required bare feet. Fair enough!

Others talked about the definite requirement to train with bare feet because of issues around the biomechanics of the foot and leg when it came to developing balance, technique and strength. Again, those made sense to me too – and I have to admit, as much as I LOVE my shoes now, I do take them off from time to time.

So my conclusion on the topic? Wear them if you need them.

For me personally I had to ask myself, can I achieve what I want to achieve with my training if I wear shoes? YES.

I certainly have no intention of trying to set the Taekwondo world on fire. My training is about:

- Keeping fit and active as I get older
- Setting new challenges for myself to keep life interesting
- The stress relief and relaxation I feel as a result of my training
- The friends and connections I'm making
- An incredible bonding experience of training with my son

Unlike countless others who are (of course!) at a different stage in their lives and training, I'm not in competition with anyone. Only myself.

Can I achieve what I want to achieve if I DON'T wear them? Probably not. The discomfort, pain and potential ongoing injury from barefoot training means I may have even by now, resumed my position back on the sidelines where I used to sit watching my son train and mindlessly playing with my phone.

So with all that in mind...I'll be training in shoes!

Kristy Hitchens took up Taekwondo after watching her son from the sidelines for 5 years and just after she turned 40. As a newspaper journalist and freelance writer of more than 20 years, it felt natural to write about the experience. When she discovered so many other people could relate to her journey, she decided to start blogging as The Mortal Mouse.





NO MATTER WHICH ORGANISATION...
REPRESENT THEM BY WRITING FOR...
TOTALLY TAE KWON DO MAGAZINE

The Encyclopedia of Taekwon-Do Patterns

The Complete Patterns Resource for Ch'ang Hon, ITF & GTF Students of Taekwon-Do

60 years in the making...

The Encyclopedia Of Taekwon-Do Patterns is a unique series of books that feature the complete works of General Choi, Hong Hi; Creator of the Ch'ang Hon system of Taekwon-Do and founder of the International Taekwon-Do Federation; as well as the patterns further devised by some of his most talented and legendary pioneers; Grandmaster Park, Jung Tae and Grandmaster Kim, Bok Man.

This 3 volume set is the only series of books in the world to feature all of the 25 patterns created by General Choi and his Taekwon-Do pioneers (including both Juche and Ko-Dang), as well as all 3 Saju exercises, the 6 Global Taekwon-Do Federation patterns developed by Grandmaster Park, Jung Tae and the Silla Knife Pattern instituted by Grandmaster Kim, Bok Man.

Utilizing over 5,800 photographs the student is shown in precise detail, each and every pattern from beginning to end, including useful tips on their performance and things unique to particular organisations (such as Kihap points etc.). Displayed in full step by step photographic detail, which displays not just the final move but the in-between motions as well making each

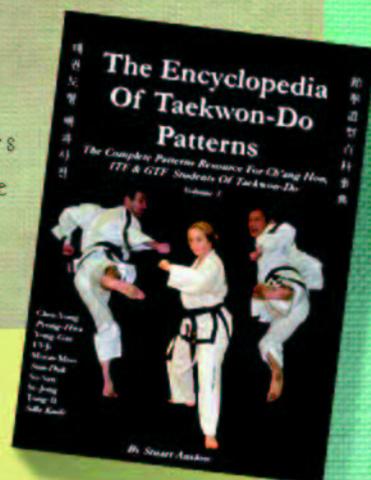
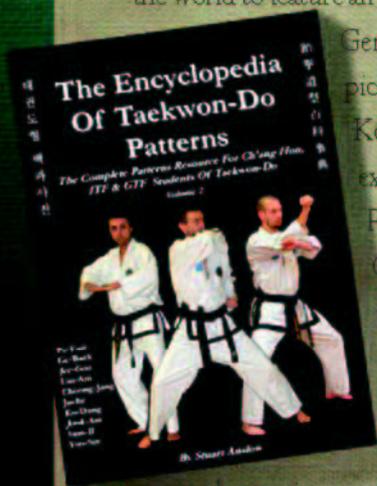
book ideal to learn or revise your patterns, no matter which organisation you belong to.

Volume 1 takes the student of Taekwon-Do on his or her journey from 10th Kup White Belt through to 1st Degree Black Belt and also includes the first of the Black Belt patterns.

Volume 2 takes the student of Taekwon-Do from Po-Eun (1st Dan) to Yoo-Sin (3rd Dan) and includes both Ko-Dang and Juche as well as the Dan grade patterns required by the Global Taekwon-Do Federation (GTF).

Volume 3 takes the senior student of Taekwon-Do from Choi-Yong (3rd Dan) to Tong-Il (6th Dan) and includes both Pyong-Hwa and Sun-Duk (required by the GTF), as well as featuring the first weapon form of Taekwon-Do: The Silla Knife Pattern.

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An Interview With **Master David Bonthuys** *7th Dan*

By Master Clive Harrison

I have done several interviews for martial arts magazines focusing on various individuals who are experts in their own fields and who's story could inspire our Martial Arts family in one way or another. Some are household names in the Martial Arts but there are others who may not be so well known in the wider fields of Martial Arts but who nevertheless can bring their own field of expertise to the table.

Such is Master David Bonthuys 7th Degree Taekwondo. Some may say: WHO? Master David Bonthuys 7th Degree, Dave to his friends or Master B to his students. Unless you have had the privilege to know him, as I have since the early days, it is hard to define the man as he does not fit into the usual box of student or Instructor. Let me tell you a little about the Dave Bonthuys that I have known personally for over 20 years.

Old school Instructor, excellent standard of students (I should know, because I personally graded them back in the day), Hands on Instructor and hard working area rep for the GTI. A man with a vision that others failed to see or appreciate. A man of principles; so much so that he gave up a very highly paid job to chase his dream.

So what exactly was that dream? Read on





Flying Side Kick at Danebury Hillfort - circa 2000

and by the end of this interview I guarantee that you will all agree that Master B will soon be the name on the lips of a lot of people.

You will hear how from humble beginnings as a part time instructor teaching in a scout hut in Andover he has become one of the most successful Professional school owners in the country.

Those that *really* know him will say he's:

- An extremely successful Professional school owner.
- Someone who has “made it”
- A role model for those who dream of owning their own school. Etc
- Someone who gives back to the local community and supports many charities.

Those who *don't* know him personally are more negative:

- Not one of “us” anymore.
- Only moves in the “elite and wealthy “ circles now.
- No longer teaches authentic TKD and tutors many arts he is not qualified to teach.
- Very money orientated, flashy cars etc.



It all sounds a bit harsh; but what's the REAL truth behind the Master Bonthuys phenomenon?

In this interview we look at the different circumstances that drove Dave to his current position in a real “rags (well sort of) to riches” story and by the end you will see him in a very different light. So whether you like him, dislike him or have never met him you can't ignore his amazing story.

This is one amazing story Dave, but as the saying goes “ the longest journey must begin with the first step” so where did it all start with you?

That's a great question Clive! Well... the real beginning was when I was just 9 years old and a regular victim of a vindictive school bully. I suffered for over a year in silence until my parents realised that something was wrong after regularly coming home with ripped school shirts, scuffed shoes and bruising etc. I can even remember the name and face of the bully after all these years!

My father was an Army Sergeant Major who was my main life inspiration and a very strong, positive influence for the 34 years that we shared together. He was an earlier

Army PTI (physical training instructor), and also an unarmed combat instructor.

When he realised that I was being bullied at school, rather than sorting it out for me, he taught me western boxing, some very basic unarmed combat and also took me to attend classes of an army friend of his that was teaching judo to a small group of soldiers. This man was a Japanese trained black belt (which was very rare in those days).

So it began...I took my first martial arts lesson in September of 1966, so September this year will mark 52 years since my introduction to training in the martial arts!

I stuck with it until my fathers next posting (a couple of years later) without a single grading.

My Sensei was a tough Army PTI who never even talked about belts. This would be unthinkable for most people today. I just wanted to learn, and he just wanted to

teach. He just constantly worked on fitness and technique. Fitness and technique. Fitness and technique. Repetition was key here!

It was a very small class with only four kids in it (the rest was filled with some young army soldiers) and was so much fun! As a child, I had no concept of the belt system. Because I knew **why** I was training and that a "showdown" was coming, I just wanted to know that what I was learning was actually going to work. I soon realised that I was really enjoying learning cool moves whilst working hard. I learned to love the training and looked forward to classes after school.

I wanted to beat the bully, and I eventually had an opportunity to put my new boxing and judo skills to the test and teach the bully a well-earned lesson outside the school gates, that started vertical and ended up horizontal - with me in the "mount position" using my fists repeatedly in his face (another story). I was NEVER ever bothered by bullies again! This was a



Family time - circa 1994



Family tournament success 1995

huge satisfier and taught me all about belief. Belief in martial arts, belief in boxing, but the REAL lesson was to learn to believe in myself, and what I could achieve when I put my mind to something! I had learned to face my fears and to overcome adversity at a very young age... when I look back and reflect upon it now, I could easily think that it was just kids stuff; however at the time I hated attending school because of it, and for me it was serious emotional pain having to face him every single day (knowing that I was his submissive vindictive pleasure).

I learned a lot from those early days... particularly about myself. I learned that if I worked hard and trusted in my own beliefs hard enough, the rewards would be waiting for me just around the corner. It was always going to be up to me to make anything happen in my life.

My personal training satisfaction was based upon learning and repetition of technique to a degree of personal mastery. I learned to keep pushing harder and harder. I learned to ask myself: "why not" rather than "I can't".

I maintained this mantra throughout school and into my career as a precision military aerospace engineer and eventually to the time when I was teaching the exact same values to my own three sons. This has paid dividends in so many ways to the point where they now instill these values into our own students of today...

Learning from these early days, we try to ensure that our own students and families learn something valuable every single lesson and leave each class sweating - with a smile on their face!

Who were the major influences on you in the early days?

My major influences were as follows:

My father, who was a MASSIVE influence, and who totally believed in me. He taught me to work hard and to follow my dreams. My first instructor, Sensei Keith, who taught me the discipline of the Japanese martial way. He taught me that to be tough physically, you must start by training the mind to be tough first.



Presenting my very first student Master Simon Green with MAI award



Master B training with Hee Ill Cho



Training with Bruce Lee in Hong Kong

Tatsuo Suzuki, who inspired me from watching a physically small guy achieve giant stature with technical excellence.

Hee Ill Cho for my early seminars with him in Tae Kwon Do. The sheer explosive power that he was able to generate was unbelievable! I attended his seminars both as a coloured belt and as a Dan grade when he visited the UK.

Master Simon Green (we secretly called him "Ironhands"), who wholly believed in me and was instrumental in helping to set up my own school in the very beginning, over two decades ago. He still trains today; well into his 80's, with over 65 years experience!.

And...of course the late, great Bruce Lee! Who could ignore his impact when he exploded onto the big screens in the 70's?

The biggest influence of all was from Kris, my amazing wife, who constantly reminded me of what **COULD** be. She supported the idea of me taking a chance on myself and committing to my dreams. She **STILL** tells me to "live a life worth living and to make a difference!"

What styles of Martial Art did you train in before settling into TKD?

My first experiences were Judo, western boxing and military unarmed combat. To be honest, (as you are well aware Clive) I have **ALWAYS** had an open mind to **ALL** styles, and have never understood the concept on "my martial art is better than your martial art!"



Kris Bonthuys - Master B's biggest influence of all

Whilst TKD will always be my first love, I have trained in basic Shotokan, Wado and Goju Ryu Karate with additional training experience in Japanese Jiu Jitsu and groundwork. To be honest, I simply wanted it all, and would join up with friends wherever they trained! Grades are less important to me than experience.

As you know, I had an incredible opportunity to study in China for 6 months, and whilst I mainly studied Tae Kwon do, I also trained in Tai Chi, Qi Gong, and of course Kung Fu, in addition to learning basic meditation methods (if you are at a Chinese restaurant, you eat Chinese cuisine...). I have been fortunate enough to visit the roots of the Orient and have also spent time in Hong Kong, Japan and Korea.

This was an amazing experience, and taught me to be hardy. I remember going into the TKD school to train, and the "warm up" was a 3-mile run with about 40 other white belts (that had been training for years. These guys only wore either white or black belts!) along the



Training in a remote area of China with Master Pu Zhi Kwon in 1998

cobbled streets of Kunming in bare feet! When I got back to the Dojang, my feet were bleeding. I hated it at first, but learned to persevere. I could not speak Chinese, and they could not speak English, but when I was invited to teach, the thing that we all shared in common was the fact that we all understood the Korean terminology. My classes were a great success, due to the fact that my traditional background had meant that over many years, I had learned all of the Korean martial art terminology.

Close quarter combat and edged weapon training has always been an important part of my own journey of learning, training and teaching. Having access to many military contacts has been an immense help to me. Clive, you may remember some of the edged weapon demos that I performed for the GTI; before leaving the association to follow my dream. In the same way that you yourself studied pressure point application, I think that it is very important to cross-train in other arts or styles. Clive, you were a positive influence alongside Master Frank Murphy in those early GTI days as my club examiner for all of the Andover students. Happy days...



Choong Moo memorial in Korea

What are you favourite memories of those early days both as an Instructors and student?

When I think of it, my first memories are not the obvious ones of cold, dirty concrete floors that so many of us simply accepted as normal and ok. As a student, I remember having a constant thirst for more knowledge. I used to drive my instructors mad! Because of this, in the early days I tried to train with as many friends as possible outside of my main art.

I remember my first introduction to

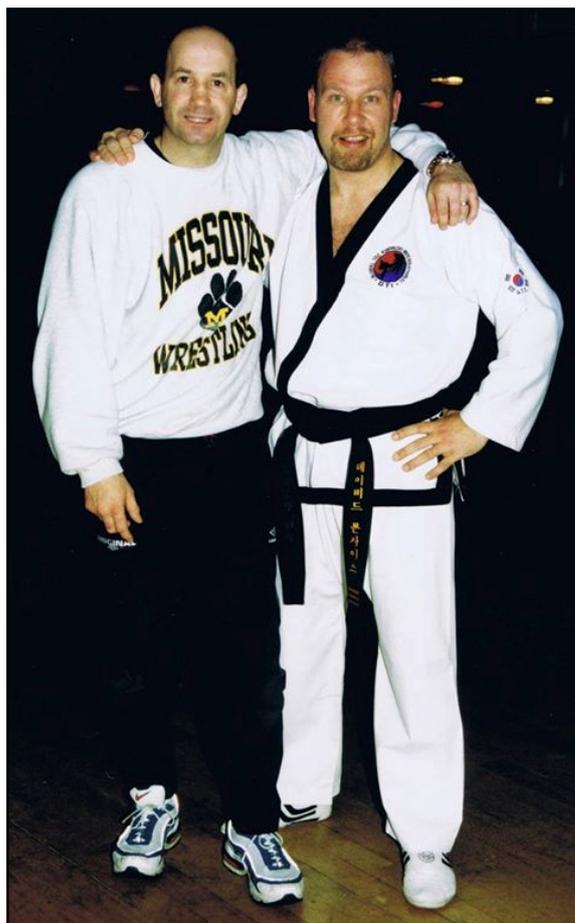


Master B with GM Hopwood (then 6th Dan) and Alan Daniels

shin kicks at a friends Wado club...both of my legs were bleeding below the knee and I could hardly stand to continue to spar! This was a powerful lesson in humility for me. Training was tough and very different in those days. This is why so many new students used to quit...

My regular classes were twice per week, and I used to meet up with a few fellow students to "play" at least an additional twice per week (I think that most serious players did this in those days). In addition to this, we used to meet up every Sunday morning to go for a 5-mile run to maintain our stamina. This was in the rain, snow or sunshine. I constructed a Makiwara and (after welding a steel frame together) hung a heavy kickbag in my garage, which I spent many happy hours in isolation with!

About half way to black belt, I become good friends with a man that would influence me greatly. His name was Simon Green, and we nicknamed him "Ironhands" (on account of his ability to punch through two black boards). He had been training regularly since the early 60's and was as "old school" as they came! He was



Geoff Thompson



Early days training with "Ironhands" in his loft Dojo



Rick Moneymaker pressure point seminar circa 2001

in his mid 50's when we met, and had his own Dojo in the roofspace above his house. Much to the disdain of his lovely wife, we often had 6-8 of us regularly training together every week, perfecting our sparring and destruction skills. I still see Simon, who is reluctantly and rightly a Master now. Good times indeed...

As a new instructor, my initial memory was having the great Master Frank Murphy to guide me through the pitfalls of politics after I was threatened by a rival association for "opening another TKD school on their territory"!!! He travelled down from Kent to Andover on our opening night, and took part in the opening demonstration. We were waiting for "the visit", and a number of us were primed and ready for a kick-off. Fortunately, it was a no-show! Its kind of ridiculous how things went on in those days...

Another great memory with Frank and other instructors of the GTI association was when we provided a demo for one of the Clash of the Titans events, and I got to kick Frank hard in the stomach repeatedly

as part of a skit. Frank is a very tough martial artist and an all-round great guy that I am privileged to call my friend!

When did you first realise that you could take your club to another level?

Another great question Clive!

I was a precision military aerospace engineer for many years, and with a family on the way, decided to take my engineering skills from the ministry of defence into the commercial world (to earn more money). In my new position, I successfully worked my way up to senior management over the years. However, many years later I eventually found myself facing redundancy after a downturn in the defence industry (new government cuts etc).

I managed to secure a new promotion with another company, and had three separate offices in Andover, Maidstone and also the Isle of Man. High wages and high stress! On top of this I had been running a TKD school three times per week for over 10



Downtime with his son Ben on their bikes in the lake district

years during the evenings, and also studying for a business degree in my apparent spare time... also trying to find time for my “other” passion of motorcycles. Something had to give.

I spoke to my wife Kris, and told her that I would love to “go full-time” with martial arts, but the real dilemma was that I could not afford to quit my very well paid job. Her response was: “If other people are doing it, why not you? Find out what the top people are doing and model off of them to get started”.

By chance, I had been invited to a seminar being conducted in Oxford by Fred Mertens from the USA. I reluctantly attended and met about 40 other school owners from the UK. After listening to him

for a day, I saw very clearly what COULD be...and I made the decision to commit 100% to becoming a martial arts professional. I did not want for my club to become an American school, but took many of the methods and systems and “anglicised” them. I learned that without good business skills, being a great martial artist would never cut it for a full time centre. My degree in business was about to pay off for me...

It’s funny how my life as a precision military aircraft engineer, my love of bikes and martial arts all intertwined throughout the years to allow me to give up “work” forever. It has landed me in a place where I am able to follow the passions of my life, and share every day “working” in our family business together with an amazing wife

and three sons as martial arts professionals (with motorcycles STILL very much part of my life).

I feel that I am a very rich man, due to the fact that my family members are all involved in the business at every level, and we spend so much time together. As you know, Kris (2nd Dan) has been training nearly 20 years. She now spends a lot of her time with the running of the school from the organisational standpoint. Jason (5th Dan) is now 32 and has been training constantly since the age of 4. Shane is 30 (1st Dan) and supports the academy on the front desk, having spent many years teaching the children as Little Dragons. Ben (4th Dan) has been training since the age of 5 and is now 26. We usually train together at least three times every week during the mornings (MA, weights or fitness training). I am blessed to be surrounded by talented and balanced individuals that I spend home-time and work-time with.

We all share the same vision and have the same passion for our good work. When I first made the decision to move the school to another level, Ben was a school, Shane was at college, and Jason was at university. This meant that it was all down to just Kris and I to get everything started.

The rest is history...



Family Time



Jason Bonthuys in action at the age of 10



Ben Bonthuys in action

I know the Test Valley Borough Council was a major part in you advancing your club, how did they help you?

I had been working with the Test Valley Borough Council for many years, providing martial arts workshops in local schools and council-employee self-defence seminars etc. Whilst I am *NOT* a *political animal*, I had taken some great advice from a good business friend. He told me that I should join the conservatives, as they were running the local Council, and that they made ALL decisions regarding our town and local areas. Doing this allowed me to touch base with all the important influencers and decision makers in the town. Because I was "known", I was invited to many events and meetings regarding sports development in the area. With many of the senior councillors on my side, I was taken seriously for a brand new major development.

I was asked to attend a meeting for a new multi-sport building proposal circa 1997. The proposal was for a shared facility to be built for martial arts, table tennis and a 3G football pitch.

The building came to fruition in 2002, and we went from having our MA school in three locations on different days, to just one.

It was a good move, and it soon helped to establish us as the largest school in the area. The building provided a sense of security and permanence for the students and helped us to increase our prices in order to re-invest real money back into the student areas. It is now a far cry from when we operated out of a church hall all those years ago. Future students that do not know us, realise that when they walk across our school threshold today, it is not



Martial Art World main hall

the same as other clubs.

We are proud to have been recognised with many different awards for our good work within the area, and recently received an outstanding community support award for 21 years of service to the local community from the Mayor of Test Valley Borough Council.



Martial Art World reception area

We worked a lot together in the GTI especially when we were asked to trial the new MASS TRAINING concept, what were your initial thoughts on the concept and Fred Mertens as a tutor at those meetings?

Honestly? My initial thoughts were that I did not trust him or believe that a martial arts school could easily turnover more than 15K per month from teaching martial arts!

Because I had been running a reasonable sized club for so many years and at the time I was a 5th Degree (I now know that both of these points are SO irrelevant), my thoughts were that I knew pretty much everything there was to know about running a school – particularly because we were all in a large association at the time and my own school was the second largest next to yours Clive! What could he possibly teach me?

However, Kris told me to stop listening and to start actually hearing what was being said. I soon realised that there was a good number of people in the room that appeared to be managing to generate over £15K per month without “selling out”. One of these was Master Foran, who seemed to be switched on to the potential of the concepts being taught. This was where we first met, and we have since remained firm friends for over a decade. I remain an examiner for his school, and he for martial art world.



Training at Danebury Hillfort

I had heard the horror stories (this was what was keeping my ears closed initially), and of course believed them all...selling out, all about the money, McDojos, will not last, ripping off students, big scam etc, etc, etc.

What I NOW know was that some of the instructors had made a lot of money and then blown it all on big cars and trips to Vegas etc. When they came back, of course they had a massive liability – which some could not fulfil – so they crashed! This caused massive negative PR for the martial arts industry, and the American systems which were (apparently) all to blame.

Because I had just qualified with a business degree, I could see the potential sitting in front of me. It was like somebody had just turned the ignition key and started the engine. I started to listen harder, and I realised that if I was to draw a sensible wage and save the remaining balance each month, I would soon be able to build a stake for my own



premises and then fill it with state of the art equipment.

I decided to listen carefully, learn hard, and to go to work.

There was some American material and concepts that simply did not fit well with me, but ideas such as rotating syllabus, and having a foundation level programme etc were immediate gemstones to me.

I did not sleep for a month whilst I devised my “English” programmes, set out a fair and honest billing structure that sat well for me, created measurement stats and worked out how to develop my timing and implementation strategy etc.

The worst thing that could have happened was that all of my students would leave, so I was ready to start again should the need arise.

I launched my new school, and whilst I lost 18% of my students, I trebled the monthly turnover immediately.

This provided me with real confidence, and after I had proved that the systems could be sustained for several months, I started to look for full-time premises. The key here was test and measure.

12 years later we are still going from strength to strength. We live in a small and sparsely populated market town and we have gone from 35 students to nearly 500 with steady and sustained growth every year. Even during the economic crash and the credit crunch, we still maintained growth.

The key to charging a professional fee is to create real value and an amazing student experience. I realised that most things of value in life seem to be expensive initially. However, once value is established the price becomes a secondary consideration. Marks and Spencer do not care what Tesco charge, but everybody in our industry seems to have an opinion on what others should or should NOT do...even people that I had not met were judging me without bothering to establish facts. It's a

pity, because we have an amazing product to offer the public, and it's our own industry that is preventing mainstream professional recognition. Its time to understand that if you charge training fees, you are already running a business...Done correctly and ethically, you can maintain high standards, integrate fully into your local community, support and teach within local schools, create a wonderful lifestyle, and can offer REAL career paths to your juniors – paying professional wages!

I believe that our association (the GTI) didn't really buy into this and as a result you decided to take a different path. What happened?

I do have some great memories of the GTI. As the south-east regional coordinator attending its regular meetings, the entire committee kept stating that it wanted to grow as an association. More clubs, more students etc. Month in, month out. For something to change, a change must take place, and this takes solid leadership, which may entail making some difficult decisions.

If you keep doing the same thing over and over, how can you possibly expect a different result? I suddenly realised that in spite of the fact that I had served as part of the GTI committee for eight years, NOTHING was going to happen in this direction. In fact, the association was shrinking in size. Laissez-faire management means that there is no real leadership. Intent counts for nothing...actions provide results! With this in mind, I realised that it was time to leave. As regional coordinator for all those years, I truly wish them the best of luck.

I am a firm believer in the fact that we always get the results we deserve based upon our actions or omissions.

The hard fact is that for me personally, being in the GTI association was no longer serving me. Staying part of it was hurting my business and preventing my school development.

Mixing friendship with business, joining an association or even simply listening to negative influences are all things that will STOP you in your tracks if you require the



Early GTI days at Master Murphys Gravesend academy

necessary flexibility to operate your business effectively! Associations are for clubs that require a hub with others leading the way for you. If you run your own MA business, it is essential tht you have full flexibility without association rules to prevent your development or growth. I am not against associations; I simply recognise that they are great for new instructors that are just starting out, or for clubs that want tournaments etc. I have simply chosen a different path in order to serve more people as a full-time professional.

It's common knowledge in the MASS circles that you became massively successful from this point, how did you find working with Mr Mertens and his team?

Once I understood *what* was happening and *how*, everything changed.

I started to build a healthy respect for him, and he also started to respect the fact that I was listening and applying his methods to my own school. Mr Mertens is a very misunderstood person. Yes, he is a businessman. Yes he is about the money. However, if you are really prepared to listen, he will help you to build a successful school which will far outperform any investment that you might have made to MASS training. When I studied for my business degree with the Open University, it was a £16,000 inverstment with NO guarantee of anything. When I invested with MASS Training, I gained a mentor that would guide me through the fog and help me to establish sound professional systems that would help my family, my students and my business. From this point,



Master B with Fred Mertens



First year as full time professionals

I overlaid what I learned from MASS Training with my business degree and my common sense to develop a long-term plan for the success of our academy. We have in place a fair and sound financial system, with a syllabus that is designed to help people to achieve their goals without becoming a belt factory.

From this, I built a long-term relationship with him that I value.

I am free of stress. I enjoy my work, and love helping people. I spend time at home and at the academy with my family every day, and I have the flexibility to do *what* I want, *when* I want, *where* I want, with *whom* I want!

How did you manage to obtain the sports centre that you now own and turn it into one of the best, if not THE best full-time centre in the country?

Four years after completion, the building

fell into disarray with lack of support and no further funding after a £2million investment from the lottery commission and the TVBC.

Fortunately, due to the solid systems that we had developed for our academy, we were in a strong financial position and were able to purchase our own 4000sq ft building in a different part of town. When they found out that we were leaving, TVBC then approached us and asked if we would like to tender for the primary use of the building (we were 48 hrs from signing the contract for the outright purchase of the “other” new building).

We were successful with our bid, and we secured a 15-year lease on the building and then spent a further £150K on a MA refurbishment programme to make it our own full-time academy. New equipment, flooring, reception area, two intro studios, changing rooms, viewing gallery, stock room and a heated sprung floor for the students with storage for kit bags etc. We



Official opening of Martial Art World



even added a private gym for staff.

I knew very early on that if you settle for less - then you get less. We just went full-on!



7th Dan grading chair defence

To answer the critics what arts do you teach at your academy and what are your qualifications in those arts?

As you well know; I do not care too much about the opinion of others Clive.

Those that know me; know the type of person that I am and realise that I would never teach anything that I was not qualified in. Those that do NOT know me...well; their opinion of me is none of my business!

At our full-time academy, we primarily teach Tae Kwon Do and Kickboxing.

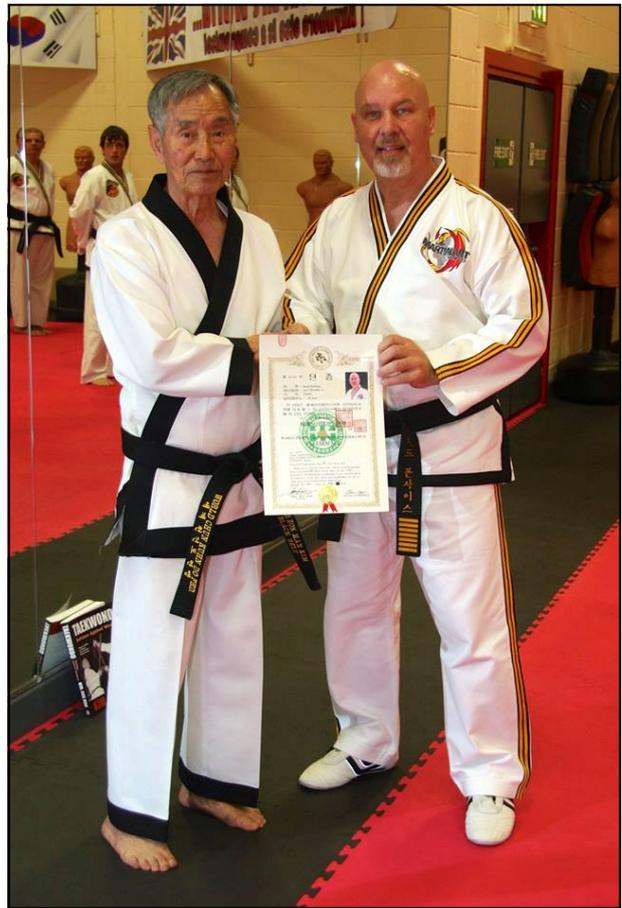
Amongst other qualifications, my highest personal certification is in TKD as a 7th Dan Master (tested by GM Hopwood 9th Dan, and SM Kim Bok Man 9th Dan).

My sons Jason and Ben are 5th and 4th Dans respectively in both TKD and Kickboxing.

Master Chris Foran is a personal student of Roger Gracie and has over 1200 students in three locations. He has personally tutored Jason and Ben in Brazilian Jui Jitsu, which is now blended into certain elements of our Kickboxing syllabus.

I would also point out that (as you know already) our kickboxing syllabus is very robust and is NOT simply TKD techniques on focus mitts etc.

We also conduct various programmes based upon personal safety and close quarter combat and regularly work with and assist the military and local council agencies (you are probably aware of the stringent controls that these organisations have in place).



Master B receiving his 7th Degree Masters certification from SM Kim Bok Man

**CLOSE PROTECTION UNIT
ROYAL MILITARY POLICE**




Master Bonthuys Sports Academy
Business Park
Andover
SP10 3LF

Reference: [REDACTED]
Date: 11 March 2014

Dear Master Bonthuys,

CLOSE PROTECTION UNIT ROYAL MILITARY POLICE - EXERCISE WATCHTOWER 141

I would like to take this opportunity to thank you once again for the valuable assistance that you provided during this Unit's EXERCISE WATCHTOWER. WATCHTOWER is a licensing exercise which prepares our students for conducting duties across the spectrum of Military operations, and realism is a vital part of developing good judgement, rapid threat assessment and exercising restraint.

