

TAE
KWON
DO
DIGEST

Vol. One, No. One, Aug/Sept

\$1

Korean
Karate

Special
Warrior
with a
Special

Purpose:

Park
Jong Soo



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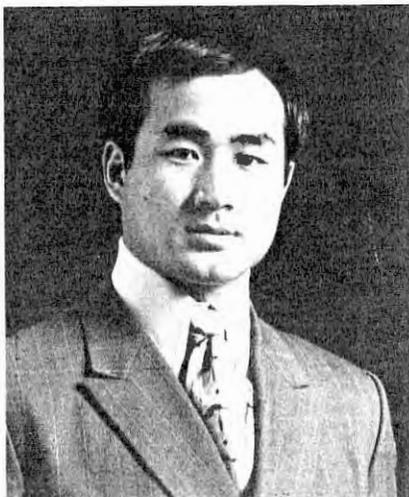
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Park Jong Soo

Special Warrior with a Special Purpose



When you say Park Jong Soo, sixth-dan in Tae Kwon Do, always add "special" to his name.

If you ask his instructors, students or spectators at his demonstration for the First Special Tae Kwon Do Congress in Canada, they will probably say "super".

Park's demonstration was so exact - so exciting, it sent shivers of awe commingled with disbelief down the spines of everyone who saw him work.

Park takes the humdrum out of demonstrations by injecting large quantities of seemingly daredevil daring, mixed with tremendous skill. The end result is a special masterpiece of self-defense.

At the recent congress in Canada, Park's home, he not only awed 10,000 spectators, he just as neatly thrilled delegates and executives of the International Tae Kwon Do Federation (all ranking black belts).

SPECIAL PERFORMANCE

Unlike the all too common self-defense shows, Park demonstrated his technique against a man wielding a razor-sharp eight inch knife.

Oddly, the man holding the knife was at a disadvantage.

The threat of being cut by cold steel seemed to incite Park to move faster, his blur-like kicks and punches thudded into his well-protected opponent.

When Park finished his demonstration, the crowd was momentarily too stunned to applaud. Then, the accolades filled the auditorium as almost 10,000 people rewarded Park with a special round of applause. Everyone agreed the performance was a special event that day.

Park is always something special to watch and he is a special teacher as well. He is special because he treats his art as it should be, as something special. This speciality has continued to be the by-line of Park throughout his 18 years in Tae Kwon Do.

HISTORIAL BACKGROUND

Park was born in 1941 in Chung Nam Providence, Korea, an area conducive to self-defense. At 14, Park began his instruction, learning rapidly, rapidly becoming a special student.

A short six years later, he became an instructor at Chun Bok Province Police Headquarters Gymnasium. Two years later, in 1963, he was selected to the special status as Tae Kwon Do representative for the Korean Army. In 1964, the young man fought his way to claim the title of Korean National Heavyweight Champion.

Although he was very outstanding, he still longer to learn from Gen. Choi Hong Hi, the father of Tae Kwon Do. In 1963, Park got his chance, he then lived and trained with Gen. Choi for two years.

By 1965, Park was well known as a rising star, and he was consequently selected to train Korean army officers as instructors of Tae Kwon Do. These officers then trained military personnel headed for Vietnam.

Park also was selected, that same year, to represent the Korean government on a goodwill tour through Asia, Africa and Europe, demonstrating Tae Kwon Do to governmental officials. Gen. Choi personally lead this goodwill mission.

At that time, the German Tae Kwon Do Association was searching for a head instructor and upon seeing Park's demonstrations, the German group immediately asked him to become their top instructor.

Park accepted the position although he spent only one year in Germany, quickly leaving for the Netherlands to found an association there.

In 1968, Park journeyed to Toronto, Canada, where he owns three schools. He also has three affiliated schools in New York; at Buffalo, Niagra Falls and Rochester and schools in Ontario; at Windsor, Chathany and Sault Ste. Marie.

He also is current Secretary General of the ITF and is the special favorite of the people of Toronto.

TAE KWON DO

THE MAN



Courtesy. Integrity. Indomitable Spirit. Perseverance. Self Control.

The tenets of Tae Kwon Do are also the lifeblood of its true practitioners.

Anyone who knows and practices the tenets surely is a worthy student. One who knows, practices and so endears the tenets as to become a living example of Tae Kwon Do enters the realm of select.

Nam Tae Hi resides within that realm. He is one of two persons in the world who possess the eighth-degree black belt in Tae Kwon Do.

He served as president of Asia's Tae Kwon Do Federation from 1967-72 and is current president of the American Federation.

Nam began teaching Korean self-defense in the 1940's, although his career was interrupted briefly by the Korean War. He served as an army officer during the conflict.

After the war, Nam was sent to the United States to study military courses. While in the U.S., he gave a demonstration which reportedly greatly popularized the art in this country.

Having completed his studies, Nam returned to Korea where he once again began instructing Korean soldiers in the art of self-defense. Moreover, he also helped Gen. Choi Hong Hi (president of the International Tae Kwon Do Federation) form OH DO Kwan, a karate gymnasium for Korea's 29th Infantry Division.

Nam also continued to give superb self-defense demonstrations throughout his country. One demonstration viewed by Korean President Rhee Sing Man so interested the Korean executive that he ordered all his military personnel to learn Tae Kwon Do.

During the 1950's, Nam traveled throughout the world giving demonstrations while serving as chief instructor for the military police forces of Korea.

Some of his demonstrations were attended by as many as 360,000 persons, such as one he and 16 other Korean experts presented in 1959 in Vietnam. Nam was so influential in teaching self-defense to persons in Vietnam that the people call him "The Father of Tae Kwon Do in Vietnam."

In 1964, upon returning to Korea, Nam served in the National Sport Division and was selected as a delegate to the Council International Du Sport Militaire.

During the later 60's, Nam served as chief instructor in Malaysia and was, in 1968, selected President of the Asia Tae Kwon Do Federation. He also served as chairman of the Provincial Committee of the International Tae Kwon Do Federation (ITF).

Nam recently founded Nam's Tae Kwon Do Institute at 5415 North Lincoln in Chicago, Illinois, which also is headquarters of the American Tae Kwon Do Federation.

AS A WAY OF LIFE

THE ART



Having been associated with Tae Kwon Do for many years in both administrative and instructive capacities, I welcome this opportunity to express certain opinions. In addition to being a source of inspiration and social fulfillment, Tae Kwon Do and its philosophy has been a patriotic and spiritual focal point for all of my energies for the past thirty years; a channel, as it were, through which I could serve my country and my God.

The correct use and promulgation of Tae Kwon Do has taken me, many times, the world over. In its behalf, I have come into close personal contact with heads of state and government in more than fifty-eight different countries.

Gen. Choi Hong Hi and myself have personally taught instructors in the art, whose subsequent, combined efforts have resulted in the dissemination of Tae Kwon Do techniques to over ten million earnest students and members. Accordingly, I feel qualified in making my desires and position known.

Integrity, courtesy, honesty, perseverance, self-control and exaltation of spirit, have been among the tenets of Tae Kwon Do since its inception, which was approximately 1,250 years ago in the year 700 AD. in the Silla Dynasty. It has since become one of Korea's PROUDEST AND NOBLEST ACHIEVEMENTS. As such, and in its present developed form, it represents Korea's indomitable spirit and gift to the world.

Tae Kwon Do, being a vehicle of such high philosophical aims, should accordingly be maintained and represented as such throughout the world. It is the unfortunate and painful truth that this has not been the case. Prostitution of Tae Kwon Do by unqualified instructors for material and monetary gain is too often its mode of introduction to the general public. This is mostly true in America where governmental control of the quality of Tae Kwon Do centers is not exercised, such as is the case in other countries. Perhaps sufficient government interest in Tae Kwon Do would result in the government setting standards for Tae Kwon Do instructors. At the very least, the government should see that the standards of the international Tae Kwon Do Federation (ITF) are maintained by instructors in this country. This action would weed out all clandestine Tae Kwon Do centers and restore the art to its proper state of being. The minimum requirements for an international instructor are a fourth-degree black belt rating and licensing by the federation.

In America there are four main bodies with which Tae Kwon Do schools affiliate. The U.S. Tae Kwon Do Association, The American Tae Kwon Do Federation, The American Tae Kwon Do Association, the United Tae Kwon Do Federation and various private associations. Theoretically, these come under the jurisdiction of ITF and must abide by its laws. These four main bodies were formed for the convenience of administration, because America is such a large land mass. Although some overlapping does exist, they, for the most part, encompass the entire country. The one main drawback is differences between them, in the qualities and systems of grading, do occur.

Being the chairman of the Promotion Committee of ITF, I am naturally concerned that all Tae Kwon Do associations and federations in this country maintain a standard of grading and promotion testing in accordance with the criteria sanctioned and maintained by ITF. It is my desire to promote a standardization of all grading and promotion testing in keeping with ITF dictates. In an attempt to achieve this standardization, I will make my views and desires known to all instructors August 18th, in Montreal, Canada at the formation of the Tae Kwon Do University for the education and training of international instructors. The formation of this university is to be sponsored by ITF.

Allow me, briefly, to describe the system of rank sanctioned by ITF. The promotional scale is divided into nineteen ranks, 10 grades (gups) and 9 degrees (dans). The grades begin with the 10th, the lowest and end with the first. Following the grades, the degrees begin with the first degree and end in the ultimate attainment of ninth-degree. The significance of the numbering system is as follows. With degrees the number nine is not only the highest one-digit number but is also three multiplied by itself. In the orient, nine is the most esteemed of all numbers. The Chinese character representing three is called Khien and is written \equiv . It is one of the four trigrams of the Korean flag. The upper line symbolizes heaven; the middle line, mortals; and the final line, the earth. It is believed an individual who was successful in harmonizing the dictates of his country of culture, his fellow man and God within himself would aspire to become a master or king, which was written thusly \equiv . The character for the king who has united heaven and earth within himself, is shown by the trigram Khien \equiv connected in this manner \equiv . Therefore, the mystical rationale of the degree system of rank is evolved by the number three (\equiv) being multiplied by itself and equaling nine (九), the highest attainable degree of Tae Kwon Do. The first-third degrees are considered the novice stages of black belt. The fourth-sixth degrees are where the expert class is entered into. Finally, the seventh-ninth degrees are composed of the Tae Kwon Do masters, truly the kings (王) of Tae Kwon Do.

The grades of Tae Kwon Do run from 10 to 1 and are represented by belts of different colors. The colors, not being arbitrarily chosen, are deeply steeped in Korean tradition and history. The belts correspond to the grades as follows:

Type of Belt

White BeltTenth Grade
White Belt with yellow stripeNinth Grade
Yellow BeltEighth Grade
Yellow Belt with green stripeSeventh Grade
Green BeltSixth Grade
Green Belt with blue stripeFifth Grade
Blue BeltFourth Grade
Blue Belt with red stripeThird Grade
Red BeltSecond Grade
Red Belt with black stripeFirst Grade

Black BeltFirst to Ninth Degrees
 There is also a half black and half white belt for the junior black belt holder.

The criteria for grade and degree is based on the total number of hours and days required for the average student to obtain first-degree black belt and following this, the years of further instruction for the black belt holder.

There are three programs the beginner may follow:

An 18 month course; an hour and a half per day, six days per week for a total of 702 hours.

A 30 month course; an hour and a half per day, three days per week for a total of 585 hours.

A 12 month course; four hours per day, six days per week for a total of 1248 hours.

It usually requires a minimum of 1½ years to attain the rank of first-degree black belt.

The various ranks are systematically acquired through the basic educational techniques, sparring methods and consequent integration into the twenty-four patterns of Tae Kwon Do.

There is the misconception that black belt holders are experts. **This is not the case.** The first-degree black belt has usually learned enough technique to adequately defend himself against a single opponent and can be compared to a fledgling who has acquired enough feathers to leave the nest and fend for himself. The student has established a starting point or a foundation, as it were. The job of building the house lies ahead of him. The novice black belt has mastered the alphabet and can begin to read but will not really learn true technique until after years of study and hard work.

The expert and master stages will only be reached by those students who have overcome, both physically and mentally, the inertia fostered by the self deception that they are competent and no longer need study. The true master maintains his degree in the dignity of silence.

