

# Totally Taekwon DO

The Global Taekwon Do Magazine

May 2025 Issue 195



Cho-Man-Sik and the  
Ko-Dang/Juche  
Pattern Change

**70th Anniversary Taekwon-Do  
International Seminar**  
**"Korean Martial Arts in Its Original Version"**

Plus More Inside



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

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# Editorial

**Issue 195 • May 2025**



Hi everyone,

I have now been running this magazine for over 16 years, putting out issues on a monthly basis and as you can see, we are currently on our 195th issue.

But, as Diana Ross sung "...nothin' good's gonna last forever?" Or, if your not into Motown, the final episodes of Star Trek TNG, or if that's a bit cryptic I can just quote Geoffrey Chaucer who said "All good things must come to an end." - I think you'll probably understand by now!

Whilst the magazine has some brilliant writers, most have already published many articles, so are not as regular as they once were and in order to keep the magazine going, we need more writers and regular articles,

So this is a direct appeal, to everyone who values the magazine. Please consider writing an article or two, even if not on a regular basis.

If you don't feel comfortable writing an article, then maybe interview your Instructor, Master of senior figure in the Tae kwon Do world - as everyone loves a good interview and I'm happy to help you with it if you've never interviewed anyone before.

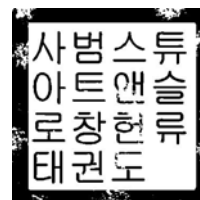
So that's basically my appeal and whether the magazine lives or dies is now in everyone's hands!

As for me, I started getting PCN's (Penalty Charge Notices) from a place I'd never even been and it turned out my car number plate has been cloned. Whilst its not the worst thing in the world, its time consuming having to contact the various authorities and companies and give proof it wasn't my car. Luckily my car has some distinct features which are different from the one the crimbo's are driving. Hopefully the police will travk them down soon!

Anyway, that's all from me. Enjoy this months issue.

Regards,

Stuart  
**Editor**



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Krishna Balal and Stuart Anslow.

*In association with Hoonlyun magazine*

# Totally TKD News

## Re-establishing the ITF-USA Women's Committee



After a two-year hiatus, Meagan Boulter has proudly reestablished the Women's Committee within the ITF-USA Taekwon-Do organization.

It is an honor to serve in this role, and I am excited to bring forward a renewed vision that supports and uplifts women and girls in the martial arts community. Our mission is to foster confidence, connection, and empowerment through education and shared experiences.

The committee will focus on providing valuable resources and support for both female practitioners and school owners. We are planning a series of women-led seminars and educational events aimed at building a strong, inclusive community.

Stay connected and follow us on social media to keep up with our latest initiatives and events:

Facebook: ITF USA Women's Committee

Instagram: @itfusa\_womens\_committee

YouTube: @itfusawomenscommittee

Together, we rise.

## Success at the 2025 Online World Pattern Championship



The American Taekwon-Do Martial Arts Academy's players have achieved remarkable success in the 2025 Online World Pattern Championship (January 20th - April 13th, 2025)!





Rayan Bahadur Khadka (9 years old) won the Silver Medal!

Ayan Paudel (6 years old) secured the Bronze Medal!

Rayan's achievements are even more impressive considering his previous wins: two Gold Medals in the 2024 Online World

Championships (Individual Pattern and Board Breaking categories) organized by the International Inclusive Taekwon-Do Association, New Zealand.

The American Taekwon-Do Martial Arts Academy honored both players for their outstanding performance in the 2025 Online World Pattern Championship.

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**New Podcasts Every Monday**



[www.livingmartialarts.com](http://www.livingmartialarts.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...

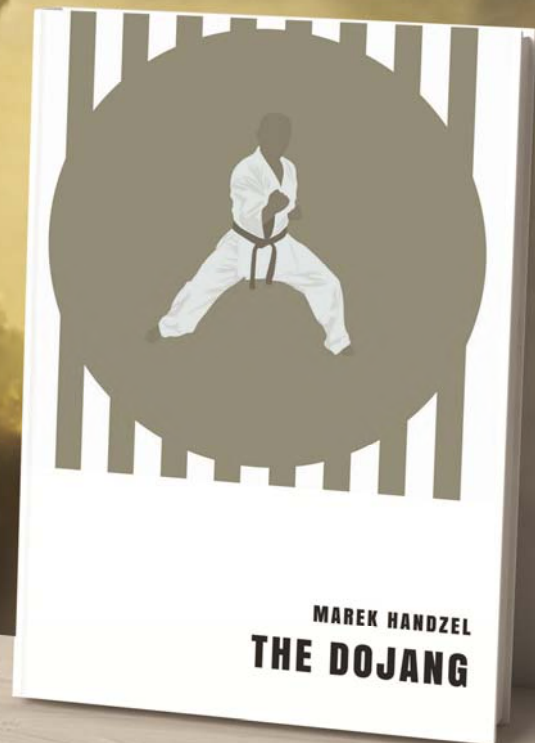
But can he save his friends – and himself?

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# THE DOJANG

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## Down's Syndrome Association

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



A Registered Charity  
No. 1061474

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

**Who we are :** We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the organisation is run by a total staff of only 38 (many of them part time), and a network of around 100 regional volunteer-led support groups.

### Our mission is:

- **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



# **70th Anniversary Taekwon-Do International Seminar**

***“Korean Martial Art in Its Original Version”  
- A Celebration of Legacy, Unity, and Tradition  
in Argentina***

**By Grandmaster Brad Shipp, 9<sup>th</sup> Dan  
President, World Chun Kuhn Taekwondo Federation  
General Secretary, Home of International Taekwondo**



I recently had the honor of visiting Argentina for a landmark event: the 70th Anniversary Taekwon-Do International Seminar, themed “Korean Martial Art in Its Original Version.” The event was a powerful reminder of Taekwondo's roots, its global reach, and its capacity to unify practitioners across styles and affiliations.

## **Arrival in Buenos Aires – A Warm Welcome and a Heartwarming Reunion**

I arrived in Argentina on Tuesday morning, April 8th, accompanied by Grandmaster Yoosun Lee—an original Oh Do Kwan member in the Korean Army, pioneer of ITF Taekwon-Do, and direct disciple of General Choi Hong Hi—and my friend

Jenny Capizano. We were warmly welcomed at the airport by our gracious host, Master Manuel Adrogué.

After settling in and enjoying a coffee outdoors in the Recoleta area of the city, we visited two local dojangs that exemplify the vibrant Taekwondo spirit of Buenos Aires.

Our first visit was to the dojang of 8th Dan Master Gabriel Mendez. Before entering, we waited for the arrival of Grandmaster Han Chang Kim—the father of Taekwon-Do in Argentina—who came with his lifelong student and friend, Pablo Fudim.

What followed was a truly historic moment: Grandmaster Kim and Grandmaster Lee embraced for the first time in over 15

years.. As they walked hand-in-hand into the dojang, they were met with a standing ovation by over 60 Taekwondo practitioners and their families. The moment was filled with emotion and reverence.

Master Mendez led an energetic class featuring hand techniques, kicking drills, free sparring, and pad work, with support from Instructor Mariano Argento. Practitioners from other schools, including Master Hernán Cisternas (a former ITF world champion and disciple of the late GM Park Jong Soo) and Senior Instructors Raúl



Bustamante and Alejandro Novas, also joined—an inspiring demonstration of unity across affiliations.

Later that evening, we visited the dojang of Master Manuel Adrogué, where Instructor Rafael Sabini, 6th Dan, led a focused and dynamic class. The group, composed largely of professionals—lawyers, doctors, engineers—showed deep commitment and joy in their practice while complying with

GM Lee's unrehearsed requests for 3 step-sparring, basics, free sparring, etc. Their enthusiasm and skill were truly uplifting.







### **Promotion Testing – A Testament to Discipline and Knowledge**

On Thursday, April 10th, we attended a Promotion Testing at Mudo-Jongshin (MJS) Taekwon-Do Won, the dojang of Master Adrogué. Seated at the head table were Grandmasters Han Chang Kim, Yoosun Lee, myself, and Military Instructor Master Marcelo Cremona who is also part of MJS Taekwon-Do. The test was led by Master Hernán Díaz Rentsch and featured impressive candidates: Alejandro Novas (6th Dan), Raúl Bustamante (6th Dan), and Gonzalo Oliva (3rd Dan).

The test covered 24 hand and foot combinations, patterns, sparring, self-defense, and board breaking. The technical precision and deep understanding of Taekwon-Do history displayed by the candidates were remarkable. I had the privilege of presenting Master Adrogué with Chun Kuhn Taekwon-Do Volume 1 by my teacher, the late Supreme Master Bok Man Kim, which was much appreciated.

