FALL 1981

WORLD GAMES I TKD

7th NATIONAL AAU TKD CHAMPIONSHIPS

1st U.S. OPEN TKD CHAMPIONSHIPS

JUNIOR OLYMPICS
(PHOTO: Robert Stevens winning a gold medal)
EDITORIAL

In the past few months, Tae Kwon Do has made great progress as a sport. We held the 7th National Championship, World Games I and the first Jr. Olympic Championship. Yet the art of Tae Kwon Do continues to be neglected in publications. Very little is published on the technical, social, psychological and historical aspects of Tae Kwon Do.

By seeking and publishing articles on all these subjects, we hope to fill this gap, or at least make a beginning in encouraging the serious study of Tae Kwon Do by researchers in a variety of disciplines. Moreover, since every Tae-kwondoin who aspires to the higher ranks generally finds it necessary to learn something of related martial arts; and since all martial arts share certain principles, some of the scholarly articles we publish will be based on other martial arts than Tae Kwon Do.

Of course our main concern will continue to be publication of Tae Kwon Do articles, both general and scholarly. In this we need your help and support. Send us news, articles, advertisements, subscriptions and above all, photos (preferably black and white). See page 32 for details. Remember that the Tae Kwon Do Journal is your magazine, and can only succeed with your help.

Ken Min

At The 7th AAU NATIONALS: Secretary General Y. I. Lee; Treasurer General C.K. Ma; Editor Ken Min; U.S. Team Coach S.C. Lee.
Tae Kwon Do Journal
& Martial Arts Research Quarterly

Vol. 1, No. 3
FALL 1981

KEN MIN
Editor

ASSOCIATE EDITORS
Bong Y. Choi
Dong J. Yang

GUEST EDITORIAL
SHORT NOTES
TOURNAMENT SCHEDULE

WORLD GAMES I TAE KWON DO by Bernard Loyd

AESTHETICS AND PERSONAL DEVELOPMENT in TAE KWON DO
by Daeshik Kim, Ed.D. and Richard B. Goldgar

THE HISTORICAL DEVELOPMENT of TAE KWON DO

TAE GEUK FIVE

TAE GEUK SIX

7th NATIONAL AAU TAE KWON DO CHAMPIONSHIPS by Pete Van Allen

8th NATIONAL AAU TAE KWON DO CHAMPIONSHIPS: ANNOUNCEMENT

BIOMECHANICAL ANALYSIS of the SIDE KICK by Don S. Gee

MARTIAL ARTS and BACK TROUBLE by Richard C. Stancliff, Ph.D.

BOOK REVIEW: PRACTICAL TAE KWON DO by KIM BOK MAN

PERSONALITY TRAITS of the JUDOIST by Jack Schlitz, Ed.D. and Martha Quinlan

1st JUNIOR OLYMPIC TAE KWON DO CHAMPIONSHIPS by Jerome R. Reitenbach

1st U.S. OPEN TAE KWON DO TOURNAMENT

12th U.C. OPEN TAE KWON DO CHAMPIONSHIPS by Dennis Cheng

PACIFIC AAU TAE KWON DO CHAMPIONSHIPS: RESULTS

FRONT COVER PHOTO by Sydney Reeser

Copyright 1981 by the Tae Kwon Do Journal, P.O. Box 968, Richmond, CA, 94803-0968
GUEST EDITORIAL

Each style of martial art has its own characteristics, by which skillfulness of performance may be judged. The development of these styles, which include judo, karate, jujitsu, taekwondo, tai chi, kendo and hapkido, can be traced from era to era, and reflects the culture of each generation.

By watching and imitating the masters, martial artists can learn the visible techniques of their art. But every martial art includes invisible techniques as well, which are not so easy either to learn or to judge. These invisible techniques may be summed up as various aspects of mental discipline.

Buddhist and Taoist monks nearly always studied martial arts. In fact, the development of martial arts is almost inseparable from the history of these religions. From this religious background come certain concepts of nature, and of human beings as part of nature, which traditionally can be grasped only by meditation and intuition.

Beginning with an awareness of his own body rhythms and movements — if he inhales he must exhale; if he kicks out, the kick must be brought in; if he leaps high in the air, he must come down — the martial artist may gradually be led to a deeper understanding of nature. Only such an understanding will enable him to realize his abilities, internally and externally, and thus to reach the ultimate goal of all martial arts.

Three qualities distinguish the true martial artist, who has mastered the invisible as well as the visible techniques of his art: Confidence, Self-control and Respect. With these qualities he is likely to succeed, not only in the practice of his art, but also in any other activity he undertakes.

Bon Young Choi

TAE KWON DO TOURNAMENT TERMS

Charyul - attention
Kyung-yae - bow
Jhoon-bi - ready
Il Wheh Jeon - first round
Yi Wheh Jeon - second round
Kalyeo - break
Si-cheak - begin
Kae sok - continue
Geu-mahn - stop (return to starting positions)
Seung - winner
Chung - blue (competitor)
Hong - red (competitor)
Chu-ee hana - first warning
Chu-ee dul - second warning
Kam-jhum hana - one point deduction
Kam-jhum dul - second point deduction
Paeh - loser

SHORT NOTES

Seoul, Korea will host the 24th Olympic Games, 1988. The Korean national sport/art of TKD gained a bright future as an Olympic sport when the International Olympic Committee voted in favor of Seoul, Korea over Nagoya, Japan for its 1988 Games, by a vote of 52 to 27 on October 30, 1981 at Baden, West Germany. There is a strong chance that the 1984 Los Angeles Olympic Games will include TKD as a demonstration sport, and eventually, at the 1988 Olympics in Seoul, TKD could become the 24th official sport, after tennis and table tennis. Thanks to Dr. Un Yong Kim, president of the WTF, for his successful effort to bring the Olympics to Seoul.

Master Peter Soo Yong Cha, an 8th degree black belt and Washington, D.C. instructor, received the 1980 David Revines Award, the AAU Taekwondo Committee's highest honor. A 1959 graduate of Tan Guek University, Mr. Cha began his career as a member of a touring group of Tae Kwon Do experts, introducing Korean martial arts to other Southeast Asian nations. Since coming to the United States in 1967, he has been very active in civic affairs, as well as in both American and world Tae Kwon Do. Among his many important positions, he is a member of the Technical Committee of the World TKD Federation.

Master Chong-ho Bae, who did a superb job organizing the Tae Kwon Do events for World Games I, has been appointed Secretary General of the WTF. Born in 1928, his medical studies at Tokyo Medical College were cut short by the repatriation in 1945. Commissioned in the Korean Army in 1953, he rose to the rank of Colonel, graduating from the Army Command and Staff College. After completing the Foreign Policy Course at The Institute of Foreign Policy Study, he embarked on a third career, serving in the Korean Embassies at Rome and Tokyo.