The visit to your establishment by our VIP and students offered a unique and challenging training environment which replicated the locations that CP operatives find themselves in across the world. Having access to, and utilising such high profile venues, where discretion and control is key, adds genuine value to this type of exercise. Without your continued support, we would not be able to fully train and prepare for our missions.

Could you please also pass our thanks to all personnel, and colleagues, involved on the day, and I hope that our presence did not cause any undue disruption to your operations.

Yours sincerely,

[Signature]
[Redacted]
Officer Commanding

Operation Watchtower testimonial

TESTIMONIAL for Master Bonthuys



My name is [REDACTED]; I have served 12 years as a regular soldier and a further 7 years as an active reservist. During my time as a reservist I was in the full time employment of what is now South Central Ambulance Service as a frontline medical practitioner. I have been a frontline Police Constable now for a little over 3 years since terminating my reserve service. During my time training under Master Bonthuys I have gained a black belt degree in Tae Kwon Do.

I started training with Master

David Bonthuys in mid 2005, shortly after this I was deployed as part of the specialist battle group reconnaissance for the current deployment in Helmand province. The operation was later staffed by the Pathfinder element of 16 Air Assault Brigade.

Prior to deploying I was fortunate enough to be tutored on a one to one basis by Master Bonthuys. I received training in unarmed close quarter combat and dynamic defence against pointed and blade articles. I was able to pass on this knowledge and training on while in theatre and it was used during the course of operations.

I have been unfortunate enough to be placed in violent situations whilst with the Ambulance Service and maybe not unsurprisingly whilst with the Police Service. I have on these occasions used what Master Bonthuys has taught with what I would describe as effective results. The techniques and systems taught by Master Bonthuys are by far in away superior to those the Home Office approve for use by the emergency services, and are more than justifiable within the bounds of criminal law and the conflict management model.

The style of close quarter combat taught by Master Bonthuys blends the rational use of controlled aggression with what the military would view as true battlefield aggression. I would in my professional opinion say that what Master Bonthuys teaches in many ways on a par with the package delivered at Credenhill to the UK Special Forces group. His training then goes on to surpass its peers not least because it focuses as much on personal fortitude as it does on the mechanical understanding of the subject. I have yet to meet any instructor with such a deep understanding of how and why techniques work. Master Bonthuys also has the uncanny ability to impart that understanding quickly and precisely so it is digested and understood.

I have found being taught by Master Bonthuys a valuable and rewarding experience, he has always demonstrated a high degree of professionalism and knowledge; he has never failed to understand the needs of his students. Master Bonthuys has always sought to expand his skill base and has always given time and credence to anything that may improve his syllabus. I have found him to be the soul of discretion and utterly trustworthy.

Any of his teaching packages will undoubtedly improve the mental resilience, combative skill, leadership, pressured decision making and mortal fibre of anyone who has the good fortune to train with him and his team. I unreservedly recommend Master Bonthuys to any organisation who wishes its staff to be trained in all forms of close quarter combat.

Military Testimonial



M.A.I. Hall of Fame Awards Night

I try to teach that there is a huge difference between martial arts training (personal development in life) and self defence training (personal safety on the street).

Every single instructor in our school must complete a 300-hour training programme and attend college to gain a PTTLs City and Guilds teaching qualification. This is in addition to a six-month classroom-training programme that I have developed based upon our business systems, where I tutor them for four hours every week in a dedicated classroom.

On this basis Clive, I think that we are more qualified than most...

I know you do an enormous amount for charity behind the scenes to “give back” to the local community and less fortunate students who can’t afford the Academy’s fees. Can you please tell the

kind of good work the Academy does?

We regularly sponsor certain children and families that are from deprived backgrounds (such as alcoholic parents / drug dependencies etc) with complimentary memberships.

Last month we offered and engaged four juniors (12-14 yrs) on a sponsorship programme to become a junior assistant Instructor. The individual scholarships each have a value of £2K. We had 12 internal junior applicants, who undertook writing a CV and attending a formal interview. This is a great character building exercise, and also places a real value on the entire experience for each of the candidates.

Last year we worked in 24 local schools and gave two free 6m memberships for raffles at each school (value £590 for each school, with FOC uniforms and insurance). If two members of a family enrol at MAW,

we offer every single other family member a complimentary membership for the duration of the programme...

We recently raised over £15,000 for one of our Little Ninjas that has a terminal condition with a brain tumour. Not ONE penny was taken for admin, support or time.

We have worked with local councils, drug rehabilitation units, abuse recovery groups and academically challenged childrens groups.

Our community work underpins the ethos and core values of our academy, and it is important to us that our students realise this fact.

2015 was an extraordinary year for MAW due to the fact that we were presented with a special award from the Mayor for serving the local people of Andover for 21 years.

I feel that this recognition is important because it validates our contributions to many individuals and groups outside of the main core of students within our academy. The people that need our help the most are the least likely to ask for it, because they are lacking in confidence, focus or discipline.

MAW has just been selected for best small business award by Test Valley Business Awards and are in the top three out of over 280 small business nominations. Final results will be announced later this year...

Next year we will have reached the milestone of serving the local community of Andover for a quarter of a century...



Winton School
A Specialist Technology College



Excellence for All

Written as a testimonial of the excellent work of Martial Art World with the Leadership Challenge Programme (via Martial Arts)

Winton School has been working in partnership with Martial Art World (MAW) for them to deliver part of our foundation learning programme. This programme is primarily focused on getting young people employment ready and therefore concentrates on personal development areas such as building confidence, effective communication, self discipline, problem solving and teamwork. The work they have undertaken on our behalf has been delivered to the highest professional standards and I am extremely confident in recommending them to others.

We started working with MAW because their philosophy and thinking reflected our own. They shared an understanding that learning is about so much more. For example the self confidence, attributes and skills for learning have to be developed in order for long term sustained learning to impact on the young individuals on the programme.

Their programme Leadership Challenge via the medium of Martial Arts is divided into 3 modules:

- 1) Confidence and Communication
- 2) Strategy and Creativity
- 3) Trust and Teamwork

All of these are tackled through the medium of Martial Arts - but the focus is very much on students taking responsibility for their own outcomes.

The card system MAW have developed presents the opportunity for on-going self / peer / staff assessment and each module is mapped to the martial arts grading system.

The programme is accessible to a wide range of students because of the individual nature of it and MAW can also tailor it to meet the needs of groups of students from foundation learning to gifted and talented.

Winton students have made excellent progress on the programme they report and, through our link teacher, we can evidence noticeable improvements in determination, self-control, confidence, assertiveness, working together as well as the students own personal fitness. We have also witnessed an impact on the wider curriculum as students become more focused on what they have to achieve.

At Winton we believe that quality learning can happen in many different ways and seek to establish a highly motivated and professional network of learning providers, we are very confident to cite MAW as a partner in our network and we hope to expand our involvement with them in the future.

I am happy to provide further information to any organisation considering using MAW as a learning partner.



Chris McShane
Headteacher, Winton School, Andover





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Email: admin@winton.hants.sch.uk
Headteacher: Mr C M McShane





Winton School Testimonial



The Mayor presenting Master B with award for 21 years of community service



Master Bonthuys
Martial Art World
The Sports Academy
West Portway Business Park
Andover
Hampshire, SP10 3LF

**The Worshipful
The Mayor of Test Valley**

Councillor Iris Andersen

Mayor's Office
Beech Hurst, Weyhill Road,
Andover, Hampshire SP10 3AJ
Telephone 01264 368022
sharongoodridge@testvalley.gov.uk
Minicom 01264 368052
Web site www.testvalley.gov.uk

25th January 2016

Dear Master Bonthuys

MARTIAL ART WORLD AWARD EVENING

Thank you for inviting me to the Martial Art World Black Belt Awards Evening on Saturday 23rd January 2016 held at Charlton Rugby Club.

It was a super evening and a privilege to meet such talented, dedicated and enthusiastic sportsmen and women, boys and girls.

Please pass on my grateful thanks to all concerned for making John and I so welcome.

Yours sincerley

Iris Andersen

Mayor of Test Valley

Councillor Iris Andersen
Mayor of Test Valley

What a lovely evening great night well done for your 21 years of Martial Art World.

Test Valley
Borough Council

Mayor's letter

How many students do you currently have training on the various programmes that are on offer at the Academy? Are they encouraged to enter tournaments and outside seminars?

Our active student count last week was 493 and growing. I do not count students that are "on the books" but not "on the mat".

Whilst we do not discourage our students from attending external seminars and tournaments (some do), we DO encourage and promote INTERNAL seminars, and pay for superstars to come to MAW. Due to our size, we can bring the stars to us - rather than asking our students to travel.

To name a few, we have had the likes of Grand Master Hopwood, Master Foran (his fighters from Premier are regulars at BAMMA etc), Master Bernard (winner of Sky 1 Fight



Foundation Class

School), Master Lowndes, Zara Phythian (Dr Strange), Bill “Superfoot” Wallace, and have we even had Supreme Master Kim Bok Man (the last first-generation surviving founder of TKD) come to us to teach our students personally. This was a special time for us as it marked our 21st anniversary, and an opportunity for testing and promotion!

We have hosted Chloe Bruce (Star Wars, Thor, Guardians of the Galaxy etc) conducting two seminars at MAW, and later this year, we look forward to the return of Zara Phythian!

You may recall from many years ago, we also had yourself taking a seminar for us too Clive! Shortly after that we had Master Tony Sewell as our guest too...

Regarding tournaments, you will remember that for nearly 20 years this was a big part of our school focus. I also had the view that if I was asking my students to attend, then I should participate too. At the GTI open and closed tournaments, this usually ended in a



Ninja Ranger grading



Kick Boxing Class

shootout between myself, Gordon Slater and Andy Jackson (before any of us were graded to TKD Master). I now have a dusty box full of medals and trophies somewhere in my loft. Hahaha.



An informal moment with SM Kim Bok Man at our academy



Zara Phythian Seminar at MAW

These days, we no longer actively promote tournaments. To be honest, we are very rarely asked by our students for tournaments. I am not *opposed* to tournaments; it is simply that they no longer serve our business model. Occasionally if one of our students asks us, we encourage them to do it. In fact we had a female student come home with



Having fun with Bill Superfoot Wallace at MAW



L to R Ben Bonthuys, David Bonthuys, SM Kim Bok Man, GM Brad Shipp, Jason Bonthuys

two gold trophies just recently from an “open”.



GTI tournament - early nineties with Masters Jackson, Harrison and Slater

When I became a professional, I realised that it was always the SAME 10% of my student body that attended the tournaments. This meant that I was focused on the smallest part of my school, rather than on the 90% for its development and growth. I started to focus on the bottom 20% to see exactly how we could develop them and help them to achieve. For us, we felt that this really helps those that need your help the most, rather than the top 10% elite.

Families are the main reason for our success at MAW. As



Jason Bonthuys hosting a nutrition seminar for MAW students

mentioned earlier in this article, we only charge for two family members and the remainder of the family train for free for the entire duration of the programme. One thing that we established was that the skill levels varied greatly between some of the family members. Looking deeper, we realised that we were accumulating a significant number of people with special needs and learning difficulties. Rather than excluding these individuals, we created a new programme called “Leadership Challenge”. This was a fully inclusive programme that had a reduced grading requirement, but that ran in parallel with our traditional programmes. The result is that we now have entire families that share their training experiences at the same time on the same nights with significantly the “same” syllabus. The differences are simply the grading and sparring expectations. This programme alone has been a wonderful opportunity for certain juniors and adults to participate in martial arts after being excluded from other clubs due to the fact that they were “special”. This is the 20% that I spoke about earlier... This in turn has really enhanced their confidence, belief and discipline – resulting in better school

grades and better social interaction.

How many classes a week do you offer and how many do you personally teach, and how many staff do you employ to help you run “Martial Art World”?

At MAW, we run 32 classes every single week, with a typical class size of 30 students. We have eight full-time staff and several assistant instructors. I personally teach the black belt and instructor classes only, but through choice I am present for most classes every week. The coloured belt classes are run by my sons (four per night), and we also have an amazing team that take care of all tuition for our Ninja classes (4-8 years).

Regarding your question about staff, it’s an amazing thing when you can offer very real and credible career paths for your staff, with very attractive wages. When you develop these individuals, you are securing the future of the academy and finding your eventual replacements too. This is a win-win!

Having trained at your Academy when



Black Belt Class

we were building up for our last Dan grades I can confirm that your personal standard and that of your sons is excellent (I'm sure GM Hopwood will confirm this). How do you manage to maintain such a high personal standard considering your very busy lifestyle?

That is always an interesting concept Clive. My new students sometimes ask me: "what do you do during the daytime for your day-job (???)"

They somehow must imagine that the academy magically runs itself! The planning, organisation, lesson plans, workshops, school work, private tuition, gradings, seminars, equipment orders, certificates, belts, enrolments, staff training, management meetings, marketing, training, accounts etc, etc, etc all simply *happen...*

On top of all of this, our job as instructors is to stay sharp and on top of our fitness and professional martial artist game. This is one of the reasons that I put myself forward for a physical grading – rather than to simply accept the grade because of "time served".

I am now in my sixties. This morning I went to the gym for an hour and then followed this up with another hour and a half of patterns and bag work.

I appreciate that many instructors are serious about their training, but I am amazed at the growing number of instructors and their staff that teach every week, and no longer work out on the mat themselves (they apparently haven't got the time or they are too busy...or they feel that they don't need to!).



As full time or part time instructors we must all take care of the business (and the *busyness* too)...but to stay on top of our game, we **MUST** train on the mat and set the standard for our students to follow too. Look in the mirror. How we train and what we eat in private, we cannot hide in public. If you do not take care of yourself, the hospital eventually will...

Each week I work on a split routine for weights, a good cardio session and of course the actual training in the martial arts as well.

Healthy eating for a long life and for self-defense against obesity, cancer and disease is another important aspect too. Monday to Thursday morning is physical training time, afternoon is business time and evening is teaching time. Unless we have a grading or special event etc, Fridays, Saturdays and Sundays are mine.

We *are* the example. Keep in shape and stay on top of your game! If you don't take yourself seriously, why would anybody else (especially new students)?



After the grading



Burj Khalifa tower Dubai



New Black Belt Certificates



Martial Art World HQ

Remember that you are only as good as your last lesson – so make each and every lesson a great experience for each and every student!

Design your work life, and design your free time too! Then go and enjoy... For me, martial art is not really “work”. I have a passion, and I enjoy every minute of it! Enjoy your family, travel, enjoy your hobbies too...

Finally, enjoy the results and the fruits of your labour!

Can you give an insight of the different facilities that you have at your Academy?

We have a large dedicated training hall, with an additional overflow hall for seminars or staff training, two personal tuition intro studios, a resistance and weights gym and a full-size 3g football and Hockey Astro turf, two netball courts and a full-size tennis court.



Academy Entrance Lobby

We have a conference room with seating and desks, projectors and a kitchen for business seminars and staff business training. In addition to this, we have parking for 40 cars.

Are you still involved in MASS training if so what is your role in it?

I am not involved in MASS training any more, although I am happy to mentor new clients if they wish to learn the business systems that have made us so successful.

Who are the people you are networking with at the moment?

I network with other local business owners within open network groups. I am a member of the Federation of Small Businesses. I do network with a few other professional school owners in both the UK and the USA. Master Chris Foran from

Premier Martial Arts is always a great like-minded and very successful school owner with some top-class fighters who understands the balance between Family, martial arts and business. I realise that in the UK, whilst there really are some great examples of instructors with full-time venues, many club owners seem to be happy where they are, or are unwilling to do what it takes to move to the next level and enjoy a rewarding career as a full time MA professional.

What, to you are the most important benefits of being so successful?



Masters summit

A simple reward is when you are helping juniors to become far more confident, to choose better friends, get better school grades, and become good and honest citizens.

It is having available funds in TWO currencies: TIME and MONEY. This allows me the dignity to spend both on my academy and family. To me, success means being able to do what you want with who you want, when you want (both for personal and business).

Having financial security means that I can provide the very best for:

1. My family
2. My staff
3. My Students
4. My Academy

Having time available means that I can spend it on:

1. My family
2. My own leisure to experience a great life
3. My academy staff (development)
4. My academy (my training and its further development)

It is about never ever working again. I do not have a job...I have a passion! A wise man once said that if you find a job that you love, you can give up work forever!

What has been the hardest part of your journey so far?

1. Listening to the wrong people – such as the nay-sayers and dream-stealers who resent your success. It's sometimes hard when you find out who your REAL friends are. People who judge you and tell everybody that you have sold out. Unsurprisingly, the people who usually make this claim are martial artists who have never run a academy in their lives... or any other business, for that matter.

2. Learning that you should never take advice from somebody less successful than yourself (eg. a millionaire would never take financial advice from a pauper).
3. Thinking too small for far too long – learn to stretch yourself and learn to have self-belief! As a military precision aircraft engineer, I had a very well paid job as a director of operations. Staying in the job too long robbed me of precious time to follow my passion.
4. Thinking that every student has to be perfect. Perfection is overrated. Progress – not perfection is all you need. Perfection comes later!

I have learned that it is all about mind-set. Stop concerning yourself with other peoples opinions – it's none of your business! Get a mentor and educate yourself in business. I went back to school at 40 years of age to get a business degree...then transferred everything over to the business of martial arts.

I think that one of the hardest things for me to come to terms with, is that so many of my previous MA "friends" tell me that its "ok for me", but are unwilling to change their methods or go to work. It was hard for me to leave some of these people behind, but if they do not believe in you or are unwilling to support you, then you must question the strength of the relationship in the first place...

Listening to fellow instructors that think with the flawed idea of: if you charge a professional fee that you must have "sold out". This is ridiculous! Why is it that you have to go to America to find a good number of professional schools with their own full-time premises? Why not here in the UK? We have the MA skills, we have the expertise too. But we also have a different attitude to charging professional fees for the MA.

You cannot charge MORE for the SAME. Give the students the very best facilities and the very best experience with the very best trained staff! Then watch what happens... This will cost money, so you have to charge more. It simply comes down to what type of school you want to offer to your students. Both models can be seen as right or wrong depending upon your perspective.

What are your future goals for “Martial Art World”

To create a solid business and legacy for my sons to continue long into the future. Another location is a real option – subject to getting the right staff in place.

To enable as many people as possible within my local community to experience the wonderful gift of martial arts.

Hahaha, one more thing is to be able to ride my motorcycle into the sunset and spend even more quality time with my wife when we retire, but still maintain an interest in the academy due to the fact that I cannot envisage a time when it will stop being my main passion.

Tips from the top: any advice you may wish to offer to those who would want to know more?

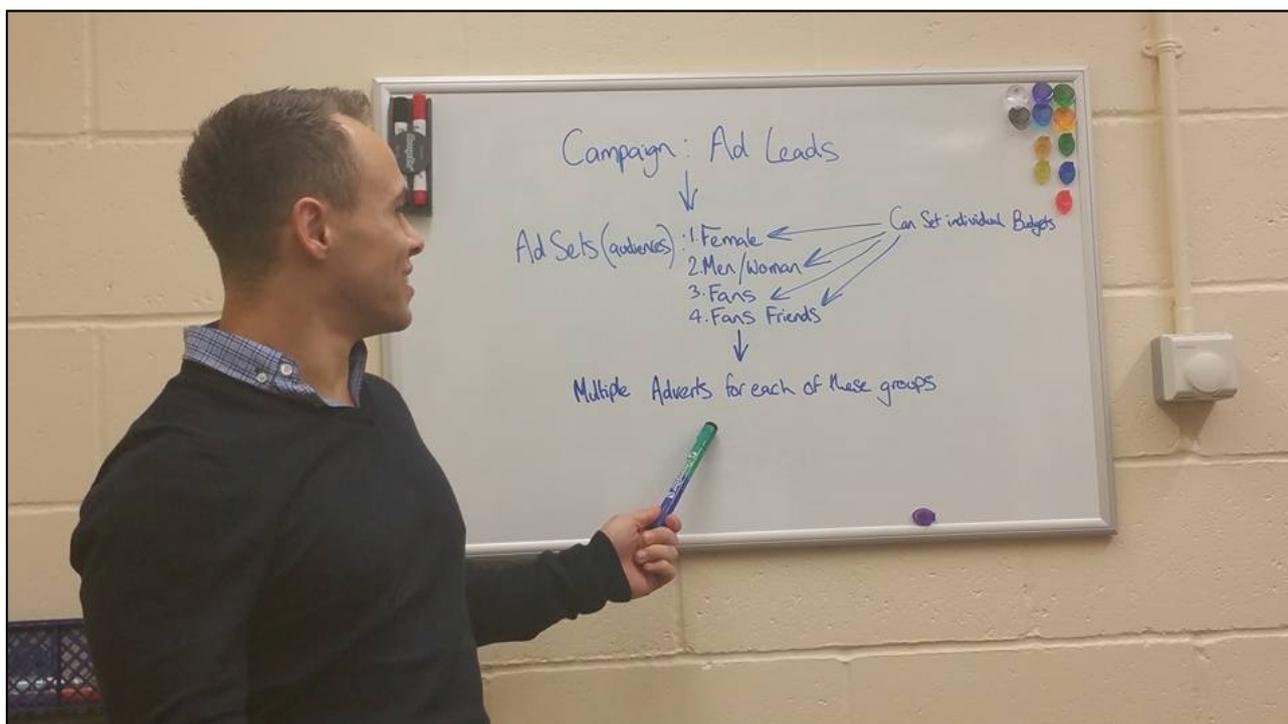
Being academically clever in the entrepreneurs' world does not cut it. Vision and perseverance linked with a clear understanding of what you believe "can be" are your toolbox here.

Understand that people who don't take risks generally make about two mistakes per year. People who do take risks generally also make about two mistakes per year...

Learn that it is not the employers that pay the wages...it is the customers that pay the wages. Therefore, if you keep your students happy and provide an amazing training experience, why would they want to leave you?

I have mentioned earlier that I do not have a “job”, I have a **passion!** This is key to your success in any field. Simply being a great martial artist is just not enough. You **HAVE TO** learn basic business skills too.

Know the numbers and speak with your staff every single day. Keep them motivated and on track with the business



Staff business training



Prefect Leadership Training

systems. Set your week during the weekly staff meeting and then monitor and control with an intervention strategy if required as a contingency.

Create good and effective systems. *You* run the systems and the systems run your school. Conduct weekly staff meetings and discuss KPI's and new initiatives for fresh campaigns that focus on two fundamental areas:

1. Growth of your school
2. Retention of existing students

If you are only doing it for the money, you are doing it for the wrong reasons. You will not last... Look after the business and the money will show up naturally.

Set every student onto a membership contract, and have a 60 or 90 day opt out. This is fair and reasonable. 90 days is plenty of time to find their replacement. Remember that the contract is two-way and that you are guaranteeing your services for the duration of the agreement too.

Be approachable and friendly.

60 - Totally Tae Kwon Do

Look after people and run your school with ethical integrity.

Help new students set and reach realistic goals.

Be a good listener and help people to overcome their own challenges (be their personal champion).

Create exciting programmes to help students to learn, develop and achieve in a clean, safe, professionally run environment.

Make it a positive experience so that they want to come back.

Be compassionate. Be enthusiastic. Be motivational and encouraging every single lesson. As a MA professional there is no such thing as a bad day!

How does anyone contact you if they want to know more?

I can be reached on 07802 511200 or: master.bonthuys@martialartworld.co.uk



Early GTI days at Master Murphys Gravesend academy

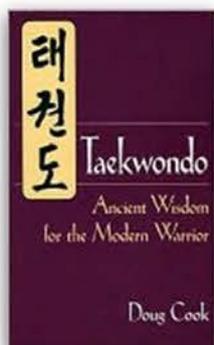


In case you havn't figured it out yet, Master Bonthuys other passion is motorcycles

Editorial Contributions to the Art of Taekwondo

By Master Doug Cook

Available online at Amazon, YMAA, Barnes & Noble or booksellers worldwide



Taekwondo

Ancient Wisdom for the Modern Warrior

By Doug Cook

Published by YMAA Publications, Inc.

ISBN-13: 978-1886969933

Learn how principles such as honor, perseverance, and dedication will enhance your daily life, how the philosophical and physical tenets of Taekwondo combine to form not only a way of living, but a solid system of self-defense, and why these concepts are not just quaint ideals, but more important than ever in today's age. Taekwondo's Ancient Wisdom is not only a "must read" for every practitioner of any other martial art, but for everyone who seeks to learn from our collective past to better navigate through today's confusing times.

Traditional Taekwondo

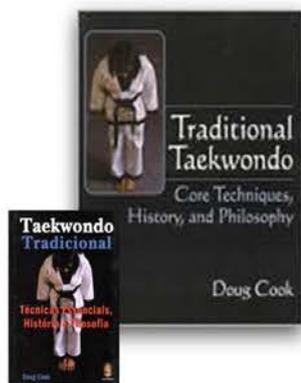
Core Techniques, History and Philosophy

By Doug Cook

Published by YMAA Publications Inc.

ISBN-13: 9781594390661

This comprehensive work describes in detail, the history and evolution of Taekwondo from its ancient roots to modern day applications. Also included are exercises in Ki development or internal energy development, meditation practice and 'core' practical self-defense strategies. This work focuses on the traditional aspects of Taekwondo rather than on its sportive component.



Taekwondo

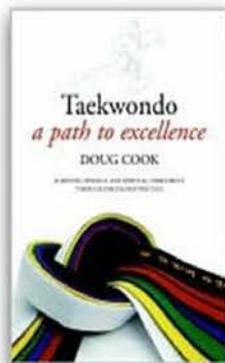
A Path to Excellence

By Doug Cook

Published by YMAA Publications, Inc.

ISBN: 9781594391286

This book is about a journey; a journey whose ultimate destination is the achievement of physical and spiritual enrichment through the disciplined practice of the world's most popular martial art. Continuously emphasized are complex skills and ethical principles wrapped in a rich history that act as a moral compass in pointing the way to self-improvement. Whether you are a practicing martial artist or seeking to decode the foundation of Taekwondo as a springboard to success, this book is one worth exploring.



Taekwondo Black Belt Poomsae

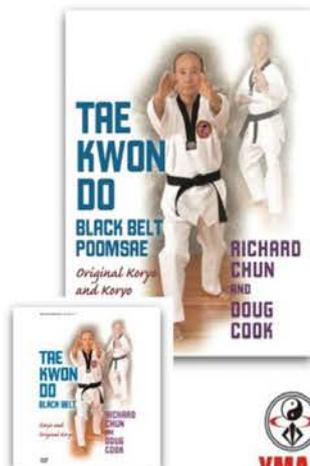
Original Koryo and Koryo (book and DVD)

By Richard Chun and Doug Cook

Published by YMAA Publications, Inc.

ISBN: 9781594392641

Every level 1 black belt student is required to learn Poomsae Koryo. Yet few are familiar with the ancestral form known as the 'Original Koryo'. Prearranged forms known as poomsae in taekwondo, are a primary method of transmitting martial arts skills from teacher to student. As sport preference supplanted fighting preference in taekwondo's reason for existence, the Original Koryo was modified in kind to today's well-known Koryo. Written specifically for level 1 and level 2 black belt students, this book is a scholarly attempt to capture, transmit and preserve as an inheritance, the historical treasures and technical elements inherent in Original Koryo and Koryo, as well as the applications less obvious or even secretly encoded in these forms. In summary, students will find in this book: ·History and philosophy ·Technical elements for learning the basics ·Detailed instruction for learning Koryo ·Detailed instruction for learning Original Koryo Over two hundred photographs, line of motion charts, stepping patterns, and martial applications are provided throughout this in-depth instructional book.



I`m Responsible

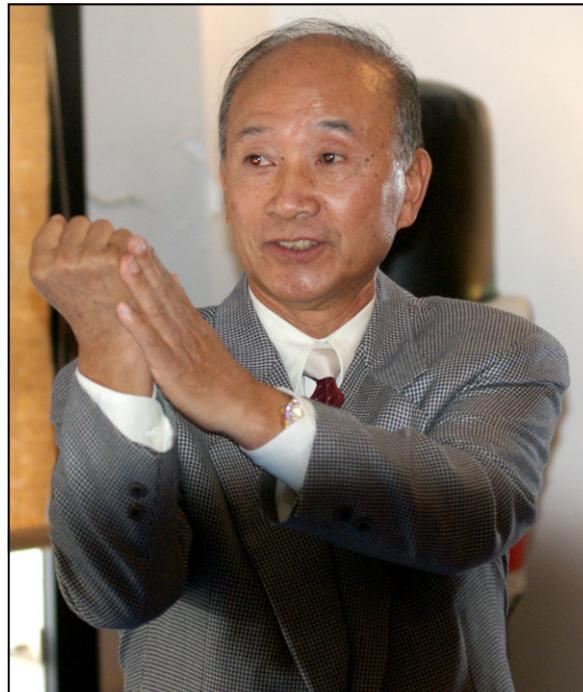
By Grandmaster Doug Cook

My senior students and I have repeatedly enjoyed the honor of training at the renowned *Kukkiwon* in Seoul, the traditional center of taekwondo operations worldwide, as well as the new *Taekwondowon* in Muju – two of the great cathedrals of taekwondo. Our Chosun Taekwondo Academy Korea Training & Cultural Tours routinely take us to these venues and many others of high value in the martial arts community.

Upon returning from our past martial pilgrimages to the epicenter of the Korean martial arts - generally after waiting a day to dull the jet lag - I never failed to call my mentor and teacher, the late Grandmaster Rhin Moon Richard Chun. His sterling reputation with masters around the world was of great benefit to us. Doors abroad, normally closed to Westerners, opened wide at his suggestion. Speaking with him, I was effusive in my gratitude for his tireless assistance in arranging these singular training experiences with his counterparts in Korea. His reply was always the same: *“Oh no, Doug. You do not have to thank me. As your teacher, I`m responsible to help in any way I can. You are my student.”*

That was Grandmaster Chun. He practiced his taekwondo minute by minute, day by day, across the years, never yielding. He

acted as a stimulus to thousands of martial artists worldwide, and, as my educator for over a quarter century, had an immeasurable, profoundly positive influence on my life, my school and that of my students, the ghost of which pervades our dojang to this day.



Grandmaster Chun displays an assisting middle block at a black belt promotion test

It has been almost a year since Chun Kw a n j a n g n i m` s passing. Over the past year after having been appointed president of the *United States Taekwondo Association*, an organization he founded in 1980, I have had the opportunity to speak with many of his senior students around the globe. In among the memories we shared, one component of Grandmaster Chun` s character became

abundantly clear: he exhibited a heartfelt *responsibility* for every student who called him teacher. He possessed the unique ability to make each one of them, including me, feel that they were special to him and

commanded his full attention. Yes, I learned kicks from Grandmaster Chun. I cultivated proficiency in self-defense and poomsae through his patient instruction. But, here was something less tangible. Something evanescent in nature that could easily go unnoticed if not looked for.