It is sincerely hoped by myself, Gen. Choi and the ruling members of ITF that the above system which is the only true traditional Tae Kwon Do grading system, becomes the criteria in this country as it has throughout the world. To this end and the dissemination of the physical and spiritual tenets of the Tae Kwon Do philosophy, we have dedicated our lives.

The father of modern Tae Kwon Do, Gen Choi, had, for many years conducted scientific and theoretical research on ancient Korean "Taek-Kyon," which chiefly employs foot techniques, Japanese karate, and Chinese Ch'an-fuah. These martial arts had not been properly developing until the appearance of modern Tae Kwon Do, which consolidates "Taek-Kyon," karate, and Ch'an-fuah. Gen. Choi's efforts to establish, encourage and promote the development of Tae Kwon Do led to the founding of ITF.

In subsequent articles, I will describe a detailed development of modern Tae Kwon Do and its migration from Korea to the world.

TAE KWON DO ON THE MOVE

robert walson



International Tae Kwon Do Federation (ITF) officials, meeting at the First Special Congress in Canada, distributed directorships among various nationalities comprising the federation, thereby insuring representation for all member nations.

Delegates at the congress felt the move would dispel the misconception that ITF is solely managed and controlled by Koreans.

Furthermore, the congress approved and pledged support for the publication of *Tae Kwon Do Digest*, drafted a new constitution and by-laws, elected a board of directors and officers and pledged support for the new ITF Headquarters in Toronto.

Instructors from Canada, the United States, Germany, England, Holland and Taiwan attended the April conference.

Since publication of the former federation magazine, *Human Weapon*, was interrupted due to unavoidable financial difficulties, a new magazine *Tae Kwon Do Digest* will be published from Denver, Colorado. C. E. Sereff and Lou Thomas, will be technical advisor and publisher, respectively.

New By-laws

Under the new by-laws, members of the federation must display a recognition plaque issued by I.T.F. The main gym is obliged to pay \$150 a year, while branches are to pay \$50 annually.

Delegates also ruled that all applications for degree certificates and membership cards must be made through organizations or senior instructors recognized by I.T.F.

Another resolution which passed states that all students of Tae Kwon Do, practicing under international instructors, **must** wear the federation patch on the left side of their uniform. Each student is requested to pay \$2 annually for the patch, of which 20 per cent is donated to their school.

ITF Translations Forthcoming

The International Tae Kwon Do Federation (ITF) is presently involved in printing its tournament rules in French, German, Italian, Spanish, Portuguese, Greek, Dutch and Turkish. These will be sent to ITF branches around the world. ITF also will continue to circulate certain portions of its book in the above languages. The Federation requests non-English speaking branches be patient with the slow progress in receiving translations of the book. They will be forthcoming, although time and expense are great.

Footgear: Yes or No

There has been a great deal of argument among ranking Tae Kwon Do instructors concerning the use of protective footgear being worn in tournaments. *Tae Kwon Do Digest* would like to solicit comments from instructors and students on the use of footgear. Some claim it may eliminate injuries, while others state it may eliminate focus and inhibit Tae Kwon Do techniques. We welcome your comments.

ITF Accepts Other Styles

There are a number of Japanese, Tang Soo Do, Okinawan and Chinese black belts who have expressed interest in changing to Tae Kwon Do and becoming members of the International Tae Kwon Do Federation. President Choi Hong Hi would like to encourage all Tae Kwon Do instructors to welcome these people into their clubs, teach them the techniques and present them to the ITF brotherhood. The spirit of ITF should be on an international scope. Do not be parochial in your interests. Like the

air we breath and water we drink, Tae Kwon Do should be available to all.

President Choi will consider all applicants into the ITF on the strength of their testing results. Please refer to page 469, paragraph one of the "instructor's classification" for testing procedures.

Headquarters Move

The International Tae Kwon Do Federation (ITF) headquarters has been moved from Seoul, Korea to Toronto, Canada. The new location will expedite communication between various Tae Kwon Do associations and will facilitate a more efficient mailing service. Gen. Choi Hong Hi, president of ITF, said the new location will encourage continental and intercontinental championship tournaments.

PLAN FOR WORLDWIDE TAE KWON DO DEMONSTRATION

TIME TABLE

Arr.	Dep.	
Oct. 5	Oct. 7	Vancouver, Can.
Oct. 7	Oct. 9	San Francisco
Oct. 9	Oct. 12	Japan
Oct. 12	Oct. 17	Hong Kong
Oct. 17	Oct. 20	Malaysia
Oct. 20	Oct. 22	Singapore
Oct. 22	Oct. 25	Vietnam
Oct. 25	Oct. 29	Australia
Oct. 20	Nov. 1	Lebanon
Nov. 1	Nov. 5	Ethiopia
Nov. 5	Nov. 9	Kenya
Nov. 9	Nov. 13	Ivory Coast
Nov. 13	Nov. 16	Morocco
Nov. 16	Nov. 20	Stuttgart, Germany
Nov. 20	Nov. 23	Rome, Italy
Nov. 23	Nov. 27	Madrid, Spain
Nov. 27	Nov. 30	Paris, France
Nov. 30	Dec. 4	Holland
Dec. 4	Dec. 7	London, England
Dec. 7	Dec. 11	Stockholm, Sweden

TAE KWON DO

DIGEST

Vol. One, No. Two



International
Martial Arts

"When
Tae Kwon
Do Strikes"

A New
Movie Star:
Jhoon Rhee

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Editorial and business offices P.O. Box 533, Denver, Colo. 80201

Kicking it Around

Letters to Editor

Dear Editor:

The first part of this month, I attended an instructors meeting in Flint, Michigan. This meeting was called by our instructor Mr. Yu Byung Chul (a newly elected ITF director). I traveled over 200 miles to attend the meeting and he was kind enough to give me the only copy of the Tae Kwon Do Digest he had.

I have had time to go through that copy cover to cover. Though the first issue is somewhat limited in scope, I find it a refreshing departure from the sensationalism of the "leading" martial arts magazines. I guess my comment can be summed up simply by entering my subscription for two years.

Thank you and best luck.
LeMoyne B. Wilkinson, Jr.
Traverse City, Michigan

Dear Editor:

A number of my students have asked the difference between the Korean Tae Kwon Do Association and the International Tae Kwon Do Federation. Is there a difference? Are the techniques the same?
Paul Tucker
Washington, D.C.

The Korean Tae Kwon Do Association is not recognized by the ITF for a number of reasons. The Korean Tae Kwon Do Association is sponsored by the Korean government and has its headquarters in Seoul, Korea. All the officers of the association are Korean and the association is very chauvinistic in nature. The ITF, on the other hand, is based in Toronto, Canada and the board of directors is composed of various nationalities. The ITF is apolitical in nature and receives no government sponsorship. It is truly an international organization.

In response to the question of techniques. . . Yes, there is a great deal of difference. The Korean Tae Kwon Do Association practice outdated patterns and techniques, i.e., the old Japanese and Chinese Pal Gae patterns and movements that have been judged illogical and useless. The more proficient of the ranking Korean instructors realize this and have associated themselves with the ITF. Though the Korean Tae Kwon Do Association was affiliated with the ITF in 1967, and on paper is still affiliated, the association is not recognized as a progressive and representative branch of the ITF.

Dear Editor:

How is a beginning student to know if an instructor is recognized by the ITF. I understand that many instructors use the name Tae Kwon Do but are not really Tae Kwon Do. This is all very confusing.
David Bell
Ocala, Florida

First, request to see the instructor's certificate. Unless it is an ITF certificate issued by Gen. Choi and signed by him, it is not ITF. Most important, however, each club must have an ITF recognition plaque hanging in the gym for all to see. All students also will be wearing the ITF patch, which cost \$2.50 and will be sent to the branches in the very near future. Tae Kwon Do Digest soon will list all ITF instructors and publish a black list of fraudulent instructors.

Dear Editor:

Have received your first edition and must say it is quite 'thin' to cost

\$1 per issue. When will you be doing a story on Jae-Hwa Kwon, who now teaches in New York? Please send me the address of Park, Jong-Soo, who teaches in Toronto, Canada.

I began teaching here at Salvation Army this past October, and since then have signed 150 students. I volunteer my services (I teach free of charge) but do charge one dollar which is donated to Salvation Army. I have several students who are six, seven and eight years of age. They are doing nicely.

Robert G. Zychski
Horangi TaeKwon Do Dojang

Dear Editor:

A LETTER FROM CHOI HONG HI

In the past year, I have traveled thousands of miles promoting the International Tae Kwon Do Federation. During my visits to various clubs; students and instructors alike are encouraged to ask me any questions they may have concerning Tae Kwon Do. I invite these questions and will always do my best to answer them.

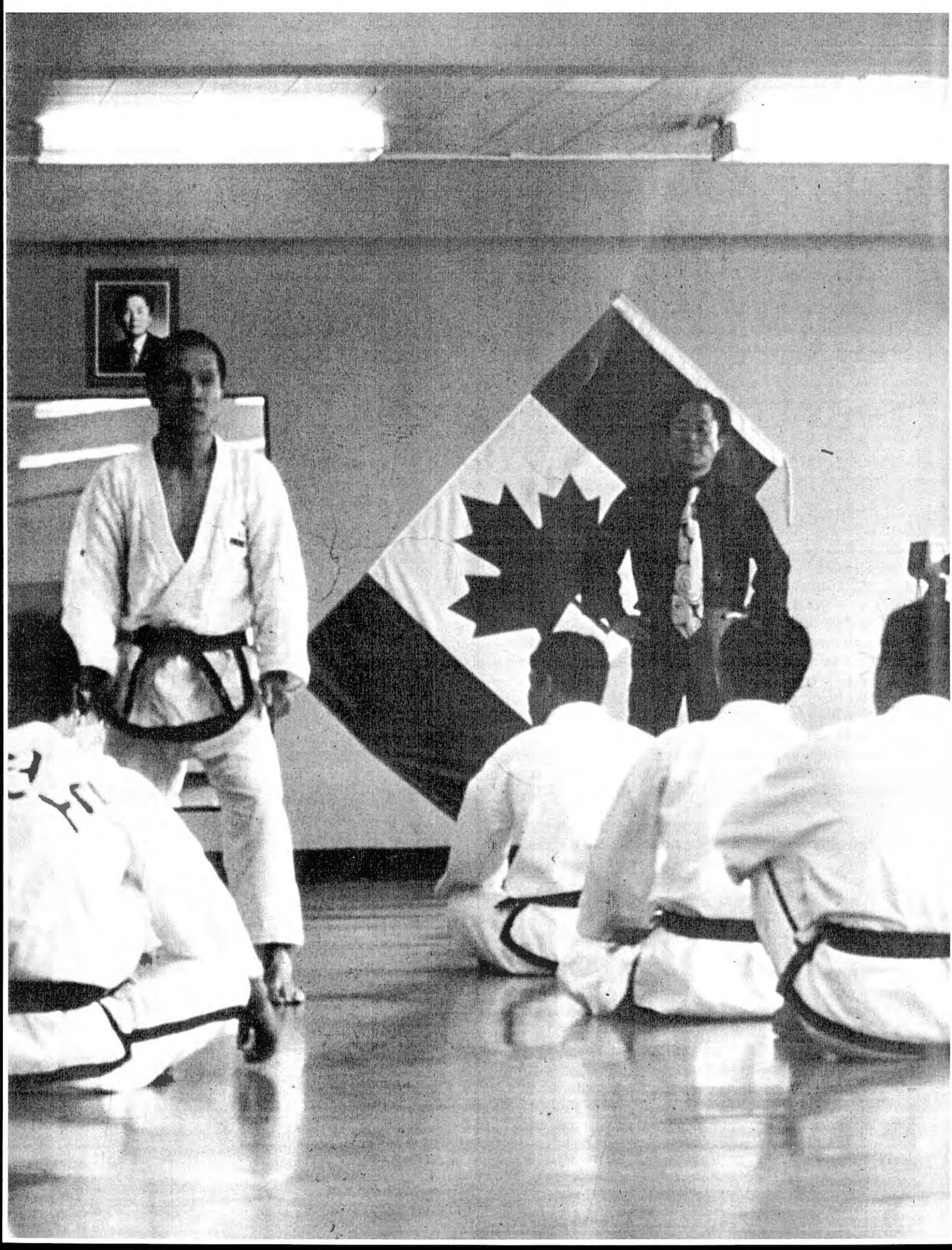
I have been rather concerned about one peculiarity, however. It seems the same questions about patterns and basic techniques are being asked. It appears that the majority of the students and instructors are not taking the time to thoroughly study the ITF book (Tae Kwon Do) which I have written. You must begin the study of the book from the first page and continue until you finish. Let me ask you, the reader, some very basic questions. Do you understand the meanings of; side facing, L-stance, Obverse block, or hooking kick? Who or what is Ge Baek? What is the significance of the number nine?