TOURNAMENT SCHEDULE

6th National Collegiate TKD Championship
Contact: Prof. Dong Ja Yang (301) 774-0919

North American TKD Championship
Contact: Dr. Ken Min (415) 642-7100

5th World TKD Championship
ECUADOR Feb. 24-28, 1982
Contact: Dr. Un Yong Kim
Mr. Jong Ho Bae (Phone) 56-2505, Seoul, Korea

8th National AAU TKD Championship
University of Michigan, Ann Arbor, Michigan, April 2-3, 1982
Contact: Master Hwa Chong (313) 478-5459

12th U.C. Open TKD Championship
University of California, Berkeley, CA May 8, 1982
Contact: Dr. Ken Min (415) 642-7100

1st World University TKD Championship
University of California, Berkeley, CA June 4-6, 1982
Contact: Dr. Ken Min (415) 642-7100

6th Tae Kwon Do & Hapkido Summer Camp
Cody, Wyoming, June 20-26, 1982
Contact: Mr. Bill House (307) 527-7613
I truly believe the World Games I was a positive experience for the promotion of Taekwondo. Instructors, practitioners, and spectators were able to witness unity and friendship regardless of the cultural differences among the fourteen countries that participated in this dynamic sport. Although each country supported its own athletes in their struggle for the gold medals, all countries were united in their support of Taekwondo. Each country’s team entries were determined solely by one governing body, namely the World Taekwondo Federation. This ensured that politics was not a part of the World Games, and contributed to strengthening Taekwondo’s expansion and growth on a world-wide level.

Both competitors and spectators brought great enthusiasm to the tournament. Men, women, and children of all ages recognized the dedication and organization devoted to making this World Games I a success.

It was indeed an honor and privilege for me to participate as Special Assistant to Professor Dong Ja Yang and accept a position in the 15-man Delegation Team in the World Games I promotion. Also, I was especially proud World Games I was sited in Santa Clara, California. This brought prestige to the Pacific Association, AAU for which I am the Taekwondo Chairman. I sincerely hope future World Games will be able to promote Taekwondo as well as the First Games have done.

JEROME R. REITENBACH
Taekwondo Chairman
Pacific Association, AAU

14 countries, in all 128 contestants, competed at the first World Games in Santa Clara from July 29 through 31. With ten weight classes from fly to heavyweight and each country limited to one competitor per class it was an outstanding field of athletes. It included 6 European Gold Medalists (3rd Europ. TKD Championships Denmark 1980). The 10-man U.S. team qualified for World Games I by winning 7th National AAU Tournament titles in May in Florida, while the members of the Canadian squad were winners at the Ottawa Games I. Then of course there were the Koreans, a heavily favored standout team that included 6 Asian Champions (4th Asian TKD Championships Taiwan 1980), among them Kim Jung Guk, Korea’s 1980 MVP, and five time winner of the Korean’s President’s Cup, undefeated in tournament competition.

After defeating Italy’s Codazzo Aldo with a dazzling show of kicking combinations the U.S.A.’s Dae Sung Lee met Korea’s Kim Kwon in the tournament’s first final, an exciting battle for the flyweight gold. Lee attacked with powerful punches but was outpointed by his opponent who connected with strong and clean kicks to the head and body. Immediately afterwards Korea took its second gold medal when Ki-mo Yang defeated Spain’s Feo Banito in the flyweight division.

The climax of the day was the showdown between heavyweights Darrell Hanegan of Canada and Chong-man Park of Korea. With a good mix of kicks, punches and counterpunches Hanegan started a very aggressive match. Park retaliated in kind scoring, with a stunning 1st round jump back kick to the head but could not contain Hanegan who tirelessly kept up the pressure, knocking Park down with a jarring left roundhouse to his chin in the second round and a front kick - swinging back kick combination in the third. It was Hanegan’s biggest win in his seven years of competition.

continued on next two pages
Thursday's finals action began with an aggressive Beom Soo Jeong (Korea) meeting Mexican Oscar Aquilar in the match for the bantamweight crown. Jeong got off to a good start as he scored with several high kicks and with one front kick that floored Aquilar. He continued to dominate with his excellent form until the 3rd round when Aquilar in a last ditch effort turned aggressor to score with an axe kick to the head followed by a side kick that knocked the Korean to the floor. By then, however, it was far too late to reverse the match, and Beom Soo Jeong easily won the gold.

Korea continued its quest for gold in subsequent finals as Dong-joon Lee defeated Canadian Jersey Long in the middleweight division and lightheavyweight Jeong Chan outpointed Ivorian Bly Be Yao.

It continued its domination with a featherweight victory in the first of four finals on Friday. Jun Girl Lee seemed almost able to score at will as he outclassed Jorge Garcia of Spain with an exhibition of lightning fast combination kicks delivered with excellent balance and timing.

With three weight classes to go Alfonso Qahhaar was perhaps the most promising of the remaining U.S. gold hopefuls. After defeating Ecuador's Juan Andradr and W. Germany's Karl Wohlfahrt in the eliminations of the lightweights, he fought brilliantly in the semifinals mixing kicks and punches in classic good form to totally outclass his opponent, Italy's Luigi Sienore. But even he could not stop the Korean machine.

Facing Qahhaar in the finals was Yong Kuk Kim, one of the six Asian Champions. The action was fast and furious as an un-daunted Qahhaar attacked immediately, scoring with a round house kick to the head and then another round house to Kim's head that knocked the Korean to the floor amidst the frenzied cheers of a full house of spectators. A shortlived triumph it was though, as Yong Kuk Kim came right back to knock Qahhaar down and then put him in severe trouble as he scored with a beautiful axe kick to the face that felled Alfonso Qahhaar. Slightly groggy but unhurt Qahhaar was up at the count of five and continued a very spirited and aggressive match. He was unable, however, to evade his opponent's lightning fast axe kicks. This cost him the match as Yong Kuk Kim took full advantage of his openings and landed several more high axe kicks.

Korea's Jung Guk Kim was declared winner of the welterweight gold medal when, unfortunately, his opponent Paul Rusca of Argentina was unable to continue due to a groin injury resulting from a jump back kick of Kim.

In the last final of the tournament II-nam Oh of Korea (of course) defeated a rather passive Chul Hoe Kim of the U.S.A. in an anticlimatic and uneventful match. Perhaps, as one spectator remarked, Kim was satisfied with his light weight silver medal and had no intentions of risking enjoying it in a hospital bed.

This last match wrapped up three days of outstanding Taekwondo competition, 370 matches in all. Taekwondo continued in its role as a major spectator attraction with its popular appeal attested by attendance figures of over 5000 on Friday despite very low general attendance at the World Games. Korea easily reaffirmed its #1 position with nine gold medals and one heavy-weight silver medal.