In certain sectors, taekwondo today manifests itself as a form of entertainment rather than a calling to education. Dollars routinely trump tradition and euphemisms are sadly repeated referring to the unbridled commercialization of the art as “take-my-dough”, rather than *taekwondo*. Schools often rely on tired sales gimmicks and onerous, long-term contracts to secure membership rather than comprehensive curricula intended to promote authentic, disciplined training. Instead of accepting full responsibility for their student’s martial wellbeing, instructors view them merely as a revenue stream or as a means to recruit, with little or no cost to themselves, more students. Not Grandmaster Chun. And those, worldwide, who were exposed to his ancient wisdom know better.

Grandmasters, masters and instructors of the martial arts are often viewed by the general public as paragons of virtue. Students, too, expect their teachers to exhibit nobility bolstered by a set of pronounced moral principles. By way of example, it is said that a martial arts instructor potentially exerts more influence over a child or an adult than does their school teacher, minister, or even their parents. As difficult as this may be to accept, students look up to their master instructors as sturdy individuals possessing mystical qualities and stunning strength. Through the adolescent eye, they can often take on the role of a superhero. In the past, much of this perception was garnered in the cinema and on television through productions like *The Karate Kid* and the ever-popular 1970s series *Kung Fu*. Nevertheless, no matter how much effort we as martial arts instructors put into realizing these elevated moral standards, even though we can kick high, punch hard and break bricks, we are still only human, capable of great achievements and, at the same time, foolish blunders. Upon



Grandmaster Chun testing Grandmaster Doug Cook for 7th Dan



Grandmaster Kyu Hyun Lee demonstrates great responsibility to his students

reflection, a realistic signifier of a sincere instructor is the prompt reclamation of virtue should they stray from their ethical center.

But what defines an ethical center?

Certainly the *Five Tenets of Taekwondo* point us in the proper direction. Courtesy, integrity, perseverance, self-control and indomitable spirit act as the spine of a martially-inspired character. Yet, other attributes, less evident, contrive to complete the vast mosaic that comprises a worthy instructor; *wisdom, physical motivation*, and of course, *a sense of responsibility*, being chief among them.

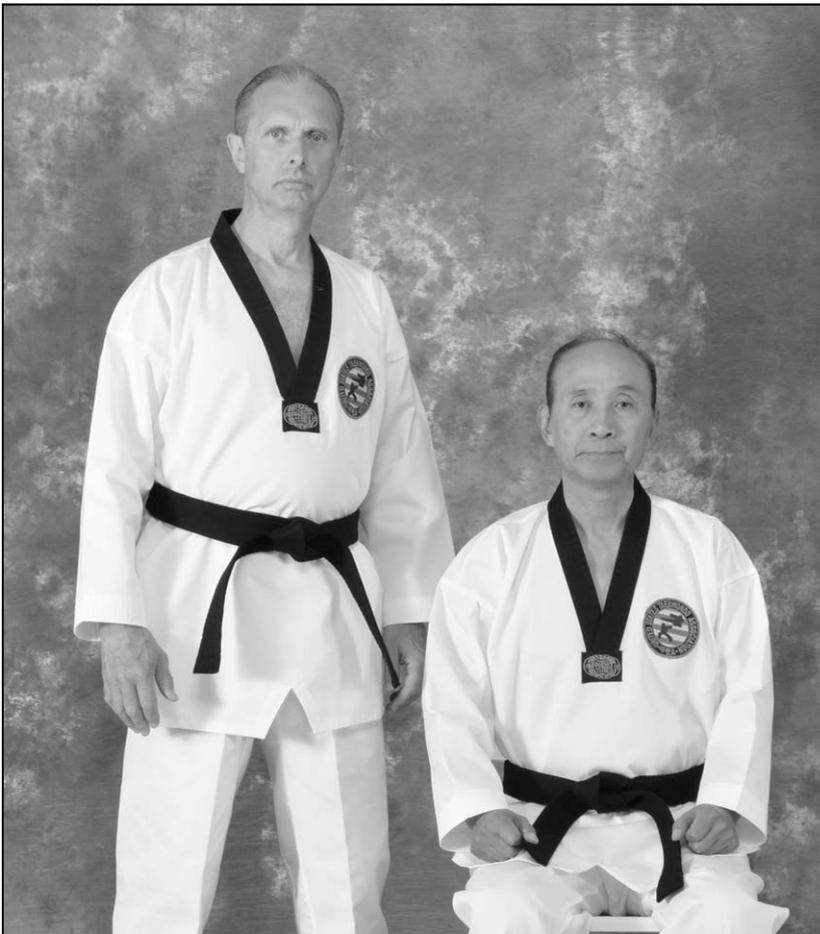
Accumulated knowledge, or *wisdom*, is

generally a function of age. While there exists many youthful, talented martial arts teachers, acquired skill of this magnitude is generally attributed to those of advanced years. Time has a tendency of tempering ones outlook on taekwondo making the mature instructor, in many cases, an educator who is demanding, yet compassionate, high in expectations, yet forgiving of frailty. An instructor is a fountain of information, an advisor at times imparting thoughtful counsel. Yet it is worthwhile to restate that a master is only a human being commensurate with all the shortcomings that station entails. Students often mistakenly elevate the teacher to messianic proportions leaving themselves open to the dual specters of disappointment and disillusionment should

their teacher's failings become evident. Therefore, just as the competent master showers his or her charges with understanding so, too, must the student exhibit consideration in matters concerning imperfections of the heart and mind.

Moreover, physically speaking, even those of senior rank, years older than their students, can inspire and elicit justifiable respect through the execution of basic technique performed effortlessly. During black belt promotion tests, Grandmaster Chun would invariably stand up in his crisp white shirt, tie and tailored suit to demonstrate a block or strike. The very air around him would resonate with the power he generated by the technique. One could not help but be inspired by his effortless moments.

But at the end of the day, it is important to remember that a taekwondo instructor is required to take custody of their student's martial welfare. Corrections need to be freely



Grandmaster Chun and Grandmaster Cook

made, tradition transmitted, praise given when appropriate and assistance, in all forms, administered if necessary. Jigoro Kano, founder of *judo*, knew this almost a century and a half ago when, in the Confucian mold, he accepted responsibility for his juniors by providing them room and board in return for dedicated practice and loyalty to their art. Times clearly have changed and it is no longer feasible to act in accordance with Kano's altruistic custom. Still, the worthy martial educator must repeat the mantra "*I'm responsible*", daily in recognition of their accountability to the maintenance of traditional taekwondo and its continued legacy, but, most importantly to the trust and betterment of their students.

Grandmaster Doug Cook, 7th dan black belt, is owner of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of the late Grandmaster Richard Chun, president/CEO of the United States Taekwondo Association and an Advisory Council member of the World Martial Arts Alliance. He has authored four best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, *Taekwondo—A Path to Excellence*, and *Taekwondo Black Belt Poomsae: Original Koryo and Koryo*. Grandmaster Cook has been writing monthly for *Totally TaeKwonDo* since 2009, and can be reached for seminars, Korea training tours, workshops or questions regarding USTA membership at www.chosuntkd.com, www.ustaweb.com, on Facebook, or through email at info@chosuntkd.com.

A dying breed of vigilantes struggles to survive as infighting and hidden enemies attack it from all sides...

One man stands tall amid the chaos...

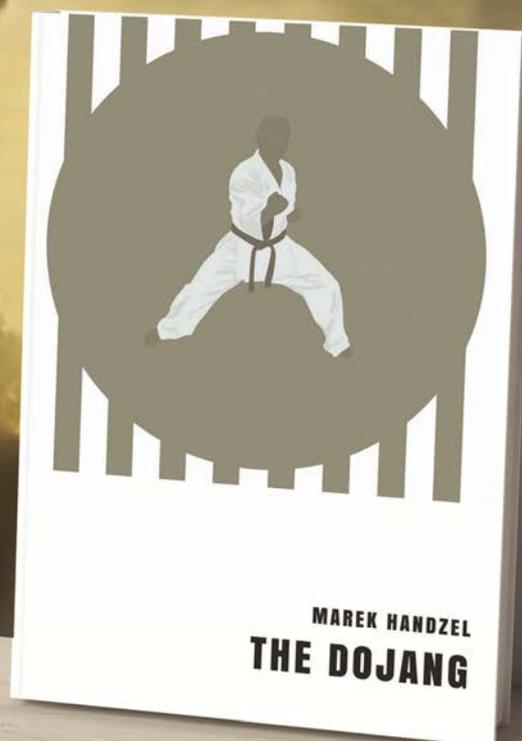
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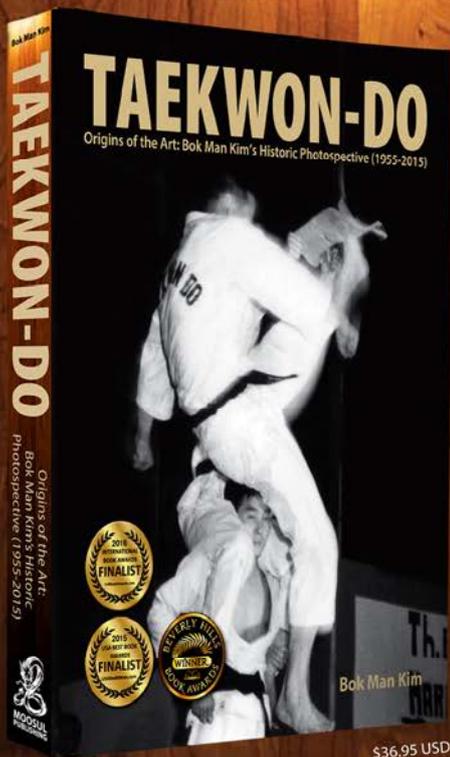
Our aim : Helping people with Down's syndrome to live full and rewarding lives.

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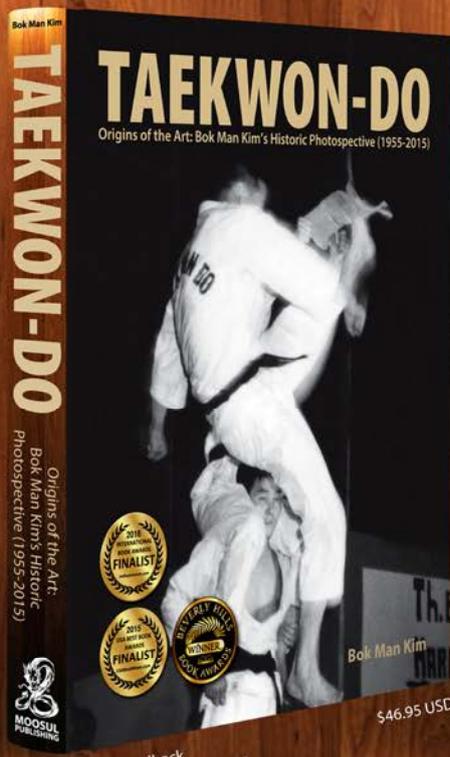
- To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.
 - We strive to improve knowledge of the condition
 - We champion the rights of people with Down's syndrome.

Can you help? As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site



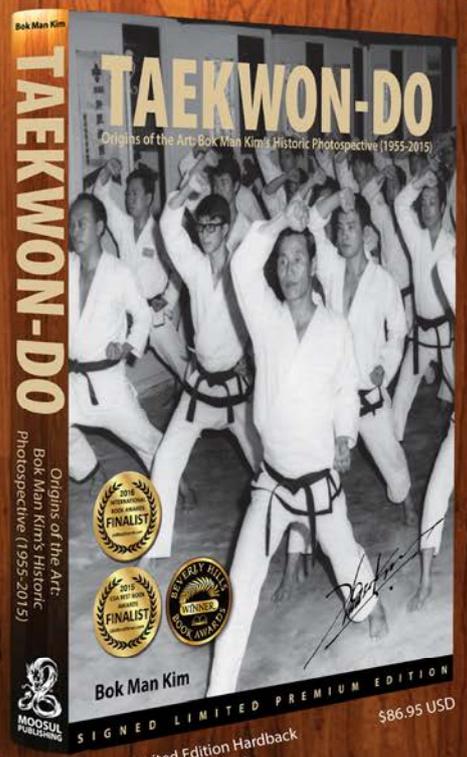
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60 Years of Taekwon-Do History

Taekwon-Do: Origins of the Art: Bok Man Kim's Historic Photospective (1955-2015), selected as a Winner in the 2015 Beverly Hills International Book Awards and Finalist in the 2015 USA Best Book Awards and 2016 International Book Awards, reflects upon the history of Taekwon-Do through Grandmaster Kim's personal photo collection spanning nearly 60 years, especially the art's earliest and most pivotal events. Grandmaster Kim, one of the most influential and important pioneers of military Taekwon-Do, began his martial arts training in 1941 when he was 7 years old. By 1950, he had joined the Korean Army and in early 1955 was transferred to General Choi Hong Hi's division before the new Korean art was named. He drove Gen. Choi to the Naming Committee meetings where members would agree in 1955 to name the martial art "Taekwon-Do." Grandmaster Kim was a member of the first Taekwon-Do demonstration team to perform outside of Korea in Taiwan and Vietnam in 1959. He helped Gen. Choi develop 15 of the Ch'ang Hon tuls and provided input on as many as four more. Master Kim also helped Gen. Choi develop the techniques and write the first English textbook, Gen. Choi's *Taekwon-Do: The Art of Self-Defence*, published in 1965. Master Kim was a founding member of the International Taekwon-Do Federation (ITF) in March 1966, and every country where he demonstrated and set up Taekwon-Do organizations became founding nations. Master Kim lead the historic first ITF International Demonstration Team in 1967. In 1978, he sponsored the 3rd Asian Taekwon-Do Championships in Hong Kong at the request of Un Yong Kim and the World Taekwondo Federation (WTF). Ten years later, Taekwondo would become a demonstration sport in the 1988 Olympics in Seoul, South Korea. For more than 60 years, Grandmaster Kim Bok-Man has been practicing, developing, teaching and promoting Taekwon-Do. **Taekwon-Do: Origins of the Art: Bok Man Kim's Historic Photospective (1955-2015)** documents Grandmaster Kim's exceptional journey and priceless contributions to the art.

"Grandmaster Kim Bok-Man's illustrious history in Tae Kwon Do is not a 'mere' thing.... Take a trip through Grandmaster Kim's life in Tae Kwon Do and you take a trip through the history of the martial art itself; they are one and the same!"

~ **Stuart Anslow**, Editor
Totally Tae Kwon Do Magazine
& Author of *From Creation to Unification: The Complete Histories Behind the Ch'ang Hon Patterns*

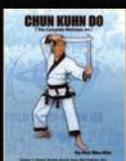
"As the saying goes, if a picture is worth a thousand words, then this book is worth so much more, truly priceless!"

~ **Dr. George Vitale**, Ph.D.
Taekwondo Hall of Fame® Lifetime Achievement Award, 2009

"Grandmaster Kim Bok-Man has created a photographic record of Taekwon-Do which has no peer."

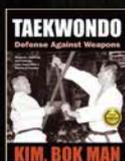
~ **Matthew Sylvester**
Former Features Editor, Consultant and Columnist for *Fighters, Combat, Tae Kwon Do & Korean Martial Arts*, and *Traditional Karate Magazines*

Also by Bok Man Kim



Chun Kuhn Do:
The Complete
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2002, 414 Pages
World Chun Kuhn
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Taekwondo: Defense
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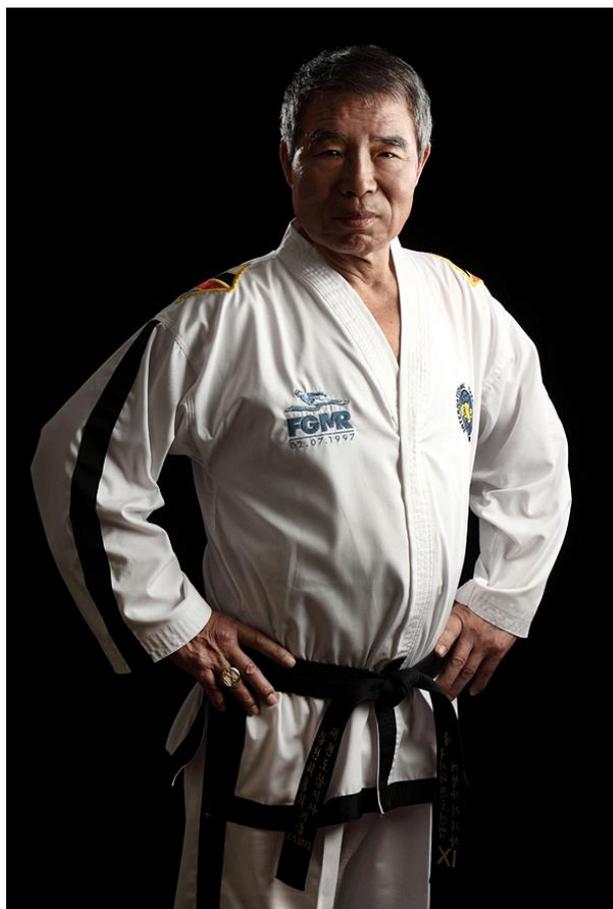
Available Worldwide & from Your Favorite Booksellers



Ask The Grandmaster?

Courtesy of Media Insight

In this series of questions and answers first published on his facebook page in association with his book & DVD-Rom – This is Taekwon-Do, FGMR answers questions put to him by members of the Taekwon-Do community. If you have any technical Taekwon-Do question, then don't miss out on this great opportunity to ask one of the greatest pioneers of the art - visit www.facebook.com/ThisIsTKD



General Choi Hong Hi, the founder of Taekwon-Do, once described Rhee Ki Ha as his *'best ever student'* and for over 50 years FGMR has been pivotal in the development of the art throughout the world. He started his Taekwon-Do training as a soldier serving in the South Korean army in the late 1950s. He became the first professional full time Taekwon-Do instructor when he taught at RAF Changi in Singapore in 1964. Singapore was one of the 9 original founding member countries of the ITF when it was formed in 1966 and his silhouette is to this day on every ITF instructor's plaque. He brought Taekwon-Do to the UK in 1967 and he also introduced Taekwon-Do to the Republic of Ireland in 1972. He was a member of General Choi's international demonstration teams throughout the 1970s where he was famed for his incredible strength, conditioning and destruction. And, On the 2nd of July, 1997, at the ITF World Congress in St Petersburg Russia, General Choi made Taekwon-Do history when he promoted Rhee Ki Ha to 9th Degree. He therefore became Taekwon-Do's first Grand Master, Rhee Ki Ha.

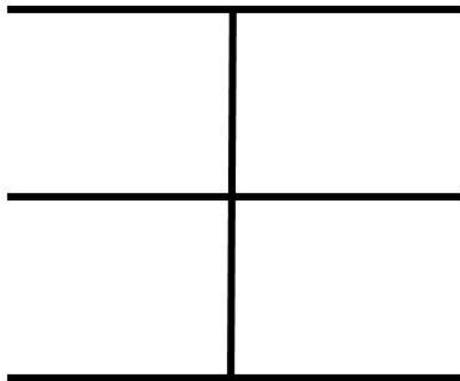
First Grand Master Rhee Ki Ha has spent a lifetime in love with Taekwon-Do. A love that remains as strong today as it did when he first put on a dobok and stepped into the dojang. In this project, he teaches Taekwon-Do as he knows best – not as a means of differentiating what he does from others, but in the spirit of sharing knowledge and experience built up from a lifetime of loving Taekwon-Do. He believes in ONE TAEKWON-DO FOR ALL, and is happy to share his knowledge and experience with all Taekwon-Do practitioners regardless of their affiliation or background.

Question: “In a recent discussion about patterns, the question was asked why is chon ji in a + shape? Why is dan gun a capital i shape? Etc. As toi gye is in scholar shape to represent noted scholar Yi Hwang, maybe there is a reason to the other pattern shapes.

A little research found chon ji shape represents the four elements of the universe. Can you please shed a little light on the reasoning behind other pattern shapes?" - *Kelli Tovey Armitage*

Answer: "Not all of the pattern diagrams have a particular reference to the pattern as they are just basic geometric shapes or shapes similar to the Chinese character and language. The Founder General Choi Hong Hi gave specific meaning to the diagrams of patterns that varied from those basic shapes. These meanings can all be found highlighted in his encyclopaedia. For instance in pattern 'Se-Jong Tul'"

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



Question: "Can you please give me a definitive answer as to the purpose of the left hand moving to the forehead in the second movement of Chong Moo? Thank you" - *Pat Houlihan*

Answer: "Our Founder, General Choi Hong Hi taught me that the purpose of the left hand in movement number two of Choong Moo tul is primarily for reaction force. Occasionally he asks us to put the reaction hand in a different place to encourage us to explore different possibilities and feel the difference it can make to the power generated; this is one of those instances. It also has a secondary use of covering and protecting the area."

To learn more from FGMR, grab a copy of his book & DVD-ROM via [amazon.com](http://www.amazon.com) or [amazon.co.uk](http://www.amazon.co.uk):

<http://www.amazon.com/gp/product/095703671X>

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FGMR performing Choong Moo tul against multiple attackers



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"Let him who desires peace, prepare for war!"

- Sun Tze



"Only a warrior chooses pacifism; others are condemned to it."

Chapter 2
Before We Begin



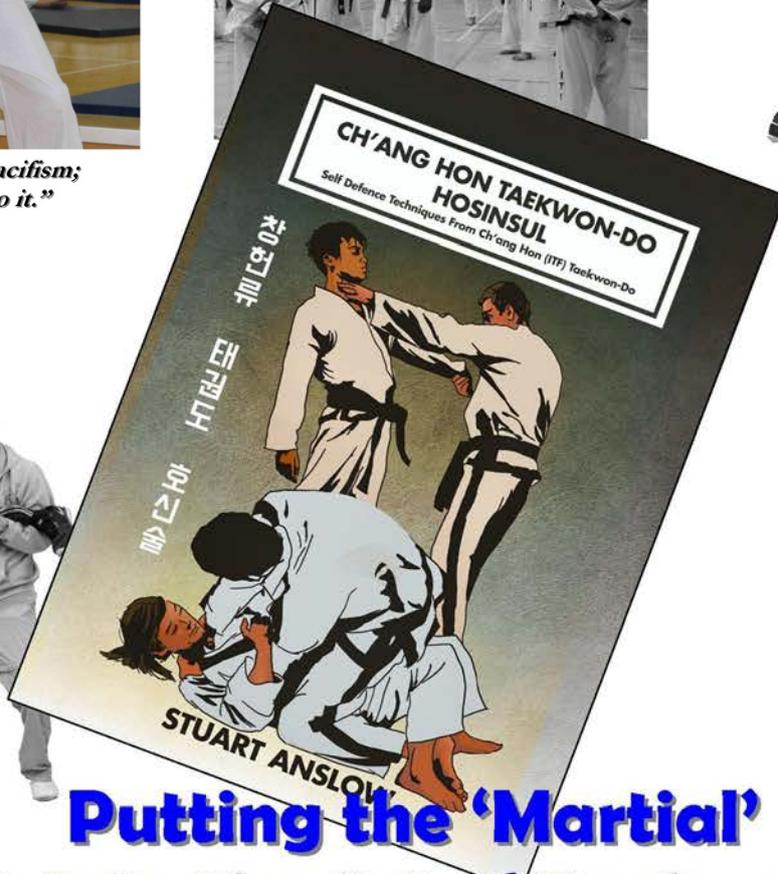
Chapter 3
Defences Against Hand Strikes



Chapter 4
Defences Against Kicks



Chapter 5
Defences Against Grabs



**Putting the 'Martial'
Back into the Art of Taekwon-Do**

Chapter 6
Defences Against Chokes & Strangles



Chapter 7
Defences Against 'Other' Attacks



Chapter 8
Advanced Hosinsul



"Fighting is live or die. Sparring is win or lose"

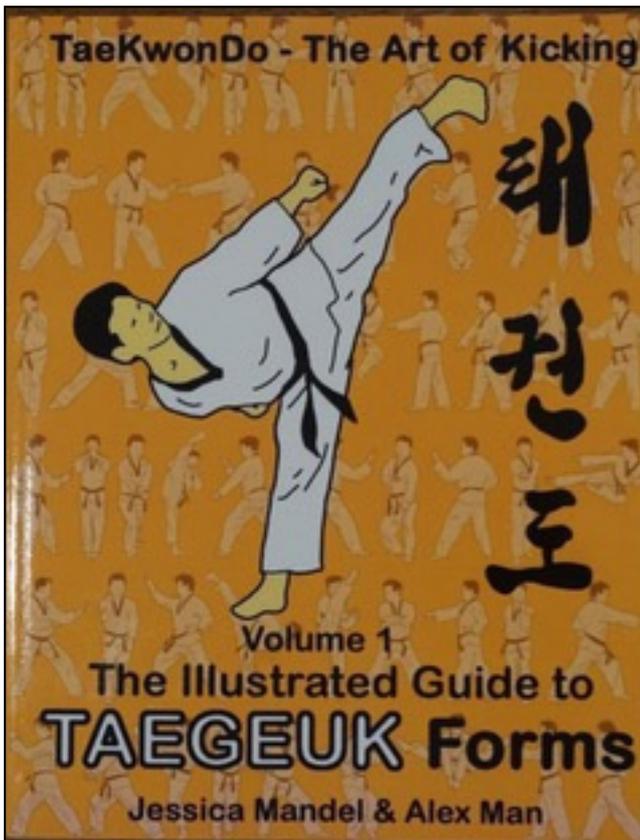
- Luo Dexiu Laoshi

Book Review

The Illustrated Guide to Taegeuk Forms

By Jessica Mandel and Alex Man
Review by Master Richard Conceicao

Well, well, another book among many covering the Taeguk Forms of Kukkiwon Taekwondo. With so many different ones available, the question has to be asked, what makes this one a useful addition a personal library?



A couple of things stand out for me:

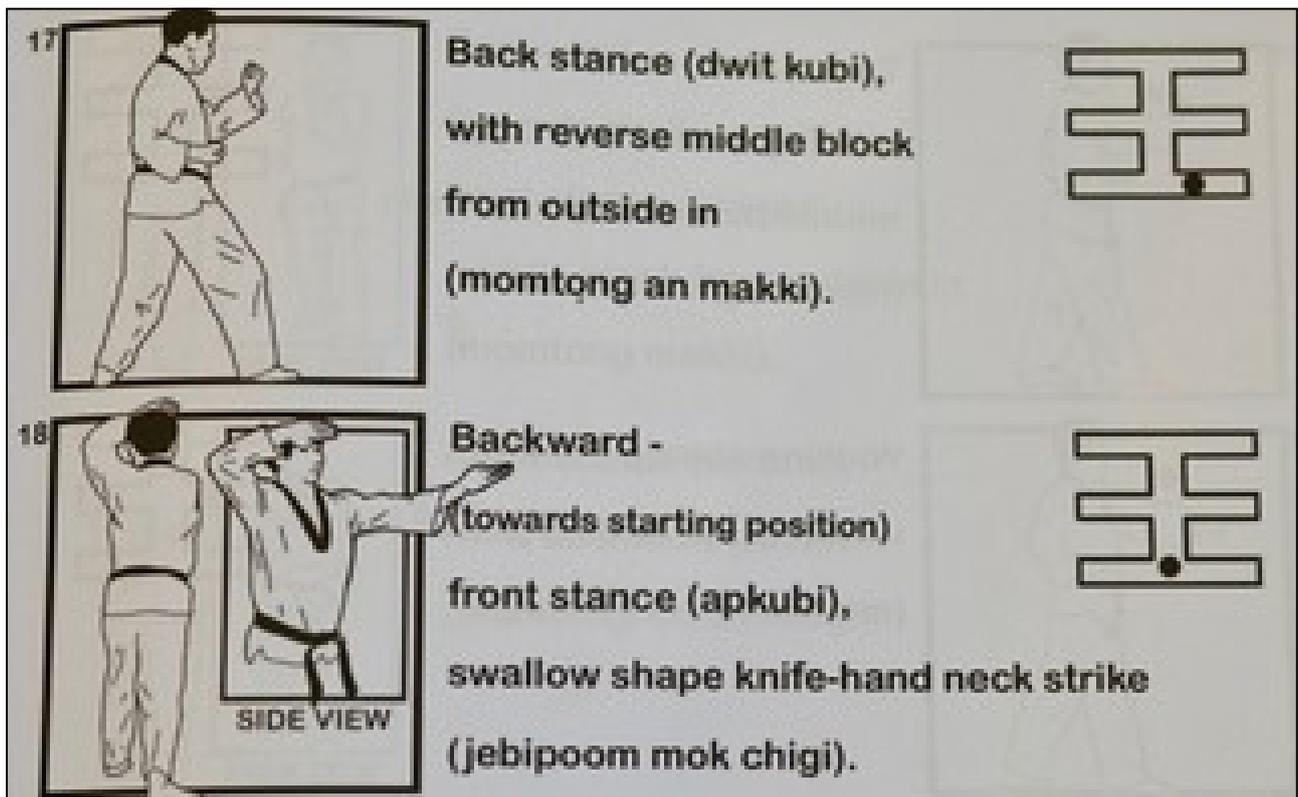
The forms and techniques are illustrated, not photographed, just like the old days. This may seem strange but it really enhances the clarity of the contents. There are no distracting backgrounds, or awkward angles that sometime cause confusion.

The forms are laid out on the page in an interesting format: There is a panel that shows the entire form on one page, then each step, with an individual explanation on the following pages. Lastly, (and I believe the most innovative), the forms are shown in sequence together with a side diagram with a moving black dot that clearly indicates the position, and direction of movement, of each technique.

The last consideration is who is the books target audience? I would say that it is best for the beginner adult and younger student.

If you are a parent with a child in the local TKD School and you are not taking classes yourself—run out and get this book! It will simplify life for you and your child as well as letting you participate in his or her progress. Mr. Man's background in the illustration of children's books serves him very well here. The clarity of the presentation is refreshing.