Though I realize many of you have not been able to study the book thoroughly, in the future I will be putting students and instructors alike through mental exercises to determine if they have read the book with understanding.

Dear Editor:

I have heard and read that the ITF is an International Federation with no national or political ties. This is one of the reasons I believe in the

Continued on Pg/5



What word does one use to describe a man who has been a major general, ambassador, founder of modern Tae Kwon Do, president of the Internatinal Tae Kwon Do Federation and ninth-degree black belt. Gen. Choi, Hong Hi has been these things and more. A man of international reputation, he has been recognized by the governments of a number of countries other than his native Korea, and he enjoys the highest esteem of the 13 million plus Tae Kwon Do students throughout the world. In addition to his many responsibilities as president of the ITF, Gen. Choi has written a massive book on Tae Kwon Do, without a doubt the most definitive and authoritative martial arts publication of the decade.

Gen. Choi was born in the rugged and harsh area of Ha Dae, he was frail and quite sickly, a constant source of worry for his parents. Even at an early age, however, Choi showed a strong and independent spirit. When he was twelve he was expelled from school for agitating against the Japanese authorities who were in control of Korea. This was the beginning of what would be his long association with the Kwang Ju Student Independence Movement.

After his expulsion, Choi's father sent him to study calligraphy under one of the most famous teachers in Korea, Mr. Han Il Dong. Han, in addition to his skills as a calligrapher, was also a master of Taek Kyon, the ancient Korean art of foot fighting. The teacher concerned over the frail condition of his student, began teaching Choi the rigorous exercises of Taek Kyon to help build up Choi's body.

In 1937, Choi was sent to Japan to further his education. Shortly before leaving, however, the youth had the misfortune to engage in a rather heated argument with a massive professional wrestler who promised to literally tear the youth limb from limb at their next encounter. This threat seemed to give a new impetus to Choi's training in the martial art. Upon arriving in Japan Choi met a fellow Korean, Mr. Kim, who was engaged in teaching the Japanese martial art of Karate. With two years of concentrated training, Choi at-

Gen. Choi Hong Hi

Major general, ambassador, founder of modern Tae Kwon Do, President of the ITF, ninth-degree black belt.

tained the rank of first-degree black belt. These karate techniques and Taek Kyon's foot techniques became the basis of what would become modern Tae Kwon Do.

Choi recounts a particular experience from this period of time: There was no lamp-post in the city that he didn't strike or kick to see if the copper wires ahead were vibrating in protest. "I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu, if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea".

With the outbreak of World War II the young man was forced to enlist in the Japanese army through no volition of his own. While at his post at Pyong Yang, North Korea, Choi was implicated as the planner of the Korean Independence Movement, known as Pyong Yang Student Soldier's Movement and was interned at a Japanese prison during his eight month pretrial examination. While in prison, to alleviate the boredom and to keep physically fit, Choi began practicing the martial art in the solitude of his cell. In a short time his cellmate and even his jailer became students of Tae Kwon Do. Eventually, the entire prison courtyard became one gigantic gymnasium. This courage under the direst circumstances readied Choi for his future great task, to make Tae Kwon Do the finest martial art. Then in 1955 after thoroughly studying the art, Choi decided to change the patterns to adapt them to Tae Kwon Do. However the techniques were not changed, they are still based on techniques practiced by warriors of Taek Kyon. To further expand Tae Kwon Do, Choi has moved his ITF headquarters to Toronto, Canada to facilitate communication to schools and allow the art to continue its worldwide spread.

The following interview was recorded for NBC Sports, Chicago, Johnny Morris Show by interviewer Greg Gumbel. Because of audio difficulties it was not aired. Gumbel interviewed Gen. Choi while the president was in Chicago for Nam Tae Hi's promotion testing.

NBC Interviews Gen. Choi Hong Hi

Special thanks to NBC Sports, Johnny Morris Show, Interview by Greg Gumbel.

Q: Gen. Choi, you are the originator of Tae Kwon Do?

A: Yes.

Q: General, what is the difference between it and Jujitsu, Karate or Kung Fu.

A: Well jujitsu to my knowledge is mostly grabs and throwing techniques. Kung Fu I don't know. It is slow motion or something like that. Tae Kwon Do is based on the spiritually strong foundation as well as the variety of techniques. It originated in Korea. When you say Tae Kwon Do you know it originated in Korea. Karate originated in Japan, Kung Fu in China.

Q: How many countries did you say that Tae Kwon Do is popular in?

A: Actually by this year 61 countries with more than 13 million students throughout the world. It's getting very popular day by day and is spreading like wildfire.

Q: Do you visit them (your schools) regularly or try to?

A: Yes, much of my time I spend traveling overseas. At least eight months out of the year. I am planning to visit the Middle East, Asia, Africa and Europe, leading 30 members of ITF Tae Kwon Do Demonstration team to those areas during October.

Q: Thank you. I'll talk to Mr. Nam now.

Mr. Nam, you have this particular Tae Kwon Do school in Chicago, is that correct?

A: About five months ago we opened the school.

Q: How many students do you have?

A: About 18 right now.

Q: When you take a course in Tae Kwon Do, it a continuing thing throughout how many years?

A: Usually for black belt two years, but it all depends on the course.

Q: There are degrees that can be obtained?

A: Yes, up to fourth-degree black belt.

(Gen. Choi) May I add. Mr. Nam is the best leader of Tae Kwon Do in the world. The people at his gym are very lucky to have him as their instructor. He was president of the Asia Tae Kwon Do Federation which includes nine countries, and he is the president of the American Tae Kwon Do Federation. Eventually all the US Korean instructors (Tae Kwon Do) will be under him. He is also the Chairman of the ITF Promotion Committee and a director of that organization. The future of Tae Kwon Do in Chicago and America is very bright since we have a great instructor like Mr. Nam.

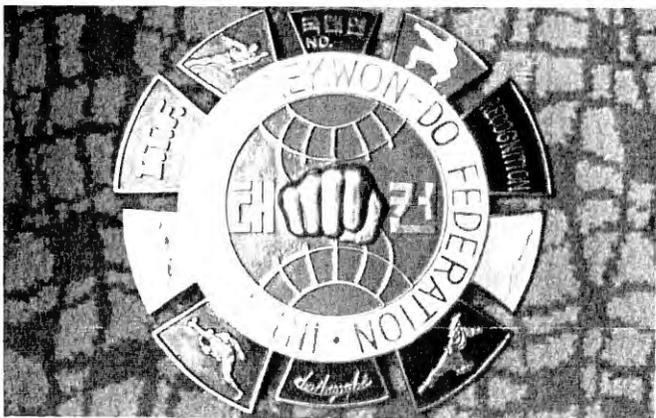
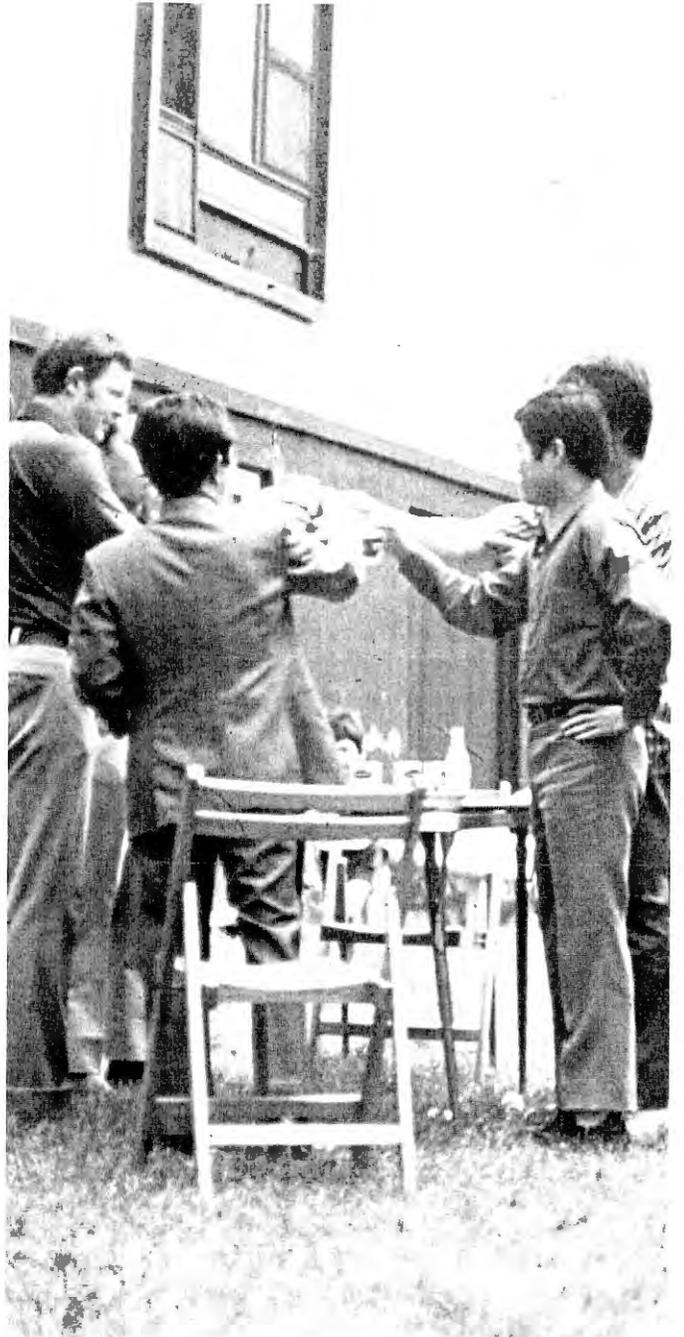
Q: The general is here for the promotion tests that will be held this weekend. Will you describe them for me? What takes place during the promotion test?

A: Students from 10th grade to ninth grade are tested to see if they will pass to a higher rank. Also black belt tests.

Q: The destruction aspect of it, what is the purpose of it?

A: In Tae Kwon Do one blow is very dangerous, even fatal. It is a very dangerous weapon unless it is used properly. There is no way to test the power generated by the student unless it is shown by breaking something.

Superb demonstrations of sparring and breaking highlighted the weeklong conference. (Pics from top left) Bottom the official coat of arms for the International Tae Kwon Do Federation. Lower right a final picnic get together solidified friendships.



Choi also spoke on the necessity of self-improvement for all instructors. He used the mainland Chinese government as an example. "There has always been a self-defeating custom among Orientals concerning 'loss of face'. Because of this, officials throughout the strata of society were unable to admit their mistakes or correct incompetent employees. Recently, the Chinese communists have begun self-criticism and self-improvement sessions. This new form of thinking has helped transform the Chinese from a rigidly stratified bureaucratic society into a volatile aggressive people who have little patience with mediocrity. This same self-criticism should be practiced among ourselves. Let us get away from rank consciousness and the constant deteriorating habit of 'maintaining prestige'. Let us go forward and develop the ITF. We can only do this if we are honest with ourselves and strive for that illusive point of perfection."

Though the 1973 Umpire's course was the first to be held, Choi said he plans to have annual, and perhaps semi-annual ITF Umpire's courses.

There were many senior ranking ITF instructors unable to attend because of personal, family or business reasons. Future technique seminars are also planned for first, second and third-degree black belts.

A certificate of completion will be required before any ITF black belt is eligible for promotion to fourth-degree. In line Athis, Choi is planning to soon open an ITF University in Toronto that will be open to all ITF students specializing in advanced techniques.