Of the U.S.A.'s team Dae Sung Lee (finwt.), Alfonso Qahhaar (lightwt.), and Chul Hoe Kim (light middlewt.) won silver medals, the U.S. tying for second place. Other members of the team were: Young Joon Kim (fly def. by Korean Yang in 2nd round), Chung Sik Choi (bantam., def. by Italian Geremia in 2nd rd.), Marvin McMillion (feather., def. by Jun Girl Lee, Korea, in 2nd rd.), Michael O'Malley (welter., def. by Rhijis, Netherlands in 1st rd.), Earl Taylor (middle., def. by Italy's Jugi in the 2nd rd.), Tom Federle (light heavy, def. by Thomas Roth, Mexico, 1st rd.), and Kim Royce (heavy, def. by Park, Korea in 1st rd.)
WORLD GAMES I: TAE KWON DO RESULTS
Santa Clara, California
July 29 - 31, 1981

Finweight
1. Ki Mun Kwon
2. Dae Sung Lee
3. Reinhard Langer
3. Codazzo Aldo

Flyweight
1. Ki Mo Yang
2. Francisco Banito
3. Fernando Celada
3. Maelionico Domenics

Bantamweight
1. Beom Soo Jeong
2. Oscar Aguilar
3. Dicostanzo Geremia
3. Serge Langlois

Featherweight
1. Jun Girl Lee
2. Jorge Garcia
3. Marchione Raffaela
3. Juan Mangoni

Lightweight
1. Young Gook Kim
2. Alfonso Quahhaar
3. Kone Sowleymane
3. Sienore Luige

Welterweight
1. Jeong Kuk Kim
2. Rusca Paul
3. Reuben Rhijis
3. Antonio Hernandez

Light-Middleweight
1. Il Nam Oh
2. Chul Hoe Kim
3. Helmut Gartner
3. Remarek Patrice

Middleweight
1. Dong Joon Lee
2. Jersey Long
3. D’Oriano Jugi
3. Andreas Scheffler

Light-Heavyweight
1. Chan Jeong
2. Cisse Abouaye
3. Hsin Nien Sun
3. Tom Federle

Heavyweight
1. Darrell Hanegan
2. Chong Man Park
3. Miguel Esquivel
3. Harry Prijs

TEAM STANDINGS
1. Korea
2. Canada
3. U.S.A.
AESTHETICS & PERSONAL DEVELOPMENT in TAE KWON DO
by Daeshik Kim, Ed.D. & Richard B. Goldgar

Today, Judo and Tae Kwon Do are AAU sports with wide followings. Yet there is still a great deal of confusion in the popular Western view of the oriental martial arts. These barehand or simply armed skills, rich in history, are often misrepresented by Western mass media. The typical media image places Eastern martial arts both in the shadowy realm of foreign intrigue and the dazzling light of superhuman achievements.

These sports, especially Tae Kwon Do, draw upon long traditions. Now America has a part in that tradition. Teddy Roosevelt was an avid fan of Ju-Jitsu. American G.I.'s developed a strong interest in both Tae Kwon Do and Judo during WWII, but until WWII Roosevelt was among the small minority of westerners who had practical direct knowledge of these arts. In 1952 Karate Master Masutatsu Oyama traveled across America demonstrating Karate. At first Master Oyama displayed some of the intricate dance-like Forms (Katas). However, Americans failed to appreciate his skill. Only when he performed brick and board breaking techniques did the public respond. Yet breaking techniques, a test of strength and concentration, are only a small part of Eastern Martial Arts training.

Tae Kwon Do is typical of the traditional Eastern Martial Arts. The range of Tae Kwon Do's appeal now includes sports, health and performing arts as well as its earlier martial and ethical interests.

Anyone who has visited a Martial arts practice hall (Dojang) immediately realizes that the sport of Tae Kwon Do involves strenuous exercise. However, unlike some other sports or exercises, Tae Kwon Do develops virtually the entire body. Let us for a moment consider two possible extremes of physical training: weight lifting and long distance running. A few individuals are genetically advantaged to perform exceptionally at one or the other of these extremes. Some have a muscle structure such that they can optimally give relatively short strong bursts of energy as a weight lifter might. Others have muscles so composed that they may superbly perform medium or light strength skills for prolonged periods, such as long distance running.

Most of us are not at either extreme. Our muscle tissue is usually somewhere in the middle range and most likely we would not be among the world's best at either weight lifting or distance running. Yet the skills developed in Tae Kwon Do precisely suit those of us in the middle range. In addition, as we know from physics, force is a function of mass and acceleration. For Tae Kwon Do, this means a light but quick attack or defense technique proves just as effective as a stronger but slower one. Therefore size is not an inherent advantage.

Tae Kwon Do's dependance upon supplie acrobatic skill and powerful accuracy requires the development of nearly all parts of the body. For example, few other athletic practices demand that one be capable of curling toes back, kicking above one's head, pivoting 180 degrees on one foot, and punching or blocking, all simultaneously. Many techniques of Tae Kwon Do, though easily visualized, are not easily described. Suffice it to say that perhaps only ballet equals or surpasses it in its manifold use of the entire body.

Tae Kwon Do's emphasis on control as well as power, accuracy as well as speed, requires a physical training program with a wide variety of activities: calisthenics to build strength, warmup and stretching exercises, skills practice, free-fighting and meditation. Tae Kwon Do ranks with jogging and cross country skiing in terms of cardio-vascular workout, yet provides motor skills development similar to dance. Tae Kwon Do, like other highly athletic activities, simultaneously helps lower one's heart rate and increases the oxygen supply to the bloodstream.

Of course, much more could be said of the martial sports' physical benefits. Unfortunately, comparatively little scientific research deals with these aspects of the martial arts. Indeed, most of the biomedical and biophysical research involving the martial arts (somewhat predictably) investigates breaking abilities. Yet, even in this area the results have been supportive. For example, popular knowledge of breaking techniques conjures fears of progressive crippling or bone deformation. Yet X-rays and tests on Master Oyama's hands (hands which have broken countless rocks and bricks) indicate no physical differences between his hand structure or capabilities and those of anyone else.

The purely physical benefits of Tae Kwon Do are not unique. Yet Tae Kwon Do teaches a unique set of skills sometimes using unique methods. Obviously Tae Kwon Do is also an effective self-defense skill, one with a peculiarly ethical orientation not shared by mere exercise and to some extent broader than other competitive sports. It might seem odd that a martial sport, a set of skills making one capable of violence, can be claimed to promote good moral character and a non-violent attitude through teaching its martial skills. Yet this claim is central to Tae Kwon Do. It is reasonable to assume that aggression is a deep-seated human drive. Tae Kwon Do channels aggressive tendencies, ritualizing and controlling them. Tae Kwon Do lets one release aggressive tendencies in a healthy, directed and morally acceptable manner. Tae Kwon Do also gives one the confidence of knowing how to avoid serious conflicts as well as serious harm either to oneself or another. Modern Tae Kwon Do teaches many techniques which merely immobilize or disarm an antagonist without necessitating further harm.

Free-sparing, a 20th century innovation for the martial arts and the basis for the martial sports, puts one in a stress-confrontation situation, a situation which demands self-control. In free-sparing one spars with an opponent, learning to anticipate, block and counter attacks, yet this merely simulates combat without causing injury.

In spite of its martial skills training, Tae Kwon Do encourages the avoidance of conflict. Often the first words a novice will hear from his teacher are: "If you are faced with a dangerous situation, avoid it if possible, run if you can." Tae Kwon Do is not meant as a tool for 'proving' oneself. Rather, it is a sport in which non-belligerent attitudes are rewarded: a major prerequisite for attaining a higher belt rank is "good moral character."

The Tae Kwon Do workout creates a microcosm in which one's moral character is tested, developed and strengthened. Tae Kwon Do translates undirected aggression into a disciplined sport, teaching self-control in stress situation, self-confidence and a non-violent attitude. Tae Kwon Do also emphasizes respect. An instructor will not tolerate horseplay, maliciousness or disobedience in class. Students learn to respect their instructor, fellow students and the Dojang.