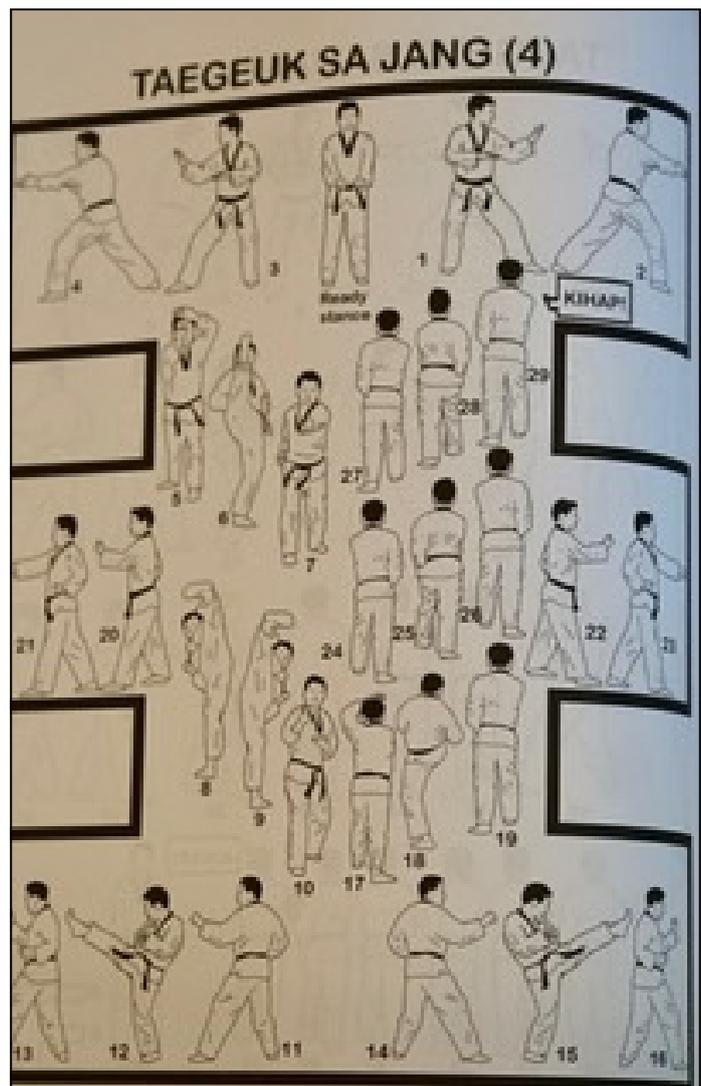
For the adult practitioner, while a useful reference, the situation is a bit more problematic. There are no applications, or a discussion of the mechanics of the techniques offered in the forms. While I consider this a failing of most of these types of books, and realizing



that this was not the intention or focus of the authors, I still regard it as a deficiency for the more advanced adult practitioner.

(Full Disclosure: Mr. Man is an instructor in a TKD school that I attend, and I was asked to provide a review of this book. I have never met or spoken with his co-author Ms. Mandel) Richard Conceicao 7dan

Richard Conceicao can be reached for questions/comments or magic spells at Richard@returningwavesystems.com



Effective and Efficient

By Robert Frankovich

"Sodose [kneeling stance] is hard enough without adding squats. Your friendly neighborhood martial arts instructor is more than willing to give you all the repetitions that you will need for your physical conditioning. Don't assign yourself extra work on top of it."

– **Northwind Haidong Gumdo Master Bruce Burns**

(<https://nerdpossehaidonggumdo.wordpress.com/2018/04/26/sodose-rant-more-pt/>)



The post linked above is a great example of how we need to make sure that we monitor how we perform our techniques. If you don't, then extra movement, usually bad, starts to creep into your work. This can ruin your efficiency and effectiveness. These glitches can show up in all martial arts that don't study technique beyond learning the movement. If you only study the movements, so much can be passed

over. This can lead to things becoming "close enough" as in a recent blog post (<http://www.white-tiger-martialarts.com/113-2/>).

This lack of further development appears in a student's performance as they "want" to progress but nothing has changed in their techniques and performances. Nothing looks better than it did the week before, the



month before, the year before. This was illustrated recently in my classes where an almost teenage student had gotten techniques ready to test. The test was decent but the techniques reverted to their previous state afterward. As I prepared the certificate, I noticed that the last promotion the student received had been a year prior. It won't surprise me if it takes another year before the next test.

Now, the martial arts isn't the only place this occurs. Academics has this as the standard to get a good grade. **I won't get into how the education system has devolved.** Striving for knowledge is part of any job/career that is chosen. Those who don't become more efficient and effective don't last in the job long nor do they succeed in their career.

Look at the big names who have chased their passions for big success. How much have they had to learn to make their career effective? Those who take too long to figure out their path (or journey) end up at a great disadvantage. Yeah, that's pretty much where I am. The best I hope for is to help others find their way faster and leave some effectiveness behind.

So, make sure that you keep moving forward to get better at everything you do! Striving to become effective and efficient will help to move you forward and will support you when you get stuck on some level of your life. You can also look at this as economy of motion.



“The Most important book published on TKD since the encyclopaedia”

John Dowding
4th degree ITF



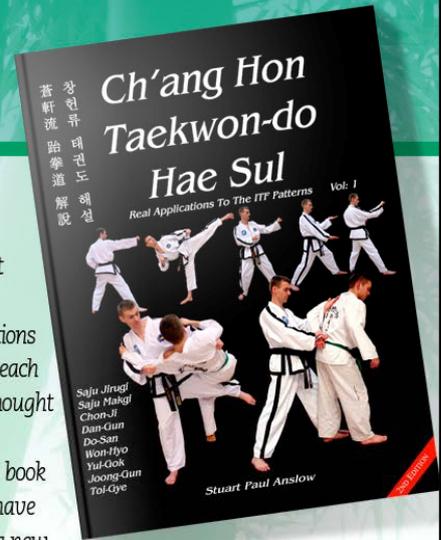
Iain Abernethy
2006 6th Dan Karate
British Combat Assoc. and Karate, England

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

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

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

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



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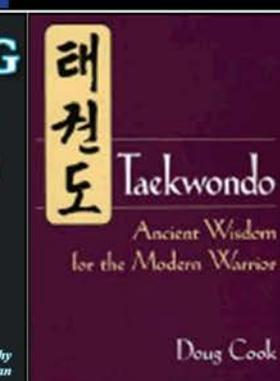
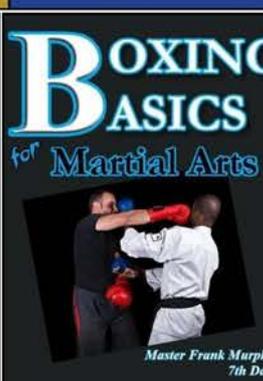
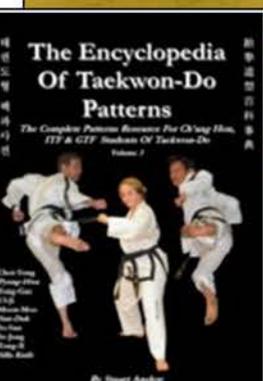
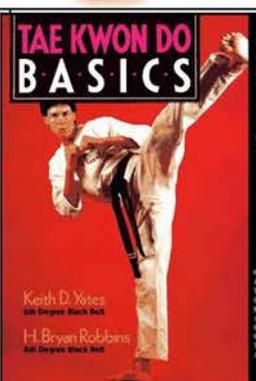
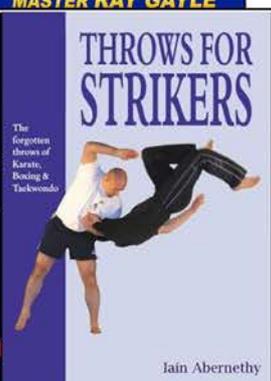
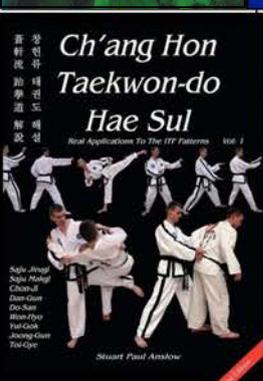
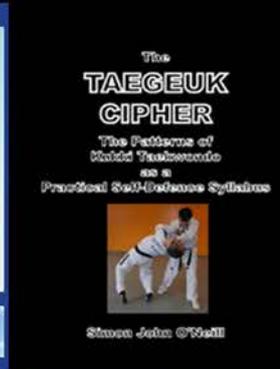
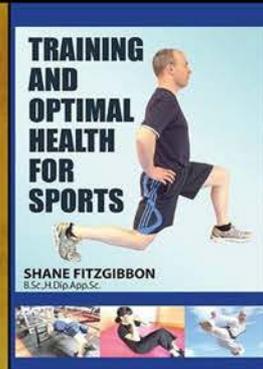
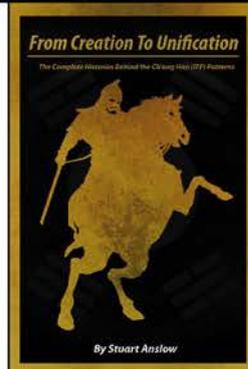
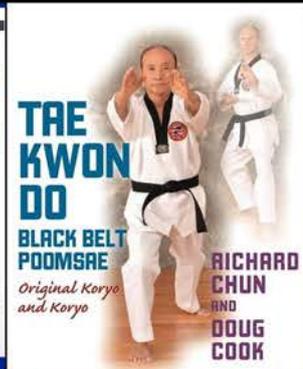
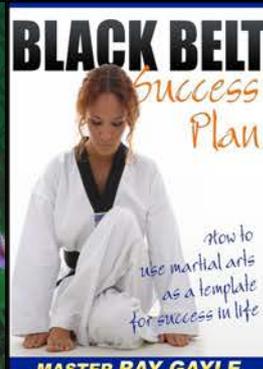
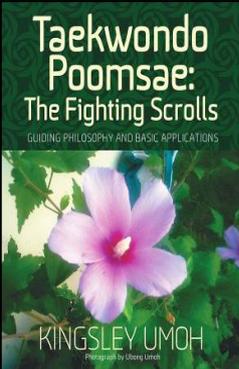
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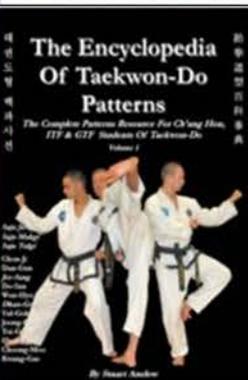
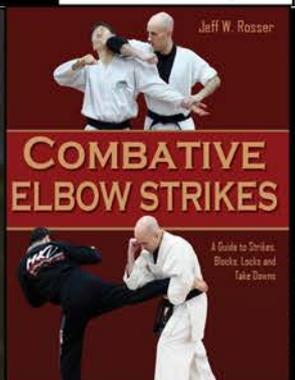
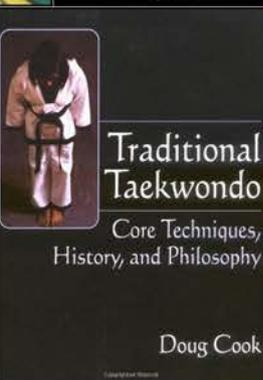
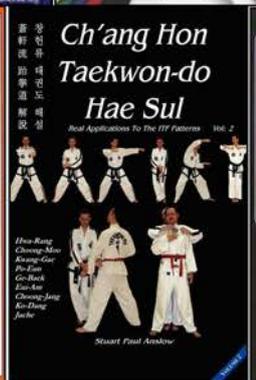
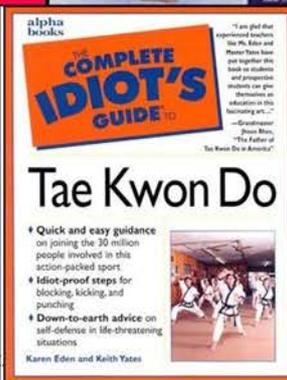
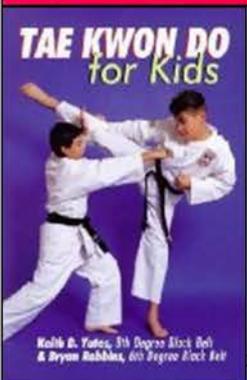
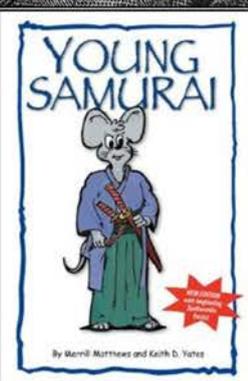
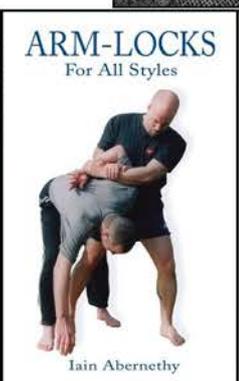
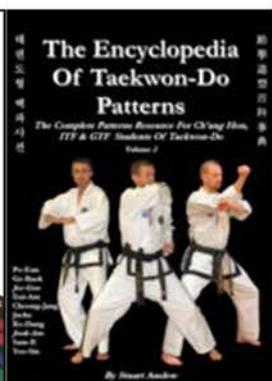
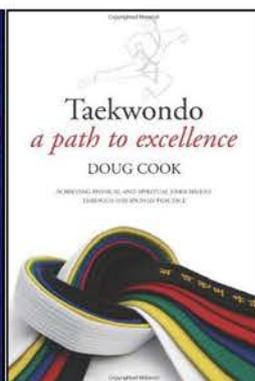
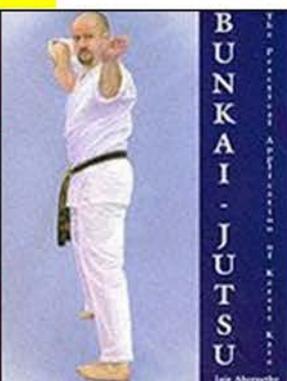
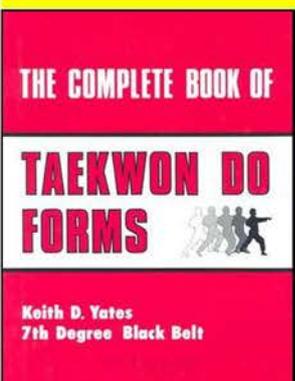
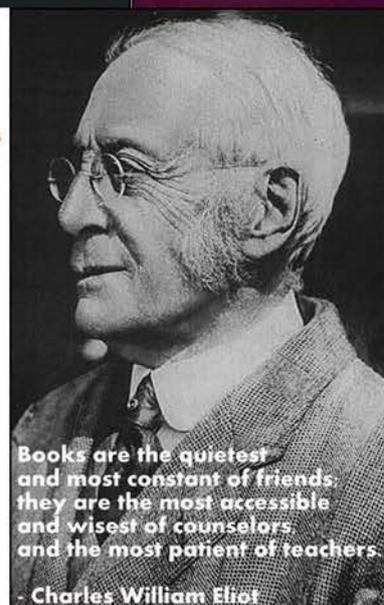
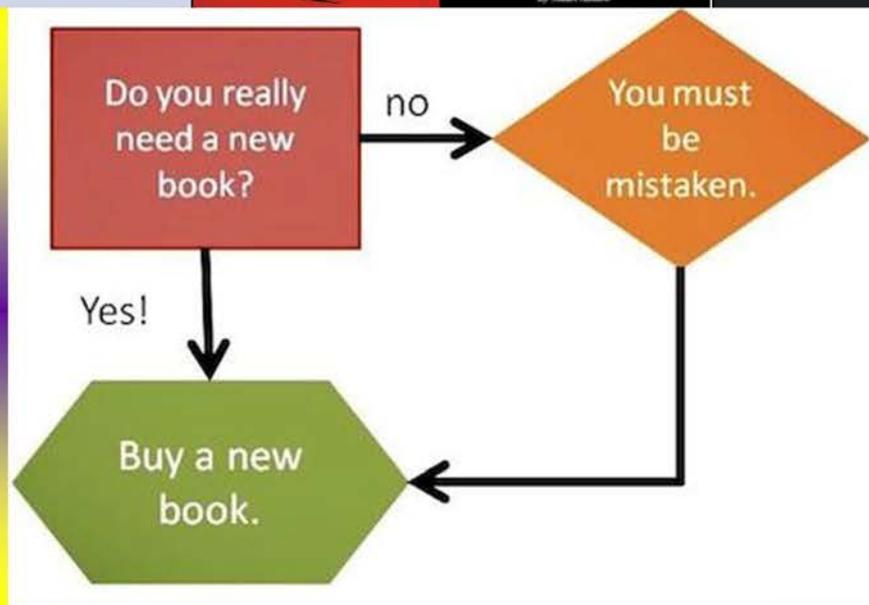




FACT

The author's of all these books regularly write and submit articles to **Totally Tae Kwon Do** magazine.

No other martial arts magazine can say that!



Totally Tae Kwon Do - The Global Tae Kwon Do Magazine

Korean Martial Art Festival

By Master Thomas Gordon

So many martial art events with Japanese based, Chinese based, tournaments, and martial art business events but definitely lacking in Korean martial art training events. As I've written and said many times, as cliché as it may be, KMAF is a dream come true for me.



Before diving in, THANK YOU for the time and efforts from Master Guy Larke to write the article about the last Korean Martial Art Festival (KMAF). Another huge THANK YOU to the space that Mr Stuart Anslow allowed in Totally Taekwondo. Sometimes readers question why a Taekwondo based magazine would allow anything in it other than Taekwondo. Granted, few care to read about a new golf club review in their muscle car magazine. However, almost every one of the presenters started in

Taekwondo. It's that Taekwondo base that got many started. Most carry dual rank and some have respectable and legitimate rank in a few arts.

I got into martial arts to do martial arts. It's that simple. Nothing more, nothing less. I've seen so many people lose focus and start chasing rank, titles, power, and/or money. Yes, in moderation, all of those things have value with some having more than others. However, it's the deep desire



to learn and teach martial arts that has keep me focused and always reflecting back to that simple statement of “I got into martial arts to do martial arts.”

Over the years I've been fortunate enough to have traveled all over the USA, Europe, Australia, and North America. There's a deep passion for martial arts and don't mind traveling to get to an awesome seminar. When you're on the verge of being a fanatic, it's hard to get enough of the training and perhaps more importantly, the camaraderie. I'm hooked. There's nothing like being in a room full of people with various educations, backgrounds, political viewpoints, social and economic status' but yet share a similar passion. It can create a brotherhood-type atmosphere and indeed, there are friends who are closer than a brother.

We've all seen the Hall of Fame events, the big testing/promotion event, the organizational event, and the style/discipline event. What I found lacking was an annual event where people could come together and train regardless of organizational politics—a place where white belts through high level Black Belts would be welcomed and could learn in a fairly ego-free, friendly environment. For those of us that enjoy the Korean arts, these events can be challenging to find. So, in a flash of brilliance (or perhaps blissfulness), I started working on hosting such an event and the Korean Martial Art Festival was created. An event where people can get on the mat and meet some icons in the martial art world and also meet some future leaders.

First we need a demand/desire – got that. Then we needed a venue – got that. Now

we just need some instructors. And that I don't have enough of so I started looking at like-minded martial artists. My first contact was one of the two men that I claim as my mentors; Grand Master Rudy Timmerman of Ontario, Canada. He was absolutely instrumental in making the KMAF a success. In fact, it was mostly members of his National Korean Martial Art Association (NKMAA) that made up the first instructor list with Masters Troy Trudeau of North Carolina, USA, Kevin Janisse of Oregon, USA, Doug Custer of Michigan, USA, and Dusty Miner of Ontario, Canada, teaching at the first annual Korean Martial Arts Festival in 2007. Ever since, Grand Master Timmerman has been a staple with the KMAF.

From there I called a good buddy of mine; Master Monty Hendrix in North Carolina. He liked the concept and pledged his support.

Then I contacted the ITF legend with Grand Master Hwang (K-9-1) who now lives in Connecticut, USA. He too said he would make the First Annual KMAF. Grand Master Hwang has always been, and continues to be, an unassuming and gracious person who loves to teach and leaves his ego at the door. It's this level of humility that makes him one of my mentors

in my martial art life. He doesn't make it to the KMAF every year but has several times.

Grand Master Timmerman suggested Grand Master McMurray of Texas, USA, whom I had never met. Grand Master McMurray came that first year and every year since then. His sessions have always been popular with those in attendance and have consistently drawn large crowds. Master Dante James of Colorado, USA, Master Wesley Wing of Florida, USA, and Master Chris DuFour, also of Florida, USA, all committed to teaching a session or two. That wrapped up the instructor list for 2007 First Annual Korean Martial Arts Festival. Of those men, Grand Master McMurray, Grand Master Janisse, and Master DuFour have taught every year.

After that inaugural event plus a few more years for people to realize the KMAF was here to stay, this event has quickly become heralded as the premier Korean Martial Art event in the USA. In fact, it was the only Korean-based seminar to be listed in *Black Belt Magazine's* "Ten Must-Do Martial Art Events" (May 2012), endorsed by the Official Karate Magazine (March 2014), named "The Must Attend Event of the Year" by the Taekwondo Times Magazine (March 2013), and chosen as the hosting





site/event to run Korean Martial Arts Masters Hall of Fame (April 2016). Let's look at what makes KMAF work, what motivates KMAF, and let's also meet some of KMAF's presenters.

What makes KMAF work?

In 2006 I sat down with Grand Master Rudy Timmerman and discussed hosting a martial arts event. My vision was that this wouldn't just be *an* event; it would be an event that simply couldn't be missed! Two pivotal questions drove our thinking and planning: "What makes a great martial art seminar?", and "What does it take to have an awesome martial art event?" For me, I wanted an event that was reasonably priced (hotel, travel, and registration), offered solid content, and made me feel welcome, regardless of my style or my affiliations (grand master and/or organizations). I referred to this as the three C's: cost, content, and camaraderie.

Over the years I've been fortunate enough to attend various seminars, festivals, fests, conferences, camps, and other training

opportunities. I took great pains to make this seminar, the Korean Martial Arts Festival, a weekend that would be viewed as the best value in martial arts training. I've spent \$299 for a day & half course and felt I got a good deal. On the flip side, I've spent \$65 for a long weekend and felt I wasted two and a half days of my life. I wanted to host an event where people felt they got a good deal and received more training than they could ever hope to remember. This would cover the first "C"—**cost**; or more accurately, cost to benefit ratio.

At the Korean Martial Arts Festival, each presenter is at the top of their area of expertise. On any given year, each of the keynote presenters probably average forty or more years of experience. I wanted to avoid the scenario of the long weekend of supposed "training" that turns out to be about as devoid of content as Coke Zero is devoid of calories. A "training session" without any training is a waste of time and money and a source of frustration, so the second "C"—**content**, was a critical

component.

I've attended a lot of events, but I've never seen the level of camaraderie and humility that I find with the keynote speakers and session leaders. I could literally write pages upon pages of bios on the keynote session leaders. Despite so much experience and knowledge, every one of them is so very unpretentious.

If you're looking for the third "C", **camaraderie**; the Korean Martial Arts Festival is certainly the place to find it!

What have been the motivations behind KMAF? Much of this has already been discussed above. There was, however, a concept that was followed based on a seminar I attended in Destin, Florida, in 1996. It was the first taste I had ever gotten of the menu-style for martial art seminars. Three seminars ran concurrently, and guests could choose which seminar they wished to attend. I loved it! Later I found

out that the seminar was patterned after a similar program referred to as "The Gathering" from the Collective Society in California.

There's more to the story of motivational factors that influenced the development of KMAF than just a special format, however. I try to be an upbeat and positive person, but sometimes life just hands us some tough decisions. One of the most significant motivating factors resulted from someone giving me the push I needed by trying to tell me with whom I could associate. Almost like a directive, I was given a choice of joining their organization only if I dropped all other affiliations. It seemed that there were some political issues. As novel as this concept may be, as written above, I got into martial arts to do martial arts, not to play some silly political game or, worse yet, the classic elementary school game of "They aren't my friend so you can't associate with them." Friedrich Schiller said it best:





“Opposition always inflames the enthusiast, never converts him.”

And with that, I knew I never cared to attend another event hosted by someone that would try to dictate my training and affiliations. I’ve never looked back since then and have surrounded myself with people that share the same passion for teaching martial arts as free of politics and ego as is humanly possible. When it came time to create the Korean Martial Arts Festival this belief in an inclusive and apolitical event motivated me to create something that could be enjoyed by everyone.

Camaraderie can only happen with the right people placed in the right environment. An event is only as good as its presenters and only happens when some key people in the background make everything come together.

Anyone ever hosting any type of event like this knows it takes a wonderful support to make things flow smoothly. I learned a long time ago to always, ALWAYS stand next to talent. Always have people surrounding you that inspire you and push to make you and your ventures a success. My wife Barbara is my constant sounding board, confidant, critic, and life partner. She’s a fellow martial artist which helps but also quick to point out the ridiculousness that we sometimes find in martial arts but often fail to see because we’re in too close. Her little jabs at ostentatious uniforms, ridiculous ranks, and pretentious titles have inspired many of the articles I’ve written over the years. I’ve been so very fortunate with some great people that work the martial art school. Long time friend and fellow martial artist Greg Bledsoe has helped strategize, set-up, break down, teach, clean, coordinate, and make the never-ending airport runs. Ms Mary Valdez, Mrs Tammy Tucker, and Mrs

Amanda Howard due so much of the behind the scenes part that participants take for granted as if the magical “Seminar Fairy” appeared and waived a wand and sprinkled some magic dust. One year we had a group that was supposed to help but ended up getting crossed up. Ms Mary & Ms Amanda stayed after the last seminar and set up the entire banquet. Literally finished up as people started to arrive for the banquet. Then they went into the ladies restroom, took a “sink bath” (whatever that is), changed clothes, and came out looking like super models. I can always rely on Ms Mobley and Ms Griffith who is the mother and grandmother to a few long time students at Gordon Martial Arts. I also get a lot of support from non-martial artists that I can rely on for advice who aren’t “in the business” and sometimes bring a fresh prospective.

But let’s take a closer look at the presenters of KMAF. These people come to KMAF at their own expense to share

time with the Korean martial arts enthusiasts. And nowhere will you be able to get on the mat with so many awesome masters and grandmasters in one place. So who then are some of the leaders of the Korean Martial Art Festival? The next several pages will highlight some of KMAF’s presenters. I’ll start with Grand Master Rudy Timmerman. Not because he’s the highest rank as I’m not even sure how to quantify that. But because he’s the person that pushed me the most to make KMAF the event that it’s become. Next, I’ll do Grand Master Hwang, again, not because he’s the highest rank or even present every year. But because he’s my mentor in the Taekwon-Do world and, despite having done things in the TKD world that no one else has, is one of the humblest grandmaster’s I’ve ever met.

A few icons in the Korean Martial Art world with Dr Kimm and Grand Master No Won Park. Both of these gentlemen were well received and a pleasure to have on the



mat. Next is an icon in the martial art world but more so in the Japanese side of things with Soke Michael DePasquale Jr. Yes, yes, I've invited a few Japanese stylists to join us. Most participants love the idea but a few act as if it's almost blasphemy.

All five of those men are put into a Pioneering Keynote Presenters. Then we get to Keynote Presenters. Instructors in this category generally have 40+ years in the arts and have a good stage presence. This past year, we had one of the nicest big guys with Grand Master Kenneth MacKenzie. Grandmaster Inwan Kim joined us again this year serving double

and triple duty with teaching, translating, & assisting. Grand Master James McMurray has been at KMAF since the first one and always commands a great floor presence.

After Pioneering Keynotes and Keynotes, we have the Session Leaders. These are generally the up and comers. We had Grand Masters Kevin Janisse, GM Kevin Janisse, Jim Faralli, Jimmie Mickens, Steve Kincade, & William Widmeyer. Then master level instructors of Bradley Lord, Chris DuFour, Calvin Longton, Alain Burrese, & Nikolai Lee with Mrs Amanda Howard and Mr. John Wilkerson wrapping us up for KMAF2018!

Profile of Presenters

Grand Master Rudy Timmerman – 9th degree Sault Ste., Ontario Canada

On a cold, rainy day in The Hague, Holland, a ten year old boy picked himself up from the ground and headed toward home with a heavy heart. Once again the victim of school bullies, he dreaded the thought of having to face his father, who no doubt would send him right back out to deal with the boys who had attacked him. Instead, when he arrived home, he was greeted by his uncle who took him by the hand and marched him to a local gym, where he introduced the young lad to his friend with whom he trained in the art of Jiu Jitsu. So began Rudy Timmerman's lifetime journey in martial arts.

Although he began his career in Japanese Jiu Jitsu as a young lad in Holland, he changed focus of his training when his family moved to Canada in 1958. The reason for this change was not because of lack of loyalty, there simply was no Jiu Jitsu school in the city he had moved to. So, after seeing a demonstration of Kong Shin Bup by Grandmaster Pak In Shyuk, he joined to learn





this exciting Korean martial art. Later, when GM Pak moved away, Rudy opened his own school in Sault Ste, Marie, Ontario.

Despite the long distance, Rudy continued training with GM Pak, and when GM Pak founded the art of Tae Keuk Do, he was appointed as the successor to Kong Shin Bup. GM Timmerman trademarked the name; however, out of respect to his teacher, he did not claim the title of Grandmaster until 1998, when GM Pak passed away. Since then, Grandmaster Timmerman has done his best to honor GM Pak, spread the art of Kong Shin Bup, and have it recognized as a legitimate Kwan in Korea where his teacher was born.

Today GM Timmerman still titles himself as a student. In his travels all over the world, he has both taught and learned from some of the best. In Korean dojangs, Chinese kwoons, and Japanese dojos,



GM Timmerman continues to study, and to this very day he will gladly take off his black belt, put on his white belt, and step onto the mat to be the student he always has been.

GM Timmerman has been on the cover of Taekwondo Times in 1992, 2010, & 2013

Grand Master KS Hwang
- 9th degree
Connecticut, USA

Being one of a handful of men promoted to ninth degree by General Choi, not many people can claim the lineage of Grand Master Hwang. At the height of the International Taekwon-Do Federation (ITF), Grand Master Hwang simultaneously served as special assistant to General Choi, official spokesman of the International Taekwon-Do Federation, chairman of the ITF promotion and merger committees, and Secretary General of the ITF.

Kwang Sung Hwang was born in Taegu, Korea, in 1942. He started martial arts training at age eleven. After graduating with a degree in political science from Kyung Buk National University, he joined the Republic of Korea Army (ROKA) as a commissioned officer in 1964. In 1967



Grand Master Hwang graduated from Korean Military International Certified Taekwon-Do School. In 1968-1969, as a Captain in ROKA, he taught Taekwon-Do to the Korean Tiger Division, the Korean Army, US Army, US Marines, and Vietnamese Army. While in Vietnam, he received commendation medals from Korea and Vietnam. In 1971 he was service company commander of the 26th Infantry Division which was also known as the Taekwon-Do Division.



Leaving his military career, Grand Master Hwang was invited to the US and first taught a credited course at Manchester Community Technical College in 1971. He opened his first Taekwon-Do school the following year. In 1974, Grand Master Hwang graduated from the first International Taekwon-Do Federation Instructors Course and Umpires Course hosted and taught by General Choi in Montreal, Canada. He subsequently started taking private lessons from General Choi in the 1980's after being promoted to seventh degree Master in Taekwon-Do. He assisted General Choi in many seminars worldwide.