### **Celebration and Commemoration – Honoring the Past, Embracing the Future**

On Friday, April 11th, the organizing committee and special guests gathered at a local Korean restaurant to celebrate the 70th anniversary of Taekwondo. The camaraderie and shared purpose filled the room with warmth, as old friendships were rekindled and new ones formed.

### **Seminar Highlights – Unity Through Tradition**

The two-day seminar, held on April 12th and 13th in a historically significant hall—where General Choi led a seminar in 1983 and Grandmaster Park Jong Soo in 2014—was a profound celebration of Taekwondo's legacy. To be teaching in this same space in 2025 alongside Grandmasters Kim and Lee was an incredible honor.

The seminar focused on Taekwondo's military origins and its martial foundations. The venue included real-live size banners of Gen. Choi, both Grandmasters Lee and Kim, my beloved Grandmaster Kim Bok Man, the late Grandmaster Pedro Florindo





(whose mention caused a massive applause), and the instructors of the event Masters Marcelo Cremona, Hernán Cisternas and Manuel Adrogué. The continuity with those who have preceded us in the way was felt as we trained literally under their sight. Grandmaster Yoosun Lee displayed incredible energy at his 83 years of age, emphasizing the need for power

and control when practicing Taekwon-Do as a genuine and potentially lethal martial art. Grandmaster Han Chang Kim gave a short yet dynamic view of training certain physical skills while, Master Marcelo Cremona, Master Hernan Cisternas, and Master Manuel Adrogué (supported by MJS Taekwon-Do), each delivered insightful lessons shaped by decades of







experience. I contributed insights from the teachings of GM Kim Bok Man, who specialized in military Taekwondo.

The seminar drew over 140 practitioners from dojangs across Buenos Aires and beyond. Despite varied affiliations, all participants trained together in harmony,

sharing techniques and philosophy—a living testament to what Taekwondo can and should be: a unified martial community.

The Sunday morning activities concluded with a demo by the MJS Taekwon-Do members led by Mr. Sabini, with the







addition of two talented girls who displayed Taeguk Palchang poomse.

After a typical Argentine beef (asado) lunch, the group gathered and GM Lee announced that the three candidates approved the exam held in the prior days, thus Mr. Bustamante and Mr. Novas were promoted to 7<sup>th</sup> Dan, and Mr. Oliva to 4<sup>th</sup> Dan. A significant moment came at the seminar's conclusion when GM Lee appointed Master Adrogué as Vice President of Home of International Taekwond-Do,



headquartered in Busan, Korea. GM Lee emphasized the need to transcend organizational boundaries and seek unity among followers of General Choi's teachings.

The seminar's central theme was powerfully symbolized through the redesigned patch of General Choi's 29th Army Division. Featuring a clenched fist overlaid on the Korean Peninsula, the emblem represents a commitment to progress and unity—breaking through all forms of division.



Historically significant, the original patch was designed by General Choi himself following the Korean War, serving as a symbol of strength and hope. Today, its modern reinterpretation not only reflects a desire to overcome geopolitical divides but also conveys a deeper message: the need to eliminate division within the global Taekwondo community.

### **Reflections on a Historic Gathering**

This visit was more than a seminar—it was a journey of connection, respect, and shared purpose. I made many new friends and reconnected with martial artists from across the globe. The reunion of two pioneers, Grandmasters Han Chang Kim and Yoosun Lee, after so many years, was a moment of deep historical significance—one that reminded us all of the roots we share.

I extend heartfelt gratitude to our host,

Master Manuel Adrogué, to our honored Grandmasters, and to all who contributed to making this event a milestone in Taekwondo history.

Special thanks to Brigitte Morris of MightyFist Doboks for her generous sponsorship and unwavering support, and to the Jockey Club Campo de Deportes for providing a venue rich in history and spirit. I would also like to thank Raúl Bustamante for his invaluable assistance in co-hosting this event. And of course, a heartfelt thank you to my new friend Manuel Adrogué for not only hosting this historic gathering but also for his contribution in helping craft this article.

Check out the highlight clip on YouTube: [https://youtu.be/TxxKemZOaaw?si=SthnkeZbu\\_8nchHX](https://youtu.be/TxxKemZOaaw?si=SthnkeZbu_8nchHX)

Please visit the website of our seminar host:

[www.taekwon.com.ar](http://www.taekwon.com.ar)





# 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

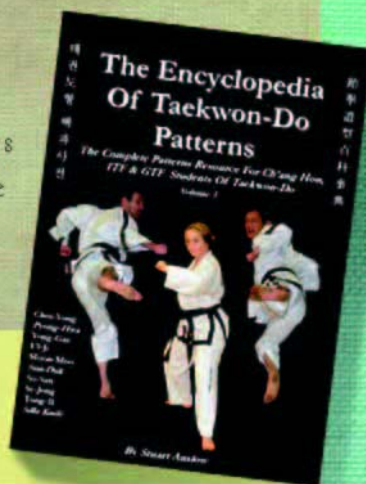
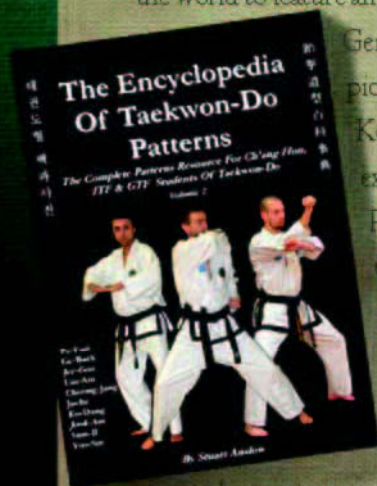
book ideal to learn or revise your patterns, no matter which organisation you belong to.

**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.

No matter which Taekwon-Do organisation you belong to, the Encyclopedia Of Taekwon-Do Patterns covers all you need to know to take you from White Belt to Taekwon-Do Master.



**Available on Amazon Now!**

Vol 1: ISBN 978-1-906628-16-1 | Vol 2: ISBN 978-1-906628-17-8 | Vol 3: ISBN 978-1-906628-18-5



# Warming Up

By Dave Jewell

Warming up our bodies before TaeKwonDo training, as with any serious exercise, is important for long term health and the avoidance of injury. Warming up though should be done in stages with some light muscle movements and dynamic stretches followed by more energetic movements, particularly something relating to what is about to follow during training. Here is a suggestion that increasingly warms the muscles, particularly the legs, whilst also enlivening the brain ready for TaeKwonDo.

Have your students working in pairs and facing each other. This is best done with two lines so as to minimize collisions between groups. One partner, say A, will be the leader and the other, B, will be the follower. Starting in your basic fighting stance and about 30cm (1 ft) apart, A will move forwards and backwards whilst B tries to respond and maintain that constant 30cm separation. If A changes stance then B must do likewise. If A tries to move to an angle to 'attack' one of B's more vulnerable body parts then B must move to maintain good guard with their arms. After a few minutes, A and B will change roles, with B leading and A following.



The next stage involves both parties leading and/or following. Whoever starts a movement, the other must follow before leading with their own movement. Thus if A moves forward, then B must move backwards before doing anything else. If A presses forwards multiple times then B must respond backwards multiple times. But if B moves backwards in response and at the same time changes stance then A must change stance in response before anything else. This is how 'control' is taken

away from the partner, by performing two movements simultaneously. Care should be taken to ensure a partner is not pressed backwards into a wall or another group; easily done by changing direction.

A further stage can be the introduction of tapping your partner's shoulder with your fingers, thus introducing arm movements. Care needs to be taken to avoid the face.

The final 'fun' stage is to have everyone in the class form up into a circle in the available space with a separately defined penalty area being a safe space at one end or at the edges for executing push ups. The rules are that everyone must move about in their fighting stance and anyone caught 'running' will be sent to the penalty area for push ups. Here the object of the exercise is to tap anyone else either on the shoulder or hip and thus send them to the penalty area for a



defined number of push ups, perhaps 10 for juniors and 20 for seniors (or half that number). Now the exercise is not just one of movement and responding to a partner as there are now multiple 'partners', but also one of awareness and how to respond to multiple opponents. Those who have completed their penalty push ups can rejoin the rest and continue to tap out the others. Thus those on the floor must also be aware of returning opponents. Although 'partnerships' may form in order to tap out the better players, the ultimate goal is to tap out everyone else into the penalty area whilst remaining on the floor themselves. Set a time limit as this fun can go on for some considerable time depending how competitive the participants are.





This is just one example of a warmup exercise that also hopes to improve a student's TaeKwondo abilities beyond simple physical exercise. These warm up exercises hope to improve a student's responses to their partner, or opponent in competition, but also improve their awareness of surroundings under stress to aid in their self defense training. Warm ups are something that are done every class and can get boring and repetitive, thus it would be great if other instructors could also provide warm up exercises to readers of Totally TaeKwonDo. Especially if they provide additional benefits of "warming up the brain" too.