UNIFORM DRESS FOR ITF JUDGES AND REFEREES

The ITF Board of Directors has agreed on a uniform code of dress for all ITF judges and referees. In future tournaments, all judges and referees will adhere to these standard items of clothing: white shirt, dark navy or black slacks, white sneakers and a sky blue tie with the ITF crest.

The item of uniform dress was raised at the recent Montreal seminar by Rhee Ki Ha, sixth-dan, London England. Rhee said judges and referees represent the cream of the ITF, are in the public eye during tournaments and must always consider that their dress, attitude and conduct will be an example followed by thousands of students. "The judges and referees must dress and conduct themselves in the most dignified manner."

Yang Dong Ja, sixth dan, Silver Springs, Maryland, amplified the point saying that at many tournaments he has observed judges slouching in their chairs, laughing at a competitor's misfortunes and occasionally being "heavy handed" with contestants.

Yang said the most disturbing item, however, was the various codes of dress by tournament officials. "I have personally seen judges arriving at the main ring wearing T-shirts and dungarees, some with leather jackets and some in dirty do baks. In many cases they are in full view of thousands of spectators and even on television. "What will parents who have children in Tae Kwon Do think?"

All present agreed with Rhee and Yang's statements.

Beginning October 1, 1973, all referees and judges will be required to follow the stated dress code, substituting a dark tie until the new ITF blue tie with crest can be distributed to instructors who have completed the ITF Umpire's course.

Referee and Judge Course Graduates

Listed below are the first graduates of the International Tae Kwon Do Federation Tournament Referee Course. These instructors, and these instructors alone, are qualified to serve as judges and referees in International tournaments.

NAME	RANK	LOCATION
Nam Tae Hi	Eighth	USA
In Mook Kim	Seventh	USA
Haeng Un Lee	Seventh	USA
Lee Suk Hi	Sixth	Canada
Kim Jong Chan	Sixth	Canada
Choi Chang Keun	Sixth	Canada
Park Jong Soo	Sixth	Canada
Rhee Ki Ha	Sixth	England
Young Il Kong	Sixth	USA
Kwang Joo Hwan	Sixth	USA
Kee Tae Chung	Sixth	Canada
Dong Won Kang	Sixth	USA
Eum Sank Ki	Sixth	Canada
Park Jung Tae	Sixth	USA
Duk Ki Chun	Sixth	Canada
Chang Soo Lim	Sixth	USA
Nam Kyun Kim	Sixth	USA
Kwang Sung Hwang	Sixth	USA
Dong Ja Yang	Fifth	USA
JAMES B.C. Yu	Fifth	USA
Byung Chool Yu	Fifth	USA
Robert Walson	Fifth	USA
Charles Sereff	Fifth	USA
Choi Ik Sun	Fifth	Canada
Low Koon Lin	Fourth	Malaysia
Yun Ju Ahn	Fourth	USA
Daniel Pond	Fourth	Germany
David Chaanine	Third	Lebanon
Oh Chung Won	Third	Canada

ITF SPECIAL

Testings and

In January of '73, I extended an invitation to Gen. Choi Hong Hi, president of the International Tae Kwon Do Federation (I.T.F.) and founder of modern Tae Kwon Do, to make a trip to the U.S. sometime during the year in order to visit our new Tae Kwon Do school and headquarters of the American Tae Kwon Do Federation at 5415 N. Lincoln Ave., Chicago, Ill.

As fortune would have it, Gen. Choi's visit, coincided perfectly with promotion testing at the school. Since the general and I have been long time promoters of the form of promotion testing now sanctioned and maintained by the ITF as the only acceptable form for international use, it was with great joy that our school received Choi to officiate at our testing. Accordingly, a delegation from our headquarters met Choi's plane, whereupon he was presented with a large bouquet of flowers and after a ceremonious welcome, was taken to his accommodations.

A member of our school, who is employed with National Broadcasting Company here in Chicago, arranged for a camera crew to come to the school on June 22nd to film a Tae Kwon Do demonstration and interview with Choi. Although all members of our school, myself included, participated in the demonstration, because of editing procedures and air time allowances, only a portion of the demonstration was aired. Choi and I were interviewed by Greg Gumbel of the Johnny Morris show from NBC News-Sports. We were mentioned by Johnny Morris on his portion of the Floyd Kalber News show in conjunction with our demonstration and Tae Kwon Do in general, however, the interview itself was not aired due to audio difficulties experienced while filming. This was an unfortunate occurrence, since Choi made many thought-provoking and far reaching statements. He was, in addition, very complimentary with regard to our school and myself.

On the following day Choi presided over our promotion testing, with all candidates for promotion passing. This was followed by a picnic June 24th for members and their families. Choi, of course, was guest of honor.

During Choi's visit we discussed quite a lot of business, including expansion of the ATF to the west coast area and the possibility of periodic meetings among the ATF instructors reviewing better teaching methods.

Choi's visit was truly an inspiring event; one that we shall long remember.

Nam Tae Hi
President, American Tae Kwon Do
Federation



PROGRESS REPORTS

Promotions

First-dan	Christian Strzych	Germany
"	Max Dieter Heinz	"
"	Hans Piesker	"
"	Komaromy Laszlo	Sweden
"	Boo Ferrenc	"
"	Don Scandreh	Canada
"	Christine Chrishe	U.S.A.
"	Rechard Grant	"
"	Roy David Oldham	Britain
"	Aidon Walshe	"
"	Brendan Roche	"
"	Michael Geraghty	"
"	Anthony Noel Phelan	"
"	David Franza	U.S.A.
"	Kim Myung Sup	Korea
"	William George Redel	U.S.A.
"	Peter Grams	"
"	Rainer Landschof	Germany
"	Willi Stickeln	"
"	Helmut Bremersmann	"
"	Bernd Hoffmeister	"
"	Edda Klopsch	"
"	Roland Lux	U.S.A.
"(Jr.)	Guy Sereff	"
Second-dan	Franz Kiesle	Germany
"	Victor Lim	U.S.A.
"	Peter Gretes	Canada
"	Edward L. Davis Jr.	U.S.A.
"	Robert Heisner	"
"	Robert Joseph Howard	Britain
"	William Dandy	"
"	Francis Anthony Natthews	"
"	Murray Baird Waiker	"
"	Teh Hoch Aun	Malaysia
"	Dennist Vigren	Germany
"	Noel Garth King	U.S.A.
Third-dan	Gerhand Fug	Germany
"	Wolfgang Holfkemper	"
"	Juan Antonio Puig Camps	Spain
Fourth-dan	Nick Boodris	U.S.A.
Fifth-dan	Charles E. Sereff	"
"	Robert Walson	"
"	Myung Kap Lee	Korea
Sixth-dan	Dong Ja Yang	"
"	Nam K. Kim	"



Gen Choi Hong Hi bestows the rank of first-degree on Chuck Huestis at Nam Tae Hi's Chicago headquarters of the American Tae Kwon Do Federation.



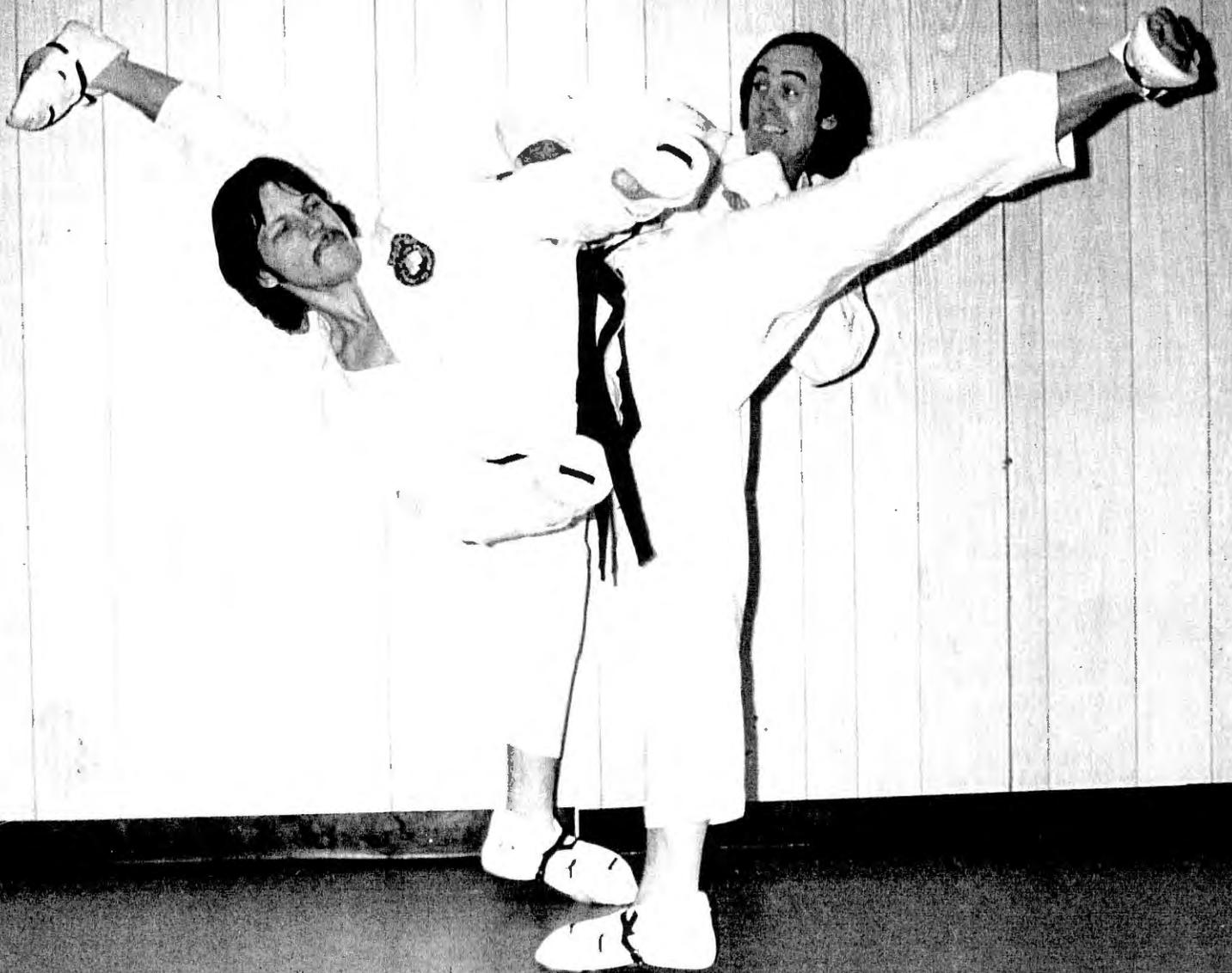
Susan Clute, red belt, shows her power by breaking a board with a turning kick. Opposite: Richard Clute shows his students the proper form for a front kick.

TAE KWON DO

DIGEST

Vol. 1 No. 3 \$1.00

IN THIS ISSUE: *Safety Pads*
Tae Kwon Do and
Physical Fitness
People Worth Noting
- Profiles
ITF Demonstration
Team World Tour



TAE KWON DO DIGEST



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Volume 1, No. 3

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Tae Kwon Do Digest is the official publication of the International Tae Kwon Do Federation (ITF). The Digest is dedicated to revealing the true art and technique of Tae Kwon Do (Korean martial arts.)

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class procedure, basic techniques for new students, and a complete step-by-step of *Chonji* patterns. From this issue, we will cover basic Tae Kwon Do techniques to be found in each pattern. Then in future issues, we will have a much more detailed analysis of the Tae Kwon Do patterns as set forth by General Choi.

C. Sereff

Dear Editor:

I am amazed at the quality of your magazine and I want to thank you very much for the magazine you sent me.

Is it possible for me to get Vol. one No. one of *Tae Kwon Do Digest*? Where could I get it?

I am sending a money order for a two-year subscription to this fantastic magazine.

Thank you,
Malcolm D. Campbell
Griffin, Saskatchewan
Canada

Dear Sir:

I am glad that a publication explaining Tae Kwon Do is around. A lot of people wonder why there is such a thing. They have an idea that it's to kill and maim your fellow man. We can thank many hours of TV education for that. I'd like to think that this idea of Tae Kwon Do is wrong. I find the art like a good ballet—it's breath-taking to see a performer like Mr. Park, Jong Soo.