Tae Kwon Do also demands patience and enterprise. It takes many years of training to receive a black belt and decades of dedication to progress high in the dan ranking of the black belt. Tae Kwon Do practice encourages the moral virtues commonly considered important in our culture: self-reliance, courage, and self-control under stress.
In addition to its physical and ethical benefits, Tae Kwon Do provides both its audience and participants with aesthetic pleasure. Tae Kwon Do involves a skill to be mastered, yet one with room for personal style. Though Tae Kwon Do has a ranking system and a rigid set of requirements for proficiency in its art, yet competency in the martial skills should not be equated with the production of a multitude of identical practitioners. On the contrary, mastery of traditional skills is only a prerequisite for discovering and emphasizing techniques most suited to and effective for the individual. A Tae Kwon Do student develops a set of core techniques and transitions which he or she may call their own. These skills form the foundation of one's unique style, just as a pianist or ballet dancer can be said to have mastered specific skills and yet personalized those skills to create their own style.

Rhythm and timing are as important to Tae Kwon Do as they are to traditional fine arts. Similarly to dance, Tae Kwon Do emphasizes breathing techniques to help one develop an internal rhythm and balance. In addition, 'focus' is a main goal in the Tae Kwon Do practice. For Tae Kwon Do 'focus' means the execution of a technique such that it is positioned precisely and with maximum force. Tae Kwon Do also emphasizes what may be called the macrorhythms and microrhythms of its practice. The macrorhythms involve the transitions between techniques while the microrhythms involve the speed and timing within a given technique.

Tae Kwon Do is an individual's sport. It therefore allows for precise control in its performance. Even in free-sparring, one's actions are not chance, but directed responses to an opponent, allowing full concentration upon one's practice.

Form practice shows even stronger ties with the traditional arts. The numerous forms, involving complicated transitions and techniques, are reminiscent of cultural dance forms and older dance traditions such as those of Bali. Historically the core of Tae Kwon Do practice (until this century there was no free-sparring), the forms may be considered analogous to traditional showpieces of music and dance.

Some might claim that Tae Kwon Do, as a "violent" sport, is in opposition to aesthetic appreciation. Tae Kwon Do does not have violence as a goal any more than archery or fencing. Even if Tae Kwon Do is claimed to provide one with a potentially violent set of skills, this does not preclude its ability to engage one's aesthetic interest. Though moral considerations can prevent one from having an aesthetic attitude toward certain objects or events, this is a function of the situation and the individual rather than an essential character of art.

The sport of Tae Kwon Do is obviously a complex art. Its historical and traditional ties to martial skills and its modern concern for fitness place it in the fine tradition of other martial sports such as fencing. In addition, its own sophistication and devotion to formal routines give Tae Kwon Do an added explicit aesthetic character. Tae Kwon Do teaches discipline, interpersonal skills and an appreciation for the fine athletic and aesthetic qualities of its art.

Handcrafted TROPHIES for Tournaments
Also PLAQUES, CUPS, MEDALS, BADGES, BUCKLES, NAME PLATES, NAME TAGS PENNANTS, CHAMPIONSHIP FLAGS from KOREA

HIGHEST QUALITY CRAFTSMANSHIP at LOW PRICES
Guaranteed - one month delivery after receipt of order.

For complete information write to:
P.O. Box 968
Richmond, CA
94803-0968
HISTORICAL DEVELOPMENT
of TAE KWON DO

Translated literally, Tae Kwon Do means "art of Foot and hand fighting." "Tae" means to kick, jump or smash with the foot. "Kwon" denotes a fist, or to punch or destroy with the hand or fist. "Do" is the art, the way, the method.

Collectively, Tae Kwon Do indicates a technique of unarmed self-defense involving the skilled application of punches, kicks, blocks, dodges and interceptions with the hands, arms, and feet in order to bring about the rapid destruction of the opponent. The origin of Tae Kwon Do must be sought in the history of Korean civilization which is more than 4,310 years old. The ancient martial arts had their beginning hundreds of years before the birth of Christ. At that time Korea was divided into the three Kingdoms of Koguryo (37 BC - 668 AD), Paekche (18 BC - 600 AD), and Silla (57 BC - 936 AD). Competition between the three kingdoms stimulated the development of fighting arts. The society of the Koguryo state was dynamic for its times and from the virile frescos and flamboyant murals the early sort of Tae Kwon Do called Taekyon can be traced. The sculptures and wall pictures showed basic postures of empty-hand fighting in their early stages. Also documents written in the Paekche dynasty show many studies of fighting stances, skills and formalized movements that closely resemble the present stances and forms of Tae Kwon Do. Therefore, it can be inferred that the people in the three kingdoms practiced an art very much like the one we study today. From the kingdom of Silla in 53 AD developed another form of Tae Kwon Do called Hwarang-do which young noblemen practiced in order to train their bodies and minds. With the unification of the various kingdoms under Silla's banner (337-935), all martial arts came under intense study, and an accelerated program of development was begun. During the Koguryo Kingdom (109 BC -AD 668), art objects, such as the Kumkomryksa Tower sculpture at Kongongju and the wall pictures of Kakejuching, were created. These show basic postures of empty-hand fighting in their early stages. The statues of Kumkang Kwon at the entrance to the Sokkul-am on Mt. Toham also show typical fighting postures. By mid-Koryo, King Suokjang fully supported schools of empty-hand fighting, and there was some use of the terms subak and kwonpup. During the reign of King Injong, empty-hand fighting methods began to be standardized. King Chungnæ I established the custom of having seasonal contests before the reigning monarch. General Choi, a military dictator, gave kwonpup a boost by making it compulsory for all warriors. Generals Kyong Sung and Lee Ui Mi, themselves experts, led the drive for the technical development of Kwonpup and brought it to its zenith. Two empty-hand styles developed and dominated all others. These were the Sorim Temple School and the SongKae School. The Sorim Style was developed by priests who were skilled in swift, evasive movement and jumping attacks. The Songkæ style is a defensive method developed by its founder, Chang Songkæ, of the Chinese Ming dynasty (1368-1644). According to an old military document, over one hundred techniques comprised the Kwonpup of that day. The Yi Kingdom policy of "favoring arts and despising arms," however, brought about the rapid decline of kwonpup. On August 2, 1910, the Yi dynasty was forcibly overcome by Japan and the Japanese colonial government banned not only cultural activities, but also team sports and the martial arts. As a result of World War II, Korea was liberated from Japan and many Korean martial artists opened schools.