Dr He-Young Kimm
– 10th degree
Su Won County, Korea

Although Dr. He-Young Kimm first began learning martial arts at the age of 7, he began seriously studying in 1953 under Song Kwang Sub who taught him Yudo (Korean Judo) and Bi Sool. During the 1950's and 1960's, Dr. Kimm also began training in a number of styles including Taekwondo, Tang Soo Do, and Kong Soo Do. While studying for his Bachelor of Science Degree in Marine Science, he taught martial arts at the 8th US Army Command Compound, also known as the Hialeah Compound, but discovered that his background in Yudo was insufficient to teach military police and helicopter pilots, so in 1962, he began to learn Hapkido from Won Kwang Wha and Kim Jung Soo at the Shin Moo Kwan school. After graduating from the Maritime College of the National University of Pusan, Dr. Kimm was commissioned as a Marine Lieutenant.





In 1963, Dr. Kimm moved to the United States to further his education at Missouri State Technical College, where he also taught Judo and Hapkido. He was the first to teach Hapkido in the US. He graduated in 1969 with a Master's Degree in History. He also received a Teaching Certificate for Hapkido from Won Kwang Wha in 1969. After receiving his Master's Degree, Dr. Kimm enrolled in Louisiana State University where he earned his Ph.D. in History. While studying in Louisiana, Dr. Kimm taught Tae Kwon Do, Yudo, and Hapkido classes.

When In Hyuk Suh, the founder of Kuk Sool, moved to the United States from Korea in 1974, Dr. Kimm helped him get settled and studied Kuk Sool while helping In Hyuk Suh spread the art throughout the United States. Dr. Kimm also cohosted a number of combination Kuk Sool / Hapkido seminars in an effort to help spread the style. In 1985, Dr. Kimm published a book entitled, Kuk Sool. A year later, in 1986, Dr. Kimm published his





Philosophy of Masters book.

Dr. Kimm then spent several years, from 1987 until 1991, studying Hapkido under Ji Han Jae. With Ji Han Jae's assistance, in 1991, Dr. Kimm published his book entitled, Hapkido, although it is better known by its nickname, the Hapkido Bible. Dr. Kimm published a second, revised book on Hapkido entitled, Hapkido II, in 1994.

Ji Han Jae and In Hyuk Suh both recommended that Dr. Kimm found his own style. After a number of years of work, he created Han Mu Do in 1987. Unlike many styles whose differences are focused on differences in martial techniques, Han Mu Do primarily differentiates itself from similar styles, such as Hapkido, by its philosophy. Dr. Kimm's Han Mu Do book was later published in 1994.

Dr. Kimm's most recent book, History of Korea and Hapkido, was released in 2008 and details the history of Korea from antiquity up to modern times, as well as covering in great detail the development of Hapkido up to present time.

Dr. Kimm is the Founder of Han Mu Do, has a 9th dan in Hapkido, and holds advanced ranks in the numerous Korean martial art styles mentioned above. He is also the President of Dae Han Kido Hwe operations in America and Director of the International Commerce Committee and is the President and founder of the World Han Mu Do Association. (source for this bio is <https://www.goodreads.com/book/show/15745806-hapkido>)

Grand Master No Won Park – 10th Degree Seoul, Korea

In 1956 in a small city in South Korea, a young fourth grader named No-Won Park set out on his own voyage. Although young, he began Taekwondo study with earnest. By junior high and high school he spent every school evening and every weekend traveling to other dojangs to learn as much as he feasibly could.

In 1977 he was enrolled into mandatory military service. Because of his intense background in the martial arts he was put into an élite special guard division where he his eyes were open to things he never dreamt of. At the end of his service in 1980 he was asked to devise a streamlined combat method to deal with constant threats from North Korea.

It led to a synthesis of eight arts designed to not only eliminate a target as quickly as possible unarmed, but also to enable to use any item as a weapon including a military shovel. It was an immediate success to say the least and it became a compulsory military subject for elite military recruits. It was named Teuk Gong Moo Sool (Ultimate Martial Arts).





As time went on Grandmaster Park began to look beyond the walls of the military barracks and towards his country as a whole. He saw the slowly degrading physical condition of his fellow South Koreans and their lack of focus. He saw the need for genuine martial arts training that really DID build the mind, body and spirit and not give lip service.

In addition to his explosive self-defense art of Teuk Gong Moo Sool, he began to put together a detailed exercise program that people of any age and condition could benefit from. It resembled yoga or aspects of Tai Chi Chuan, but had its own flavor. He named the system Moo-Ee Dan Gong (basically "Special Skills for Health").

Currently TGMS is in a number of countries in addition to the dozens of schools located in Korea. GM Park is looking to further internationalize the art he spent most of his lifetime to perfect. Teuk Gong!



Soke Michael DePasquale Jr
– 10th degree
New Jersey, USA

Training:

Michael DePasquale, Jr. was quite literally born to be a Martial Arts Master. The son of Michael DePasquale Sr., Grandmaster of the Yoshitsune Waza style of Ju-Jitsu. Michael Jr's Martial Arts career began at the early age of five, with Yoshitsune Ju-Jitsu in which he presently holds the coveted rank of Ni Dai Soke (Heir to the rank of Grandmaster). He has completed and has been certified by the FBI Instructors' program. Additional training: Bergen Community College: Business Administration, Bomb seminar attendance, Security Management, Inc (specialized in knife and gun disarmament). Defensive and offensive knife techniques. Mr. DePasquale has also had training in evacuation skills.



Experience:

- Founder, Federation of United Martial Artists (FUMA – Crusade Against Crime)
 - International Protection – Security Position Executive Surveillance
 - Advanced Defensive Tactics Instructor
 - Trainer of NYPD Defensive Tactics Instructors
 - Trainer of 1st Division of the Armed Special Forces
 - Trainer of FBI Personnel
 - Trainer of U.S. Marshals
 - Trainer of Postal Police
 - Producer of Anti-Crime Television Show (FUMA Crime prevention Clinic)
 - Conducted Crime Awareness/Anti-Rape Seminars
 - Body Guard
 - Author, Streetwise Safety Series
 - Consultant, Corporate, Institutional, and Educational Security
 - Creator, COMBAT CARDIO personal fitness/self defense program
 - International Law Enforcement trainer
 - Trainer of the Royal Canadian Mounted Police
 - Film Production Security
 - Event Security
- Political Candidate Security

Television:

- Regis Philbin (6 segm.) – Guest Speaker: Anti-crime / streetwise safety demo.
- Yo! MTV Raps – Guest Speaker: Anti-crime / streetwise safety demo.

- Nickelodeon – Guest Speaker: Anti-crime Message
- Attitudes – Guest Speaker: Handicapped / streetwise safety demo.
- The 700 Club – Guest Speaker: Handicapped / streetwise safety demo.
- 13 Week Mini Series – Producer: FUMA Crime Prevention Clinics

Films:

- “Chop/Chop” – (1967) Documentary first Martial Arts film produced in the US by a major Production Company (Paramount Pictures)
- “King of the Kick Boxers”
- “Blood Brothers”
- “China Heat: Paid in Blood”
- “American Shoalin”
- “The Power Within”
- “Bloodmoon”
- “The Cutoff”

Author:

- Monarch Illustrated Guide to Ju Jitsu – Book (Simon & Schuster)
- Ju Jitsu – Book (Simon & Schuster)
- Women’s Guide to Self Defense – Book (Simon & Schuster)
- Learn the Martial Arts in Eight Weeks – Book (Simon & Schuster)
- Martial Arts for Young Athletes – Book (Simon & Schuster)
- Step By Step Guide to the Martial Arts – Book (Hamlyn)
- Who’s Who in the Martial Arts Elite – Book (MDP Enterprises)
- Street Wise Safety for Women – Book (Charles E. Tuttle & Co.)
- Street Wise Safety for Children – Book (Charles E. Tuttle & Co.)

(Source of above info: <http://www.worldblackbelt.com/who-s-who/founding-members/17-michael-depasquale-ir>)



Grand Master Ken MacKenzie – 10th Degree New Jersey, USA

When Hapkido Founder DoJuNim Ji Han Jae moved to the U.S. in the mid 1980’s, Grand Master MacKenzie, already an accomplished black belt and dojang owner, was among the first to attach himself as a loyal disciple. Dedicated to learning the evolved system of Sin Moo Hapkido, GM MacKenzie followed DoJuNim Ji around the world gaining knowledge and skill in its purest form. Today,





DoJuNim Ji calls GM Ken MacKenzie his “American Son” and has bestowed the title of “Chung Kwan-Jang” upon him. With affiliated schools worldwide, GM MacKenzie is the President of the World Sin Moo Hapkido Federation, Sin-Moo Hapkido’s world governing body.

“To be the best, you must surround yourself with the best!”, a statement echoed by GM MacKenzie to his many master instructors, black belts, and students. A strong advocate of networking, GM MacKenzie enjoys providing educational and training experiences for his students, which number 1000 strong, by regularly exposing them to quality instructors around the globe. As GM MacKenzie states, “In the spirit of sharing, the true martial arts can work in harmony with others, devoid of jealousy and ego.”



“As masters and curators to our styles, it is incumbent upon us to maintain the richness and content of our traditional martial arts in their entirety”, GM

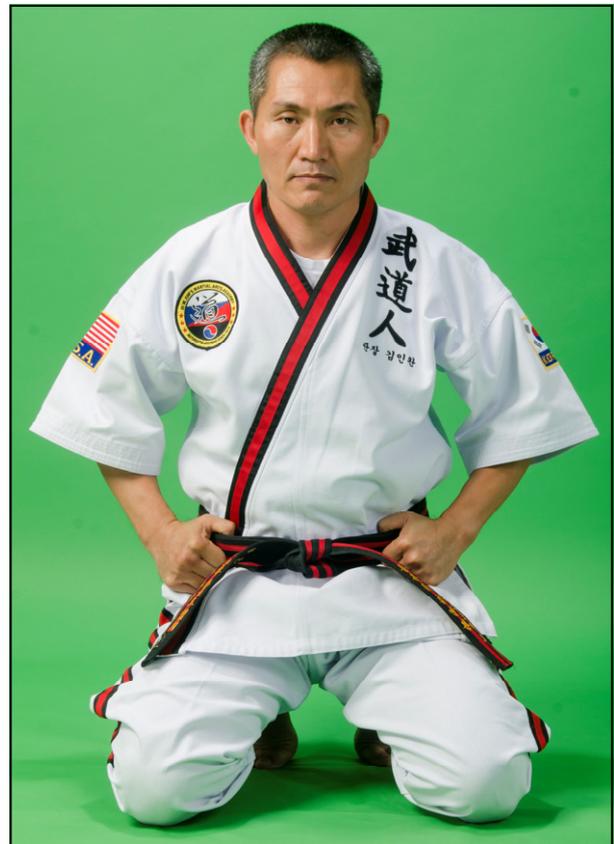
MacKenzie shares. Beyond serving DoJuNim Jo, instructing international seminars, and running his five professional dojangs, it is teaching quality and true Korean Martial Arts that fuel this grandmaster. In particular, it is the sharing of the joys and riches of Hapkido and Taekwondo with young people that motivates him. One of the very few men promoted to tenth degree by DoJuNim Ji Han Jae, Grand Master MacKenzie's mission has expanded to preparing the next generation to lead and indeed to continue the cycle. He works daily on the development of tomorrow's leaders, so that they may carry the torch yet further, serving humanity deep into the 21st Century.

GM MacKenzie has been on the cover of Taekwondo Times 2009, 2010, 2013, & 2014



**Grand Master Inwan Kim
– 10th degree
Buyeo, Korea**

Grand Master Inwan Kim was born in in 1962 Buyeo, Choongnam providence Republic of Korea. In 1974, his father placed him in a very tough and old fashioned Tae Kwon Do program. Grand Master Kim reflects back remembering how he wanted to quit as young boys don't typically volunteer for such rigorous training. However, it wasn't possible due to his father's decision. Like most of us that have firm parents, he later realized that the rigorous training was very good for him. As training progressed and he got older, he didn't find any good reason to give up on this wonderful life's journey. Now, as a school owner shaping young lives in his community, he quickly gives praise to his father and is thankful for the opportunity.



First degree black belt was earned a few months before the age of 14 by a local TKD master Jae man Kim. At age 18 after a few years of experience, he then decided to start serious Hapkido training. He trained under master Yong Ho Lee in this very enjoyable yet very different experience. Grand Master Kim credits this training as when he was able to open his eyes to the world of martial arts. Around this time he also had some close friends who did Judo and Kumdo. Of course they shared their training and it was a great time for him to see different techniques. The old cliché of "Boys will be boys" apparently played true as Grand Master Kim reflects back on his teenage and early 20's when his friends used to get together to do some backyard training to beat on each other and exchange their knowledge and experiences. That type of training can be brutal but



also proves to be unforgettable and beneficial.

From 1983 to 1985 he served as a ROK army ranger instructor to teach martial arts. After serving in the Army, he then followed up with his studies in college to graduate with a BA in business administration finding himself working as manager at a bank. As he found his life working its way into a full time civilian worker, he continually studied martial arts in Seoul city. Tae Kwon Do with (GM Shim Jae ik / Master Kim, Boo Suk) Hapkido with (Lee, Yong Ho) and informally with other styles such as Judo, Jujitsu and, Karate. In 1987 he had earned a Hapkido 3rd Dan and Tae Kwon Do 5th Dan.

In 1989 he decided to come to America to work for a better future for his life. Unfortunately, it wasn't so much fun to begin with as it was tough to live every single day without any money and NO English skills. After a lifestyle of working 16-20 hours a day, 7 days a week, he was able to move towards his dream as little by little, life became pretty comfortable. He is quick to give credit for his dojang in Florida and promotion in Tae Kwon Do to Grand Master Jae Hak Lee.

After a few contacts with Dojunim Ji, Han Jae around the middle of the 1990's his life





began to shift in a different direction. Dojunim was the main mentor for his martial arts journey. Many days and hours of training, phone conversations and martial arts lectures and classes in person, he was able to see a much deeper part of the art of Hapkido and Korean martial arts in general. Although never wanting to leave the other arts, in 1995, he decided to focus more on Sin Moo Hapkido as main martial arts. When asked about this, Grand Master Kim said, "For this I am forever grateful for Dojunim Ji, Han Jae's teachings and guidance to my life."

Grand Master Kim is currently a 7th Dan Moo Duk Kwan Tae Kwon Do and 10th Dan Sin Moo Hapkido. The 10th dan in Sin Moo Hapkido wasn't his decision but the decision of Dojunim Ji and because of that, Grand Master Kim is very adamant that he accepted the high rank with great humility and yet with honor and pride. For that recognition from Dojunim Ji, he will carry Dojunim's true mission to the world as his pupil to honor his legacy forever.





**Grand Master Jimm McMurray
– 9th degree
Texas, USA**

Grandmaster McMurray began martial arts training in 1962 and received his first black belt in 1970. Grand Master James McMurray is the Founder and Director of the House of Discipline Martial Arts Group based in Harker Heights, Texas. He formulated the Moo Hap Sool Kido System which is currently being taught in Afghanistan, Germany, Iraq, Japan, Panama and the United States. Grandmaster McMurray's martial arts' style is known by many martial arts, military and police organizations to be one of the most effective hand-to-hand combat systems in the world.

As a former Green Beret who served two consecutive tours in Vietnam and Southeast Asia, specializing in "silent sentry takeout" via pressure points and bladed weapons and after almost five decades, he has honed his skills that have been proven on the battlefields. Several U.S. military units, correction facilities and police departments in

Germany, North Carolina and Texas requests his instruction in unarmed and armed self-defense and "suspect control" techniques. He has also developed restraining techniques for medical EMS personnel, doctors and nurses in order to handle unstable patients. In



1975, the National Organization of Women (N.O.W.) used his techniques to teach anti-rape/anti-abuse classes.

His tournament career started in 1973 and ended in 1995 upon his retirement to train members of the U.S. Army Taekwondo team and the Central Texas Junior Olympic Team. He was well respected on the Texas AOK Circuit as a smart hard nose fighter, weapon competitor and excellent referee.

Constantly concerned about the directing in which today's youth are headed, He consistently teaches martial arts, life skills and leadership to children and teens. His exciting and thought-provoking seminars are the talk of anyone who has had the opportunity to attend.. He now works closely with an element of Texas

Homeland Security, the Secret Service out of Crawford, TX and elite soldiers of Fort Hood, TX. Grandmaster McMurray was on the cover of Taekwondo Times 2010 & 2013



Grand Master Kevin Janisse – 9th degree Pennsylvania, USA

Grand Master Kevin M. Janisse has spent over 30 years in the martial arts starting with Tae Kwon Do , Kun Tao, and Boxing. He then later moved his focus of study to the art of Kong Shin Bup (KSB) Hap Ki Do under the tutelage of Grandmaster Rudy Timmerman. He has continued as GM Timmerman's student for over 25 years and as a result of his hard work and loyalty has been named the next inheritor of KSB. In a surprise promotion, GM Timmerman passed the gavel to KSB to (then) CM Janisse at the August 2014 Korean Martial Arts Hall of Fame in Canada giving him the official title of "Grand Master."

GM Janisse has had the privileged to share the art of KSB with martial artists in many countries throughout the world. In 1994 Kevin developed a training program incorporating passive





restraining techniques for the Charlevoix TMI Staff to help them deal with aggressive, mentally impaired adults. He received a letter of commendation from the staff in regarding his ability to teach and respond to their needs. In 1999 he released his home study program which is a comprehensive step by step video series designed to help those who do not have access to a local instructor that teaches Hap Ki Do.

Throughout his career he has earned over a hundred gold medals, 6 grand championships and has placed in two world championships. He continues to compete today because he believes it helps to sharpen his skills as a martial artist and expose the art of KSB to others.

GM Janisse is a director in the National Korean Martial Arts Association and holds to the ideal that a black belt is something you earn through hard work and understanding. He has received recognition awards such as Black Belt of the Year, Instructor of the year, and NKMAA director of the year.

GM Janisse continually devotes time to bridging the gap between martial arts styles and believes in the

“open mind” principle of first being a student who willing to learn from anyone and then a teacher willing to teach anyone. He holds degrees in Engineering, Business, Theology, and is a fully ordained Christian Minister who often donates his time to help others with their struggles.

Grand Master Jimmie Faralli

– 8th degree

Florida, USA

Grandmaster Jimmie Faralli immigrated to the United States from Germany in 1971 at the age of 10 years old. A few months later, in March of 1971, he began training in Tae Kwon Do and Hapkido under Grandmaster Jimmie Brown and Assistant Instructor Wilton Bennett. In 1972, Sgt Jimm McMurray joined the school. In 1974, Lascellas McCarthy returned to the school from Thailand. Together, they formed a formidable team of instructors. In September, 1976, GM Faralli received his first degree black belt, completing requirements in both Tae Kwon Do and Hapkido. He then began teaching both arts.

In 1978, GM Faralli entered the U.S. Army. In 1979, GM Faralli won the superlightweight division of the U.S. TKD championship, a title he successfully defended in 1980. In 1982, GM Faralli was injured in a classified operation in the Middle East. His injuries



resulted in a 17 month hospital stay and a medical discharge in 1983. In 1984, GM Brown tested GM Faralli for the rank of 4th degree black belt. Although GM Faralli has trained with many renowned martial artists, such as Bill Wallace, Hee Il Cho, Bong Soo Han, He Young Kimm and Michael Echanis and has a tremendous amount of respect for these masters, his one and only instructor was his father, GM Jimmie Brown.

After having emigrated to the U.S. without ever having known his biological father, it was his great fortune to have that role filled by GM Jimmie Brown. In 1993, GM Brown and GM Faralli founded the American Hapkido Alliance, a non-profit black belt organization whose sole purpose was to further the development of Hapkido in the U.S. In 2007, GM Faralli, his wife SM Dr. Kathy Shaw and his son, Master

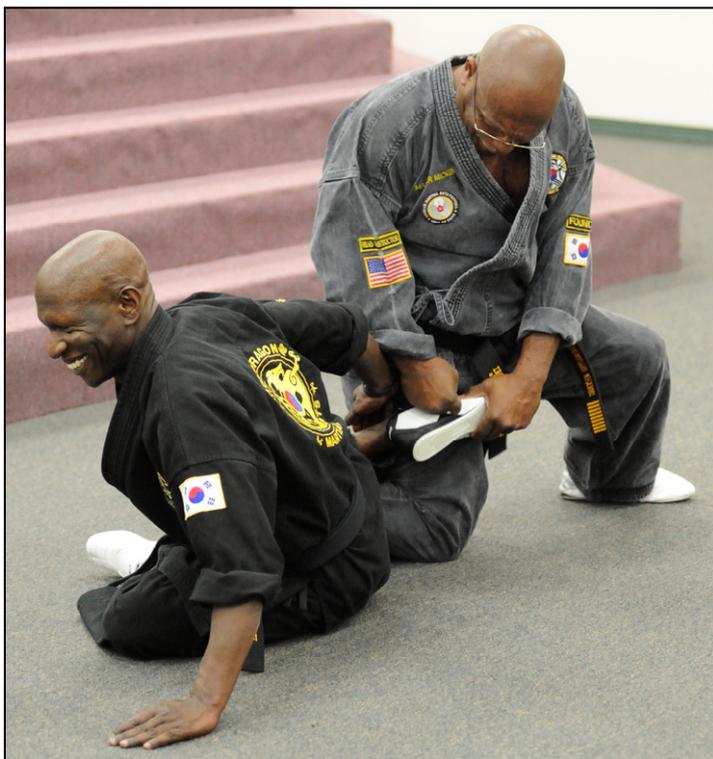


Nikolai Lee were summoned to GM Brown's deathbed, the day before his passing. GM Brown had selected GM Faralli to be promoted to 8th degree black and be the Grandmaster of the organization.

In 2016, GM Faralli was humbled by GM Rudy Timmerman and CM Thomas Gordon, asking him to accept the induction of GM Jimmie Brown into the Korean Martial Arts Masters Hall of Fame. GM Faralli is honored and humbled by the black belts and masters he has produced over the last 45 years. Some of those masters and students have been with him continuously for over 30 years. Those masters include SM Joe Arndt, SM Dr. Kathy Shaw, Master Pete Santiago, Master Bryan Wachob, and Master Nikolai Lee. Their dedication has been his greatest inspiration.

Grand Master Jimmy Mickens **– 8th degree** **Georgia, USA**

Grandmaster Mickens began training with his mentor, Grandmaster S. R. Moreland in 1968. He has earned black belts in TaeKwonDo, Hapkido & HoShinDo. Through the years he has won many local, Regional and National Championships including Grand Champion at the American International Tournament. Most recently he was inducted into the 2015 Korean Martial Arts Masters Hall of Fame. His goal is to share his vast knowledge and experience with every student. Starting with basic martial arts physical & mental techniques each student is taught at their own pace. With each achievement their foundation grows stronger and the addition



of real world self-defense is added. Grandmaster Mickens believes in and lives by the tenets of martial arts. Most important is the appreciation of the many parents for his mentoring their children with his patience, perseverance, preciseness, and kindness.

Grand Master Steve Kincade
– 8th degree
Mississippi, USA

Grand Master Steve Kincade is the first American-born martial artist to earn the rank of 5th dan from the International Teuk Gong Moo Sool Federation. Teuk Gong Moo Sool is the martial art of the Korean Special Forces and is also widely practiced by police officers, private security personnel, and thousands of civilians in Korea and around the world.

Master Kincade started his training in Louisiana with Dr. He-young Kimm in the early 1980's, earning his Black Belt in Kuk Sool. Kincade taught at Dr. Kimm's headquarters school during the development of "Han Mu Do" and, during this exciting period, worked with Dr. Kimm on his books and traveled with him to assist with seminars all over the United States, Mexico, and Europe. Kincade eventually earned a 5th dan in Han Mu Do.

He returned to his boyhood home in Mississippi and opened his school, Academy of Korean Martial Arts, in 1998. He later affiliated with the World Kido Federation and was awarded his 6th dan in Hapkido in 2007.

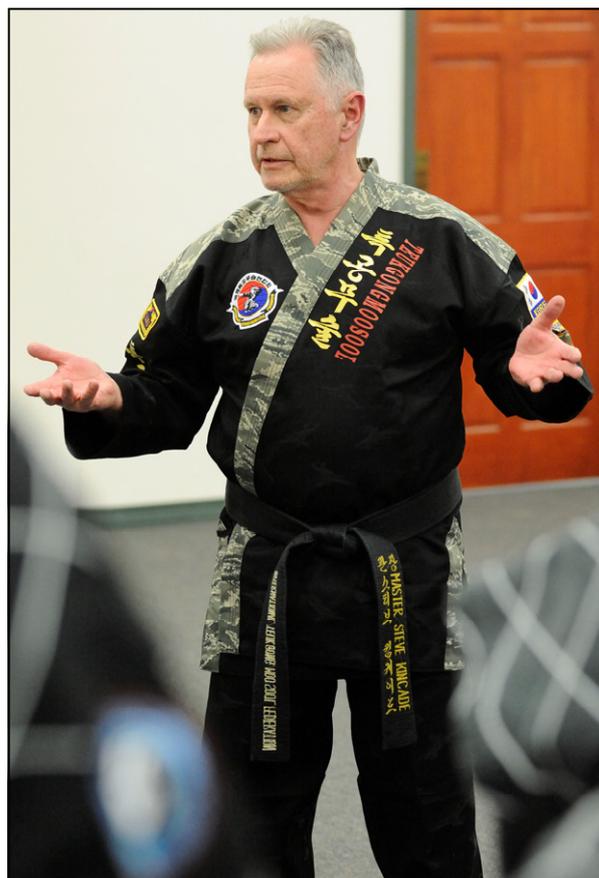
Master Kincade had met Grandmaster No-won Park, President and Founder of the International Teuk Gong Moo Sool Federation, during a trip to Korea in 2002 where he witnessed a demonstration of Teuk Gong Moo Sool. He was very impressed and later became one of the first Americans to train in this style, being awarded his Teuk Gong



Moo Sool Master's ranking in 2007 by Grandmaster Park. His Mississippi school is the first to teach the ITGMSF curriculum in the United States and he is the first instructor to conduct an ITGMSF Black Belt test in this country.

As he studied and trained in Teuk Gong Moo Sool, he came to understand the style as a combination of tradition and innovation and the natural evolution of Korean Martial Arts. He teaches and practices with Grandmaster Park's philosophy of, "Take everything you know and create something new" as a guiding principle.

Master Kincade is a personal student of Grandmaster Park and has hosted his first three American seminars, with the fourth planned for June 1, 2013. His school teaches Teuk Gong Moo Sool exclusively and is a certified "Excellent School" recognized by the ITGMSF.



He recently formed the "American Teuk Gong Moo Sool Alliance" in order to introduce and promote the Korean Military Martial Art in North America. Master Kincade is a full-time instructor who teaches at his school and gives seminars and private classes for other instructors, law enforcement officers, and civic groups.

Grand Master Wil Widmeyer – 8th degree Indiana, USA

KJN Wil Widmeyer was born and raised in Indiana, USA. He began learning martial arts at sixteen after defending himself against an armed assailant. After training at the local gym, Wil looked for an instructor to further his passion for the martial arts. Wil eventually discovered a school taught by Grandmaster Inn Suk Pak. GM Pak tested Wil for first dan in Tae Kwon Do and told him to return that summer for further training.

Wil sped through the curriculum. Competing for many years in Olympic-level figure skating left him with exceptional body awareness and a strong work ethic. Impressed with Wil's ability to learn, GM Pak began train him privately, often eight to ten hours a day. GM Pak augmenting this with other instructors and reinforced what Wil learned through full-contact fighting.



Grandmaster Pak continued to challenge Wil's physically and mentally. Always evolving as a martial artist, GM Pak developed a new system incorporating the theories and advanced principles behind Kongshin and Chinese Medicine. During this time they were hired by the State of Tennessee to train inner city children. It was during this trip that Grandmaster Pak suffered a sudden heart attack and died in Wil's arms. The last thing Pak said to Wil was "ok, you good boy."

After Grandmaster Pak's funeral, Wil returned home and opened his first martial arts school. Wil continued to train diligently and started teaching defensive tactics. This led him to train various units of the United States Military and Federal Agencies in order to improve their effective at home and abroad.

KJN Widmeyer competed in many full-contact MMA related tournaments, winning a World Championship event in NYC in 1997. Over the following years Wil competed in many international open style MMA championships and retired in 2000. Since then, KJN Widmeyer has spent his time reorganizing Grandmaster Pak's final instructional material and principles into his own system.

Among KJN Widmeyer's many awards are induction into two Black Belt Hall of Fames and numerous letter of commendation from the United State Military. In 2015 KJN Widmeyer was recertified by GM Rudy Timmerman, as 8th Dan in Kong Shin Bop. Additionally, in 2015, he was named as an official Ambassador to the KMA Master Hall of Fame. KJN Widmeyer holds collegiate degrees from Ball State University and continues to travel extensively to teach and spread his love for the martial arts.

Master Bradley Lord **– 7th degree** **Pensacola, FL**

Master Lord and his wife own the Lord Martial Arts & Fitness in Pensacola, Florida. He started his martial arts training in 1986 and currently holds a seventh degree black belt from Chun Moo Hapkido, a third degree black belt in Taekwondo, and a Blue belt in Brazilian Jiu-Jitsu under the Rodrigo Pinheiro lineage.



Outside of the martial art world, Master Lord is also known as "Dr. Lord." He is a licensed therapist, Certified Addictions Professional and Certified Personal Trainer. Dr. Lord received his doctorate degree from California Southern University in clinical psychology with an emphasis on Health and Sport Psychology. He has additional graduate degrees from Troy University in Counseling and Clinical Mental Health. He has worked in a variety of settings to include drug and alcohol treatment settings, inpatient children's psychiatric hospitals, and has taught at the University level to



undergraduate students. His interests are in leadership development and performance improvement.



Master Chris DuFour
– 6th degree
Florida, USA

Master Chris DuFour is the founder and master instructor of the PTSDA Karate. He has enjoyed teaching traditional Tang Soo Do in the Gulf Coast area since 1996.

His martial arts training began in 1984 in Bushinkai Karate. After the eight week course, he took his first lesson in Tang Soo Do under the direction of Master Lee King. She trained directly under Grand Master Jae Joon Kim. In 1987, he had the privilege of testing for Cho Dan in front of Grand Master Kim. Upon achieving Ee Dan, Master DuFour moved to Pensacola, Florida to attend college. Unfortunately, Master King closed her school, Kim’s Karate, around the same time.

Without an Instructor, he continued to train on his own. In 1996, while still attending college, he fulfilled his childhood dream of opening the PTSDA Karate. After a year in operation, he knew that he needed direction in not only his martial art, but also with running a school.

An old friend and classmate, Master Lee Clarkson,



referred him to Grandmaster C.S. Kim, founder and president of the I.T.F. (International Tang Soo Do Federation). Under Grandmaster C. S. Kim, he earned his 3rd Degree in 1998, 4th Degree in 2002, and 5th Degree in 2007. He serves on the Technical Advisory Committee (TAC) of the I.T.F. Master DuFour has enjoyed the wonderful opportunity to assist his Instructor with teaching seminars in the United States and abroad.