The only problem I find is that some instructors across Canada have little time to teach students what not to do with this art. I hear new students talk about how they will "number" the first guy who pushes them just once. They see what some guy on the street could look like after they finish with them.

I enjoy training very much; it does a hell of a lot for my concentration and discipline, not to mention my memory. . . . My first instructor was Park, Jong Soo, whom I got to know well. I helped with his '73 tournament in Toronto. I was glad it worked out well. I

decided not to train with just one instructor, but with five of the best. My second choice is C.K. Choi in Vancouver.

I am also interested in camps held during the summer. I'm free to travel so I hope to hear about them. . . . Please send me the back issues I've missed. If I can help in any way, I'd enjoy total involvement. Good Luck.

Richard Prust
British Columbia,
Canada

Dear Editor:

Volume one, Number Two of *Tae Kwon Do Digest* was the first that I have read. I enjoyed it very much. Everyone in Tae Kwon Do knows about General Choi, Hong Hi. It is not necessary to make TKD Digest a testimonial to this great man. Practically every page in the Digest mentioned something about him. General Choi, Hong Hi is not the type of man who cherishes a lot of chauvinistic apple polishing. Please do not ruin a potentially excellent digest with this sort of journalistic poppycock. Intelligent readers will not renew their subscriptions if this sort of journalism continues.

Sincerely,
William Van Buren
Baltimore, Md.

Dear Editor:

I was reading a Tae Kwon Do Digest, Vol. 1, No. 2, and the only address I could find which could

possibly give me the information I wanted was yours. I would like to know a place where I could study Tae Kwon Do in Bath "Redwood City, California" and "Quantico, Va." closest to Alexander, Va. Prefer Redwood City, California since I am getting out of the service pretty soon. Thank you.

Pvt. Ellis Staley
070446090
Opn Co. Supt. Bn. Engr. Plt.
M.C.B. Quantico, Va. 22134

Dear Editor:

My name is Sgt. James L. McBride and I am in the army here in Germany. I take Tae Kwon Do from Daniel Pond, 4th dan, and I am a senior white belt, but on the 8th of January, 1974, I take my yellow belt test. Well, my problem is that I get out of the army on the 10th of March, 1974 and I would like to know if there is a school in Anaheim, California and if so would you send me the address so I can continue my training in Tae Kwon Do.

Yours truly,
Sgt. James L. McBride
305-54-8588 HQ. PLT
Co. D 23 Rd Engr Bn
APO New York 19165

Dear Readers:

If anyone can be of help, please write to Mr. Staley or Mr. McBride at the above addresses.

EDITOR'S NOTE:
Due to limited space, many letters will be printed in our next issue.

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Tournament Trials

The Year of The Tiger

by Robert Walson

Seated in a reclining chair in front of a roaring fireplace and looking pleasantly tired, General Choi began reminiscing about his recent world tour. "It was fantastic; our reception in the countries we visited had to be seen to be believed," he said. "This is a good way to start a year, new associations in at least six new countries. You know, in China this is 'the year of the tiger,' a lucky year. It will be a good year for the ITF."

After a successful trip through Scotland and England, Choi and the ITF World Demonstration Team made the Netherlands their first

stop on the European continent. The team comprised Park, Jong Soo; Choi, Chang Keun; Kong, Young Il, and Rhee, Ki Ha. In Amsterdam, after discussions with a number of European black belts, it was decided to form the European Tae Kwon Do League. Jan Stoker, 3rd degree black belt, hosted the team during their stay and it appears that, hopefully, a European Tae Kwon Do Association will finally become a reality.

France

From the Netherlands, the team proceeded to France. In Nice a

special "introduction course" for local Japanese and "Korean Karate" black belts was held and as a demonstration of ITF power, Kong, Young Il, 6th degree black belt from Baltimore (soon to move to Pittsburgh, Pennsylvania) conducted free sparring against two "European champions." Alain Jurca, 2nd gup from the ITF who had invited the team, commented afterwards that the sparring looked like a "cat playing with two half-dead mice" (see separate story by Alain Jurca).

After Nice the team visited Cannes where the team performed a well-attended demonstration, travelled to Paris for a black-belt seminar, and went on to the tournament in Germany (see separate story on the second world championship).

Switzerland

After Germany, the team visited Geneva where Francois Balet, 2nd gup and a dedicated proponent of ITF, welcomed the team.

"Mr. Balet had a great deal of trouble convincing the local administration that it would be worthwhile to permit us to arrange a large public demonstration," said Choi. "Mr. Balet requested that the city officials allow him a permit to sell 1,000 tickets. They scoffed at him and replied that even the best advertised Judo tournaments never drew more than 250 spectators. After much arguing, the officials finally allowed him to sell 1,000 tickets. Balet sold out within 15 minutes after the auditorium opened. Many people, hundreds of them, went away without a chance to see us."

Choi recounted a particularly poignant moment during their visit. "There are many Koreans living in Switzerland. Only Judo demonstrations have been held there. Now for the first time, Tae Kwon Do had arrived. During my opening remarks I could see that some of the Koreans wept with pride—even I felt emotion." Afterwards, the Korean ambassador and some of the Korean community attended a dinner party for the team. "It was good,"



ITF World Demonstration Team (left to right): Choi, Chang Keun; Rhee, Ki Ha;

Park, Jong Soo; and Kong, Young Il.

one remarked, "You made us remember our proud heritage."

Two unexpected guests arrived at the auditorium in Switzerland: Richard Chow Wai from Malaysia and Nguyen Van from Vietnam, both first degree black belts. With Balet's cooperation, they have formed the Swiss Tae Kwon Do Association.

Spain

After Geneva the team visited Barcelona where they were greeted by Choi, Won Chul, 6th degree black belt, presently teaching in Barcelona. At the city football stadium, more than 1,000 persons turned out to greet the team. During a short stop in Madrid, Choi conducted a seminar for nearly 30 Tae Kwon Do and Japanese karate black belts from Spain and Portugal. After viewing the superb techniques of Choi, Yun Hoon, 6th degree ITF instructor in Madrid, many of the black belts immediately joined his branch. "The Spanish people are very fortunate to have Choi, Won Chul and Choi, Yun Hoon teaching in their country," said General Choi.

Morocco

Their first stop in the Middle East was Morocco, where they were greeted by two local instructors—Bashir Lee and Mohamed Yoon—and a number of Moroccan dignitaries. Lee and Yoon are both attending the university in Morocco.

Demonstrations in Fez, Casablanca, and Rabat were well received with thousands of spectators in attendance. Senator Ahmed El Mernissi, ITF Board of Directors member hosted the tour. "Senator Mernissi is a kind and generous man and I am proud to count him as a sincere member of the ITF," said Choi.

Malta

Enroute from Casablanca to Malta, the team visited Rome where they held a seminar for local ITF black belts. The ranking instructor in Italy, Park, Sun Ja, sixth degree,



Kong, Young Il demonstrates a reverse turning kick "air break" against three one-inch boards in Malta.

is in the process of rapidly expanding Tae Kwon Do throughout Italy and Yugoslavia.

In Malta the team was met by Anthony Caruana, president of the Malta Judo Association and Anthony Buttigieg de Piro, manager of the Malta Hilton Hotel. A demonstration held at the Hilton was very well received. Choi was very impressed with the beauty of the island and the Maltese people. "I have met so many very fine persons. Messrs, Caruana and Buttigieg de Piro greeted us as though we were old and close friends. Please mention to all the readers of the *Tae Kwon Do Digest* how kind they were. Someday I hope to visit them again."

Egypt

After a horrifying experience at the Tripoli airport where they landed enroute to Cairo (baggage torn apart and \$225 charged for five cold plates of spaghetti), the team arrived in Egypt. The team stepped off the plane into the most enthusiastic welcoming committee they had ever seen. Along with a number of ranking military and police officers was Choi's old and close friend, Dr. Mohamed Fadali. "Dr. Fadali was actually a founding member of the ITF in 1955. He was president of the UAR Tae Kwon Do Federation. I planned to send an instructor there but a number of

circumstances outside our control prevented this," recalled Choi. "He is like a brother to me." Within two hours after their arrival, the ITF team walked onto the floor of the Military Sports Center in Cairo. "We did not know what to expect and the reception became very emotional for us. There were over 7,000 persons in the audience and as we walked onto the floor, the military band played ruffles and flourishes for us. The spectators stood up and roared. What a fine reception they gave us, and in return our team performed brilliantly," said Choi.

The following morning the team traveled to Beni Suef as a guest of the Governor of Beni Suef Province, General Shafik Ismat. "It was very exciting," said Choi. "Along the route, police and army personnel saluted the car caravan. We were given the traditional sugar cane as a welcoming gesture when we arrived and we were treated to a demonstration of some of the finest horses in the world."

At Beni Suef the team experienced the most fantastic reception they have ever received. Nearly 40,000 persons crowded into the local football stadium to view the team. "It was very colorful," said Choi. "The colored placards and many flags, and the crowd, so enthusiastic. The stadium was so large we actually had to give two demonstrations, one in front of the presidential box and another at the opposite side of the stadium. We were mobbed after the demonstration and the mounted police had to fight off the crowd. The line for autographs was nearly two miles long!"

After a final demonstration at the police academy that evening, Choi, Fedali, and one of Choi's oldest friends, General Fouly, met to discuss the organization of the UAR Tae Kwon Do Association. The next morning the ITF team, exhausted but happy, left Cairo and traveled further east, to Lebanon.

Lebanon

David Chaanine, 3rd degree black

Tournament Trials



Gen. Choi presents citation to Gen. Alexandre Ghanem, Commander in Chief of Lebanese Army. Looking on are Col. Abou Dargham Mahmoud, pres. of ITF

branch in Lebanon and David Chaanine, 3rd dan, ITF senior instructor in Lebanon.

belt, and a number of his students greeted the team at the airport. With over 4,000 persons in attendance, the team performed a demonstration at the Stadium for National Defense. Once again, cheering crowds attempted to mob the team upon completion of the demonstration. During meetings with government and military officials, including General Alexandre Ghanem, Minister of Defense, and Colonel Dargham, it was decided to form the Lebanese Tae Kwon Do Association. "I must compliment David Chaanine for his efforts for ITF," said Choi. "General Ghanem and Colonel Dargham have truly beautiful spirits. I shall never forget their hospitality."

Iran

In Tehran the team again received a VIP welcome. Captain Hassan Ahmadi of the Imperial Iranian Army and Gary Schroen, an American living in Tehran (see separate story by Schroen), helped arrange activities in Iran. Ahmad, first degree black belt, had trained with Nam, Tae Hi, 8th degree black belt, and Han, Cha Kyo, sixth degree black belt, in Chicago. Schroen had previously trained with Robert Walson, fifth degree black belt, in Detroit. "Both Ahmadi and Schroen

did a fantastic job of introducing Tae Kwon Do to the Iranian people," said Choi. "They are the dedicated, intelligent, and hard-training black belts that have helped to build the ITF into the most respected martial art in the world."

"I will always have a special place in my heart for the Iranian people. Even now when I think of their generosity and sincerity, it makes me very proud. They treated us like kings. Our stay in Tehran was extremely well organized. In a word, everything was perfection. It was actually like a military operation. Everything was boom! boom! boom! Of course, our hosts were military men and are precise in everything they do."

The hosts for their stay in Iran were an impressive group: Lt. General Samadianpour, Commander of the Iranian National Police; Lt. General Khakbix, Chief of Sports Activities for the Iranian Imperial Army, Brigadier General Manucher Khosrodad, Commander of Airborne and Air Activities; Major Behruz Sarshar, Deputy Director of Athletic Activities for the Iranian National Police; and Captain Surosh, Iranian Imperial Special Forces.

The first demonstration was to a sell-out crowd of over 2,000 specta-

tors, followed by a demonstration at the military stadium before 4,000 military and police cadets. Prince Gholam Reza was a special guest of honor at the second demonstration.