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# The Realization of Quantifiable Goals Through the Testing Process

By Grandmaster Doug Cook

Throughout my decades of teaching, I have been asked by parents or students: *“Why test? Why not simply award the belt if you think my child, or I, am ready?”*



*Judges officiating at a belt test*

In answer, I explain that the testing process is steeped in tradition. The time between tests encourages the building skill, proficiency, discipline, and patience. It encourages martial spirit and, at minimum, allows for social interaction between members who may not attend the same

sessions. And while belt tests are often referred to as *graduations* – a term I disagree with since they do not represent a *completion*, but rather a *extension* in the training continuum – these quarterly events notably nurture goals.



*Testing before Grandmaster Richard Chun*

Goals organize energy. They harness ambition and act as a compass pointing the way to achievement. Goals differ from needs or wants inasmuch as they require forethought and display a sincere desire for accomplishment. Goals spring from a place more noble than primitive instinct. The realization of a predetermined plan generates confidence and a sense of command in plotting the course of one's life; goals are the stuff dreams are made of. Goals help separate necessity from distraction, channel intent and help navigate the individual through turbulent times. Yet, just as with any skill, the ability to map out a goal, arrange a timeline, and convene action, requires knowledge coupled with patient practice.

We are allotted only a certain span of time on this earth to achieve the goals we set for ourselves. Moreover, if we spend this period foolishly fretting over the effort it

may take to complete a project, we may never accomplish anything at all. Attempting too much, too soon, clearly presents the potential for discouragement and, ultimately, failure of the task at hand. In short, energy should be apportioned into manageable parcels of effort resulting in attainable, quantifiable long, and short term, goals.

As martial artists, we are fortunate in that the tools required to create goals and stick with them are already at our disposal. The key to this process is embedded in, as previously noted, the time-honored tradition that most students participate in every few months. Some approach this ritual with trepidation while others eagerly await the challenge. This progressive custom takes the form of periodic rank promotion examinations, or belt tests.

While inherent differences exist according





*The Coveted Black Belt*

to the art in question, the majority of martial disciplines today, adhere to some type of formal ranking system with grades typically symbolized by various colored belts or stripes. This system effectively distinguishes the novice from the student who has gained a higher level of proficiency. Not surprisingly, while the belt itself is meaningless without the knowledge and technique to back it up, it is often

regarded as a reward unto itself. The belt is a tangible indication of the student's determination, passion for the art, and will to triumph, frequently in the face of intense physical adversity. Furthermore, belts represent a material yardstick against which achievement, and thus goals, can be quantified.

It should be noted that well over a century



*Testing at the famed Moo Duk Kwan*



Kukkiwon black belt certificates

ago, when battlefield, combat-proven fighting arts were in the process of being sanitized and transformed into martial ways intent on character development through self-defense practice, there existed only two belts – white and black. The creation of the multi-colored belt ranking system we are currently familiar with is generally attributed to Jigoro Kano who through the reformation of *daito-ryu aiki jujutsu* in the 1880s founded Japanese *judo*, or the *gentle way*. Adopted by the founders of *karate-do* and subsequently, *taekwondo*, the tradition continues to this day.

Color belt status, or *gup* ranking in the Korean martial arts, champions the attainment of a short-term goal commonly reached within a two to three-month

period. Black belt or *dan* ranking however, requires a quantum leap in tenacity.

In modern martial arts culture, a great deal of reverence is associated with gaining a black belt. In the eyes of many, the holder takes on mystical proportions often propagated by cinematic lore. Nevertheless, any candidate whose primary goal is to simply boast of having a black belt is in for a rude awakening. Statistically, only a minute percentage of individuals who begin martial arts training eventually go on to earn the coveted black belt.

Why is this ratio so slim? The reality of the situation becomes abundantly clear when one considers the effort and perseverance required to achieve this - the ultimate of





***Ho Sin Sool throw during testing***

quantifiable goals - in the martial arts. To compound the unique human chemistry that eventually qualifies a student as a black belt, waiting periods between dan grades increase proportionally with rank resulting in a deep appreciation for the setting and attainment of extended, long-term goals. For example, a 1<sup>st</sup> dan black belt in taekwondo likely waits two years before testing for 2<sup>nd</sup> dan. Likewise, 5<sup>th</sup> dan generally requires a term of five years before advancement.

Ideally, belts of any color should not be awarded freely but granted based on a

practitioner's capabilities and merits. Elevation in status is predicated on honing a given set of required techniques at each subsequent belt level. In addition to being conversant in martial arts philosophy and exuding the proper attitude, the taekwondoist must demonstrate acceptable abilities in *kibon* (basics), *poomsae* (forms), *il su sik daeryun* (one-step sparring), *ho sin sool* (self-defense), *kyorugi* (sparring), and *kyuk pa* (breaking).

Moreover, the typical taekwondo curriculum is constructed in such a way as to promote self-assurance. This would



***Socialization during testing***

prove difficult at best if the student left the dojang following every session feeling a lack of accomplishment. By elevating the color belt up to the black belt level by degrees rather than one, large leap, this goal is accomplished. This is the core concept behind dividing effort into quantifiable goals – the practitioner is then afforded the luxury of focusing only on those techniques applicable to a given belt rank. This is not to say that previous lessons should be stored away and forgotten; on the contrary, each piece of the puzzle must be held firmly in place until the total picture comes into view.



*Breaking during a 7th Dan test*

variety of circumstances; family obligations, finances, business negotiations, home chores, even schoolwork for youngsters can take on enormous proportions when viewed in their entirety. However, by applying the principle of quantifiable goals gleaned from traditional taekwondo training, we may be better prepared by taking action one step at a time when confronted by what may initially appear to be insurmountable obstacles. The tools encouraged through the testing process captures the essence of tenacity inherent in traditional taekwondo by applying the practice of

In today's complex world it is easy to become bewildered and overwhelmed by a quantifiable goals to our daily life.

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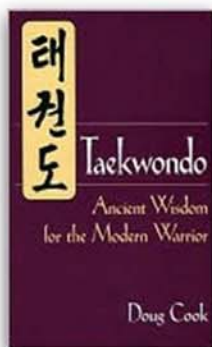




# **Editorial Contributions to the Art of Taekwondo**

**By Master Doug Cook**

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



## ***Taekwondo***

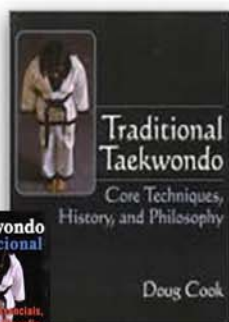
### ***Ancient Wisdom for the Modern Warrior***

By Doug Cook

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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***

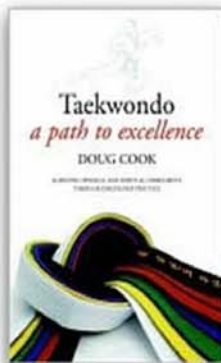
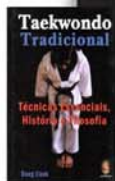
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This comprehensive work describes in detail, the history and evolution of Taekwondo from its ancient roots to modern day applications. Also included are exercises in Ki development or internal energy development, meditation practice and 'core' practical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



## ***Taekwondo***

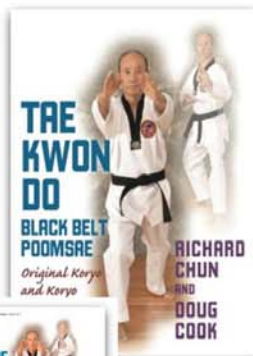
### ***A Path to Excellence***

By Doug Cook

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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

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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.







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# Martial Movie Madness

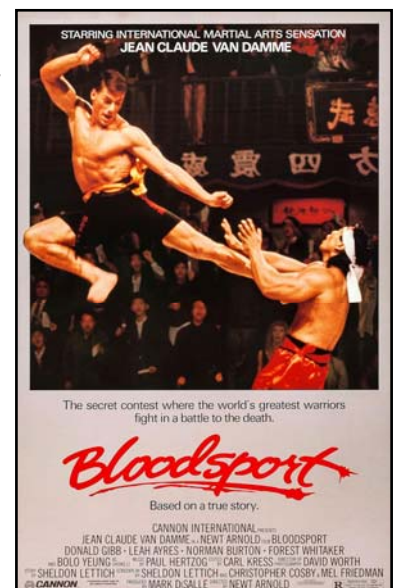
By Stuart Anslow

Welcome to this series of articles. Firstly, a bit of background! I have been into martial arts since the mid 80's and it occurred to me, whilst watching 'House of Ninjas' on Netflix (a new series about.. well, you know), that in my nearly 40 years of martial arts, I have watched many many (did I say many), lets just say hundreds, well more than that, of martial arts movies, some good, some bad, some so bad they are good and I thought, many of our younger readers will not have seen most of them, as days have changed, there's no more browsing the martial art sections at video stores, you basically get what the streaming services give and your have to search them out (as in good martial arts films). So, each month, I am going to detail a martial arts movie I've seen, let you know my thoughts and then maybe, just maybe, you'll want to check it out! Welcome to Martial Movie Madness.