Master DuFour has enjoyed Martial Arts competition since 1987. He has achieved Grand Champion in both Forms and Sparring. Winning Gold in Master's Forms at the 2008 International Tang Soo Do Federation World Championship was a highlight in his Martial Arts Career.

He strongly believes that having the home court advantage is so important in life. His home court advantage is his family. When he is not busy teaching and training full time, he thoroughly enjoys spending quality time with his wife and four children.



Master Calvin Longton
– 6th degree
Florida, USA

Calvin Longton is the Owner & Chief Instructor of Precision Martial Arts in Navarre, FL. Calvin is retired from the military as of 2003 after a career of 24 years spanning 3 branches. He served 13 years with the Marine Infantry & Force Recon, 4 years with the Army Special Forces (Green Beret) & 7 years with the Air Force Special Tactics Combat Control Teams. Some of Calvin's jobs during his military career include Infantry Platoon Sergeant & Platoon Commander, Surveillance & Target Acquisition (STA) Platoon Sergeant, Force Recon Team Leader, Special Operations Capable (SOC) Regimental Enhanced Training Section (RETS) Small Boat Instructor & Expedient Sentry Elimination Course Instructor, Special Forces Communications Sergeant, Special Operations Terminal Attack Control (SOTAC) Instructor, Special Tactics Team Sergeant, & Special Tactics Advanced Skills Training (AST) Instructor. His qualifications include free-fall parachutist (HALO), Jump Master, SCUBA diver, Dive Supervisor, Mountain Leader, Jungle Survival, & High Risk Personnel Survival.

Calvin began his martial arts training in 1973 at the age of 16. In February of 2003 Calvin & his wife Janet opened Precision Martial Arts. Over the past 39 years Calvin has studied many different martial arts. Wherever the military stationed him he studied what was locally available & trained with like-minded military associates always with the primary interest of developing real-world & practical combat survival skills as relevant to his military occupation. This wide variety of experiences, reality focused mindset & approach to training enabled him to acquire a unique perspective regarding the application of martial arts skills within the military environment & how they can be adapted within a self-defense application.





Calvin has trained in Hapkido (5th Dan), Israeli Krav Maga (2nd Degree Black Belt), Taekwondo (1st Dan), Uechi Ryu Karate, Wing Chun Kung Fu, Judo, Shoalin Kung Fu, Brazilian Jiu Jitsu & Muay Thai. He has certifications by the USKMAF, WHA, KHF, NKMAA, ITF, & Israeli Krav International. Calvin is also a Fitness Trainer, with certifications from the ISSA & Cooper Institute. Calvin holds a Master of Arts in Religion (Theology & Apologetics) from Liberty Baptist Theological Seminary. Master Longton was on the cover of Taekwondo Times in 2013.

Master Alain Burrese
– 5th degree
Montana, USA

Alain Burrese's passion for the martial arts started in the 1970s when he took home Fred Neff and Bruce Tegner books from the local library. In 1982, while in high school, he took his first formal martial art classes when he trained and competed in Judo. After high school, Alain served as a paratrooper with the 82nd Airborne Division and a sniper instructor for the 2nd Infantry Division in South Korea. He then went to college to earn his B.S. degree in business, and then lived in Japan. During these years he





studied a variety of martial arts, including Karate, Taekwondo, and Hapkido, but due to moving frequently, he never tested for a dan grade in any of them. He also trained with self-defense author Marc MacYoung when he lived in southern California and worked a bodyguard/security position with him. After writing his first book on self-defense, he decided to pick a martial art to focus his training. He chose Hapkido, from the Billy Jack films, and an art he had studied for a while in 1989-90.

He moved back to South Korea to devote himself to Hapkido. While living there, he taught English in the evenings to support himself and attended 11 Hapkido classes and 5 Qigong classes weekly. When he returned to the United States, he earned his J.D. from the University of Montana School of Law. He practiced law for a number of years, but left the practice to pursue his dreams of writing, speaking, and teaching. He continues to return to Korea to train with his instructors, and currently holds a 4th dan from them in Hapkido.

Alain is the author of several books, including Hard-



Won Wisdom From the School of Hard Knocks, Lost Conscience, and the Tough Guy Wisdom series. He has starred in eight instructional DVDs, including Hapkido Cane, Streetfighting Essentials, and the Lock On: Joint Locking Essentials series. He's also written numerous articles, including articles for Black Belt and Karate/Kung Fu Illustrated. He is currently working on several new book and DVD projects, as well as teaching regularly in Montana and traveling to speak and teach around the country and soon the globe.

Master Nikolai Lee
– 5th degree
Florida, USA

Master Nikolai Lee was born August 12, 1989 in Gainesville, Fl. Growing up in a martial arts family, Master Lee was surrounded by the martial arts mindset. Over time, after seeing numerous classes taught by his father, Grandmaster Jimmie Faralli, as well as classes taught by the late Grandmaster Jimmie Brown, Master Lee had a constant growing desire to train. Master Lee began his training under Grandmaster Faralli in 2003 when he was 14 years old.

After a long and challenging road, Master Lee was recently promoted to the position of Administrator of the American Hapkido Alliance and 5th degree black belt in December



2017 by Grandmaster Faralli during a seminar graciously given by Grandmaster Dr. He-Young Kimm. As the Administrator, Master Lee coordinates the ordering of supplies, organizes school functions and tests, and coordinates with other schools, both in the AHA and external schools. Master Lee assists Grandmaster Faralli and Senior Master Dr. Kathy Shaw in everyday operations of the AHA as well as teaching classes. To Lee, the school is an extended family. It is also a wealth of knowledge containing students from various backgrounds and experiences. It is his belief, that a martial artist should never discount another martial artist opinion, regardless of rank. Instead, we should be like sponges soaking up as much positive and valuable knowledge from our peers, friends, and superiors as possible.

Married in 2014, Master Lee and Marissa Lee live in Port Orange, FL. After serving as an active Paramedic for 6 years, both in the ambulance and hospital, Master Lee decided to pursue school once again. In 2017, he graduated from Daytona State College with a Bachelor Degree in Supervision and Management. From there, he enrolled at Palmer Chiropractic College in Port Orange and is a current student of the Doctorate of Chiropractic Program as well as the Clinical Neurology Diplomate Program. In his spare time, Master Lee is an avid music composer and is very involved with his church, with the occasional motorcycle ride in between.

Master Lee is very honored to be included as an instructor at the Korean Martial Arts Festival and feels blessed to gain knowledge from the other masters, as well as reciprocating thoughts and ideas with other students. It is Master Lee's hope that his generation will advance the martial arts, while also maintaining the traditions, discipline, respect, and honor established by the great Masters that have come before him.



Mrs Amanda Howard
– 4th degree
Florida, USA

Mrs Amanda Howard moved to Crestview in the early 90's and started martial arts at 8 years old. For the first 10 years, she did martial arts as a family event with her mother, brother, and sister. In December 2003, her family moved their martial art training over to Gordon Martial Arts where Mrs Howard eventually started working as an instructor. In 2006, while in Korea, Mrs Howard competed at the World Championship tournament and successfully tested for third degree in front of Grand Master Rudy Timmerman and a panel of master level instructors. When asked her favorite part of martial arts, Mrs Howard stated, "Sparring

all the way! I love how in sparring you get to put all the things you learn in taekwondo into action! Plus I like beating up the boys."

Being an avid competitor, Mrs Howard is often seen at tournaments and generally places well. Notably, along with competing in Korea, she competed for Grand Champion at Emerald Coast Martial Art Championships in 2004 and took Grand Champion at the First Hub City Invitational in 2004.

For now Mrs Howard is working towards fourth degree in Taekwon-Do and looking forward to seeing some of the world doing martial arts. Italy, Australia, and maybe a return trip to Korea is on the bucket list. Perhaps even catching a seminar with super tournament champion Chloe Bruce. Outside of martial arts, Mrs Howard prefers to spend time with her daughter, family, and friends. She's a big fan of scary movies and tends to enjoy most forms of music.

Mr John Wilkerson – 3rd Degree Florida, USA

Mr. Wilkerson began his training in 1983 at a local Tae Kwon Do school in Lakeland Florida.

During the late eighties and early nineties he focused on medieval weaponry, and spent much of this time digging deep in to the nuances of body movement for generating striking power. His bladed weapon of choice became the Glaive or Nagamaki.

He returned to the more traditional arts in the mid



nineties, and started his Hapkido training under Sun T. Choe. He stayed with this program for nearly a decade and eventually became the schools primary Hapkido teacher. He was twice awarded Hapkido instructor of the year.

The late nineties brought another new training direction, and Mr. Wilkerson pursued the use of small arms for self defense.

By 2010, he began training in Aikido and Shorin Karate. This addition of new styles allowed him to pressure test his techniques, and structure new approaches to already learned skills. He found the addition of hard grounded karate blended perfectly with the gentle touch of Aikido. His Hapkido benefited greatly from the experience.

In 2012 he started Gold Tree Martial Arts. The school focuses on Hapkido as its base style, but is heavily influenced with the striking concepts

from karate.

Mr. Wilkerson is a theory based teacher and expects students to be able to execute techniques and concepts from several different starting positions, and under diverse conditions. He also teaches weapons early in the curriculum. This allows older students to become competent with the cane or short stick before they reach a point in which they may need it for daily support.

He is an active member of several martial arts groups around central Florida, and can be found attending or teaching impromptu sessions throughout the area.

He owns and manages the Martial Art Black Belt discussion group on LinkedIn. The group hosts over 14,000 black belt members. He also writes for his blog under the name: OldManKarate.com

He can be reached through his school website: GoldTreeMartialArts.com

The Future Of KMAF



I was at a seminar and a gentlemen commented about KMAF was an overnight success. I choked back the laughter. Yea, an overnight success that took almost 10 years! KMAF2012 was a fabulous year. We had a good turnout, all the instructors were able to make it, and not one complaint was lodged. As mentioned earlier, the big surprise of an unsolicited listing in *Black Belt Magazine's* "Ten Must-Do Martial Art Events" was huge.



So what's in store for KMAF? Well, there are no organizational limitations and no "rules" so the options are unlimited. There are a lot of things I would like to do but it always comes down to what the participants will support. At one time we discussed having KMAF as a roaming type event. But that's being done and done well.

The first venue was in a local hotel that left a few "less than favorable"



experiences. However, it gave everyone a few funny memories that I'm sure those stories will be going around for many years to come. Now we're in the second largest venue in Crestview and hoping we can justify moving to the largest venue. We already use the other venue 4 times a year with out Promotional Ceremonies. Roughly 300-350 people attend those and it's comfortable so we'll have a lot of room to grow the event.

I've written a lot over the years but this has been the most difficult to article to write. I wrote cover stories for Grand Master Hwang and another for UFC Legend Dan "The Beast" Severn. Both were very easy to write. I could have written a magazine's worth as both are extremely hard working men. The fact is, any of the presenters featured in this article would be easy to write a story about. But it's hard writing an article about an event that you host. I never want to come across as a braggart but it sure is tough to hold down my level of enthusiasm and pride at being able to share the mat with such tremendous talent!

I would have never dreamed that I'd be hosting an event that has gotten so much attention. We just hosted the biggest and best KMAF ever!

People that read this magazine are the diehards, the Korean Martial Art Fanatics... pun intended on the KMAF

acronym. There are obstacles that come up and thousands of reasons to quit martial arts. But for me, martial arts is a way of life and I challenge you to get on the mat as often as you can and keep training, keep pushing, keep being hungry. I leave you, the readers of *TaeKwonDo Times*, with one parting thought which is a quote from the legendary Walt Disney: "All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you."

*Bios provided by respective presenters.
Cover by KICKPICS/Justin Richter*

About the author: Thomas Gordon is a 7th degree

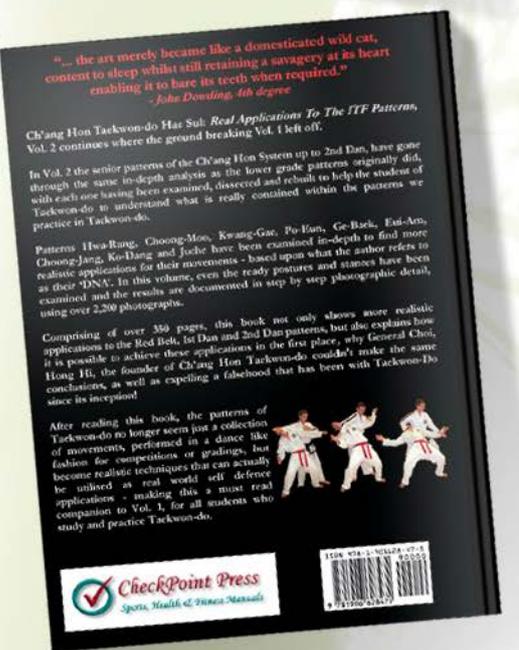
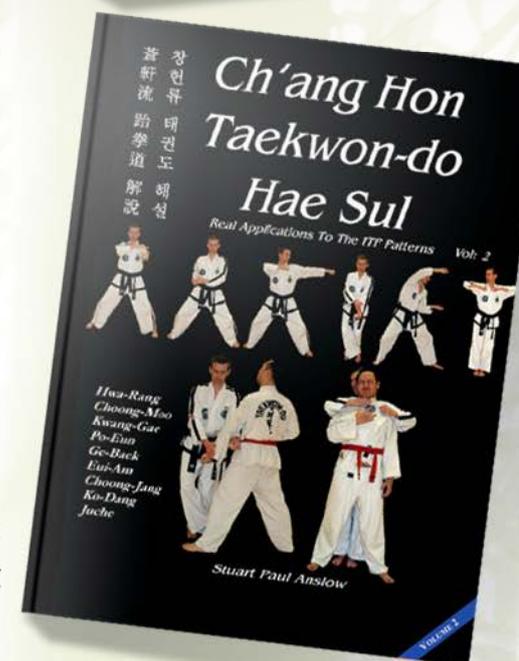
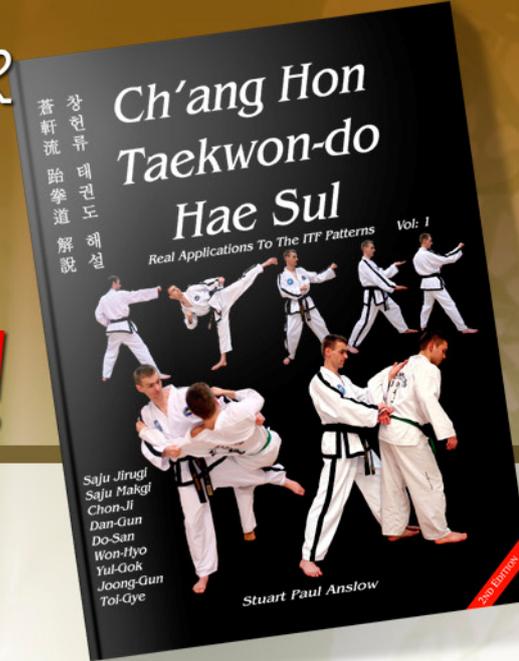
Korean Martial Art Festival is April 26-28, 2019. www.KMAF.info for more information.



“The Most important book published on TKD since the encyclopaedia”

John Dowding
4th degree ITF

...Now has a Part 2!



“Ch’ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns, Vol. 2 by Stuart Anslow (5th Degree) continues where the ground breaking Vol. 1 left off.

In Vol. 2 the senior patterns of the Ch’ang Hon System up to 2nd Dan, have gone through the same in-depth analysis as the lower grade patterns originally did, with each one having been examined, dissected and rebuilt to help the student of Taekwon-do to understand what is really contained within the patterns we practice in Taekwon-do.

Patterns Hwa-Rang, Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek, Eui-Am, Choong-Jang, Ko-Dang and Juche have been examined in-depth to find more realistic applications for their movements - based upon what the author refers to as their ‘DNA’. In this volume, even the ready postures and stances have been examined and the results are documented in step by step photographic detail, using over 2,200 photographs.

Comprising of over 350 pages, this book not only shows more realistic applications to the Red Belt, 1st Dan and 2nd Dan patterns, but also explains how it is possible to achieve these applications in the first place, why General Choi, Hong Hi, the founder of Ch’ang Hon Taekwon-do couldn’t make the same conclusions, as well as expelling a falsehood that has been with Taekwon-Do since its inception!

After reading this book, the patterns of Taekwon-do no longer seem just a collection of movements, performed in a dance like fashion for competitions or gradings, but become realistic techniques that can actually be utilised as real world self defence applications - making this a must read companion to Vol. 1, for all students who study and practice Taekwon-do.”

“... the art merely became like a domesticated wild cat, content to sleep whilst still retaining a savagery at its heart enabling it to bare its teeth when required.”

John Dowding
4th degree ITF

Quick Hits

APPLICATIONS FOR THE I-PHONE AGE

By Master Richard Conceicao

I have found when teaching in workshops, especially ones that are very time limited, that showing some quick applications has turned out to be a great way to demonstrate basic principles, and provide effective techniques at the same time.

While I have been known to ramble at great length when asked about different topics—and yes, I remain surprised to this day that I am even asked—but that’s another matter. I find that showing a relevant quick application illustrates the concepts on so many levels at once. Not only that, it leaves the practitioner with the ability to explore variations on their own—the best way to learn.

What follows are a couple of examples. They are easy to learn and do, yet remain effective in your practice. Have fun, but please be careful

Example I:

As the punch comes in you intercept it with a “Parry Pass” or “Brush Grab” type of blocking action (I covered this in earlier articles in TTKD) this allows you to control his arm. Your other hand slides underneath to grab his hand as your body turns. The turning action combined with your upper arm striking his will shock his elbow.

Please do this slowly! It happens so fast and takes so little effort on your part that it is hard to believe how much damage it can do.





Next we throw a low strike (sometimes referred to as a low block) into his inguinal crease, i.e. the area where your upper thigh joins your hip. Your opponent will fold over and go down!

Sidebar: many students are told to strike the groin area. Most of the time this is not the best idea. Most men are aware that they have one, and have figured out that they are sensitive, and as such will instinctively protect the area. Striking the inguinal crease will, as noted, double them over, and if done forcefully, will tend to immobilize that leg.

Example II:

We begin in a similar manner only this time as we turn behind the opponent we go over his arm, striking and turning his head at the same time.



This action not only dazes him but it disrupts his balance as well. Now we are positioned behind him in a horseback stance.



The motion of “sitting down” in horse stance forces his knee to bend, combined with the pressure on his head forces him to the floor.

Example III

This example utilizes what is commonly referred to as a “flinch reflex”. When something rapidly approaches your head you instinctively throw your hands up to protect yourself, everyone does this. Many forms/poomse/hyungs accept this as inevitable, and use this position to allow you to regain the initiative against your opponent.



As the wide Right hand comes in, your hands go up to cover, but instead of standing still you move into the attack. In a spreading apart motion, your left arm blocks the incoming punch and your right arm smashes into his neck.

This will definitely slow things down by itself, but let's not stop there:

Pull his shoulder rapidly forward towards you, and then just as quickly drive your elbow forward directly into the side of his throat.

Sidebar: I really don't have to tell you that this must be practiced slowly with the utmost caution! Do I?



Next we take the other elbow and use it to strike just behind the jaw hinge from back to front.



At this point feel free to add what other moves you feel appropriate in relation to the positioning of you and you opponent partner.



The more advanced and inquisitive practitioners among you should be able to perceive the underlying principles that are at work here, and some of you will recognize these movements within your forms. I encourage you to play with these, and begin to try variations on the themes.

For a video presentation of the above: <https://youtu.be/BWc2fo5SIWY>

Richard Conceicao is one of the late Grandmaster Chuns most senior students. He has devoted his martial arts life to the discovery and re-discovery of the essentials that make everything work. He has always felt that in these modern times too much is being lost to the detriment of everyone. He has a background not only in TKD but various other arts, and he feels he gains a much wider perspective that seves to enrich his parent art.

He is available for question, comments (especially if you say nice things), seminars and workshops. He can be reached at Richard@returningwavesystems.com

Richard would like to thank Master Gary Stevens (garystevenskd.com) and his student Mr. E. David for their assistance.

Dan Tul Tour - April 2018

A Tour of Black Belt Patterns, Historic Locations and Steep Slopes

Part 3

By Liz Porteous

Best Kicks & Final Quip's

For those that have never experienced a Tul Tour before, it is almost obligatory, for some anyway (especially the younger ones) to get as many photos of kicks, in front of the cool locations, as possible. In this final part of the article, we show some of the best ones (kicks & locations) as well as some final thoughts about the Tul Tour, from some who travelled on it.





“My second Tul tour, more time spend on Jeju, enjoy Kayaking, Quad biking, cliff walking, Fist monument with better environment, knowing more about the Korean culture, ITF HQ new dojang at Sejong, fruitful to have all your sharing’s while practising the Black belt patterns as well the historical pictures from the places we visit, good memory and I treasure our friendship forever.”
- Mona Tung, Hong Kong

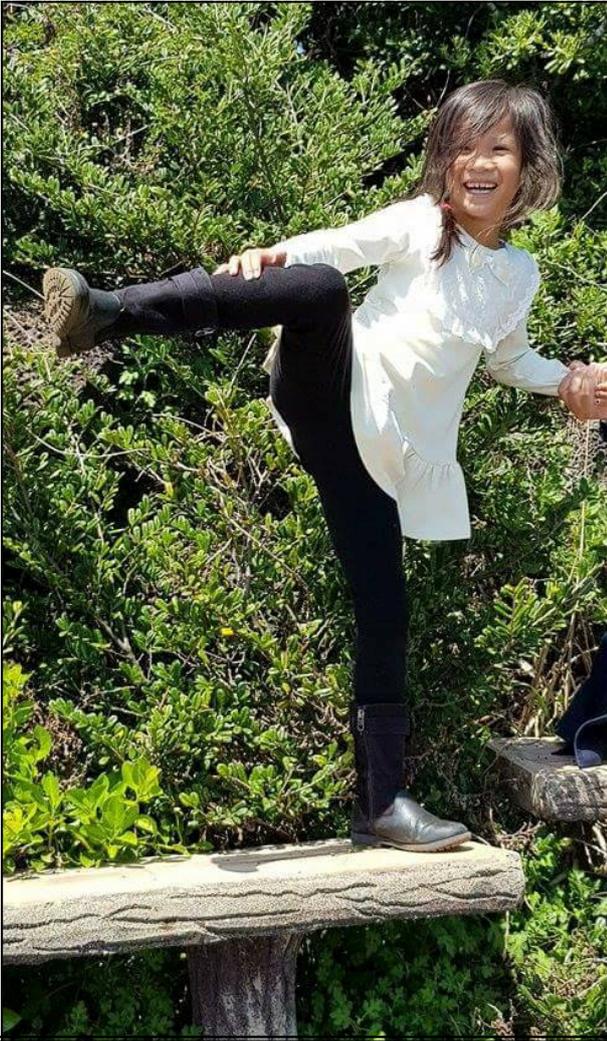




“Awesome Tul Tour 2018 - with Awesome people & Fantastic value for money, this trip of a lifetime far exceeded my expectations-definitely recommended”
- Jason Rogers, England







“An amazing Tul Tour 2018 , very memorable and spiritual place , the highlight of my journey in my 43 years in Tae Kwon -Do . Thank you very much Stuart Anslow for organising the Tul Tour.” - Hay Harris, England







"It's hard to express the gratitude I feel for all the people throughout history, from the progenitors of my lineage, to my grandmaster, and my teachers - whom have all gifted me the opportunity of this incredible journey. And then I think of my martial arts brothers and sisters who have accompanied me, and of course my family. Thank you all for making this happen." - Colin Wee, Australia





“My thoughts of Tul tour: I went with an open mind being a first timer and I was super keen to meet everyone after being just contacts on Facebook. Getting to know one another was a highlight for me, for me it's about relationships not just with people but the art, history and spiritual connection with all the objects and sites around us while being on tour. Being able to relate and compare notes with other instructors, engage in differences and similarities in way they do things. Another epic part was to hear stories of General Choi Hong Hi and those who have spent time with him. Through these memories we get to know just a bit more than we did about him previously. Of course big highlight for me was the good food! I thoroughly enjoyed this part. A deeper connection was made by performing the Tuls at their respective locations and loved seeing how well they maintain the temple shrines were very special moments and will cherish for life! Seeing a bit of Korean culture also gave me a better perspective of where the Korean practitioners and people come from when they share things with us. I would highly recommend this tour to anyone serious about our art, was really fun!” - Marc Chong-Seng, South Africa



“The Tul Tour made me realise what a gift it was to connect history with what I practice. It made me feel proud, that by practicing and teaching tul, I can pass on history and culture that I saw in person! Adding another level beyond Taekwon - do's martial application; which makes it a pretty special art to be part of.”
- Joshua Lay. Australia







“I had such an amazing time with a group of great people - I spent a large amount of the tour laughing! Some of the locations we visited were truly beautiful, highlights for me being the burial mound of Chong Mong Chu (Po Eun), the Baekje cultural land where we performed Ge Baek and the stunning Buddhist temple - Yakcheonsa. However for me there is always going to be a special memory of being at the fist monument on JeJu island on April 11th, the anniversary of Taekwon-Do being named. To be able to perform there and also sign a declaration as a group is a fantastic experience. Whilst it was no surprise to me that I didn't enjoy the Korean food, I did not find myself hungry at any point as there was always something to eat, the buffets and continental breakfasts kept me going. However I am glad that I always chose to at least sit with everybody else and have a beer or two (and soju), each meal was rich with discussion and a load of laughs. We created memories and friendships that will last a lifetime. I thought this would be a one off trip but it will be hard to resist the pull to return at some point.”

- Roy Moore, Scotland



“A wonderful time with amazing old friends, amazing new friends and Elliott! A return can’t come soon enough, then my heart will be whole again as a piece of it will be forever in Korea.” - John Dowding, England







"An amazing adventure which has given me a depth of understanding not found in books." - Kay Parker, England







"If you haven't been, put it on your Bucket List now" - Rob Austen







140 - Totally Tae Kwon Do



“We go to class to learn how and what, but this is the why” – Neil Plumbley









144 - Totally Tae Kwon Do





“The land with ‘The Best Rivers and Mountains’ made even better by visiting the ‘Do’ of Taekwon-Do along with so many great practioners of our art - Highly recommended to anyone who wants more from their art than kicking, punching and competitions ” – Stuart Anslow



From Creation To Unification

The Complete Histories Behind the Ch'ang Hon (ITF) Patterns
By Stuart Anslow



Through the patterns of Ch'ang Hon (ITF) Taekwon-Do, thousands of students around the world have learned more about Korea and its history than by any other resource, due in no uncertain terms to the fact that General Choi Hong Hi chose to name the patterns after famous historical figures or events from Korean history, the patterns that hundreds of thousands of Taekwon-Do students now practice!

However, with the name of each pattern, General Choi only left the smallest snippet of information on those people or events, which for years, has left many students wanting to know more. This book aims to fulfil that 'want' and provides a much deeper insight and background into the lives of the illustrious figures (or events) that so inspired General Choi.

In this book you will learn more that you ever knew about these great figures in Korean history and understand what lead to them being chosen as a name for one of General Choi's patterns, but more importantly, their great contributions to Korea and its history, just as General Choi wanted!

In General Choi's own words "A part of Korea therefore now exists across the whole world and Korea's nationality and history can never be removed by oppressors again".

Apart from expanding on the histories behind each of the Ch'ang Hon (ITF) patterns, this book corrects some small errors and reveals some interesting titbits and revelations along the way.

"It finally puts those last pieces of missing jigsaw in to place and completes the whole picture for the reader."

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"... another much needed resource for all students of Korean Martial Arts. Yes all Korean Martial Arts!"

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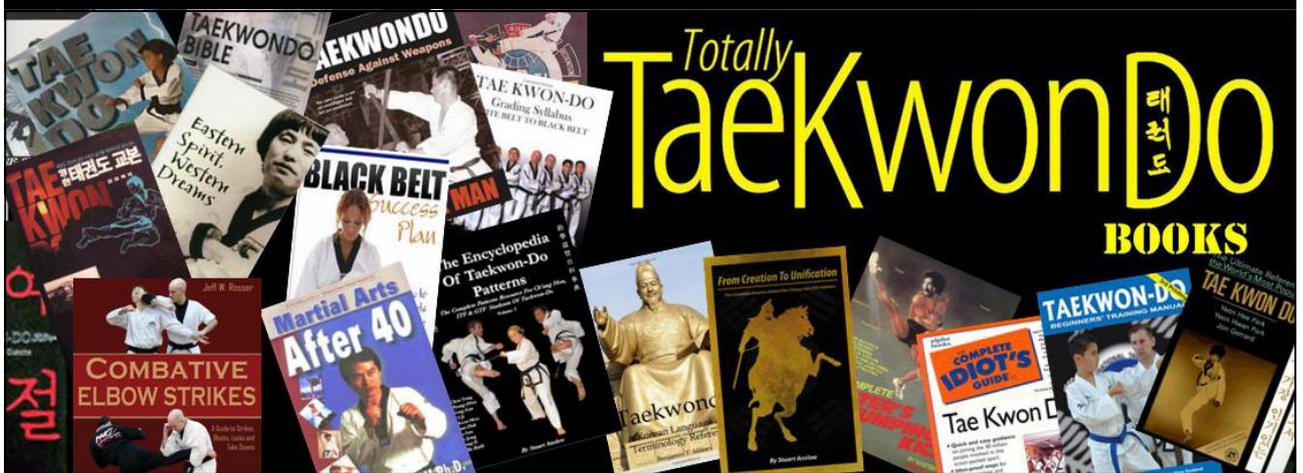
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"The Dojang"

PART 11

By Marek Handzel

Totally Tae Kwon Do magazine continues its serialisation of *The Dojang*, a novel by Marek Handzel. In this issue, we present the eleventh part of the story for readers of *Totally Tae Kwon Do*

HE WALKED INTO THE DOJANG, ten minutes before the training session was due to start. No one was cleaning the floor. He inspected the cleaning rota. The boxes for the current and last sessions hadn't been ticked off.

Kris was getting changed in the kitchen.

'Hey, what's up?' he said, looking up at Piotr.

'The rota.'

'What about it?'

'Nobody's ticked off the last session – or today's. And there's no one cleaning now.'

'Oh, right, yeah,' said Kris, taking his dobok out of his training bag. 'Well, we didn't need to clean the dojang last week. Father Leopold's cleaner did a pretty good job, so I let the guys off. She was here again earlier today. It's sparkling.'