"The only sour note at the demonstration," said Choi, "was when some very crazy guy who claimed he was a 10th degree 'expert' attempted to give a demonstration with some of his students. We were very patient and allowed him to make a fool of himself in front of the Prince and the distinguished crowd. When it finally became too embarrassing to hear, Choi, Chang Keun approached this self-proclaimed 'expert' and issued a challenge. Choi offered to free-spar the instructor and any number of his students at the same time. To give them an advantage, Choi offered to fight with his hands tied behind his back. Choi was serious, of course. The 'expert' quickly folded his robes, as they say, and disappeared."

"I do not believe it is necessary to issue such a challenge normally," explained Choi. "However, they were embarrassing our gracious hosts and it was necessary to show the spectators the difference between true Tae Kwon Do and frauds."

The Return Home

From Tehran, the ITF team returned home to their students and families: Choi, Chang Keun to Vancouver; Park, Jong Soo to his wife and new baby in Toronto; Rhee, Ki Ha, to Coventry and Kong, Young Il to his attractive wife and new baby girl in Baltimore. They were bruised, tired, homesick and full of anxieties about their students. It had been a successful trip and all of them had made many new friends in strange new countries. "It was a tough trip but we showed the world what is Tae Kwon Do," said Kong. "All of us sacrificed a great deal, but so must all students of Tae Kwon Do."

General Choi continued east, stopping in Australia, Malaysia, Vietnam and Japan. In Australia he

held a number of seminars and promotion classes. In Malaysia he looked up old friends from his days as Ambassador. In Vietnam he held a promotion test for nearly 2,000 students. In Japan he visited with his old friend Mas Oyama. Then finally, two months after he left Toronto, he returned home. He had visited 19 countries, demonstrated and talked to over 150,000 persons, including more than 4,000 black belts. He had established new associations in six countries and helped solidify associations in 13 others. It was a great way to end 1973 and should encourage all of us to make this year, 1974 "the year of the tiger," an even more successful year. □

Tae Kwon Do on the French Riviera

by *Alain Jurca*

For the first time, the Koreans made a stop over on the "Cote d'Azur."

It all started when Francois, a friend of mine from Switzerland, came to see me last summer. Meeting some friends on a sidewalk cafe, we all talked about karate. At least, they all talked about karate and Francois and I talked about Tae Kwon Do. I am a great fan of the martial arts, but I could not get used to the type of karate taught here—it was much too rigid for me. I realize that there are different kinds of karate in Japan, but the kind practiced here was just too static by Korean standards. So, when meeting with my karate friends (including my brother who is a 2nd degree black belt in karate), I talk a lot about Tae Kwon Do. I would talk about Park, Jong Soo, my instructor when I was in Toronto, Canada two years ago. Even though I consider myself a definite beginner, talking about Mr. Park and the exhibitions he used to give for the Canadian National

Show in Toronto and also at the universities and colleges, I felt like I was in a dream, feeling again the spirit that motivates us all. My friends were all anxious to see a Tae Kwon Do demonstration by experts after so much talking.

When Francois went to Canada, he persuaded Park Jong Soo to stop off at Nice if he ever came to Europe. A couple of months later, I received a short letter from Mr. Park asking me if I could arrange the rental of a stadium since he and other Korean experts, including General Choi, were going for a tour through Europe, Africa, and the Middle East. I wrote that my brother and I could contact all local clubs and do our best in publicizing the event.

To get a gymnasium proved impossible since the French national weight-lifting championship was to be held here at the same time. Finally, we got a theater, made hotel reservations, and contacted the newspapers, radio stations, etc. Then a couple of telegrams ruined all my hopes. They said that General Choi and his team could not arrive until the 9th. The telegrams didn't even say where they would arrive (Paris or Nice?) or what time or which flight. I just had too many questions. I suddenly wished that I could speak Korean so that I could

call someone. It was only a matter of days before they were due to arrive.

Finally, I decided to send a telegram to Mr. Park, telling him that now it was just too late to change the date. We were too involved—used 20 lbs. of glue pasting some 500 posters during the night (a friend in another car spilled a 5 lb. pot of glue on the driver's knee) and everything was so arranged that if they didn't do the demonstration on the 7th, I would have to do it. The telegram did the trick. Hours later, I received notification saying, "Fine for the 7th, will he there on the 6th." That was just too beautiful! We would have time to meet and plan the program, even though the Korean people, like the French,



Rhee, Ki Ha breaking with a knife hand strike. Board is held by Choi, Chang Keun.



Rhee, Ki Ha demonstrating jumping knuckle pushups on a hard wood floor.

Tournament Trials

don't like to plan anything—they prefer to wait to the last moment and then improvise. And, of course, with such an expert team of sixth-degree black belts, it was needless to really plan—all they would need would be some spectators, chairs, hand weapons, and boards and there would be a lot of fun.

Before I knew it, it was time for the exhibition and my hopes were fully satisfied as the lobby of the theater was just full and the upstairs and downstairs crowded. Before the show started, the team went to warm up in an adjacent room. Some people came in and sat on the floor to watch. It seemed that the team were a group of cats, stretching themselves—members in the crowd referred to them as such because of their swiftness. Kong was named the leopard, Rhee, the lion, Choi, the panther, and Park, the tiger. People were just staring at Rhee's fist—even a lumberjack from Alberta could not believe it.

The demonstration began and the full theater became hot by the

thunder of enthusiastic spectators. Since the majority of the public were practicing karate or judo, they totally appreciated the talent of the performers. Some black belts later told me that they were so astonished by the output of the Koreans that they felt they should put their old white belts back on. It was a beautiful show—all the breaking tests were done with feet and most of them while flying. Some very difficult foot techniques were performed and many of the spectators didn't even know that some of the kicks existed. Two days later, another demonstration was held in Cannes, in the same enthusiastic atmosphere. They were both a real success.

Not everything was Tae Kwon Do. One day we took the team for a ride to Monaco, Monte Carlo and through the countryside. In France, fall and winter are the best times for seafood and the Koreans greatly appreciated the shell food. In my home, the style of my mother's cooking switched from chicken and

french fries to fried rice in hot sauce with sliced pork and beef. The Koreans could eat such hot food! I would like to see Mr. Kong's liver, as it must be the greatest chemical plant in the world. He could almost put paprika pepper on his buttered toast—he could digest anything! Rhee seems to be the same. I remember one of his phrases: "The stronger the car, the more fuel it needs." Park, Jong Soo is quite slow at meals, but eats a lot—Man! Choi too is never in a hurry to appreciate good food. By human standards, they seem to just eat too much. But when you think of them holding a demonstration every other evening, and going back and forth from planes to hotel rooms, I guess you better get enough calories into your body to stand such a nerve-racking trip.

Whatever the situation, we always felt the strong presence of General Choi. We were also very eager to listen to his advice—he is a true leader and when he talks about the tenets of Tae Kwon Do you appreciate its spiritual value. We feel that in him stands an uncommon man. He is a rock and a rock is the best foundation for a building.

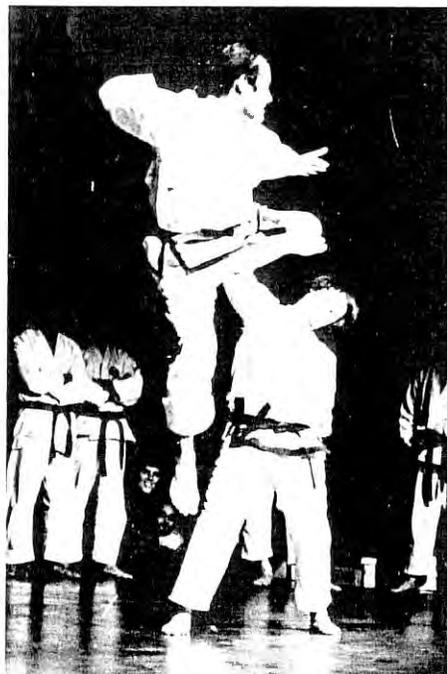
Then it was over and they had to leave. General Choi was looking for his flight ticket, hidden by his raincoat. Then they were gone.

My brother, Claude, and I never felt so alone. The sun was getting high and beautiful, but it was a sad day.

EDITOR'S NOTE: In collaboration with Gen. Choi and Park, Jong Soo, Alain Jurca has begun a full French translation of Gen. Choi's textbook, TAEKWON-DO. The book should be available for French-speaking readers by the end of this year. □



Rhee, Ki Ha breaking tiles with a jump front kick ten feet off the floor.



Park, Jong Soo demonstrating a jump side kick against Kong, Young Il.



Tournament Trials

Demonstration Team Visits Iran

by Gary C. Schroen

One of the most successful stops on the whirlwind tour of Europe and the Middle East made by General Choi, Hong Hi and his four-man ITF demonstration team was their three-day visit to Tehran, Iran. Their reception by Iranian government officials and the Iranian public was enthusiastic, warm and sincere. In all, the team gave three demonstrations, met literally hundreds of young Iranians, had numerous private meetings with senior government and military officials, and generally maintained a pace beyond the capabilities of most men. The end result was the formation of an Iranian chapter of the International Tae Kwon Do Federation and the establishment of a corps of loyal, dedicated Iranian Tae Kwon Do students.

The martial arts have only recently been introduced to Iran, with the early thrust coming from individuals who had studied abroad and returned with knowledge and skill in the arts. The government of Iran has of late, with personal guidance from Mohamad Reza Pahlavi, Shah of Iran, taken the lead, in obtaining qualified martial arts instructors for the military and police forces of Iran. In October 1971, two ITF instructors arrived in Iran to conduct a one-year training program for a select group of Iranian special forces army troops. That program resulted in the formation of a small but dedicated group of students of Tae Kwon Do, who have worked hard to maintain and spread their knowledge of the art throughout the military forces. The national police of Iran have also long recognized the importance of martial arts training as a tool for its officers and men. Because of this deep interest in the martial arts, the government of Iran welcomed the visit of General Choi and the ITF team, and the two major public demonstrations held during the team's visit were sponsored and

arranged by the Iranian National Police Sports Association.

The ITF team General Choi brought with him to Iran was, to say the least, fantastic. They performed what can easily be described as the finest martial arts demonstrations ever seen in Iran. It was obvious from the first that these men were not only masters of the art, but were also excellent showmen who could quickly win over the crowds.

The first demonstration given by the team was held at a public sports stadium before a crowd of 2,500 spectators (capacity seating, with hundreds of standing-room-only tickets sold). A team of Iranian Special Forces soldiers, all first dans, performed a brief demonstration of patterns and one-step techniques. During this demonstration the ITF team was warming up on the sidelines, and it must be said that their warmup exercises were more spectacular than the entire Iranian performance. Mr. Rhee's knuckle pushups, Mr. Choi's fantastic high kicks and stretching exercise, and Mr. Kong's amazing back swing kicks brought rounds of applause from the crowd. Despite a grueling schedule, which had taken the team through 35 demonstrations in 43 days, the team gave a strong, exciting performance, and



General Choi and the ITF Demonstration Team posing with group of foreign diplomats at conclusion of demonstration in Tehran.

the crowd virtually mobbed them at the end of the demonstration in an effort to obtain autographs.

The second demonstration was held at a private social club for a select audience of foreign diplomats serving in Tehran. This demonstration was hosted by this writer (first dan and officer of the U. S. Embassy in Tehran) and the team was assisted by students from my local class. The demonstration was enthusiastically received, and it afforded General Choi the opportunity to meet many senior officials of the governments from all over the world and to explain to them the history and usefulness of Tae Kwon Do.

Highlights of this demonstration included Mr. Rhee's breaking a board held by one student, who was sitting on the shoulders of a second student, who was standing on a chair—a high jump of at least ten feet. Choi and Kong performed a variety of advanced patterns and spectacular breaking techniques, including Kong's double break with back swing kicks. (Unfortunately, Mr. Park had injured his hip during a demonstration in Beirut, Lebanon just prior to coming to Tehran, and he was unable to perform in the first two demonstrations held in Iran.)

The final demonstration was held in the Iranian Army Officers' Academy Gym, and was attended by Prince Gholam Reza Pahlavi, brother of the Shah, and over one hundred general officers of the Iranian military forces, as well as by the entire corps of army and police officer cadets. (The entire demonstration was videotaped by Iranian National Television and was later shown on prime-time evening television throughout Iran.) The team pulled all stops for this demonstration, and the techniques performed included defense against knife and against rifle and bayonet, as well as the full range of jumping and breaking techniques.