## Bloodsport

I know many of our older readers will have seen the movie Bloodsport already, but many of our younger ones may have not. Released in 1988, Bloodsport was (I believe) one of Jean-Claude Van Dammes first lead roles as well as the film that catapulted him into becoming a main martial arts action super star.

The film centres around the story of real life US Army Captain, Frank Dux (played by Van Damme), who in the early 80's claimed in Black Belt magazine, that he was highly trained in Ninjitsu and had entered an illegal underground martial arts tournament in Hong Kong known as the Kumite.





Whilst (now) Dux's claims are disputed, the film stands up anyway and is full of great fight sequences and martial arts actions. Many different styles of martial arts are represented in the film, though sadly not Tae Kwon Do.

The film starts by showing how Dux became highly trained in ninjitsu and goes on to explain that Dux went AWOL to enable him to enter the tournament, to this

end, he is pursued throughout the film by army investigators, one of which is played by legendary actor, Forest Whitaker.

Before the tournament a reported tries to enlist Dux help, as she is investigating the kumite, but he refuses. On the first day of the tournament, Dux's has to prove who he is by breaking a brick using a 'dim mak' strike – this is one of the many standout scenes in the film. The reported also







manages to sneak in by going as a date with a spectator.

Dux goes on to befriend another US competitor, a wrestler by the name of Ray Jackson, but also incurs the wrath of its top competitor, Chong Li (played by Bolo Yeung), by beating his long standing 'quickest knockout' record.





On the second day of the tournament, Chong Li fights Jackson, in what is a close fight, but Chong Li ends up beating Jackson (quite literally) really brutally and puts him in hospital due to his friendship with Dux's.

Dux is fast becoming a crowd favourite as

he works his way towards the final, which Chong Li is not pleased about and in order to get the crowd back on his side, he unnecessarily kills his semi-final opponent.

Of course, Dux and Chong Li face off in the final. With Chong Li fearing Dux might beat him, he resorts to cheating in order to win. I





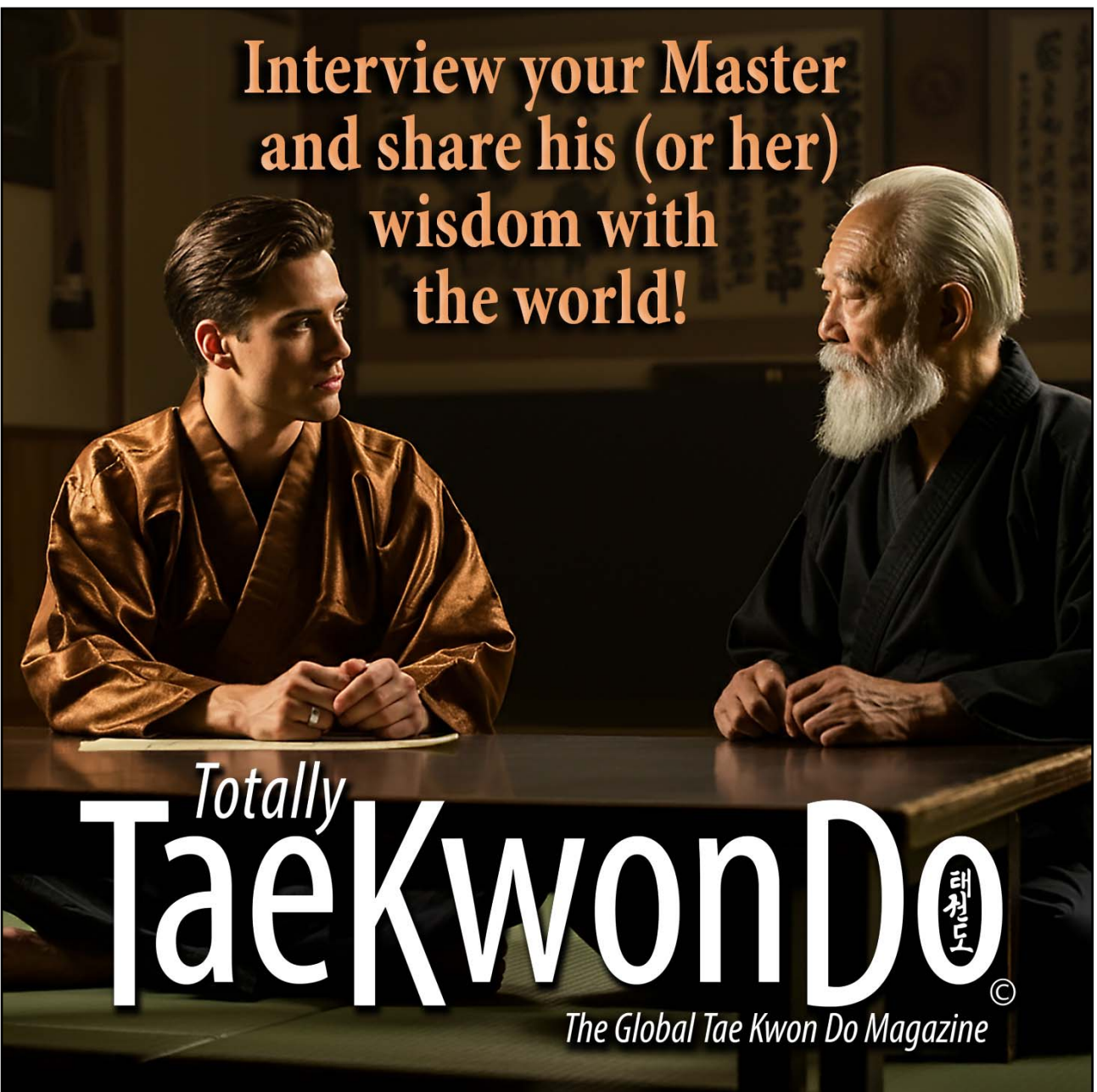
won't tell you how, you'll have to watch the film to find out.

Of course, other stuff happens during the course of the film, I mean Forest Whitaker is not in it just for filling, but you'll find out all that when you watch it.

All in all, it was a great film in the 80's and still remains one of the stand out martial arts movies of all time (IMO).



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wisdom with  
the world!**



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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***



# Cho Man-Sik and the Ko-Dang/ Juche Pattern Change

By George Elvin

Ko-Dang is the pseudonym of Cho Man-Sik, who was born on 1<sup>st</sup> February 1883, in a strongly Christian village, Kangso-guyok, in South Pyongan Province, in what is now North Korea. He was raised in a Confucian style, but converted to Christianity and became an elder in the Protestant church, and an activist within Korea's Christian Movement.



During Korea's occupation by Japan, Cho Man-Sik went to study in Tokyo, Japan. It was while studying law at Meiji University from 1908 to 1913, that Cho first came across and was inspired by Gandhi's ideas and writings on self-sufficiency and non-violent resistance to oppression. When Cho returned to Korea, he was influenced by the likes of Ahn Chang-Ho (Do-Sang), and this influenced his becoming involved in the Korean Independence



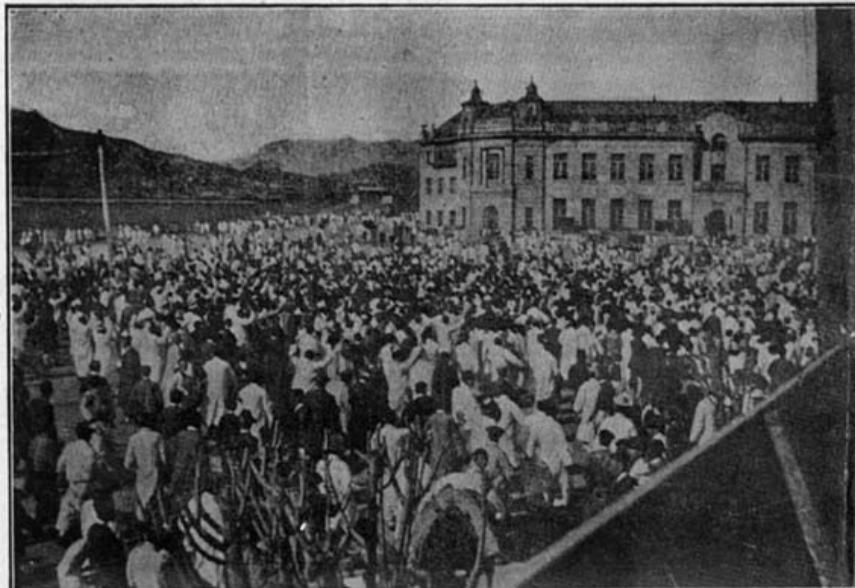
Movement. It must be pointed out, that during the Japanese occupation, Cho was less well known and less mentioned than Ahn Chang-Ho, who, unlike Cho, was known to use violent measures.