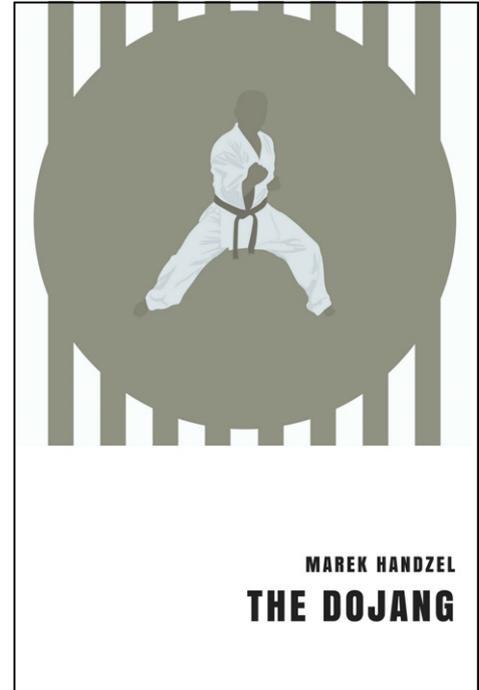
'You let them off?'

'Yeah. What's the big deal?'

Piotr stood still. Kris held his gaze. 'Oh come on Piotr, don't look at me like that. It was clean. What was the point of scrubbing it again?'

Some of the students drifted into the dojang. Piotr closed the door behind him.

'Whether it's spotless or not, we clean it. We always clean it. Come on Kris, you know that. We can't let things like that slip.'



He opened the door again and looked out onto the dojang hall. 'Sebastian.'

'Yes Sabum?'

'Is Arek in the changing room?'

'I think so.'

'Tell him he's on cleaning duty. And that he's got five minutes. So you may as well help him.'

Piotr closed the door again. Kris said, 'Listen, Piotr, I'm sorry, I didn't mean anything by it. But if someone else is cleaning the facilities for us now, then why waste time with something like that? The guys want to train, not clean the floor.'

'It's a tradition,' said Piotr, pulling a wrist support over his hand. 'We don't neglect it. And you need to discuss anything like that with me first. Not that it would be up for discussion,' he said, feeling his wrist.

'Yeah, well, we could discuss if you were here,' said Kris.

'I'm always available. You know that.'

'But that's different from actually being here. Me and Jacek have been carrying

the weight for a few weeks now you know. Filling in for you here and there. You could cut us some slack.'

'Come on Krszystof. You know that we clean the floor – even if it hasn't got a speck of dust on it. Whether I'm here or not doesn't matter.'

Henio walked into the kitchen. 'Surprise,' he said. He gripped hands with Kris.

'So you're back training?' said Kris.

'I've had my arm twisted,' he said. 'What's happened to your wrist Piotrek?'

'Hurt it on the building site. It looks worse than it is.'

'Not the best timing eh?' said Henio.

'I guess not.'

Piotr took a couple of minutes at the start of the lesson to introduce Henio as a returning bousabum to the students who had never met him.

He ran a hard session for the white belts, but allowed himself, the bousabums, as well as Jan and Adam, an easier one. They all supervised sparring and drills, and didn't get involved.

At the end of the class he addressed the group.

'OK, as you all probably know by now, we have an assignment coming up on Saturday and Adam and Jan are being tested. So wish them luck when you get a chance. Because of the assignment there's no class on Saturday, but try and train at home if you can. Oh yeah, and there's also a film night on tomorrow at Sebastian's place. Isn't that right Sebastian?'

Sebastian put his thumb up.

'Bruce Lee marathon this time apparently. So if some of you want to come along then talk to him after class. I'll be there for a bit of it.'

After the lesson Jan and Adam stayed behind with the black belts. Piotr went over to his kit bag and took his folder out of it.

'OK, Saturday,' he said, taking out the CCTV images and handing them over to everyone. 'Try and memorise these faces. They're the main guys. If we neutralise them, then we'll be in a good position. We should know where it's going to take place

by Friday night. We're only going to the main fight. If it splits, we'll go where they expect the most numbers.

'We meet at the station at 10:30. I've been told that the fight should not happen any further away than a one-mile radius of the stadium, probably to the west of it, in an industrial estate car park.

'We stick close together at all times. All we're doing is stopping our lot from fighting. We're not trying to engage with the English unless we absolutely have to. We're there to keep the peace, always remember that.

'Any questions?' Nobody replied. 'OK, good,' said Piotr, shutting the folder. 'You two,' he said, pointing at Adam and Jan, 'stay back for a bit will you.'

The bousabums went to get changed.

'How are you feeling?' Piotr asked.

'OK,' said Adam.

'Yeah, not bad,' said Jan.

Piotr put his hands on their shoulders. 'You'll both be fine. Just remember – always stick with someone. The five-metre rule – that's the most important thing. Then if you're in trouble we know and can do something about it. If it all kicks off, drop someone and move. Some of the guys in these crews are tough old bears. They can take quite a lot of punishment and they'll no doubt have had a drink or something stronger. If we have to get into a fight it will be absolute chaos at some points, but if you're always in eye sight and close by, then we'll all be alright.

'Don't forget, we're all watching each other's backs. And Henio's in on this one too. You know how experienced he is. If we have to engage, I know you can handle it. You wouldn't be up for testing if you couldn't. Trust your instincts and let your combinations flow. OK?'

They both nodded.

'Good. Get a good night's sleep tomorrow. If you can't sleep then do all your tuls before you go to bed. Twice.'

Piotr was the last to arrive. Sebastian

showed him to an armchair that was positioned in the middle of the room. 'You can sit here,' he said.

Piotr shook hands with the five other dojang members who were there before sitting down. 'The royal treatment,' he said, crossing his legs. 'I like it.'

'We're going to watch *Way of the Dragon* and *Enter the Dragon*,' said Sebastian.

'I've never seen *Way of the Dragon*,' said Arek.

'Me neither,' said Piotr.

'Seriously?' Sebastian said. 'Oh man. You'll love it, it's great. A little under-rated by the critics.' He handed Piotr a beer. 'You complete the party so we can start watching soon.'

'I can't stay for both movies,' said Piotr. 'I need a clear head and clean eyes for tomorrow.'

'Well, it's a good job it's *Way of the Dragon* you haven't seen then. That's the first one we're watching. It's got Chuck Norris in it.'

'Hey, you know the real reason why Hitler killed himself, right?' said Szymon. 'He found out that Chuck Norris is Jewish.'

He clinked his bottle with Arek as everyone laughed.

After the film they ordered some pizza. Piotr said he didn't want any. 'I don't want to eat late tonight,' he said.

Szymon said, 'How do you think the guys will do tomorrow?'

'I'm not sure. It depends on how they handle it,' said Piotr. 'They've got the skills. If they've got the nerve as well then they'll be fine.'

'Were you nervous when you took yours Sabum?' said Ziggy.

'I guess so, but not as much as I could have been. It all happened pretty quickly.'

'What did you have to do?' said Sebastian.

'I'm not sure I'm even supposed to tell you that.'

'Kris told us how he got his,' said Szymon.

Piotr took a slug of beer. 'He did, huh? I guess it won't do any harm telling you. I

was set up without even knowing it. I was jumped outside a bar after having one too many by four guys. My Sabum took me out in Warsaw. He knew a few people there and we went out in a shadier part of town. During the evening he'd tipped off some local small-time thieves that I was an American tourist who had loads of cash on me. When we were leaving the bar he told me to wait round the corner while he went for a piss. I was standing there and these four guys followed me out and pounced on me.'

'And?' said Sebastian.

'And I put them all down. My Sabum had got out through the back entrance with one of his bousabums to watch.'

'That was a weird way to do it,' said Ziggy.

'It was to do with how I had joined the Kwan in the first place. I had to relive a bad memory.'

The students all sat still, waiting. Piotr chuckled. 'You all want to know what that was now too, right?'

'Hang on, I'll just get some more beer,' said Sebastian.

'Just a water for me,' said Piotr.

Sebastian came back in from the kitchen with some beers and a glass of water. Piotr finished his beer and had a sip of the water.

'OK. So back then you still had to be asked to join the Kwan. You couldn't turn up and train and then get invited to officially join. You needed an invitation to step into a dojang.

'I was invited after me and three friends got jumped coming out of a bar. We were seventeen. We'd been drinking quite late as we knew the barman – he was one of my friend's older cousins. He had let us stay for a lock-in after the owner had left. The owner knew we were under age, so it was the only way we could get a drink there.

'We were having our last drink when there was a loud bang on the door. The bar was based on a sort of Wild West American theme. It was called the *Country & Western*, or something like that. The

front door was solid oak and had a grilled metal gate in front of it, but behind that, to get to the bar, you had to go through two salon-type swing doors. You know the ones I mean? Anyway, the banging was so strong that it made the swing doors rattle.

‘At first we ignored it, thinking it was a couple of drunks who would give up and go away, but the knocking continued. It sounded like they were kicking the door too.

‘After a minute or so my friend’s cousin went to one of the windows to see who it was. It turned out that it was a bunch of guys that he knew and letting them in might have been less of a problem for him than leaving them to keep banging on the door would be, if you see what I mean. So he opened the door.’

‘Tracksuits?’ said Szymon.

‘Not quite. But sort of affiliated with gangs I guess. We stayed at the bar and kept talking, while the barman got drinks for them. There were seven of them. We didn’t say anything to them and they didn’t say anything to us, but you could feel some tension. A couple of the guys started looking over at us and they were clearly talking about us from a corner in the bar where they had sat down.

‘So we finished up our drinks and got the hell out of there in case it turned out that they decided to start something with us. I asked the barman if he’d be OK if we left. He said not to worry and to head home, as they’d come in late like that a number of times. So we left. Problem was, they didn’t stay to finish their drinks.’

Piotr took a sip of water. ‘They followed us out and asked us to empty our pockets.’

‘Did they show you a blade?’ said Arek.

‘No, it wasn’t like that. They just walked up behind us and barged into us. We were taken by surprise. You have to remember that we couldn’t hold our beer at that age. Plus we were naïve. We should have switched our burners on and got out of there. But we just stood there.’

‘Did you say anything?’ said Sebastian.

‘Well, we were frozen on the spot, like I said. But then one of my buddies spoke up.

He said we’d spent everything in the bar. One of the guys then grabbed one of my friend’s, Bogdan, by the throat. Or he tried to anyway. Bogdan managed to grab his hands and hold them, so that they were placed somewhere between his chest and his throat. He then got hold of Bogdan’s shirt and started pulling him towards him, shouting at him to empty his pockets. Bogdan kept shouting at him to let go of his shirt. I had no idea what was going on, my brain wouldn’t click into place. Then this fat chief comes around the back of Bogdan and his attacker and smacks Kazik, my other friend, flush in the chops, sending him straight down. As Kazik falls, he dives on him and starts trying to go through his pockets. So I did the first thing that came into my head, which was to throw a roundhouse kick at him, straight in the jaw. I heard this loud cracking sort of noise and saw him slump on top of Kazik – he was out cold. I was really lucky.’

‘So you were training already by then?’ said Sebastian.

‘I’d done some kick boxing for a couple of years, but that was it.’

‘And then what?’ said Arek.

‘Well, then I was about to pick up Kazik and try to see if he was OK, when we were rushed by the rest of them, or so it seemed. One of them ran towards me and planted me with a nice knee to my face, giving me this nose,’ said Piotr, pinching his two nostrils.

‘From then on, it’s a blur. What I do remember is blinking like mad due to the tears and blood in my eyes and crawling up to Kazik and then getting kicked hard in my ribs. I covered up and rolled up into a foetal position. For some reason he didn’t follow up with his kicking.

‘Anyway, Bogdan told me what had happened once I’d got kneed. After he saw what had happened to me and Kazik, he lost the plot and threw as many punches as he could at the guy who had grabbed him. He fell on top of the guy and somehow knocked him out. I guess he must have struck him enough times or he hit the ground and was sparked out that

way.

'I got up, not really knowing what was going on and saw that my other two friends were on the floor and in trouble. So I ran at one of them and tackled him down to the ground and started hitting out again. And that's when I could feel that someone else had joined the fight. I was pulled off and pushed back a bit and I heard someone tell me to sit down on some grass nearby. The way he spoke, there was something in his voice. It made me obey him even though I was so disorientated.

'Sitting down, I could see what had happened. The guys who'd come into the bar were all sitting or lying on the ground. At first I couldn't work it out. Then the man who'd told me to sit down dragged the guy I had tackled by his collar and threw him to the ground. He told them to never come back to the bar. They all stood up and limped away. Then the man who'd spoken came over to check if I was OK.'

'He was Kwan,' said Bartek.

Piotr nodded. 'He was with three black belts from his dojang. They'd known about this gang prying on drinkers at a few bars in the area. And they'd decided to deal with them that night. We'd got seriously lucky. Afterwards they told me and Bogdan that we had balls. They liked the way that we fought back.'

'So they invited you to join their dojang?' said Arek.

'Well, not there and then. We went to get checked out at hospital by a couple of doctors they knew and took us home. I had an adrenaline dump and was shaking afterwards on the way back. Kazik had to stay in hospital for a couple of days and I'd had to go to his place, wake his mother up and confess what we'd been up to.

'A week or so later, one of them, who was the highest ranked bousabum, came to see me outside our block of flats. He caught me on the way to school and told me that his Sabum would like to talk to me.

'I was curious so I went to see him. I never thought a dojang would want someone like me. I didn't know anyone involved with the Kwan. So I went along

and trained with them one night. It was an eye opener. I vowed to join them. Right there and then.'

The door buzzer to the flat rang.

Sebastian got up. 'That'll be the pizzas.'

Piotr stood up as well and put his jacket on while Sebastian paid for the pizzas. He shook everyone's hands.

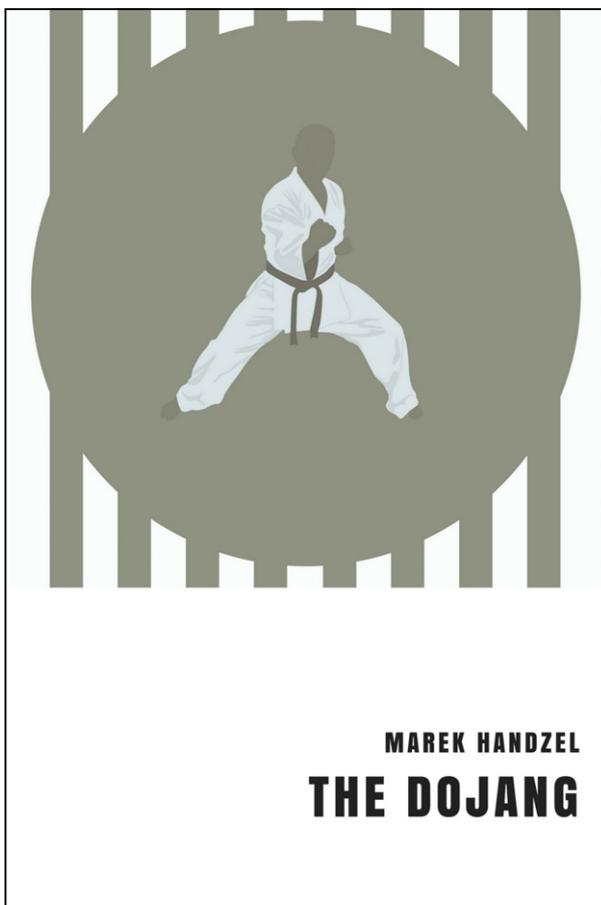
'Hope it goes well tomorrow Sabum,' said Sebastian at the door. 'Good luck.'

'Thanks,' said Piotr. 'By the way. If anyone round here ever delivered pierogi, would you order those? Instead of pizza sometimes?'

'Pierogi? I don't know. They don't sound like a takeaway food to me. Why do you ask?'

Piotr patted his arm. 'Just curious. Have a good night.'

The Dojang is now available in both paperback and e-book formats on Amazon.



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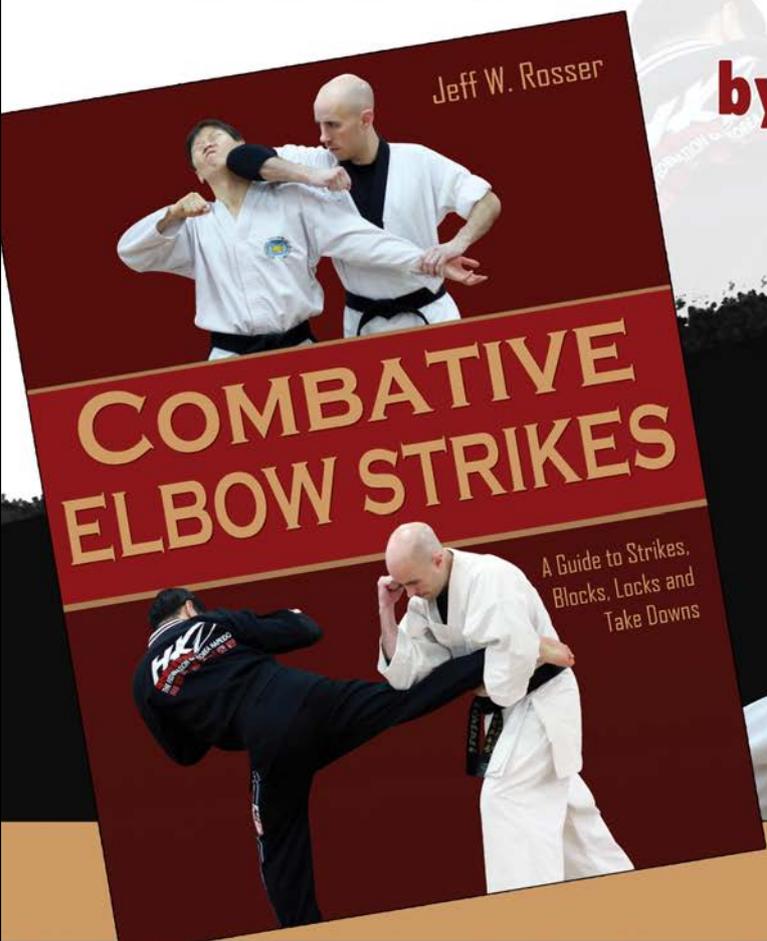
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An Analysis of the Chang Hon Patterns

By Martin Harvey



Introduction: My name is Martin Harvey. I started studying Tae Kwon Do with Mr Clive Neal, one of the original '12 disciples' of First Grandmaster Rhee, in 1974. Nowadays I am a member of the GTUK, whose senior master is Grandmaster Roy Oldham, another of the '12 disciples'.

My journey has been like most people I imagine, moving to other clubs/associations over the years when needed and also occasionally studying other arts but always coming back to Tae Kwon-Do as it's very much a part of who I am.



When I was preparing to take my fifth Dan with the GTUK I was asked to produce a paper on 'something to do with Tae Kwon-Do' with a maximum number of 8 pages.

After several months of trying to think of a subject that hadn't already been covered in great detail by numerous other people I came up with a thought of analysing the patterns in the Chang Hon set mainly because I thought it would give me more focus on the upcoming grading and I couldn't find anything on the internet that looked like anyone had done it before. I also wanted it to be something that

students and instructors might find useful and didn't want it to be something that is read, marked and then gathers dust in a drawer.

For the sake of completion, I have included Ko Dang so I am analysing 25 patterns in total. I wanted to break down the patterns into the various types of techniques and see which were the most popular techniques used in all the patterns. I am looking at actual techniques in the patterns, not the actual number of moves as there are some patterns that have 2 techniques but are listed as 1 movement.

I have split the original document into several articles as the original paper was 36 pages long.

Article 5 - Black Belt Patterns

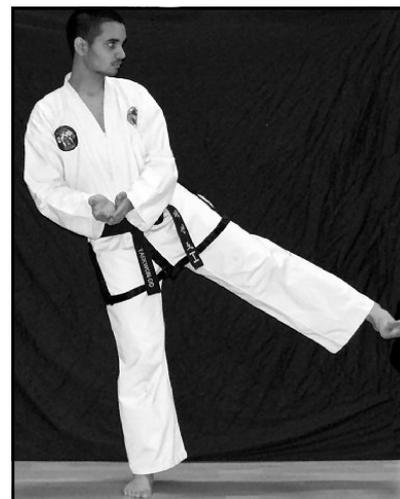
1st - 3rd Degree



The following is a list of all the patterns from 1st to 3rd degree and the number of individual techniques in each pattern. The number of new techniques introduced in each pattern is shown in *italics* and the new technique name is written in *italics*.

Kwang Gae 39 Movements, 20 Techniques 11 New Techniques

- *Close Stance Knife Hand Low Front Block (Moa So Sonkal Najunde Ap Magki)*
- *Close Stance Side Fist Downward Strike (Moa So Yop Joomuk Naeryo Taerigi)*
- *L Stance Knife Hand High Inward Strike (Niunja So Sonkal Nopunde Anuro Taerigi)*
- *L Stance Knife Hand Low Guarding Block (Niunja So Sonkal Najunde Daebi Magki)*
- *L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)*
- *Low Stance Flat Fingertip High Thrust (Nachuo So Opun Sonkut Nopunde Tulgi)*
- *Low Stance Palm Pressing Block (Nachuo So Sonbadak Noolo Magki)*
- *Middle Front Snap Kick (Kaunde Ap Cha Busigi)*
- *Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)*
- *Pressing Kick (Noolo Chagi)*
- *Rear Foot Stance Knife Hand High Guarding Block (Dwitbal Bal So Sonkal Nopunde Daebi Magki)*
- *Sitting Stance Back Fist High Side Strike (Annun So Dung Joomuk Nopunde Yop Taerigi)*
- *Walking Stance Double Forearm Middle Block (Gunnun So Doo Palmok Kaunde Magki)*
- *Walking Stance Forearm Low Reverse Block (Gunnun So Palmok Najunde Bandae Magki)*
- *Walking Stance High Punch (Gunnun So Nopunde Jirugi)*
- *Walking Stance Palm High Hooking Block (Gunnun So Sonbadak Nopunde Golcho Magki)*
- *Walking Stance Twin Fist High Vertical Punch (Gunnun So Sang Joomuk Nopunde Jirugi)*
- *Walking Stance Twin Fist Upset Punch (Gunnun So Sang Joomuk Dwijibo Jirugi)*
- *Walking Stance Upset Punch (Gunnun So Dwijibo Jirugi)*
- *Walkng Stance Palm Upward Block (Gunnun So Sonbadak Ollyo Magki)*



Po Eun 36 Movements, 15 Techniques 10 New Techniques

- *Close Stance Twin Elbow Horizontal Thrust (Moa So Sang Palkup Soopyong Tulgi)*
- *L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)*
- *L Stance U Shape Grasp (Niunja So Digutja Japgi)*
- *One Foot Stance Upward Punch (Waebal So Ollyo Jirugi)*
- *Pressing Kick (Noolo Chagi)*
- *Sitting Stance Angle Punch (Annun So Kiokja Jirugi)*
- *Sitting Stance Back Fist Side Back Strike (Annun So Dung Joomuk Yop Dwi Taerigi)*



- *Sitting Stance Fore Fist Pressing Block (Annun So Ap Joomuk Noolo Magki)*
- *Sitting Stance Horizontal Punch (Annun So Soopyong Jirugi)*
- *Sitting Stance Inner Forearm Middle Wedging Block (Annun So An Palmok Kaunde Hechyo Magki)*
- *Sitting Stance Knife Hand Middle Outward Strike (Annun So Sonkal Kaunde Bakuro Taerigi)*
- *Sitting Stance Middle Punch (Annun So Ap Joomuk Kaunde Jirugi)*
- *Sitting Stance Rear Elbow Thrust (Annun So Dwitbal Palkup Tulgi)*
- *Sitting Stance Reverse Knife Hand Low Guarding Block (Annun So Sonkal Dung Najunde Daebi Magki)*
- *X Stance Forearm Low Front Block (Kyocho So Palmok Najunde Ap Magki)*



Ge Baek 44 Movements, 30 Techniques 9 New Techniques

- *Bending Ready Stance A (Gooburyo Chunbi Sogi A)*
- *Flying Side Piercing Kick (Twimyo Yop Cha Jirugi)*
- *L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)*
- *L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)*
- *L Stance Middle Knuckle Middle Punch (Niunja So Joongi Joomuk Kaunde Jirugi)*
- *L Stance X Knife Hand Checking Block (Niunja So Kyocho Sonkal Momchau Magki)*
- *Low Front Snap Kick (Najunde Ap Cha Busigi)*
- *Low Stance Flat Fingertip High Reverse Thrust (Nachuo So Opun Sonkut Nopunde Bandae Tulgi)*
- *Low Stance Flat Fingertip High Thrust (Nachuo So Opun Sonkut Nopunde Tulgi)*
- *Low Twisting Kick (Najunde Bituro Chagi)*
- *Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)*
- *Middle Turning Kick (Kaunde Dollyo Chagi)*
- *Sitting Stance 9 Shape Block (Annun So Gutja Magki)*
- *Sitting Stance Back Fist High Front Strike (Annun So Dung Joomuk Nopunde Ap Taerigi)*
- *Sitting Stance Knife Hand Low Guarding Block (Annun So Sonkal Najunde Daebi Magki)*
- *Sitting Stance Middle Punch (Annun So Ap Joomuk Kaunde Jirugi)*
- *Sitting Stance Palm Scooping Block (Annun So Sonbadak Duro Magki)*
- *Sitting Stance Reverse Knife Hand Low Guarding Block (Annun So Sonkal Dung Najunde Daebi Magki)*
- *Sitting Stance W Shape Block (Annun So San Magki)*
- *Walking Stance Double Arc Hand High Block (Gunnun So Doo Bandalson Nopunde Magki)*
- *Walking Stance Forearm Low Block (Gunnun So Palmok Najunde Magki)*



- Walking Stance Forearm Rising Block (Gunnun So Palmok Chookyo Magki)
- Walking Stance Front Elbow Strike (Gunnun So Ap Palkup Taerigi)
- Walking Stance Knife Hand Low Block (Gunnun So Sonkal Najunde Magki)
- Walking Stance Middle Punch (Gunnun So Kaunde Jirugi)
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Bandae Jirugi)
- Walking Stance Reverse Knife Hand High Front Strike (Gunnun So Sonkal Dung Nopunde Ap Taerigi)
- Walking Stance Twin Fist High Vertical Punch (Gunnun So Sang Palmok Nopunde Sewo Jitters)
- Walking Stance Upset Punch (Gunnun So Dwijibo Jirugi)
- *X Stance Double Forearm High Block (Kyocho So Doo Palmok Nopunde Magki)*

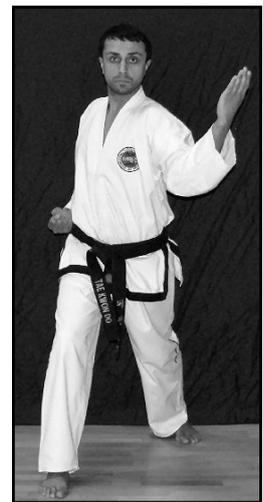


Eui Am 45 Movements, 23 Techniques 11 New Techniques

- *High Reverse Turning Kick (Nopunde Bandae Dollyo Chagi)*
- L Stance Knife Hand Low Block (Niunja So Sonkal Najunde Magki)
- L Stance Middle Obverse Punch (Niunja So Ap Joomuk Kaunde Baro Jirugi)
- L Stance Middle Reverse Punch (Niunja So Ap Joomuk Kaunde Bandae Jirugi)
- *L Stance Reverse Knife Hand Low Inward Block (Niunja So Sonkal Dung Najunde Anuro Magki)*
- Low Twisting Kick (Najunde Bituro Chagi)
- Middle Reverse Turning Kick (Kaunde Bandae Dollyo Chagi)
- Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)
- *Parallel Stance Middle Turning Punch (Narani So Kaunde Dollyo Jirugi)*
- *Rear Foot Stance Alternate Palm Downward Block (Dwitbal Bal So Euhkalin Sonbadak Naeryo Magki)*
- *Rear Foot Stance Forearm Middle Guarding Block (Dwitbal Bal So Palmok Kaunde Daebi Magki)*
- Sitting Stance Knife Hand Middle Outward Strike (Annun So Sonkal Kaunde Bakuro Taerigi)
- *Walking Stance High Crescent Punch (Gunnun So Nopunde Bandal Jirugi)*
- Walking Stance High Punch (Gunnun So Nopunde Jirugi)
- *Walking Stance Knife Hand Low Inward Block (Gunnun So Sonkal Najunde Anuro Magki)*
- *Walking Stance Knife Hand Middle Wedging Block (Gunnun So Sonkal Kaunde Hechyo Magki)*
- *Walking Stance Knife Hand Reverse Rising Block (Gunnun So Sonkal Bandae Chookyo Magki)*
- Walking Stance Middle Punch (Gunnun So Kaunde Jirugi)
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Bandae Jirugi)



- *Walking Stance Outer Forearm High Reverse Side Block (Gunnun So Bakat Palmok Nopunde Bandae Yop Magki)*
- *Walking Stance Reverse Knife Hand Circular Block (Gunnun So Sonkal Dung Dollymyo Magki)*
- *Walking Stance X Fist Downward Block (Gunnun So Kyocha Joomuk Naeryo Magki)*
- *X Stance Back Fist High Side Strike (Kyocha So Dung Joomuk Nopunde Yop Taerigi)*



Choong Jang 52 Movements, 35 Techniques 17 New Techniques

- *Bending Walking Stance High Punch (Pangun So Ap Joomuk Nopunde Jirugi)*
- *Close Stance Angle Punch (Moa So Kiokja Jirugi)*
- *Close Stance Twin Fore Knuckle Fist High Crescent Punch (Moa So Sang Inji Joomuk Nopunde Bandal Jirugi)*
- *High Turning Kick (Nopunde Dollyo Chagi)*
- *Knee Low Front Snap Kick (Moorup Najunde Ap Cha Busigi)*
- *L Stance Back Hand Downward Strike (Niunja So Sondung Naeryo Taerigi)*
- *L Stance Flat Fingertip High Thrust (Niunja So Opun Sonkut Nopunde Tulgi)*
- *L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)*
- *L Stance Knife Hand Low Guarding Block (Niunja So Sonkal Najunde Daebi Magki)*
- *L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)*
- *L Stance Knife Hand Middle Outward Strike (Niunja So Sonkal Kaunde Bakuro Taerigi)*
- *L Stance Middle Obverse Punch (Niunja So Ap Joomuk Kaunde Baro Jirugi)*
- *L Stance Palm Scooping Block (Niunja So Sonbadak Duro Magki)*
- *L Stance Side Elbow Thrust (Niunja So Yop Palkup Tulgi)*
- *Low Front Snap Kick (Najunde Ap Cha Busigi)*
- *Low Stance Flat Fingertip High Thrust (Nachuo So Opun Sonkut Nopunde Tulgi)*
- *Middle Front Snap Kick (Kaunde Ap Cha Busigi)*
- *Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)*
- *Rear Foot Stance Twin Palm Pressing Block (Dwitbal So Sang Sonbadak Noolo Magki)*
- *Sitting Stance Inner Forearm High Side Front Block (Annun So An Palmok Nopunde Yobap Magki)*
- *Walking Stance 9 Shape Block (Gunnun So Gutja Magki)*
- *Walking Stance Arc Hand High Reverse Strike (Gunnun So Bandalson Nopunde Bandae Taerigi)*
- *Walking Stance Back Fist Front Strike (Gunnun So Dung Joomuk Ap Taerigi)*
- *Walking Stance Back Fist High Side Front Strike (Gunnun So Dung Joomuk Nopunde Yobap Taerigi)*