At the conclusion of the demonstration, General Choi presented Prince Gholam Reza and four Iranian generals with honorary black



Choi performing flying side kick.

belt degrees in recognition of the support they have given Tae Kwon Do in Iran.

Throughout the visit General Choi was following a busy schedule of meetings with various Iranian military officials, as he worked to arrange the establishment of an Iranian chapter of the International Tae Kwon Do Federation. Another topic of long discussion was the subject of arrangements for the government of Iran to obtain the services of several top ITF International Instructors for special training programs for the army and police forces. Despite this hectic schedule, the General found time to conduct a special class for a group of Iranian Special Forces black belts in order to correct problems in technique the group was having. This was a warm, personal gesture on General Choi's part, and helps illustrate this amazing man's dedication to his art.

It was a busy three days, filled with hard work and long hours, but it was a highly successful visit. Many new friends were made, and an organization was established, which should allow Tae Kwon Do to grow and flourish in Iran. □



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Tournament Trials

U.S. / European Second World Championship

by Robert Walson

In a close aggressive team match, marked by occasional contact, the U. S. team narrowly defeated a much-improved European team, 16-14. The Second U.S./European ITF Tournament was held in Mulheim, Germany on November 11 to an enthusiastic capacity crowd.

Soundly beaten in their first ITF match in April 1973, the European team, at that time, appeared overconfident. It was apparent during the match that the team lacked the necessary experience to compete with a more seasoned U.S. team. This time, however, the European team fought with a drive and vengeance that surprised everyone. In seven short months, virtually the same European team, with only two replacements, had come into its own. A great deal of credit must be given to their coach, Kim, Kwang Il of Stuttgart, Germany, and the competitors' own individual efforts in the past few months.

New ITF Tournament Rules Used

Both the U.S. and European team comprised five members each. The tournament was divided into three scoring segments; patterns, free sparring, and power test (breaking techniques). In each of the three segments, a member from each team competed against a member of the opposite team. In each individual match, two points were awarded for a win and one point for a tie. For each of the individual matches, in all three segments, there were four ITF umpires and one ITF referee. The umpires and referee were all graduates of the ITF umpire's seminar held in Mon-

triel, Canada in August of 1973.

In accordance with ITF rules, the patterns were judged on preciseness, power and smoothness of motion. Free sparring was scored on aggressiveness, technique, attitude, attacking, blocking, counterattacking motions, and focus. Penalty points were given for excessive contact and retreating outside the 9 meter by 9 meter fighting enclosure. In the power competition, all participants used both hand and foot techniques against six boards. After each strike, the number of boards broken was counted and the competitor with the largest number of broken boards was declared winner.

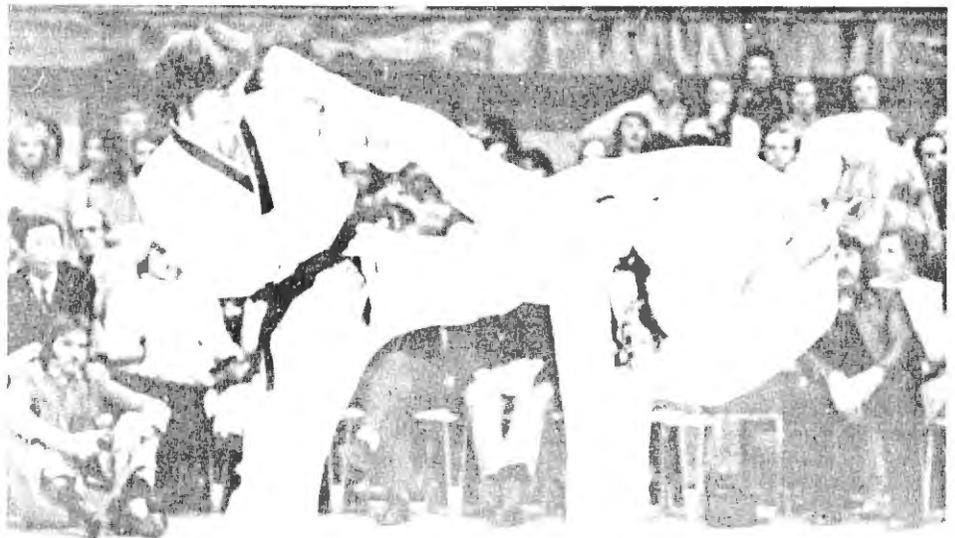
As opposed to the Japanese karate form of judging—where far too often one judge looks at the other three to help him decide which flag he should raise declaring a point—there was no flag system. Each judge voted by secret ballot and at the end of the match, the ballots were turned in to the referee

for final judgment.

Enthusiastic Audience

There was a large and enthusiastic crowd in attendance, more than 3,500 filling the Mulheim Stadthalle. An additional 2,000 persons, refused attendance because of lack of space, nearly rioted outside the Stadthalle, breaking several windows. German ticket scalpers had a field day, selling tickets at 4 to 5 times the original ticket selling price. Promoters of the tournament, Willi Elsbrock and Horst Rohschurmann, both 2nd degree black belts and instructors in the Mulheim/Dusseldorf area, claim that the advertisement was limited to the immediate area. One can easily conclude that if the tournament had been held in a larger city and a larger gymnasium, and there had been full-scale advertisement, the size of the audience may have rivaled that of an international soccer game.

Naturally, the audience was partial to the European team. Their efforts were cheered lustily and there were a number of vocal protests from the audience when they felt a European competitor had



Some of the fierce competition witnessed in Mulheim, Germany: Two competitors doing high section turning kick.

been unfairly judged. All in all, however, the audience was very receptive and did share some of their applause with the U.S. team.

Some Disorganization

The only real flaw in the tournament was the lack of organization. In fairness to the promoters, it must be said this was their first tournament and final details were late in reaching them from Kim, Kwang Il. There was a last-minute mixup in accommodations when the U.S. team arrived, then they were shuttled off to a whirlwind tour of clubs in southern Germany. Naturally, they were quite fatigued by the time they finally reached Mulheim. While they were in Munich, their luggage was routed to Dusseldorf, so when first observed arriving in Dusseldorf, they were bedraggled, unshaven, irritable and tired. The constant traveling, unfamiliarity with the food, and time change was not very conducive to their physical well being.

It was not much better in Mulheim. The tournament itself was held in a neighboring city more than 25 miles away and the lack of transportation, a training facility, and someone to guide them around the city was more than a little frustrating for the team. Another very real problem was the presence of someone who could speak English. Fortunately, Robert Walson, who accompanied General Choi and the team, spoke German and was able to help them over some of the hurdles.

A lesson can be learned from the above experience. No matter how enthusiastic, sincere, and accommodating the hosts can be, a great deal of extra planning and foresight must be developed for overseas tournaments. The competitors may be young and have never ventured outside the U.S. It can be a new, and perhaps frightening experience. Travel fatigue must be taken into consideration and the foreign competitors must be afforded adequate rest. A lack of communication between the foreign competitors and their hosts can also be a traumatic

experience. Misunderstandings are common, sensitivities easily ruffled and customs not understood. A tournament of this sort is certainly a challenge, but can easily be a disaster.

ITF Demonstration Team

The creme de resistance of the tournament was, of course, the most exciting and impressive martial arts demonstration ever presented on European soil. The ITF World Demonstration Team, all sixth-degree black belts and members of the ITF Board of Directors, brought gasps of amazement and thunderous applause from the audience. Even the simplest warming up exercises, performed with style and beauty, electrified the audience.

Park, Jong Soo demonstrated semi-free-sparring techniques in normal and slow motion speeds, hanging reverse turning kicks over his opponent's head in a poetry of motion, and drilling lightning combination kicks with enough power to vibrate the walls of the fortress-like Stadthalle. Choi, Chang Keun was most impressive with his twelve-foot-high side jump kick against three boards, with the holders standing on a double row of chairs. Not to be outdone by his teammates, Kong, Young Il demonstrated an air break against three boards with an eight-inch punch, followed by breaking eight one-inch boards with a side piercing kick. Rhee, Ki Ha then demonstrated his prowess by a double side jump kick against six boards each. The coach of the European team, Kim, Kwang Il, sixth degree from Stuttgart Germany, also gave a most impressive flying jump kick demonstration against six boards.

It appears the excitement of the demonstration exhausted the audience more than it did the demonstrators, who were graciously and tirelessly signing autographs an hour and a half after the conclusion of the demonstration. General Choi, as indefatigable as ever, never lost his aplomb and dignity, and in between dispensing autographs,

sought out and gave encouragement to all the competitors.

After the tournament, a large reception was held at a nearby *gasthause* where a number of local Korean instructors, the demonstration team, the European team, and local German students gathered. Unfortunately, the U.S. team did not attend and in the middle of the night were whisked off to Cologne, Germany by their coaches. Participants included the following:

U.S. TEAM

Bill Luke	Iowa
Tony Cotter	Iowa
Dale Craig	Nebraska
Bruce Milton	Nebraska
Gary Cannon	Iowa

EUROPEAN TEAM

Jan Wilhelm Stoker	Netherlands
C. Keukens	Holland
Jan Koster	Netherlands
Hans Steger	Germany
Waldemar Pronotza	Germany

SCORES

	U.S.	Europe
Patterns	5	5
Free Sparring	7	3
Breaking		
Techniques	4	6
Final Score	16	14

□



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all of you as you strive to embrace the highest philosophical and educational developments of Tae Kwon Do.

My best wishes for continued success in all your endeavors,

General Choi, Hong Hi
President,
International Tae Kwon Do
Federation □

First World Tae Kwon Do Championship

Attention Presidents
and Chief Instructors

The International Tae Kwon Do Federation is proud to announce the first World Tae Kwon Do Championship, to be held in Montreal, Canada. The chief aim of this championship is to establish better relationships between the nations and exchange ideas on different techniques of Tae Kwon Do. The competition will be held as follows:

Rules are those of the Inter-

national Tae Kwon Do Federation for sparring, patterns, and power tests.

1. Date: October 4th and 5th 1974
(2 days)

Place: Montreal Forum

(a) Individuals

(b) Team matches (5 persons)

Participants: 1st dan black belts and higher

(a) From each country, one officer and one team

(b) Can also send 2 teams

2. The International Tae Kwon Do Federation provides 4 days and 3 nights of food and lodging. The last day, a memorable sightseeing tour of Montreal.

3. In order to allow us sufficient time to prepare proper accommodations for all participants, we must request that all applications be received before June 30th, 1974. Applications are to be addressed as follows:

Tournament Director

6493 Somerled

N.D.G., Montreal

Quebec, Canada

Telephone: (514) 481-7575

On behalf of General Choi, president of the ITF, I wish to invite all to attend.

J. C. Kim
Chairman of
Technique Committee □

Canada, Denver, Colorado, and Chicago, Illinois.

Tae Kwon Do Digest would like all instructors to send a letter of interest to:

ROBERT WALSON

14939 Jaslow St.

Centreville, Virginia 22020

The letter should include the instructor's preferred time and location. If there is enough interest among instructors, General Choi will make a decision, on the basis of the instructor's letters, on where and when it will be held. The seminar would include:

Patterns, First Grade through Fourth Degree.

Semi-Free Sparring Techniques
ITF Tournament Procedures

Club Management

Demonstration Techniques

It is impossible to give a cost figure per instructor at this time. ITF will attempt to get group rates at a hotel and there would be a nominal cost to pay for seminar expenses.

This would be a first and the *Tae Kwon Do Digest* urges everyone to give the seminar full support. □

ITF Training Film Now Available

(Directed and Narrated by
General Choi, Hong Hi)

Black Belt Seminar

The *Tae Kwon Do Digest* is conducting a poll among American, Canadian, and European black belts, first through fourth degree. The poll is aimed at generating and reviewing interest among black belts on the feasibility of conducting a one week ITF Black Belt Seminar.

General Choi, Hong Hi has offered to conduct the seminar and would be assisted by several sixth degree instructors. The seminar would take place in either May or June. At the present time, there are five proposed sites: Washington, D.C., Detroit, Michigan, Toronto,

In response to requests from Tae Kwon Do instructors and students throughout the world, the ITF has made its first training film. Directed and narrated by General Choi, Hong Hi, president of the ITF, all patterns and techniques in the film are performed by seven, sixth-degree black belt ITF instructors.