continued on page 10

TAE GEUK FIVE

ATTENTION
BOW
READY POSITION
1. Look over left shoulder, step out into left front stance left arm down block, then withdraw left foot back to left side-natural stance, while left hand executes hammer strike.
2. Look over right shoulder, turn 180° right to right front stance, right arm down block, then withdraw right foot back to right side-natural stance, while right hand executes hammer strike.
3. Turn head right (now looking straight forward), step out into left front stance, out-to-in middle block first with left hand then out-to-in middle block with right hand in quick succession.
4. Stepping forward, right leg front snap kick, step into right front stance, make right hand back fist strike followed by left hand out-to-in middle block.
5. Stepping forward, left leg front snap kick, step into left front stance, make left hand back fist strike followed by right hand out-to-in middle block.
6. Move forward into right front stance, make a right hand back fist strike.
7. Look over left shoulder, turn 270° over left to right back stance, left middle knife hand block.
8. Move forward to right front stance while executing right elbow strike (right hand fist is clasped in palm of left hand).
9. Look over right shoulder, turn 180° over right to left back stance, right middle knife hand block.
10. Move forward to left front stance while executing left elbow strike (left hand fist is clasped in palm of right hand).
11. Look over left shoulder, turn 90° over left to left front stance, arm down block followed in quick succession by right hand out-to-in middle block.
12. Move forward, right leg front snap kick, step down into right front stance, while executing first a right hand back fist strike followed quickly by left hand out-to-in middle block.
13. Look over left shoulder, bring left leg towards right then turn 90° over left to left front stance left arm upper block.
14. Moving forward, right leg side kick, step down into right front stance while executing left elbow target strike (left elbow strikes palm of right hand).
15. Look over right shoulder, turn 180° over right to right front stance, right arm upper block.
16. Moving forward, left leg side kick, step down into left front stance while executing right elbow target strike (right elbow strikes palm of left hand).
17. Look over left shoulder, turn 90° over left to left front stance, while in quick succession first make left arm down block followed by right arm out-to-in middle block.
18. Moving forward, right leg front snap kick, then hop forward (on the hop, the left foot crosses behind the right), and then make a right hand back fist strike. YELL!

Turn 270° over left to READY POSITION. Ba-Ro

ATTENTION
BOW
under various names such as Kong Soo Do, Soo Bak Do, Tang Soo Do, Kwon Bup and others. The center of technical development was relocated in central Korea. There it assumed the new name of tae kwon, although the term tae kwnopup was also used. Tae Kwon continued as an empty-hand fighting method, but it was not until the independence of Korea in 1945 that, restyled as tae kwno do, it reached its present level of development. In 1961, the Korean Tae Kwon Do Association was formed and given official membership in the Korean Amateur Sports Association. Also, in 1961 a governmental decree set up a seven-member commission for unification of the schools, and the Korea Tae Soo Do Association was given official membership in the Korea Amateur Sports Association, the government organization that controls all sports in Korea. On August 5, 1965, the Korea Tae Soo Do Association was officially renamed the Korea Tae Kwon Do Association and the designation Tae Kwon Do was fully accepted by all. Dr. Un Yong Kim was elected president of the association on January 25, 1971. Under his dynamic leadership, the sport and organization have developed in size, popularity and achievements - both within Korea and throughout the world. At present, the membership of the Korea Tae Kwon Do Association numbers 15 million. Construction of the beautiful Kuk Ki Won building was begun on November 30, 1972 and, on its completion, it became the main educational and training center of the Korea Tae Kwon Do Association and of the World Tae Kwon Do Federation. During October of 1974, the Amateur Athletic Union of the United States (AAU) recognized Tae Kwon Do as an official sport. When the National AAU Tae Kwon Do Committee was formed in 1974, Professor Ken Min was elected as the National Chairman and the AAU Tae Kwon Do programs developed rapidly. In 1976, the International Military Sports Council (CISM) recognized Tae Kwon Do as an official sport and added it to their list of events. In the same year, the General Assembly of International Sports Federation (GAIF) officially recognized the World Tae Kwon Do Federation as the governing body of international Tae Kwon Do and further recognized Tae Kwon Do as a world sport. Since 1975, the National AAU Tae Kwon Do Championships have been held annually in the United States. In 1978, Professor Dong Ja Yang of Howard University was elected as the National Chairman of the National AAU Tae Kwon Do Committee. This year the 7th National AAU Tae Kwon Do Championships were held under the tournament directorship of Grand Master Yung Ho Jun of Tampa, Florida. For many years, the federation for sports not included in the Olympics have been lobbying for equal representation. Now the General Assembly of International Sports Federation has come up with a promising solution to the problem. The World Games will provide Tae Kwon Do and other non-Olympic sports with world-wide exposure, without the national rivalries or organizational problems of the Olympics. Athletes will compete as individuals, representing their sports rather than their countries, and each sport will be governed entirely by its own federation. World TKD Federation President Dr. Un Yong Kim, elected last October to the six-member Executive Council of the GAISF, is the Chairman of the Non-Olympic International Sports Federations, and served as President of the World Games I, which were held in Santa Clara, Calif. on July 25 - August 2, 1981. Perhaps the best news to date is that as of last July, 1981, Tae Kwon Do was recognized by the World Olympic Committee. Today the popularity and enthusiasm for Tae Kwon Do is worldwide, which suggests the superiority of Tae Kwon Do over any other self-defense art in the world.

TAE GEUK SIX

ATTENTION

BOW

READY STANCE

1. Look over left shoulder, 90° turn to the left to left front stance, left arm down block.
2. Right leg front snap kick, then return right foot to original position while shifting into a right back stance, left arm in-to-out closed fist block (palm facing away from the body).
3. Look over right shoulder, bring right foot towards left foot, turn 180° over to right front stance, right arm down block.
4. Left leg front snap kick, then return left foot to original position while shifting into a left back stance, right arm in-to-out closed fist block (palm facing away from the body).
5. Look over left shoulder, bring the left foot towards the right, turn 90° to the left, stepping forward into a left front stance, right hand grab (palm faces away from body).
6. Right leg roundhouse kick, bring the right foot down next to the left foot, look over the left shoulder, turn 90° left and step forward into a left front stance, left arm upper block, followed quickly by a right hand reverse punch.
7. Moving forward, right leg front snap kick to a right front stance, then make a left hand reverse punch.
8. Look over right shoulder, turn 180° to the right into a right front stance, right arm upper block followed quickly by a left hand reverse punch.
9. Moving forward, left leg front snap kick to a left front stance, then make a right hand reverse punch.
10. Look over left shoulder, turn 90° left to a ready stance position, legs slightly apart, while both hands execute a slow down block (closed fist, tension with breathing).
11. Step forward into a right front stance, left hand grab (palm faces away from body).
12. Moving forward, left leg roundhouse kick (YELL!), then step all the way forward (one full step) into a temporary left front stance, look quickly over right shoulder and execute a 270° turn over the right into a right front stance right arm down block.
13. Left leg front snap kick, then return left foot to original position while shifting into a left back stance, right arm in-to-out closed fist block (palm facing away from body) (this is the same move as in Step #4).
14. Look over left shoulder, bring the left foot towards the right and turn 180° over the left to a left front stance, left arm down block.
15. Right leg front snap kick, then return the right foot to its original position while shifting into a right back stance, left arm in-to-out closed fist block (palm facing away from body) (this is the same move as in Step #2).
16. Look over left shoulder, turn the body 90° by first bringing the right foot towards the left, then moving the right foot back away from the left (90° away from its starting point) and assuming a right back stance, middle knife hand block.
17. Retreat backwards into a left back stance, right hand middle knife hand block.
18. Retreat backwards into a left front stance, left hand pressing down block (slowly, with palm facing toward the ground) followed by a right hand reverse punch.
19. Retreat backwards into a right front stance, right hand pressing down block (slowly, as before, palm parallel to and facing the ground) followed by a left hand reverse punch.
20. Return to READY POSITION by drawing the right foot back towards the left and then stepping out into the READY STANCE.
The Seventh National A.A.U. Tae Kwon Do Championships are now history. Just as the story of history is made up of many individual stories, so too were this year's Nationals. Held May 2nd and 3rd at the beautiful new multimillion dollar Sun Dome on the University of South Florida campus in Tampa, the 1981 Championships were the best ever. Tournament Director Grand Master Yung Ho Jun, made sure that everything connected with the tournament was done in first class fashion. Extensive media coverage ensured that the general population was well informed of the coming event. Competitors from all over the U.S. found themselves competing in six rings of non-stop action as they vied for the top spots and a position on the team that will represent the U.S. at the World Championships.