Cho's activism helped pave the way for the proclamation of the Declaration of Independence by the Korean Youth Corps in Tokyo on Feb 8, 1919, and he later publicly challenged the colonial order that Koreans change their surnames for Japanese ones.

Cho also took part in the famous March 1<sup>st</sup> Movement, which was also known as the Sam-Il Independence Movement, which was a series of demonstrations for national independence from Japan that started in Seoul on March 1<sup>st</sup>, 1919, and quickly spread throughout the country. Around 2,000,000 Koreans took part in the more than 1500 demonstrations in Seoul and other cities, 7500 were brutally killed by the Japanese police and army, and 16,000 were injured. Cho Man-Sik was one of

46,000 who were arrested for taking part in the demonstrations. These protests were some of the first public displays of Korean resistance to Japanese rule in Korea between 1910-1945. South Korea, on May 24, 1949, actually designated March 1<sup>st</sup> as a national holiday. In another commemoration, General Choi Hong-Hi dedicated the first of three patterns, (Sam-Il tul), trained by 3<sup>rd</sup> degree black belts, to the Sam-Il Movement.

Cho Man-Sik was often called the 'Ghandhi of Korea' and he established the 'Korean Products Promotion Society' in 1922 hoping that Koreans would obtain 'economic self-sufficiency' and rely solely on Korean produced products. He advocated "*Sticking to Korean made products that will save the nation's economy.*" Cho even gave up wearing Western clothes, and just wore the Korean hanbok for the rest of his life, truly showing his belief that Korean made products are a sign of loving Korea. Through this Cho hoped to generate a



Thousands of enthusiastic Koreans, including women and girls, shouting "Mansei" with hands in the air outside the palace in Seoul

**Red Cross pamphlet on March 1st Movement**  
*Wikipedia / Commons*



sense of nationalism, and he hoped for the Korean Products Promotion Society to be a national group supported by ordinary Koreans, all religious organizations and all social groups. Cho was influencing Koreans, based on his moral example rather than his political or social standing, and by mixing *'traditional commoners' values with the practical elements of the Western religious and scientific outlook,*' he gathered huge support.

In August 1945, Japanese surrender was approaching, and the Japanese Governor of Pyongyang asked Cho if he would assemble a committee to take control and maintain stability in the area. Cho said he would, and the Provisional Peoples Committee for the Five Provinces (PPCFP) was created on 7 August 1945, of which he became Chairman. He also joined the cabinet of the Peoples Republic of Korea making the PPCFP its Northern Branch. Cho also affiliated this committee to the Committee for the Preparation of Korean Independence. The PPCFP is generally made up of right-wing nationalists opposed to communism.

The USSR (Russia) arrived in Pyongyang just days after the Japanese surrender as had been agreed with the USA, who arrived in the South to assume control there while Russia took control in the North, meeting at the 38<sup>th</sup> parallel which now permanently divides North and South Korea.

The Russians, on their arrival, tried to convince Cho Man-Sik to lead the emerging North Korean administration. Cho, however, didn't like communism and had no trust in foreign powers. He came under a lot of pressure from the Russians to reorganise the councils so there were more communists on the committees. Because of this, Cho, who was the first 'real' leader of North Korea was forced to share power with the Russian backed Kim Il-Sung. Kim had trained in both the Soviet and Chinese Communist Armies, and he

and Cho had such vastly different ideologies that this led to a lot of tension and clashes between them.

The Moscow Conference in 1945 saw the victorious Allied powers agree to run Korea under a four-power trusteeship (USSR, USA, UK, China) for 5 years, after which it would become an independent state. On 1 January, 1946, a Soviet leader, Andrey Romanenko, met with Cho and tried to persuade him to sign his support of the trusteeship. He refused to sign, as it meant too much foreign, and particularly communist influence on Korea. Soviet leaders were unhappy with Cho's refusal to sign, and his open protests about war crimes committed by the occupying Soviet force.

On 5 January 1945, Cho was arrested by Soviet soldiers, and taken to Koryo hotel in Pyongyang under house arrest, where he was held for some time. While there he continued his vocal opposition of the communists. He was later transferred to prison in Pyongyang after an unsuccessful Vice-Presidency bid in the 1948 election while still being detained at the hotel! By then the communist hold on the community was so strong Cho only received 10 votes from the National Assembly.

Days before the Northern Korean invasion of Southern Korea in June 1950, the two governments reached a provisional agreement to exchange prisoners. Cho Man-Sik and his son for two South Korean Workers Party leaders, Kim Sam-Yong and Yu Ja-Ha. However, the method of exchange could not be agreed upon, and on June 24<sup>th</sup>, after the start of the war the next day, Kim and Yu were executed in Seoul. Cho is believed to have been executed in early October 1950 with other political prisoners, in the early days of the Korean war. The North Korean Former Ambassador to East Germany, and now defector, Park Gil-Yong stated Cho was 'killed by the Korean People's Army in a massacre of 500 people'. Here, using a



**Cho Man-Sik statue**

quote I found from a 1991 interview in the Korea Herald, Park Gil-Yong explains the circumstances of Cho's execution: "After retreating from Kanggye, North Pyongyang Province, I heard from the leadership that on the night of Oct 18, while the Peoples' Army fled from Pyongyang, approximately 500 people were shot to death at Pyongyang Prison. Among the corpses, some were buried in a hastily dug hole at the Daegong riverside, including the body of Cho Man-Sik. Most of the bodies were simply abandoned." (Park Gil-Yong)

(I must point out that while the Korea Herald says 500 prisoners were killed, during my research I found discrepancies with this number e.g., Wikipediea says Cho was one of 5000 prisoners killed).

Cho Man-Sik's life and legacy continue to speak hugely of North Korea's troubled



**Cho Man-Sik marker at Unification Tower**



political affairs. He is remembered for his work against Japanese colonial rule in Korea, for his fight against the division of Korea and for freedom from communist rule. His drive for independence was so strong he had written in his will "When I die, please draw two eyes on my gravestone, I am determined to see Japan collapse even after my death." Cho Man-Sik is admired for living only for Korea's independence, and for the people of Korea.

In 1970, Cho Man-Sik was declared a martyr by the South Korean Government, and posthumously awarded the Order of the Republic of Korea, in recognition of his contribution to his country.

General Choi Hong-Hi, the founder of ITF Taekwon-do, created a Taekwon-do pattern named after Cho. *'Ko-Dang is the pseudonym of the patriot Cho Man-Sik, who dedicated his life to the Korean*

*Independence Movement and to the education of his people. Ko-Dang has 39 movements which signify his times of imprisonment and his birthplace on the 39<sup>th</sup> parallel.'* It was one of the original 24 patterns created by General Choi, but, in 1980 was removed from the official syllabus by Choi and replaced by a new pattern, Juche.

General Choi was a founding member of South Korea's armed forces. However, after serving on the military tribunal in the court marshalling of his then military junior General Park Jung-Hee, (who later became South Korea's President), where Park was given a death sentence which was later rescinded, there were definite tensions between General Choi and General Park. Following a military coup in 1961 where General Park took power in South Korea, General Choi was sent to Malaysia on Diplomatic Assignment as Korean Ambassador in 1962. He returned



**General Choi Hong Hi and President Kim Il-Sung**

nearly 3 years later, in late 1964, and stayed in South Korea until 1972 when he was forced to flee to Canada to live in exile. Once there, Choi relocated the headquarters of the ITF to Toronto,

From Toronto, General Choi continued to publicly voice opposition to the dictatorship in Korea. The South Korean Government formed WTF in 1973, and the military regime there used their power to put enormous pressure on the loyal Korean ITF instructors. Pressure also came from the KCIA towards Korean master's and their families. This caused an exodus of ITF instructors to join WTF. The students Choi had personally trained in Korea had become Masters, and been sent by Choi all over the globe, but one at a time they had been bought by or switched to the WTF. By 1980 only 10 were still with Choi.

He assembled a small team of 15 people at this time, including his son and son-in-law, to visit North Korea. This trip was meant to spread Taekwon-do as General Choi believed TKD to be for all nations, but it was also to gather funds for ITF. Choi was happy to see, that interest in ITF taekwon-do was very strong in North Korea – 30,000 people turned out to watch the demonstration, and furthermore Kim Il-Sung covered the cost of the trip, and offered Choi millions and gave the promise that Taekwon-do would be taught in North Korea.