The film is color super 8mm, and about 400-feet long, affording 30 minutes of instruction. Included with the film is a tape cassette, keyed to the film, and narrated by General Choi. All techniques in the film were reviewed by General Choi. Cost for the film and cassette, including mailing, is \$49.95. Proceeds from the sales will be used to

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help finance the ITF training university fund.

A pilot run of 50 copies of the film has been made and will be sent to students in priority of orders received. A certified check or money order must accompany the order. The film will be sent within 30 days from receipt of the order. Sale of the film is restricted to ITF students and instructors. The check or money order must be made out to Robert Walson. Send orders to:

Robert Walson
14939 Jaslow St.
Centreville, Virginia 22020
U.S.A.

It is an exciting film, with good color definition, and a film all serious ITF students will want to own. The film will include:

Chon-Ji Hwa-Rang
Dan-Gun Choong-Moo
Do-San Gwang-Gae
Won-Hyo Po-Eun
Yul-Gok Ge-Baek
Joong-Gun Eui-Am
Toi-Gye Choong-Jang

Three-Step Sparring
Two-Step Sparring
One-Step Sparring
Hand and Foot Counter Techniques
Flying Techniques
Self-Defense Techniques
Breaking Techniques
Semi- and Free-Sparring Techniques

A second film is presently being made on advanced patterns and techniques, 3rd degree black belt and above. Though this film will not be ready for distribution until June of 1974, advance orders are now being accepted. This second film, also about 400-feet of color super 8mm. film with an accompanying tape cassette, will also retail for \$49.95. This second film will include:

Choong-Jang Ul-Ji
Ko Dang Moon-Moo
Sam-II So-San
Yoo-Sin Se-Jong
Choi-Yong Tong-II

Yon-Ge
Advanced Hand and Foot
Techniques
Advanced Free-Sparring Techniques
Advanced Self-Defense Techniques
Advanced Breaking Techniques

This second film will have a very limited distribution and only be available to black belts registered with the ITF. Name and ITF certificate number must be included with this order. □

Note From General Choi

The above films are only reference films, aids to be used with the ITF book. The patterns are conducted in a normal pace, though when the projector is run in slow motion all details of the particular motions in the pattern can be easily distinguished. The student can use the film and the book to learn a pattern. However, particulars of individual motions in the pattern must still be reviewed by an ITF instructor. With my new plan for annual black belt seminars, students in remote areas without the benefit

of senior instructors will now be able to learn the patterns correctly.

ITF PROMOTIONS

(January 15, 1974)

7th Dan

Lee, Suk Hi; Canada
Kim, Jong Chan; Canada
Park, Jong Soo; Canada
Choi, Chang Keun; Canada
Park, Sun Jay; Italy
Rhee, Ki Ha; England

2nd Dan

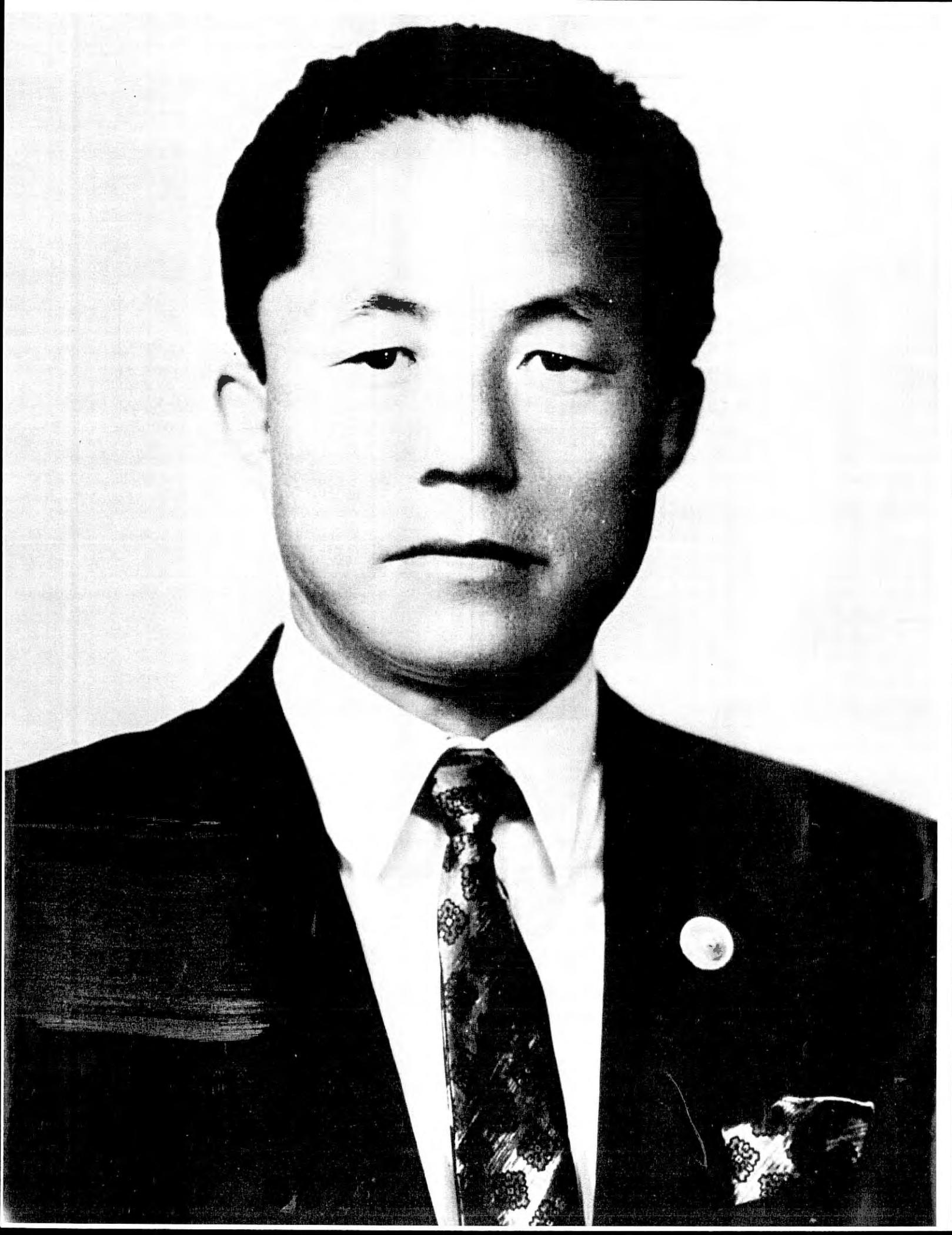
Terry Merriman; Colorado
Nick Prinster; Colorado

1st Dan

Rick Schleufer; Colorado
Mike Bialka; Colorado

Corrected List of ITF Referee and Judge Course Graduates

Nam, Tae Hi	Eighth	USA
Kim, In Mook	Seventh	USA
Lee, Haeng Un	Seventh	USA
Lee, Suk Hi	Sixth	Canada
Kim, Jong Chan	Sixth	Canada
Choi, Chang Keun	Sixth	Canada
Park, Jong Soo	Sixth	Canada
Rhee, Ki Ha	Sixth	England
Kong, Young II	Sixth	USA
Hwan, Kwang Joo	Sixth	USA
Chung, Kee Tae	Sixth	Canada
Kang, Dong Won	Sixth	USA
Eun, Sang Ki	Sixth	USA
Park, Jung Tae	Sixth	USA
Chun, Duk Ki	Sixth	Canada
Lim, Chang Soo	Sixth	USA
Kim, Nam Kyun	Sixth	USA
Hwang, Kwang Sung	Sixth	USA
Dong, Ja Yang	Fifth	USA
Yu, James B.C.	Fifth	USA
Yu, Byung Chool	Fifth	USA
Walson, Robert	Fifth	USA
Sereff, Charles E.	Fifth	USA
Choi, Ik Sun	Fifth	Canada
Lin, Low Koon	Fourth	Malaysia
Ahn, Yun Ju	Fourth	USA
Pond, Daniel	Fourth	Germany
Chaanine, David	Third	Lebanon
Oh, Chung Won	Third	Canada



A LETTER FROM PRES. CHOI HONG HI TO MY FELLOW INSTRUCTORS AND STUDENTS

For me, this magazine represents a historical moment in the history of Tae Kwon Do. I am sure all of you share with me the pride of seeing this first edition of Tae Kwon Do Digest. This magazine is in response to thousands of requests I have received from instructors and students throughout the world.

This first edition is a modest effort to be sure. With your support, however; all of you can help it grow into a magazine displaying the superiority of Tae Kwon Do techniques, and the character and spirit of instructors and students involved in the art. Of course, one thing that is most necessary to keep this magazine in print and expand its facilities and capabilities is support from all practitioners of the art. I urge you to subscribe and encourage others to do the same. It is a harsh reality of life that without some sort of financial support, this magazine will cease to exist.

We are looking for all types of articles. I submit to you some initial ideas:

1. Local Tae Kwon Do tournaments.
2. Biographical sketches and pictures of instructors and students.
3. Human interest stories. i.e., students with physical handicaps who are able to overcome them and practice Tae Kwon Do, stories about the spirit of Tae Kwon Do which helps a student overcome a particularly difficult ordeal or perhaps the use



of Tae Kwon Do as a rehabilitation therapy for criminals.

4. Student and instructor theories on "Do".
5. Critical comments.

There are plans for articles on historical moments of Tae Kwon Do, personal stories from instructors who served in Vietnam and the Korean War, great moments of the Sil-lia Dynasty, the Hwa Rong Dan and biographies of Do San, Choong Mao, Po Eun, Eui-Am, etc. There will be articles devoted to new techniques, difficult portions of Hyang (patterns), free sparring and self-

defense techniques.

The International Tae Kwon Do Federation is most interested in beginning inter-collegiate competition. I strongly urge instructors who are teaching at universities to write Mr. Yang Dong Ja, 2156 Iroquois Lane, Falls Church, Virginia 22043.

In addition, a moralistic responsibility of this magazine is to inform all students and potential students, who the ITF instructors are and their locations. In the near future, a list of clubs around the world will be published listing clubs who claim they are ITF, but in reality are fraudulent.

I would like to thank C. E. Sereff, fourth-degree black belt, and Lou Thomas, first-degree black belt, who have undertaken the most challenging and difficult task of publishing this magazine. I know the rewards will be few and the time and effort great. My thanks also go to those instructors who have given their time and effort helping build ITF and to the instructors and patrons who are serving on the ITF Board of Directors. Most of all, I want to thank the students of Tae Kwon Do—the green belts, blue belts and red belts, who are giving so much of their time and talents to help individual Tae Kwon Do instructors build a strong association in their respective areas. You are the foundation of our art. . . Thank you.



Dec. 12

Return to Canada

DEMONSTRATION TEAM

Leader Gen. Choi Hong Hi President of I.T.F.

Member Park Jong Soo, Sec. Gen. Sixth-degree

Member Choi Chong Keun, Sixth-degree Chairman of Umpire Committee

Member Kong Young Il, Sixth-degree Chairman of Expansion Committee

Member Kim Yong Soo, Fifth-degree Head Instructor of I.T.F.

Member Kim Sang In, Fifth-degree Instructor to Brazil

Member Yang Dae Chul, Fourth-degree Instructor to Argentina

TIME AND PLACE OF MEETING

A) Kim Sang In and Yang Dae Chul meet Gen. Choi Oct. 5 in Vancouver.

B) Kim Yong Soo joins team Oct. 14 in Hong Kong.

C) Cho Soo Se joins demonstration team Oct. 20 in Beirut.

D) Park Sun Jae joins Nov. 3 in Ethiopia.

E) Choi Won Chul and Cho Yong Moon meet demonstration team accompanied by Oliver (second-degree) Nov. 13 in Morocco.

F) Park Jang Soo, Choi Chang Keun and Kong Young Il meet Gen. Choi Oct. 26 in Melbourne.

G) I.T.F. will be responsible for all the expenses including plane tickets through the demonstration.

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