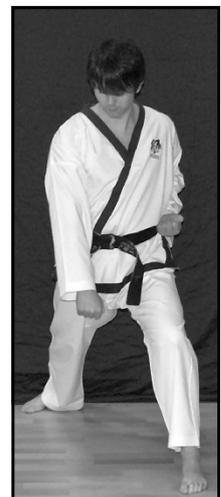


- Walking Stance Back Fist High Side Strike (Gunnun So Dung Joomuk Nopunde Yop Taerigi)
- *Walking Stance Double Finger High Thrust (Gunnun So Doo Songarak Nopunde Tulgi)*
- Walking Stance Forearm Rising Block (Gunnun So Palmok Chookyo Magki)
- Walking Stance Knife Hand Low Block (Gunnun So Sonkal Najunde Magki)
- Walking Stance Middle Punch (Gunnun So Kaunde Jirugi)
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Bandae Jirugi)
- *Walking Stance Open Fist High Reverse Punch (Gunnun So Pyun Joomuk Nopunde Bandae Jirugi)*
- *Walking Stance Outer Forearm High Front Block (Gunnun So Bakat Palmok Nopunde Ap Magki)*
- *Walking Stance Side Elbow Thrust (Gunnun So Yop Palkup Tulgi)*
- *Walking Stance Twin Knife Hand Horizontal Strike (Gunnun So Sang Sonkal Soopyong Taerigi)*
- Walking Stance X Fist Pressing Block (Gunnun So Kyocha Joomuk Noolo Magki)



Ko Dang 39 Movements, 23 Techniques 10 New Techniques

- *Bending Ready Stance B (Moa Chunbi Sogi B)*
- *L Stance Flat Fingertip High Outward Cross Cut (Niunja So Opun Sonkut Nopunde Bakuro Gutgi)*
- L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)
- *L Stance Inner Forearm Middle Side Block (Niunja So An Palmok Kaunde Yop Magki)*
- *L Stance Knife Hand High Guarding Block (Niunja So Sonkal Nopunde Daebi Magki)*
- L Stance Knife Hand Low Guarding Block (Niunja So Sonkal Najunde Daebi Magki)
- *L Stance Knife Hand Middle Block (Niunja So Sonkal Kaunde Magki)*
- L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)
- L Stance Outer Forearm Downward Block (Niunja So Bakat Palmok Naeryo Magki)
- *L Stance Straight Elbow Downward Thrust (Niunja So Sun Palkup Naeryo Tulgi)*
- *L Stance Upset Punch (Niunja So Dwijibo Jirugi)*
- Middle Back Piercing Kick (Kaunde Dwitbal Cha Jirugi)
- Middle Front Snap Kick (Kaunde Ap Cha Busigi)
- *Middle Hooking Kick (Kaunde Golcho Chagi)*
- Rear Foot Stance Palm Upward Block (Dwitbal So Sonbadak Ollyo Magki)
- Sitting Stance Middle Punch (Anun So Ap Joomuk Jirugi)
- Sitting Stance Palm Pushing Block (Anun So Sonbadak Miro Magki)
- *Walking Stance Downward Punch (Gunnun So Naeryo Jirugi)*

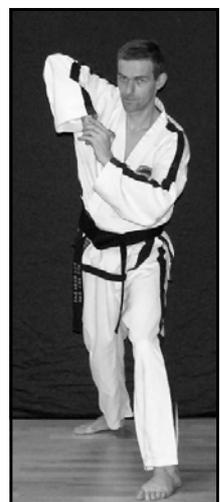


- *Walking Stance Knife Hand Rising Block (Gunnun So Sonkal Chookyo Magki)*
- *Walking Stance Outer Forearm High Side Block (Gunnun So Bakat Palmok Nopunde Yop Magki)*
- *Walking Stance Palm Pressing Block (Gunnun So Sonbadak Noolo Magki)*
- *Walking Stance Twin Knife Hand High Inward Strike (Gunnun So Sang Sonkal Nopunde Anuro Taerigi)*
- *X Stance Back Fist High Side Strike (Kyocha So Dung Joomuk Nopunde Yop Taerigi)*



Juche 45 Movements, 32 Techniques 20 New Techniques

- *Close Stance with a Heaven Hand (Moa So Hanulson)*
- *Diagonal Stance Twin Palm Rising Block (Sasun So Sang Sonbadak Chookyo Magki)*
- *Dodging Reverse Turning Kick (Pihamyo Bandae Dollyo Chagi)*
- *Flying Consecutive Punch (Twimyo Yonsok Jirugi)*
- *Flying Two Direction Kick (Twimyo Sangbang Chagi)*
- *High Reverse Hooking Kick (Nopunde Bandae Dollyo Goro Chagi)*
- *High Side Piercing Kick (Nopunde Yop Cha Jirugi)*
- *Knife Hand Mid Air Strike (Sonkal Twio Dolmyo Taerigi)*
- *L Stance Back Fist Horizontal Strike (Niunja So Dung Joomuk Soopyong Taerigi)*
- *L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)*
- *L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)*
- *L Stance Outer Forearm Downward Block (Niunja So Bakat Palmok Naeryo Magki)*
- *L Stance Side Elbow Thrust (Niunja So Yop Palkup Tulgi)*
- *Middle Back Piercing Kick (Kaunde Dwit Cha Jirugi)*
- *Middle Hooking Kick (Kaunde Golcho Chagi)*
- *Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)*
- *One Leg Stance Outer Forearm Parallel Block (Waebal So Bakat Palmok Narani Magki)*
- *Parallel Stance Flat Fingertip High Inward Cross Cut (Narani So Opun Sonkut Nopunde Anuro Gutgi)*
- *Pick Shape Kick (Gokgaeng-i Chagi)*
- *Rear Foot Stance Straight Elbow Downward Thrust (Dwitbal So Sun Palkup Naeryo Tulgi)*
- *Sitting Stance Flat Fingertip High Outward Cross Cut (Annun So Opun Sonkut Nopunde Bakuro Gutgi)*
- *Sitting Stance Inner Forearm Parallel Block (Annun So An Palmok Narani Magki)*
- *Sitting Stance Middle Hooking Block (Annun So Kaunde Golcho Magki)*
- *Sitting Stance Middle Punch (Annun So Ap Joomuk Kaunde Ap Jirugi)*
- *Walking Stance Arc Hand High Reverse Strike (Gunnun So Bandalson Nopunde Bandae Taerigi)*



- Walking Stance Downward Punch (Gunnun So Naeryo Jirugi)
- *Walking Stance High Elbow Strike (Gunnun So Nopunde Palkup Taerigi)*
- *Walking Stance Knife Hand Front Downward Strike (Gunnun So Sonkal Ap Naeryo Taerigi)*
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Bandae Jirugi)
- Walking Stance Twin Knife Hand High Inward Strike (Gunnun So Sang Sonkal Nopunde Anuro Taerigi)
- *X Stance Back Fist Downward Strike (Kyocha So Dung Joomuk Naeryo Taerigi)*
- *X Stance Reverse Knife Hand Low Front Block (Kyocha So Sonkal Dung Najunde Ap Magki)*



Sam II 33 Movements, 31 Techniques 9 New Techniques

- *Diagonal Stance Back Elbow Thrust (Sasun So Dwit Palkup Tulgi)*
- Fixed Stance U Shape Block (Gojung So Digutja Magki)
Jump (Twiggi)
- *L Stance Double Fist Low Punch (Niunja So Doo Joomuk Najunde Jirugi)*
- L Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Magki)
- L Stance Knife Hand Low Guarding Block (Niunja So Sonkal Najunde Daebi Magki)
- L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)
- L Stance Middle Obverse Punch (Niunja So Kaunde Baro Jirugi)
- *L Stance Outer Forearm High Outward Block (Niunja So Bakat Palmok Nopunde Bakuro Magki)*
- L Stance Outer Forearm Low Block (Niunja So Bakat Palmok Najunde Magki)
- *L Stance Reverse Knife Hand High Guarding Block (Niunja So Sonkal Dung Nopunde Daebi Magki)*
- Low Front Snap Kick (Najunde Ap Cha Busigi)
- Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)
- *Middle Twisting Kick (Kaunde Bituro Chagi)*
- Rear Foot Stance Palm Upward Block (Dwitbal So Sonbadak Ollyo Magki)
- Rear Foot Stance Twin Palm Pressing Block (Dwitbal So Sang Sonbadak Noolo Magki)
- *Sitting Stance Reverse Knife Hand Middle Wedging Block (Annun So Sonkal Dung Kaunde Hechyo Magki)*
- Sitting Stance W Shape Block (Annun So San Magki)
- *Sweeping Kick (Suroh Chagi)*
- Walking Stance Double Arc Hand High Block (Gunnun So Doo Bandalson Nopunde Magki)
- Walking Stance Double Forearm High Block (Gunnun So Doo Palmok Nopunde Magki)
- Walking Stance Front Elbow Strike (Gunnun So Ap Palkup Taerigi)

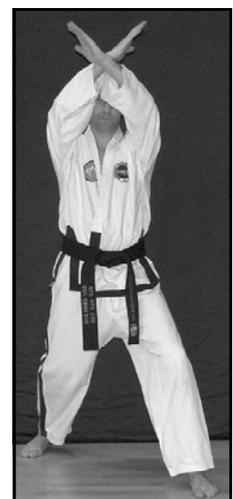


- Walking Stance High Punch (Gunnun So Nopunde Jirugi)
- *Walking Stance Knife Hand High Reverse Side Block (Gunnun So Sonkal Nopunde Badae Yop Magki)*
- Walking Stance Middle Punch (Gunnun So Kaunde Jirugi)
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Badae Jirugi)
- *Walking Stance Outer Forearm Middle Front Block (Gunnun So Bakat Palmok Kaunde Ap Magki)*
- Walking Stance Twin Fist High Vertical Punch (Gunnun So Sang Joomuk Nopunde Sewo Jirugi)
- Walking Stance Twin Fist Upset Punch (Gunnun So Sang Joomuk Dwijibo Jirugi)
- Walking Stance Upset Fingertip Low Thrust (Gunnun So Dwijibo Sonkut Najunde Tulgi)
- Walking Stance X Fist Pressing Block (Gunnun So Kyocha Joomuk Noolo Magki)

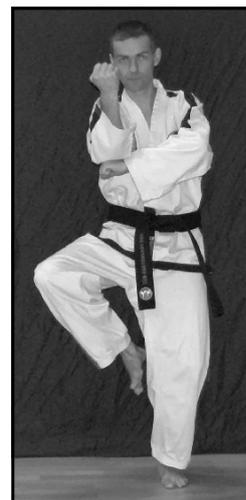


Yoo Sin 68 Movements, 33 Techniques 9 New Techniques

- Close Ready Stance C (Moa Chunbi Sogi C)
- Close Stance Angle Punch (Mao So Kiokja Jirugi)
- *Fixed Stance U Shape Punch (Gojung So Digutja Jirugi)*
- L Stance Inner Forearm Middle Block (Niunja So An Palmok Kaunde Magki)
- L Stance Knife Hand Middle Guarding Block (Niunja So Sonkal Kaunde Daebi Magki)
- L Stance Middle Obverse Punch (Niunja So Ap Joomuk Kaunde Baro Jirugi)
- *L Stance Reverse Knife Hand High Block (Niunja So Sonkal Dung Nopunde Magki)*
- Low Front Snap Kick (Najunde Ap Cha Busigi)
- *Middle Crescent Kick (Kaunde Bandal Chagi)*
- Middle Side Piercing Kick (Kaunde Yop Cha Jirugi)
- Sitting Stance 9 Shape Block (Annun So Gutja Magki)
- Sitting Stance Angle Punch (Annun So Kiokja Jirugi)
- Sitting Stance Back Fist High Front Strike (Annun So Dung Joomuk Nopunde Ap Taerigi)
- *Sitting Stance Back Hand Horizontal Strike (Annun So Son Dung Soopyong Taerigi)*
- Sitting Stance Middle Punch (Annun So Ap Joomuk Kaunde Jirugi)
- *Sitting Stance Outer Forearm High Front Block (Annun So Bakat Palmok Nopunde Ap Magki)*
- *Sitting Stance Outer Forearm High Outward Block (Annun So Bakat Palmok Nopunde Bakuro Magki)*
- *Sitting Stance Palm Middle Hooking Block (Annun So Sonbadak Kaunde Golcho Magki)*
- Sitting Stance Palm Scooping Block (Annun So Sonbadak Duro Magki)
- *Sitting Stance Release Movement (Annun So Baegi)*
- *Vertical Stance Side Fist Downward Strike (Soojik So Yup Joomuk Naeryo Taerigi)*



- Walking Stance Double Forearm High Block (Gunnun So Doo Palmok Nopunde Magki)
- Walking Stance Forearm Low Reverse Block (Gunnun So Palmok Najunde Bandae Magki)
- Walking Stance High Twin Vertical Punch (Gunnun So Sang Palmok Nopunde Sewo Jirugi)
- Walking Stance Inner Forearm Circular Block (Gunnun So An Palmok Dollymyo Magki)
- Walking Stance Middle Punch (Gunnun So Kaunde Jirugi)
- Walking Stance Middle Reverse Punch (Gunnun So Kaunde Bandae Jirugi)
- Walking Stance Outer Forearm High Side Block (Gunnun So Bakat Palmok Nopunde Yop Magki)
- Walking Stance Palm High Hooking Block (Gunnun So Sonbadak Nopunde Golcho Magki)
- Walking Stance Twin Fist Upset Punch (Gunnun So Sang Dwijibo Jirugi)
- Walking Stance X Fist Pressing Block (Gunnun So Kyocha Joomuk Noolo Magki)
- *Walking Stance X Knife Hand Rising Block (Gunnun So Kyocha Sonkal Chookyo Magki)*
- *Waving Kick (Doro Chagi)*



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“Some warriors look fierce, but are mild.

Some seem timid, but are vicious.

Look beyond appearances; position yourself for the advantage.”

- Deng Ming-Dai



Issue 115: 1st September 2018
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"Instead of having the rug pulled from under your feet, learn to dance on a shifting carpet." Thomas F Crum

We don't stop playing because we grow old; we grow old because we stop playing. George Bernard Shaw

Read more at: https://www.brainyquote.com/quotes/george_bernard_shaw_120971

The '*Decades*' of Tae Kwon Do

Whilst many students today hear the stories of many of the Grandmasters and Masters of our art, their days in Korea as well as around the world, what was it like for the new student, first starting their journey in Taekwon-Do? Not a legendary pioneer, just the average beginner and mores so, what were the classes and attitudes like 20, 30 or even 40 years ago, compared to today and how did attitudes differ around the world? Just how good and how hard were '*the good old days*'?



In this series, especially for *Totally Tae Kwon Do* magazine, we look at the grass roots practitioners, what their schools and the training was really like when they started, in order that those who started more recently get an accurate view of how it was back then - Welcome to '*Decades of Tae kwon Do*' - This month look at *UK Tae Kwon Do* and how it was (for some) in the 2000's, in part 14 of this current series.

Rayners Lane Taekwon-Do Academy & the Naughties

PART 7

By Stuart Anslow

As 2007 begun, we had moved into our new dojang which was just down the road from our old dojang (which would soon be demolished and turned into flats). On the plus side it was twice the size of the old dojang and of course, twice the price, but, as we were relocated, we got first dips on the storage space which allowed us to move our masses of equipment (mats, pads, kick shields, breaking holders and a whole lot more) but unfortunately, we were not allowed to put our kick bags up on the walls of the new hall.

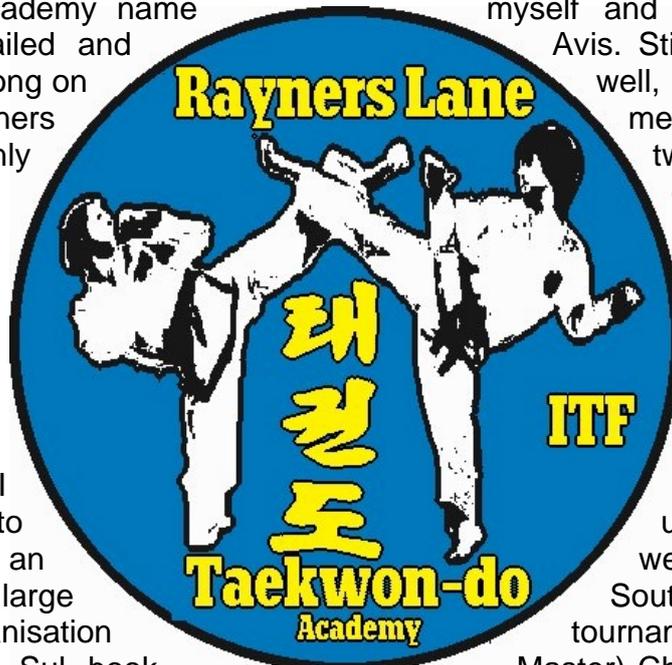
It wasn't the same, but times change and we moved forwards with it. Luckily, it was still on the 'Rayners Lane Estate' so we could retain our Academy name and all that it entailed and though we were no long on the actual road 'Rayners Lane', we were only 200 metres away.

January came and went as students got back into the swing of things following Christmas and the new year but come February I was scheduled to teach a seminar for an instructor of a very large Taekwon-Do organisation based on my 'Hae Sul book.

However, it almost didnt happen as I know the instructor had to jump through hoops just to be allowed to hold in, as seniors in his organisation didn't really want it to go ahead, as I personally, wasn't a member. In the end, another senior stepped in and backed his request up and a compromise was reached and it was

allowed to go ahead, providing none of the attendee's wore their 'official' uniforms! On the day, the only two people in doboks was myself and my assistant Colin Avis. Still, the seminar went well, as the host wanted me to cover a pattern or two, from beginning to end and all the applications associated with it, which we did as we spent 4 hours just on Do-San tul!

March came along and as well as our usual Kup grading, we also attended the South East Opens tournament, held by (Now Master) Chris Snow. It featured some of our 'old guard' and saw black belts Mr Gautam, Mr Avis, Mr Sultan, as well as myself (Yes, fully retiring was hard to do still). As well as some excellent Kup grade results, I was beaten in Senior Black Belt patterns by Mr Snow. I had performed Ul-Ji and Mr Snow did a great rendition of Moon-Moo, which perfectly suited his leggy





Teaching at the seminar in 2007. Mr Avis is in the full dobok, I can be seen in the dobok bottoms with the tracksuit top. Notice there were no other doboks, despite multiple black belts attending!

flexibility.

Following the patterns I participated in the first ever Veterans division that the LTSI ran at their event, it was a black belt division (obviously) but 'Open Weight' and I found that though my own weight had remained relatively stable as I grew older, for others it seems old means heavier and I found that most opponents had between 20 and 40 KG's on me,

meaning I really didn't want to catch a solid blow from any of them. Anyway, I seemed to of did okay, as you can see from part of the report by my student, Kate Barry: "Next was the Veterans Black Belts Sparring, the sparring was rougher than expected but after the first few fights Mr Anslow was up, but then sat down again as his first opponent failed to materialise. The next round came and Mr Anslow finally got a chance to fight. He showed great skill fighting a tough opponent from the LTSI (Mr Moore), pitting his kicking skills against Mr Moores great hand skills (both could kick/punch also). As the bell went, Mr Anslow was declared the winner. After seeing the other semi-finalist dispatch



Taking gold in both my first and the events first Veteran Black Belt Sparring division



In 2nd and 4th place in the children sparring division are Umar and Charlotte, both students of the Academy . Umar would go on to take his black belt in 2013, becoming one of our early 'junior black belts'



Holding aloft the 'Overall' trophy for Best School at the South East Opens 2007

an equally good fighter the final was on. The final was a close bout with both opponents showing good techniques, which were clean and controlled. Despite this being the Veterans division, Mr Anslow pulled off many good techniques throughout his bouts, such as difficult jump reverse turning kicks which are usually the territory of the younger guys.. showing everyone age isn't an obstacle for good Taekwon-do. The bell went on the final round and everyone waited on the result which was undoubtedly a close decision. Mr Anslow's hand was raised and he was declared the winner of the LTSI first ever veterans division."

In the normal (younger guys) black belt sparring division, Mr Gautam, Mr Avis and Mr Sultan were all in the same category and despite not winning the gold, fought some hard round to gain the silver and both bronze positions.

Reading back the report for this article, it seems I



Students display their spoils following a successful foray into the South East Opens 2007b - Well, those that remembered to bring them to class the next day, that is!

had a good day in the Destruction sections too, winning both the 'Multi-Break' section (where you had to break with back kick, side kick, turning kick and Reverse knife hand) and the 360 Flying Back Piercing kick.

The students had also done well too. The 'King of the Ring' event was one by Rayners Lane red belt Prez Fedrowski which kept the mantle going for the Academy, having won every 'King of the Ring' title since the division started a few years back (I had defiantly retired from that, on a high I may add as I retired from it undefeated). The culmination of our efforts that day, saw us win the 'Overall' title and gain, what was then called 'The County Cup'.

In April, Mr Snow held his (first I think)



Teaching patterns applications at the 'Training Day', 2007

'Training Day', which saw 6 hours of Taekwon-Do squad type training. The first 2 with various instructors, covering things like step sparring, self defence, breaking, pad work etc., then I was schedule to teach a 2 hour applications seminar and finally, I believe Master Sahota taught a 2 hour technical seminar. Master Snow has continues these fantastic sessions every year since.

Since the early 2000's we had run our small friendly tournament we called 'Taekwon-Do Explosion', but in 2005 the hall we hired was over-flowing and we didnt run one in 2006 as we could find a reasonable sized

location. However, this year we decided to run it in our new dojang as it was just about large enough and even though it was still packed, it turned into one of the greatest events we ever ran, as it was populated with loads of black belts and their students, we gained sponsorship for the trophies, meaning they were awesome to win and overall it was a great day, as you can see if you watch the video. It was be the last event Dev Patel (of Slumdog fame) would compete at and it would also be the last time I would compete at my own events, as I simply found organising, hosting and competing a complete whirlwind, which seemed to scramble my mind that



Some people dream of success...
...while others wake up and work hard at it!

As well as great trophies for our 'Taekwon-Do Explosion' event, we also had t-shirts made up for all the children entered (free),



Myself sparring at Taekwon-Do Explosion 2007

day. We also made an awesome video from it, which is well worth watching (see *link at the end*). The day was a true day of Taekwon-Do unity and saw many many students go home extremely happy with their spoils.

In July, three of our students (Colin Avis, Lyndsey Reynolds and junior Abigail Maunders) travelled to the London Opens event, to see if it was the same as it was when we entered in 2004 (all patterns had to be very bouncy sine wave type) and they came back with 2 gold's, a silver and 2 bronzes between them, which was great.



Now a black belt, then a blue belt, Kate Barry in one of the 'Special Technique' divisions at Taekwon-Do Explosion 2007

much better payout for them than a regular booking), sometimes I would turn up and have to wait outside for an hour or so, just to tell students that we couldn't run classes that day. In the end, we relocated that class to a hall in Pinner, where it has been running successfully ever since.

In August, my good friend and fellow IAOMAS founder Sabumnim Dave Melton came to stay in the UK and took some of my classes as a guest instructor. I hadn't seen him since I visited

his home and school in 2005, so we had a great time.

his home and school in 2005, so we had a great time.

During the first six months in our new dojang, issues with the management plagued our Saturday class, whereby we would get very short notice (a week, sometimes even a day or two) that we couldn't use the hall as they were using it for private, 1 off bookings (meaning a

In October were were back at (Master) Snows LTSI Invitational event where, like earlier in the year, we did well, taking 9 golds, 5 silvers and 5 bronzes, as well as the 'Overall' title, which was a great achievement and unfortunately would be something we wouldn't be able to do again



A few of the older students, following a visit from Sabumnim Dave Melton in 2007

for another decade, as the 'old guard' would rarely come en-mass to these events again, as they grew older and life, family and babies took over a bit for some of them. (We won it again in 2017 btw).

At this event in the senior black belt patterns, myself and Mr Snow switch places as I managed the gold and he managed the silver. However, Mr Snow was able to reap revenge in the Veteran Black Belt Sparring division, which ended with a 'round- robin' final, where, though I did well in my other fights, I lost Mr Snow!

Amongst the black belt golds that day, Mr Avis won one in 1st & 2nd degree patterns and Mr Gautam won 2, one in sparring (where he fought Mr Avis in the final) and the other in destruction, which was a multi-break event again.

We commissioned Rayners Lane Academy red belt (and class joker) Jonathan to write a report of the event for the web site and he did it in a style not seen before or since and it is well worth a read, as though he wrote it 'tongue in cheek', at the time I recall Mr Snow didn't see it that way and it annoyed him until I explained it was meant to be funny (see link at the end to read it).



Winning the 2nd 'Overall' title of 2007



Fighting Mr Snow at the LTSI Invitational tournament - that's me with the flying back piercing kick btw



Students following the LTSI Invitational event in 2007 - this time most remembered to bring them into class

The final tournament of the year was the 'White Tigers Taekwon-Do' tournament, a smallish, but friendly tournament in Northamptonshire. We took a small mix of students, from yellow to black belt and won 7 golds, 3 silvers and bronze... but what was interesting is that then red belt Lyndesy Reynolds had no opponents, so competed and won the black belt division.

In amongst all that, we did not only a club camping trip, but also a canal boat trip, where we hired the biggest longboat we could (12 berth) and tried (to varying degree's of success) to navigate it along a UK canal - it was a fun time!

The year came to a close with our final classes of the year and Christmas party

event, this time it was a house party, graciously offered and held at one of our older students residences. All in all, a good end to the year.

This article has sort of turned into a 'history' of Rayners Lane Taekwon-do Academy and one of the things I haven't touched on much is the training and how its changed over the years and that is because it really hasn't that much. In 2007 students were pretty much doing the same as they were in 1999 when we started (and in 2018, also the same), the standards I feel are very important to maintain and so is that 'no compromise' approach. On the business side of things we haven't changed much either, I recall that when I went full time in 2005, I got 5000 leaflets



Phil, Lyndsey and Marek having a fun at the White Tiger tournament - the two on the left would go on to become black belts (and one an author himself)

printed up in preparation... and I still have them in my garage today! The only advertising we have ever done was those posters on about 15 blocks of local flats (which you'll recall were promptly ripped down the same day by students of the local GKR karate club) and the web sites and even when I went full time this didn't change as I have always valued the students that take the time to research and seek us out, as opposed to us seeking them out, this is why we have so many long term (over a decade or more) students.

Whilst the Academy numbers have gone up and down over the years (lowest in the recession a few years back), the percentage ratio of students has never changed. Whilst many clubs run with 90% kids and few adults, ours has somehow managed to retain a healthy 50/50 ratio of older and younger students, although in its

early it was more like 70/30 in favour of adults and older teens (16+).

The syllabus we follow is basically the same as when the Academy started, the only real exceptions being that now we have a term for the sparring that allows takedowns, sweeps and throws (as well a punches and kicks), as I had to explain each time when padding up, what type of sparring we were doing and what was allowed or not, now I just say 'Traditional Sparring' and students know exactly what that entails. They also wear grappling type hand pads for it. Of course we also have 'choke sparring' and competition sparring (points and continuous), plus some with weapons (but on one attacker has a weapon of course).

Hard work and sweat is expected at the Academy, as is the odd hard shot, winding, blood etc. though we try to avoid those too



Students having fun (this was actually a massive sparring bout) at the last class of 2007, in our new dojang

often. Both patterns applications and hosinsul play important roles at the Academy, but we still do the more traditional types of training such as 'Step Sparring' (three, two, one and foot varieties) and all students (yellow belt and above) have to perform breaking techniques at every grading, as well as learning terminology. I mention this as I read recently how asking students (of any age) to learn terminology is bad and puts them off training at a club, but I have never found that to be the case, maybe there has been one or two over the years, but in the grand scheme of excuses to quit, having to learn a few Korean terms and a miniscule bit of Korean history doesn't feature highly at all.

All students are treated equally at the Academy and that includes contact levels in sparring, which senior students would

base on their opponents ability, not gender, just a couple of lessons ago, one of our senior kup grades (Helen) received a decent wack around the head by Mr Gautam, one of our black belts, with a reverse turning kick. Headaches from kicks are not just reserved for the males! Female students also have the option to perform knuckle press ups if they wish to and break the same boards as the male students.

Unlike a lot of schools, we haven't graded many to black belt, I think its about 17 over the years, some to 2nd and 3rd degree also, with both 3rd degrees taking those gradings under Grandmaster Kim Bok Man or Master Willie Lim (Now Grandmaster Lim). Of those, a few have trained since childhood (5/6 years old) and got to the Dan grading at aged 15, so if/when they pass, they have to wear a 'Junior Black Belt' , which we use for students under 16

and then, when they turn 16, they have to do all the stuff an adult would have done at their grading (including the breaking and harder contact sparring and others bits and bobs), to get rid of the white stripe. Should anyone pass it at a younger age, they would have to regrade later.

In the wider world of UK Taekwon-Do, things hadn't really changed that much since the passing of General Choi in 2002. Organisations still claimed they were the best and others were 'imitators' and students argued about it all on the newly formed Facebook (which became fully public in 2006) and its 'groups' as well as on Martial Arts forums which were slowly dying off due to the invention of social media. Most arguments centred around who was the 'True' ITF (an argument which still continues to this very day, usually by very small minded and mostly ignorant people). Many of these groups were still pushing the (later) 'sine-wave' as a massive bouncing motion and it wouldn't be until years later that others would change the initial down drop to a smaller 'relax' motion. In fact to differentiate it from the original sine wave, old ITF Masters such as CK Choi called the older sine wave, simply 'Natural Motion'.

One thing organisations did learn in the mid 2000's was that as students (and instructors with their students) seemed to switch associations at whim, their competition numbers dwindled, so opening up the doors to non-association members brought in extra revenue, even if these outside entries often didn't get a fair crack of the whip, as many seemed open to take the money, but not so much in being 'open minded' to other ways of Taekwon-Do or giving out their top spoils to outsiders!

Video links & Extra Reading (if you're interested)

Please note that the videos of not of high quality, as they were mostly filmed on old VHS camcorders, then digitized to tape.

2007

- Applications Seminar Report

www.raynerslanetkd.com/Photos/NottsHaeSulSeminar/REPORTS_HaeSulSeminar01.html

- South East Opens 2007 Report:

www.raynerslanetkd.com/Photos/SEOpens2007/REPORTS_SEOpens2007.html

- Taekwon-Do Explosion 2007

- *Report & Photos:* www.raynerslanetkd.com/Photos/TKD_Expo_2007/COMP_RESULTS_TKDexpo07_Report.html
- **Video:** <https://www.youtube.com/watch?v=L6kfRsBGtlo>

- LTSI Invitational's 'fun' Report

www.raynerslanetkd.com/Photos/Inv2007/REPORTS_LTSI_Invit2007.html