When asked, in an interview in 1999, why Juche had replaced Ko-Dang, Choi Hong-Hi replied – *“As new techniques were developed, they needed to be represented in the patterns. The pattern Ko-Dang was replaced simply because it represented the latest Korean history, basically last in first out. Since the new techniques are difficult to perform, (ie dodging reverse turning kicks, slow motion kick/ reverse kick consecutive kicks, mid-air strikes, defensive hooking kicks, 2 directional kick, landing in a left diagonal stance while performing a block) they should come in at*

*the 2<sup>nd</sup> Dan Black Belt level, as that is when one can be in peak condition.”* Judging by this interview, General Choi thought Ko-Dang was too simple to be challenging enough for 2<sup>nd</sup> Dan Black Belts. Unlike Juche, which is a much more complicated pattern, and really tests the practitioner on their physical skills and their ability to perform complex movements while still looking controlled and flowing.

Other conclusions have also been reached as to why General Choi replaced Ko-Dang with Juche. The consequences for Choi's team trip to North Korea were huge. As he had been a General fighting North Korea in the Korean war and taught anti-communism to South Korean soldiers, many in South Korea now felt he was providing the North Korean Army information he had taught to the South Korean army. They wondered whether he was supporting the Communist regime.

While in North Korea General Choi was allowed to visit his birthplace, Kangso-guyok, which he hadn't seen since after the second world war. Since the war it had been restored back to its natural beauty. To thank President Kim, General Choi gifted the North Koreans a new pattern named Juche. It was to be put in the place of Ko-Dang, which would be removed, as Ko-Dang, (Cho Man-Sik) was once a political rival of Kim's. Kim is, in fact, rumoured to have ordered his execution. It goes without saying Kim wouldn't have given any funding to ITF if Ko-Dang remained in the patterns, portrayed as he was, an honoured hero. In fact, Kim wanted Taekwon-do to be renamed Juche Taekwon-do after his own nationalist ideology.

Today in dojangs and competitions worldwide, we yell “Juche!” when finishing this pattern, in a salute to North Korea's ideology whether we intend to or not.

In Juche tul, the pattern meaning states; ‘Juche is a philosophical idea that man is



the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in the Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (M) represents Baekdu Mountain.'

Juche, officially 'the Juche idea', is the state ideology in North Korea. The first documented use of Juche as an ideology was in 1955 in a speech by Kim Il-Sung, given to promote an elimination of pro-Soviet and pro-Chinese elements from the Workers Party of Korea (WPK) after a failed challenge against his leadership, and was later to become known as the Juche speech. However, Juche was not adopted as the basic principle of North Korean politics until 1965. '*On the Juche Idea*' is one of North Korea's most complete and recognised works on Juche, and was published under his son, Kim Jong-Il's name in 1982. The WPK is responsible for educating the people in the ways of Juche

thinking, which is tightly linked with Kim and represents the guiding idea of the Korean revolution.

Importantly, loyalty to the leader is an essential part of Juche, as is clearly shown in North Korea's '*Ten Principles for the Establishment of a Monolithic Ideological System*'. These principles order complete loyalty to Kim Il-Sung, his successor Kim Jong-Il, and later still Kim Jong-Un entrenching them as the supreme political authorities. The Ten Principles have replaced the North Korean constitution and edicts put forth by the WPK, in practice they serve as law in the country. Every citizen must memorize them.

Juche is so indoctrinated in North Korean thinking, that the system of year numbering is even on a *Juche Calendar*, which was adopted in 1997, 3 years after the death of Kim Il-Sung. The calendar starts at the year Juche 1, which on the Gregorian calendar is 1912, which is Kim Il-Sung's



*The year Juche 103 is 2014 on our calendar*



birth year.

It could even be said that without funding from Kim Il-Sung the ITF may have had trouble surviving, as multiple other countries had already turned down approaches from General Choi. Perhaps this is why Choi went so far as to pay a silent tribute to Kim Il-Sung in the Juche 'Ready Posture'. It cannot be denied, that when comparing the Juche ready posture to photos of Kim Il-Sung, that it resembles his standing stance! And perhaps the 45 moves in the pattern are a reference to the year 1945, the year Northern and Southern Korea were split, which in turn lead to Kim Il-Sung being in power and eventually leading to the Juche Idea?

to feel comfortable practicing a pattern, Juche, which will be forever closely linked with Kim Il-Sung, a ruthless dictator. I have learned that while the literal meaning of Juche in Korean is 'subject' or 'mainstream', or even 'independent stand' or 'spirit of self-reliance'. However, when it is written in Chinese (Hanja), Juche means simply, 'Master of the Body' or 'Master of Self'. This reaches out to me. In my life and in practicing Taekwon-do, I constantly strive to obtain mastery of my own body, and my own self, and I believe being able to develop a strong sense of self-reliance and independence, increases the quality of every aspect of my life, which then enables me to practice to be able perform at my highest possible ability, in both Taekwon-do and every other aspect of my life.

Because of this, I, personally, find it difficult





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# **My Chayon-Ryu Experience**

## ***A Lifestyle System for Modern Day Practitioners***

**By Alberto Borjas, 7th Dan**

It was early 2013, I was in my mid-fifties and after a life of practicing martial arts I was feeling the negative effects of the hard training on my body.



I was almost ready to quit my training when I remembered a magazine article I had read some years ago about Chayon-Ryu, the “natural way” method of training martial arts created by Grandmaster Kim Soo more than 40 years ago in Houston, Texas.

I visited their website and I saw pictures of people older than me participating actively in classes alongside young students—very unusual in today’s martial arts world. I decided to call to the Chayon-Ryu headquarters and Grandmaster Kim Soo



himself answered the phone. He invited me to visit the dojang the following day. It was his Wednesday morning class. Grandmaster Kim welcomed me at his office with a smile and invited me to participate in his class. Ten years have passed and I have rarely missed that Wednesday morning class.

I think I have had a different learning experience than most Chayon-Ryu students and I would like to share it with everyone. When I came to Chayon-Ryu, I had almost 40 years of training in martial arts and that experience gave me the elements to compare and contrast as well as understand how Chayon-Ryu stands apart in the world of the martial arts.





I have spent all my adult life training and teaching martial arts. When I was in my teens, I started learning karate, eventually earned a 2nd Dan in Shorin-Ryu, and when I finished high school I decided I wanted to become a martial arts teacher. I earned a degree in Pedagogy with a major in Physical Education and started teaching in 1980. In 1987, Taekwondo was introduced in Cuba and I became a practitioner of the Korean martial art. I became a full-time Taekwondo teacher and coach in 1988. I was one the first Taekwondo black belts in my country, and in 1995 became one of the first Master Instructors certified by the Kukkiwon (Taekwondo World Headquarters in Seoul, Korea). I trained Taekwondo world class athletes who excelled in the international arena. When I came to the US in 1996, I continued teaching and learning martial arts. I

was a martial arts instructor for the Chuck Norris KickStart Kids Foundation in Houston, Texas for 10 years. I practiced Judo, Krav Maga, and Brazilian Jiu Jitsu, where I was an advanced student. I experienced some other martial arts such as Kendo (Kumdo), Tai Chi, and Chin Na. I believe I began my training in Chayon-Ryu with a really unique perspective.

### What Is Chayon-Ryu?

Chayon-Ryu is a martial arts system created by Grandmaster Kim Soo, a third generation Korean master, in Houston, Texas, in 1968. Chayon-Ryu is celebrating this year its 55th anniversary.



Chayon-Ryu means "Natural Way" and the reason for this became apparent to me since the first class I participated in.

Grandmaster Kim Soo, who is 83 years old and still teaching daily at his Chayon-Ryu Headquarters dojang, bases his method of teaching on the use of the natural movements of the human body—hence its name. The body's natural movements—found in ordinary activities like walking, running, skipping, twisting and throwing—are used to perform the martial arts techniques. This method will be easier for the students because it allows them to learn from body movements they already naturally have, but more importantly it reduces the risk of injuries due to contrived or unnatural movements. This is the most important difference of Chayon-Ryu, in my opinion, compared to the traditional methods of teaching martial arts.

Traditional methods of teaching martial arts don't take into consideration the design of the human body and the risk of getting injured while performing their techniques. It is very common in martial arts to get spine or joint injuries by performing techniques like kicking or punching using faulty

methods. One of the most frequent injuries in martial arts, for instance, is a ligament tear of the knee of the supporting leg by performing kicks without rotating the supporting foot. The supporting foot should rotate freely on the floor on every kick to avoid knee injuries.

Another example is when punching, striking, or blocking with the rear hand in a front stance, the rear foot should pivot to allow the rotation of the upper body following that forward momentum to not cause strain on the lower back.

These are just two examples. It is important to understand the proper body mechanics in the execution of every technique, and techniques should be in harmony with the design of the human body.

Sometimes martial artists are working against their body's natural motions, and that will cause problems in the long run. That's the main reason you won't find





many students past their prime in martial arts classes.