What was seen during the competition however was merely the tip of an iceberg that had formed a year ago when Master Jun learned that he would play host to this year's tournament. Lying under the surface was a year's worth of work by Master Jun, his wife and competitor Dale, and many of his students. Of that group, no one worked harder, longer, or more selflessly, than Dale. A third degree black belt in her own right, Dale not only had to think about being the Tournament Director's wife, but also about her own preparation and training as a contestant. If it is true that dynamite comes in a small package of bundled up energy, then Dale is an explosive force to be reckoned with. At the 6th National Championships she won three medals, the only competitor to do so. The two golds and one silver that she won at Berkeley served merely to whet her appetite and prompt her to see if she could duplicate the feat again this year. Success once again! Three more medals graced her neck as she took two silvers and one gold. The results would have been the same as last year except for one close decision in the finals. You really can't be too hard on her though when you consider all she went through preparing things so that the other competitors, the masters, and the spectators could all be as comfortable as possible while watching and participating in what has become the world's fastest growing martial art. As anyone who has ever put one on knows, there is more to a tournament than just setting up the rings and buying a few trophies. Those have to be done but so do a hundred and one other things, any one of which, if not done right, can cause people to go away from a contest with a bad taste in their mouth. Hotel accommodations, entry forms, publicity posters and their distribution, maps and directional signs, transportation for the masters, welcoming signs, media coverage, meeting with University officials and striking a deal for use of the Sun dome, setting up tables and chairs, planning an exhibition so that the public would have a better understanding of what Tae Kwon Do is all about, ordering Tee Shirts to commemorate the occasion, and then the endless hours of practice, practice, practice were the lot of Dale Jun in 1980-81. This was in addition to her regular duties as wife and partner of Grand Master Jun at his school in Tampa where they have introduced the art of Tae Kwon Do to hundreds of promising students.
Some people believe that top notch fighters are not good at forms competition and vice versa. Dale's six medals in two years' nationals put that misconception quickly out of mind. So did the performances of Dae Sung Lee (two golds), Karen Brown (one gold, one silver), Gloria DuBissette (one gold, one silver), Sharon Jewel (one silver, one bronze) and Myung Chan Kim (one silver, one bronze). Their performances show instead that the better you are at forms, the better your free sparring will be. Just because a person does not have the dedication to do both does not mean that both cannot be done and done well. Both require great mental discipline but different types of discipline that, when combined, make for the truly well-rounded martial artist, the type that best represents the art to the public. As more and more students realize this, Tae Kwon Do will grow stronger and more meaningful to its practitioners and the general public.
7th NATIONAL AAU TAE KWON DO CHAMPIONSHIPS: RESULTS
TAMPA, FLORIDA
MAY 2 - 3, 1981

**MEN**

Finweight
1. Dae Sung Lee
2. Joe Martin
3. Ricky Garcia

Flyweight
1. Young Kim
2. Mike Vasquez
3. Dak Sung Lee

Bantamweight
1. Chung Sik Choi
2. Gregg Baker
3. Joseph Hernandez

Featherweight
1. Marvin McMillion
2. Righard Lee
3. Victor Oritz

Lightweight
1. Alfonso Quahhaar
2. Jae Hon Kim
3. Scott Littke

Welterweight
1. Michael O’Malley
2. Randy Micheletti
3. Gerald Wynn

Light-Middleweight
1. Chun Lee
2. Kareem Jabbar
3. Daniel Jackson

Middleweight
1. Earl Taylor
2. Edward Harnen
3. Myung Chan Kim

Light-Heavyweight
1. Tom Federle
2. Edward Smith
3. Kenneth Dye

Heavyweight
1. Kim Royce
2. Robert Connally
3. Thomas Seabourne

Poom Se
1. Dae Sung Lee
2. Myung Chan Kim
3. Mark Moore

Breaking
1. Phillip Cunningham
2. Gary Werder
3. Dong Quam

**WOMEN**

Finweight
1. Diana Hill

Flyweight
1. Cherry Kalanoc
2. Helen Yee
3. Lorilyn Mong

Bantamweight
1. Sunny Graff
2. Dale Jun
3. Mercedes Morales

Featherweight
1. Deborah Holloway
2. Ayoka Brown
3. Diane Ellis

Lightweight
1. Karen Brown
2. Terri Treaster
3. Stacy Jackson

Welterweight
1. Nancy Ferguson
2. Gloria Dubissette
3. Leslie Losinger

Middleweight
1. Jo Ann Hamelin
2. Connie Rice
3. Candie Williams

Heavyweight
1. Lynnette Love
2. Sharon Jewell
3. Jerelyn Taubert

Poom Se
1. Dale Jun
2. Karen Brown
3. Shelly A. Smiley

Breaking
1. Gloria Dubissette
2. Dale Jun
3. Sharon Jewell

Male Competitor of the Year
Kim Royce

Female Competitor of the Year
Sunny Graff

Ken Min Award
Dae Sung Lee

Coach of the Year
Hwa Chong
On April 2-3, 1982 the U.S. National A.A.U. Tae Kwon Do Championships will be hosted by the University of Michigan Tae Kwon Do Club, and co-sponsored by the Physical Education Department and Recreation Sport's Department, University of Michigan in Ann Arbor, Michigan. Honored at this tournament will be Dr. Un Young Kim, president of the World Tae Kwon Do Federation and Mr. Kum Hong Lee, chairman of the World Tae Kwon Do technical committee.

Competing in different weight divisions, ten men and eight women will be selected as the 1982 top United States National A.A.U. Tae Kwon Do Champions, and will represent the United States at the International Tae Kwon Do Championships. Also there will be open and Junior championships which will include all belts and weight divisions.

The University of Michigan Tournament Committee was formed in early September of this year. The members of this committee, who are responsible for organizing the 8th National Tae Kwon Do Championship are: Professor Rodney Grambeau, Attorney Jack Garris, Attorney Joe Lloyd, Master Hwa Chong, Richard Pitcher, and University of Michigan Tae Kwon Do Club president Joanne Hamelin.
In the first article, the various aspects of the front kick were analyzed and discussed (Tae Kwon Do Journal, Vol. 1, No. 1). In retrospect, the most important points discussed were 1) raising of the knee to a ready position through hip flexion (iliopsoas muscle group) and 2) generation of force using summation of forces and movements in the body, and in particular, forces generated by the hip joint and knee joint extension. These two aspects are also valid in discussions of other kicks, including the other two basic kicks, the side kick (yeop chagi) and the roundhouse kick (dollyo chagi).

The side kick is probably the most difficult of the three basic kicks for a beginner to learn. The reasons for this are the unnatural positions of the kicking foot (supination or inversion) and of the lower spine and hip with the rarely used quadratus lumborum muscle (lateral flexion of the spine) and the gluteus muscle group (hip abductors). The side kick can be performed by and taught to a beginner in two different stances, the side horse stance (two-step side kick) and the front and/or natural stance (side thrust kick).

**Two-Step Side Kick (Right Side)**

A two-step side kick is initiated from a side horse stance. In a side horse stance, the feet are one-and-a-half shoulder widths apart with the toes and heels parallel. The knees are slightly bent to the point where the toes cannot be seen under the kneecap from above. This is done through eccentric extension of the quadriceps (thigh) muscles. The torso is slightly rotated to one side with the head and eye focused to that side of the body. The hands are held in a closed-fist, on guard position. When the correct stance is formed, the legs and ground form the outline of a house or pentagon. Note that the feet are only one-and-one-half shoulder widths apart. Any further distance apart will cause the knees to extend more (less bent position) and possibly lock the knee joints.

To lower your stance, do not move the feet positions, but lower your center of gravity by bending the knees more and lowering the hip closer to the ground.

The two-step side kick may be divided into four major phases: 1) the kick preparation, or stepping forward and raising the knee to a ready position, 2) kick execution, or extension of knee with force generation of the hip joint, 3) kick retraction, or flexing the knee and hip back into the ready position, and 4) the follow through, or stepping forward with the kicking foot into a side horse stance.

In the "kick preparation" phase, the rear (left) foot is brought behind the front (right) foot. The toes of the left foot are pointing to the rear with the heel pointing toward the front. The left knee remains slightly bent. The right leg is brought up into the ready position where the knee is in a flexed position in front of your torso. The right hip is in a flexed position with the outer edge, or butteocks, pointing to the target area. The right foot is in a supinated (inverted) position with the toes pointing slightly to the rear to expose the side edge of the heel as the main contacting surface in the kick. The supporting-leg hip is outwardly rotated and slightly flexed. The torso and head remain in the same position and level as the side horse stance. The arms are brought in front of the torso and crossed with the right arm and fist in front of the left arm and fist.

In the "kick execution" phase, the kicking (right) foot is thrust out to the target area and contact is made with the lateral edge of the heel (calcaneous bone). The thrusting motion is accomplished through extension in the right knee joint. The right hip joint remains in its side flexed (or abducted) position, but is extended in the frontal plane. The greater the side flexion of the right hip joint and lower spine, the higher the kick. Increases in side flexion of the hip can only come about with increased flexibility of the groin muscles and increased strength of the quadratus lumborum muscle group.

**Front Stance Side Kick**

The front stance was previously described in the analysis of the front kick (Volume 1, Number 1, Spring 1979). The side kick...
LYSIS of the SIDE KICK

from the front stance can also be divided into four phases.

In the first (preparatory) phase, from a left front stance (right side kick), as the right leg is brought up and forward to the ready position, the hip is pivoted (rotated) so that the right leg is positioned to the left side as in the two-step side kick. The left foot is pivoted on the ball of the foot as the right leg is brought into its ready position. The left toes are pointed to the rear and the left heel is pointed forward. The arm positioning and final preparatory position is exactly the same as for a two-step side kick.

The execution and retraction phases are the same as for the two-step side kick. In the follow-through phase, as the kicking leg is brought down into a right front stance (advancing side kick) or into a left front stance (stationary side kick), the hip is rotated back into a forward facing position.

Snap Kick vs. Thrust Kick

The analyses for the two-step side kick and front stance side kick are those of the thrusting type motion. The kicking leg and foot follow a straight line towards the target from its ready (preparatory phase) position.

The side snap kick, however, uses an arcing motion of the leg. The execution (arcing motion) of the kick is done in conjunction with the raising of the knee to form an almost simultaneous motion. When done from a front stance, this kick can be deceptive, in that the opponent may mistake this kick for a front kick. One drawback to performing this kick would be the added stress on the hip, as hip rotation occurs at a fast speed. After extension of this kick, the leg is quickly snapped back into its ready position and brought down to reform a fighting stance. The side snap kick is more often used in Japanese karate.

Advanced Technique

The same principles for the advanced technique of the front kick generally apply for the side kick. They are:

1) Raising the knee higher in the preparatory phase to kick at a higher target. This also increases the speed and the strength of the kick by putting the muscles on a greater stretch. This helps to activate a neuromuscular response to the stretch by increasing the speed and strength of muscular contraction.

2) Keep the torso the same level throughout the kick. The center of gravity of one's body is maintained at the same level, adding balance and stability throughout the kick. Also, this aids in not telegraphing the technique.

3) Hip rotation to an effective point where the kicking leg and foot can travel a straight line to the target.

In addition, one can vary the timing (speed) of the kick. This would throw off an opponent who would get used to your given timing. Also, this would help you to avoid getting your kick blocked.

Two or more kicks may be delivered from the preparatory position without placing the leg back on the ground. This will keep the opponent on the defensive.

Common Errors and Problems Experienced by Beginners

The first common problem in beginners is control of the arms. When performing the kick, the beginner sometimes moves his/her arms very erratically. This causes the center of gravity to shift and upsets balance.

Next, the foot positioning for a side kick may be incorrect. As all beginners know, the side kick position of the foot (inverted/supinated) is a very awkward and unnatural position. Proper positioning of the foot is necessary to expose the outer edge of the heel as the striking or contact surface.

While thrusting the foot out, many students tend to lean their torsos to the rear (away from the kicking direction). This causes the student to be off balance and force to be taken away from the kick.

Failure to focus on the target or in the target direction is another common problem. Some beginners will look to the same side that their torso is facing or will try to focus out of the corner of their eye. The kick will usually be off target in these cases. The root of the problem is usually the lack of torso rotation and head rotation in the initial positioning. The head must be kept facing the forward or kicking direction.

Some Tips for Teaching Beginners

In teaching the side kick, it may be helpful to start beginners with one side to the wall and a hand on the wall for support. In this way, beginners can begin to get a feel for the kick without worrying about their balance.

Another exercise to do would be to have the students stand and walk on the outer edges of the foot. This will aid in strengthening the muscles of the foot and in reinforcing the students' memories of the proper foot positioning for the side kick.

Start the students out with the two-step side kick and have them work up to doing the side kick from a front stance. From a two-step side kick, the hip is partially rotated. From a front stance, the hip needs to rotate more, which puts more stress on it. Balance is more easily maintained from a two-step side kick as all motion is directed forward.
MARTIAL ARTS AND BACK TROUBLE
BY RICHARD C. STANCLIFF, PH.D.

My personal experience is that martial arts have been very helpful in rehabilitating my injured back. I have used it in conjunction with other forms of exercise and treatments, and I would like to share my story in case it may encourage others with back trouble to work towards their own recovery.