In modern society we train martial arts for health and to be able to enjoy life at an advanced age. The methods of training martial arts should help us to accomplish that goal. Grandmaster Kim Soo found that traditional methods of training were not designed for that purpose, and that motivated him to the creation of Chayon-Ryu.

Once you understand the philosophy of the Chayon-Ryu method and you follow that logical and reasonable path, you will get the results you are looking for without taking unnecessary risks.

The Chayon-Ryu method minimizes the risk of injuries and maximizes the results.

### Principles of Training

Chayon-Ryu is a Martial Arts System based on Principles. The Chayon-Ryu principles developed by Grandmaster Kim Soo, who has been teaching uninterruptedly since 1955, are beyond styles of martial arts. Grandmaster Kim Soo teaches the Chayon-Ryu principles in any martial arts school, regardless of style. Those principles are universal because they are based on the natural human body movements and the design of the human body.

Sometimes people confuse the different ways to perform a technique according to their styles with these principles. There are different ways to perform a technique, but the principles are always the same because of the unique design of the human body. If you follow the proper principles, there will be no confusion and you will know the difference between a right and wrong method.

Chayon-Ryu students learn based on the principles rather than trying to imitate the instructor's movements. The latter is the most common way of learning martial arts: the students imitate the instructor's moves.

Most of the time, instructors will not have an answer to why a particular move is performed in a certain way, and will probably say: "That's the way we do it in our style, I was taught like this or it has always been this way." As a result, wrong movements are repeated and mistakes are perpetuated. In

Chayon-Ryu instructors will have the students understand the principles and recognize the mistakes so they can correct themselves.

The Chayon-Ryu method, because it is based on the natural body movements students already have, makes the learning process easier and more enjoyable, which guarantees more retention. In most martial arts schools, the process is so difficult for students, especially at the beginning, that a





great many will get discouraged and quit and, in some cases, never again consider learning martial arts. The Chayon-Ryu method ensures that will not happen. Once a student stays long enough and experiences the mental and physical benefits of the training, they will never quit and will make Chayon-Ryu their way of life.

### **Lifestyle Martial Art**

Chayon-Ryu is a Lifestyle Martial Arts System (Sang Hwal Mu Do) that emphasizes mental and physical balance rather than focusing on competition. Grandmaster Kim Soo states: "the real competition in life takes place from within."

Most martial arts today are sport competition-oriented and the real purpose of training martial arts is neglected. In modern times, martial arts were originally conceived as methods for personal development; that's the reason of the word "Do" at the end of their names. Which in a philosophical sense means "the Way," as a way to live our lives. Their original purpose was not the sport competition. Eventually, competition took precedence and the martial arts drifted away from their roots.

There are many students these days that go to a martial arts school looking for personal improvement and they end up learning how to compete in a martial sport. There are no martial arts classes catering to the adult population and all the focus is on children and sport competition. That will not happen in Chayon-Ryu. You will find very mature students training alongside young students in every Chayon-Ryu class. Some students have been learning Chayon-Ryu for 30-40 years and still actively train.

Chayon-Ryu offers a very comprehensive curriculum that includes a great number of classical forms: Chinese, Okinawan/Japanese, and Korean; One-Steps: Traditional and Practical (which are unique to Chayon-Ryu); Hapkido; Self-defense; Free Sparring; and more. Grandmaster Kim Soo preserves in his Chayon-Ryu system many forms that were practiced during the pre-sport Taekwondo days in Korea (today almost vanished) that are a real treasure for serious martial arts students. The Chayon-Ryu curriculum can interest any student eager to learn for a lifetime.



## Chayon-Ryu Self Defense

Grandmaster Kim Soo blended his extensive knowledge of the Asian classical martial arts with a common sense approach to create a unique self-defense system. The Chayon-Ryu method of self defense combines theories and techniques of Chinese Chuan Fa, Okinawan karate, Japanese Kendo and Korean Taekwondo, as well as the grappling arts Judo/Jujutsu and Aikido/Hapkido.

The philosophy of the Chayon-Ryu method of self defense is based on the natural response of the human body to the different forms of physical aggression in a realistic scenario.

Since there's no competition in Chayon-Ryu, the training from day one is self-defense oriented as opposed to most modern martial arts that focus on sport competition.

The Chayon-Ryu method of self defense contrasts with others in that it does not try to find a great number of different responses against every form of aggression. The philosophy of Grandmaster Kim Soo is that: "it's better to have one technique that works in ten different situations than ten techniques for every situation." The Chayon-Ryu self-defense method emphasizes learning a few basic core tactics and techniques that can be performed instinctively and adapted to numerous situations.

The techniques in the Chayon-Ryu Self-defense method are simple, easy to learn, and doable for any person regardless of their age, physical condition, or limitations— as opposed to most modern martial arts that rely on physical strength or athleticism.

## Conclusion

The Chayon-Ryu Martial Arts system has no parallels in today's martial arts realm.

Chayon-Ryu is not just another style of martial arts, but it is a new method of training martial arts that minimizes the risk of injuries and maximizes the results. Chayon Ryu allows its practitioners to stay healthy and keep enjoying the mental and physical benefits of training martial arts for a lifetime. Rooted in the ancient classical martial arts of Asia, Chayon-Ryu combines physical training with philosophical insight to fight the challenges of



modern society.

Chayon-Ryu is a true lifestyle system for modern day practitioners, a real jewel in the world of martial arts.

## Epilogue

After 10 years of incorporating Chayon-Ryu training in my life, I can say that I feel rejuvenated. I'm 67 years old and enjoying martial arts training like I am ten years younger. When I have my regular physical exams, the only doctor's recommendation





is to “keep doing what you are doing.” I don’t follow a very strict diet, take vitamins, or supplements. I’m not a fan of the gym. I do Chayon-Ryu. Chayon-Ryu is my way of life.

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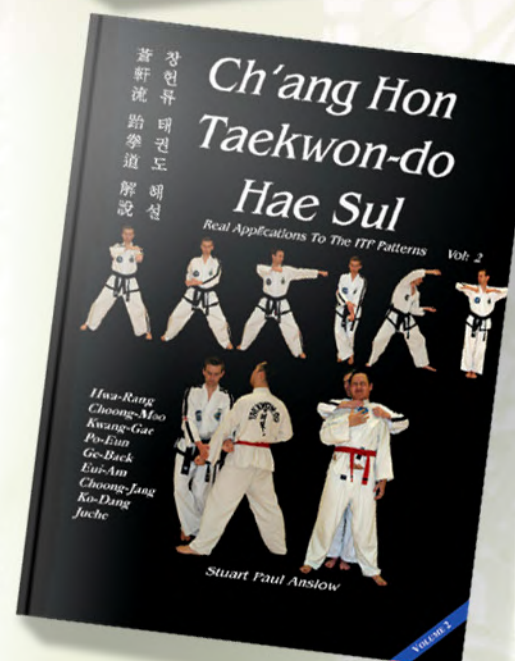
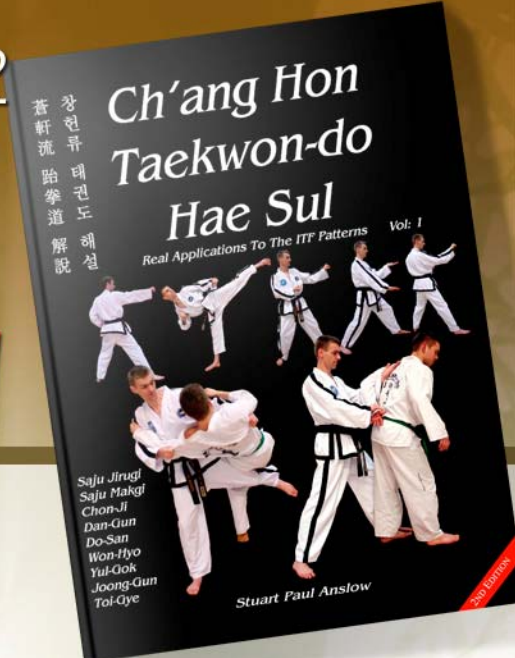
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John Dowding  
4<sup>th</sup> degree ITF



“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  
4<sup>th</sup> degree ITF





From the Vaults - November, 2010

# How To Develop Techniques

By Al Case

Following is the ninth movement (third actual technique) of the form Dan Gun. I was originally taught this move in the form Pinan 2 (Heian 2), in the old Kang Duk Won, which was one of the original schools of Taekwondo.

It's interesting to see how the forms, and the movements of the forms, have developed over the years. One would think that there shouldn't be much variation in a form, but there is. There are interpretations of technique that will affect how a move is done, there is evolution and change of forms, there are such things as teaching methodology, concepts such as Sine Wave Theory, and so on.

Following is a short list of possible applications which demonstrate some of what I say, and some of the potentials one should be looking for in a form.

In the following two pictures are an interpretation of form. I was originally taught that the arms should be more parallel, which would raise the rear arm into more of a high block. A common interpretation, however, is to have the rear arm parallel to the ground.



The reasoning behind this interpretation is that, number one, it is a high block, and, number two, that if somebody was to press on it, as they do in the next two images, the block would give way. Thus, when levelled, or parallel to the ground, contrary to how many schools of art do this move, it doesn't work.

Of course, while this interpretation has value, it is still but an interpretation, for the angling of the body takes the high block out of the action and then one must question it's value. Is it a block? A threat of secondary strike? Is there some other function? Leaving the question of some other function for a moment, following is the first technique I was taught for this move.



The attacker executes a right punch, and the defender steps back and applies the ninth movement of Dan Gun (Pinan 2) by making the lead arm into an outward middle block. The attacker launches the left fist for his second strike, the defender brings the high block down into a middle inward block. The Defender then launches his own counterstrike, a punch to the body. The punch follows (goes under) the line of the attacker's arm, thus becoming difficult to see. This is what I call a 'hidden fist' technique.

Obviously the preceding variation is more than Dan Gun, and strictly out of the form Pinan Two. Still there are so many more things that can be done. To robot the moves of the form, and not search them for other techniques is sheer blindness. It is like reading a book without understanding the words.

Following is the second technique I was shown, which demonstrates how a basic move can be extrapolated into variation.



The attacker steps forward with the right fist, and the defender steps back and executes just the front hand of the Dan Gun move, an outward middle block. The attacker then launches a second strike, a punch to the head, and the defender raises the rear arm upward in a high block. This is not in keeping with the angle of the body in the original move, but we are using both arms in a semblance of what is presented in the first move.





The upward motion of the rear hand does not stop on the high block, however, it circles all the way around to execute an uppercut to the ribs. One has to evaluate how long the front hand should hold its position. While the optimum would be to synchronize the uppercut with the retraction of the front arm, one must make sure the attacker's punch is not released too soon, which would allow the attacker further attack at disadvantageous time. The last move would be to shift the body weight into a horse stance while executing a hammerfist to the stretched ribcage of the attacker. One can search for pressure points, but the power of the horse stance should do the trick.

As one examines the Dan Gun movement, and the techniques just presented, one can come to the conclusion that there is a certain amount of static (unmoving) posture to the technique, which is to say it requires the unmoving commitment of the dummy to work...and you aren't going to see it on the street. However 'poser' it may be, it still provides an invaluable training step for the complete martial artist. Beginners, and this includes those enamored of the MMA 'punch and die' mindset, should realize that the lessons learned in this rigid technique will realize much fruit as one travels through further evolutions of the technique.

In the following technique a simple 'slap and grab' establishes much more workability, and shows how the technique can be developed more for the street.



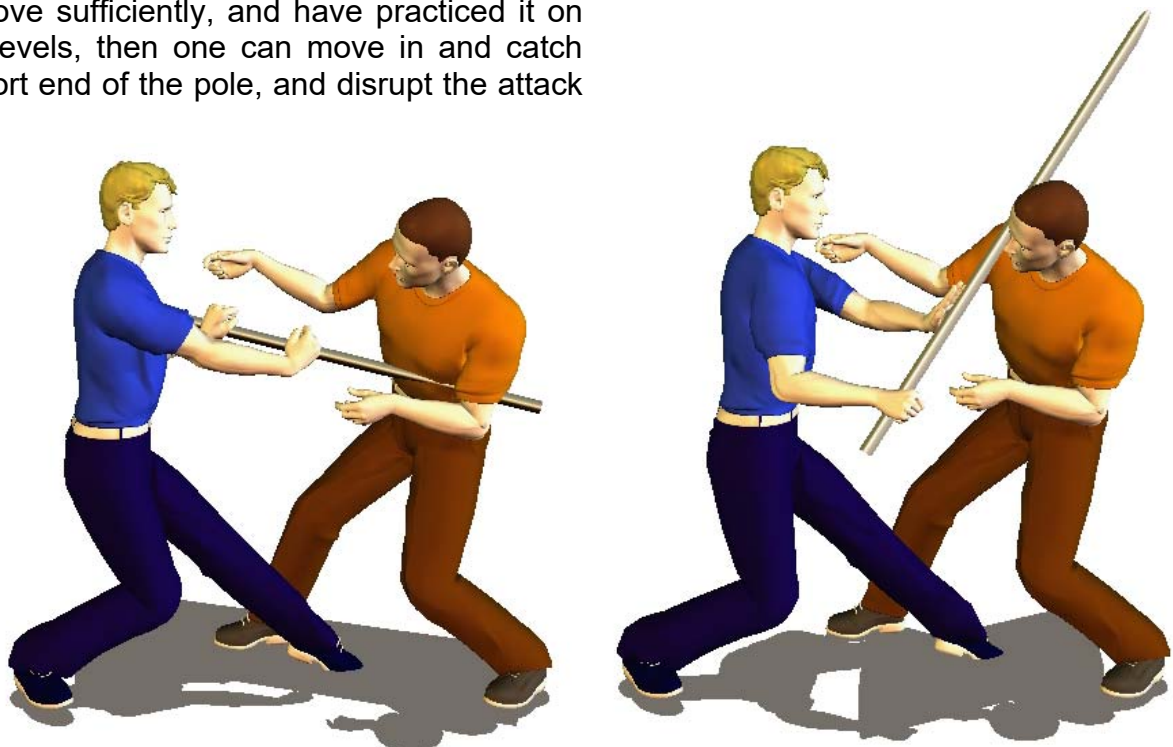
The attacker launches a right fist, and the defender slaps the fist inward with his left hand (a very intuitive and natural move). The defender then grabs the attacker's wrist and pulls upward, emulating the high block, while executing a short, sharp jab to the ribs.

This variation has to have pin point accuracy and the ability to develop short power, and defends the need for spending much time studying the preceding and more classical techniques. Obviously, one can alter this technique in many realistic ways, especially when setting up hard blocks and then transitioning into the softer block and counters.

Lastly, one must not forget that the Japanese arts from which such movements as this came from were originally designed for defense against weapons (armed Samurai). Thus, the following technique will be adapted for a simple overhead strike with a pole.



I know it looks funky, but if you have practiced this move sufficiently, and have practiced it on basic levels, then one can move in and catch the short end of the pole, and disrupt the attack





sufficiently to grab the long end of the pole. The kick is gratuitous, and delightfully taekwondo. Grin.

The trick to taking the pole away is to execute sufficient leverage that the attacker's wrist becomes bent and unable to hold onto the pole, then circling the pole out of his grasp and using it against him is possible. It is difficult, it is going to take work, but it is a technique well worth working on.

In closing, there are dozens and dozens of potential techniques in this move, and time spent exploring options is time well spent. After all, how can you say you really know a technique if you haven't explored every single angle, every single counter, every single combination which includes the movements.

Thus, one should take each movement of their art and explore it through hard and soft potentials, through a variety of weapons applications and disarms, through combination with every other move of their art. **To do less is a waste of time.**

*Al Case has practiced Kang Duk won for over forty years. His website, [MonsterMartialArts.com](http://MonsterMartialArts.com), presents a variety of techniques and forms from a dozen different arts.*



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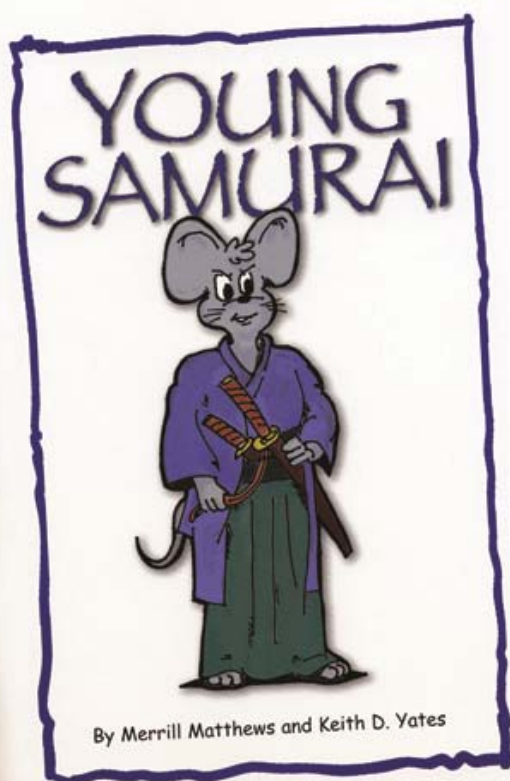
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# *From Creation To Unification*

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*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.*

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1. All articles must be submitted (preferably) in word, RTF or plain text format only, with minimal formatting (no auto-paragraph spacing for example)
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