In 1959 I injured my fifth lumbar disc in a high school touch football accident. For the next nine months I could not straighten up completely or bend over far enough to touch even my shins. I could not take a full stride with my left leg. I could not sit or stand comfortably, or lie on my stomach or my back. I visited many different doctors including orthopedic surgeons, chiropractors, and neurologists, and spent time in bed, in a body cast, and in traction. By the fall of 1960, I was badly depressed and even thinking of suicide at times, when a friend's father suggested that I give his chiropractor a try before I underwent surgery. That chiropractor gave me some relief, and I managed to make it through the next 19 years living a fairly normal life, but restricted in my ability to do the things I wanted to do: play basketball, folk dance, run, sleep comfortably, or even sit for long periods. And over that 19 years, since my back was weak and susceptible to reinjury, I had many recurrences lasting from a few months to almost a year each, during which I had to remain inactive and wear an orthopedic back support, amidst extreme pain.

Chiropractic was my most reliable source of help, although I found that when I had to change chiropractors, I had to try several new ones before I found another one who could help me. During the good periods I could play some basketball, do some folk dancing, and even some Aikido for a while, but my range of motion was limited.

Finally, in the summer of 1979 my injured disc ruptured and I spent four months in bed and on crutches. I tried everything I had tried before and even added acupuncture; nothing helped. Earlier I had met a person who had a similar experience with a ruptured disc who had gone to Canada for treatment with an enzyme injection, chymopapain, that is not done in the United States, so I contacted his doctor, Dr. J.F. Schweigel, (750 Broadway, Vancouver, B.C., Canada) and received that treatment. The enzyme is injected directly into the nucleus of the intervertebral disc using x-ray procedures to locate the needle. The enzyme simply shrinks the disc and keeps it from pressing on the spinal nerve roots, thereby resolving the problem. It is successful 80 percent of the time in patients who would otherwise need surgery, according to Canadian statistics. And in my case, it solved the basic problem and got me back on my feet again.

Among the things that helped during the next year in my efforts to rehabilitate my back were: swimming, several exercise programs (Dr. Leon Root's book, Oh, My Aching Back! and Jerry Wayne's The Bad Back Book), chiropractic care (because I still have an articular problem with a lumbar vertebra), several yoga postures (such as in Yogi Surjiit's article in the January, 1981 Yoga Journal), and more lately, Tai Chi and Tae Kwon Do.

Many Americans have lived a sedentary life for far too long, and have not maintained strength and flexibility. In such cases, a quick move, a fall, or even an attempt at lifting something is very likely to cause an injury to muscles, ligaments and intervertebral discs that haven't moved like that in years. A gradual return to a more active life is the only way to restore flexibility and to decrease the chance of injury. It is important to notice that our street clothes limit our movements because they are tight-fitting and act like flexible casts, and that we have the habit of restricting our movements even more in order to keep from mussing up our clothes. Looser clothing and consciously practicing freer movements will begin to solve this problem. This is one of the reasons for the loose-fitting cloth uniforms used in many of the martial arts — they allow freedom of motion.

In rehabilitating an injury to any joint, including those in the back, it is important to rest the joint long enough for the ligaments, bones, or discs to heal. Do not even attempt to move the joint through a full range of motion; often immobilization is best. Bed rest for up to a month may be required in disc injuries to keep the weight off the joint and allow the capsule of the disc to heal correctly. Violating these principles leaves you with stretched ligaments or a bulging disc. Once the joint has healed, then light exercise to improve strength and range of motion is needed — swimming is excellent.

Since I talked quite a bit about exercise and yoga, and about how to deal with an acute back injury in my article in the January 1981 issue of the Yoga Journal, I would like to speak specifically here about the martial arts as a means of improving general conditioning and of rehabilitating an injury. Once some progress has been made in achieving strength and flexibility, be it in an injured area or a disused area, it is time to begin carefully pushing your limits and to require always just a little bit more from the area in question, and here TKD can be very valuable. TKD requires the three elements of strength, flexibility, and coordination, and develops these elements through purposeful movement.

I joined the UC Berkeley Tai Chi club a little over a year ago, and even though I have some knee trouble and could not do all the forms correctly, I found that the process of moving through the various positions and changing my balance as required engages all the muscles of the body and exercises them. Since the forms are quite slow and do not require excessive strength, Tai Chi is excellent physical therapy. I found that the rotational motions of the waist and hips employed in doing the forms began both to loosen up and to strengthen my lower back and pelvis — these were the main areas I'd had trouble with for 20 years, and I had picked up the habit of not moving those parts of my body much because of pain. I began to lose habitual tensions of 20 years' duration, and to feel that I had better control over some rather basic activities, such as walking. Tai Chi, furthermore, is a meditation in motion, and I find that it is relaxing and promotes deep, natural breathing, and usually leaves me feeling invigorated.

About nine months ago, after a talk with Jay Bowden, who is one of the instructors at the Tae Kwon Do club at UC Berkeley, I decided to try that discipline. Jay thought that the moves, kicks, and stretches in Tae Kwon Do would be very helpful to my back, and that certainly has been the case. My progress is rather slow because I am relearning movements that I simply have not been able to do for 20 years (and in many cases probably never was able to do), and I found at first that I needed to avoid even doing some of the warm-up exercises and certain kicks and moves. With instructors who knew about my problem, however, it was all worked out, and I am now more flexible than I have ever been before, my lower body strength is pretty good and improving, and my coordination in executing the moves is beginning to show some changes for the better. Tae Kwon Do adds the element of speed also, which the exercise forms of Tai Chi do not, and I find that I'm finally able to keep up with the class in most drills. I'm looking forward to continued improvement in my back and general...
health with additional Taekwon Do experience. I think that many people could recover from injury and regain better function by gradually participating more actively and strenuously in Taekwon Do. It is clear to me that, simply out of habit, I would never have been able to move as well as I do now if I had not begun Taekwon Do. In rehabilitating an injury it is advisable to be conservative and to try for slow, steady progress without reinjury. And of course, not every injury can be fully rehabilitated. Most strains, sprains, and dislocations can be, but more severe dislocations, ligamental injuries, and disc injuries may require some form of repair first. In my case, the chymopapain treatment was necessary before I had much chance of rehabilitating my injury.

Richard C. Stancliff obtained his Ph.D. in physiology in 1972 from UC Berkeley. He has been on the Board of Directors of the Institute for Quality Living, Inc., at 2054 University Ave., Berkeley, since 1977 and has developed and directed the Institute’s Back Care Resource Center since its inception. Write the Institute for further information or referrals to care.

BOOK REVIEW
Practical Taekwon-do by Kim Bok Man
Sunlight publishing Co., Hong Kong
Reviewed by Jeff Katz

Kim Bok Man, a pioneer in the spread and development of Taekwondo in Southeast Asia, has drawn upon his extensive martial arts and military experience to compile this book of techniques suitable for a variety of practical situations.

The book is divided into six sections, beginning with a brief history of the art. The second and major section deals with techniques against weapons, a subject not often taught in American Taekwon-do studios, but to have a well-rounded martial art they must be included in the training at some point. Competition oriented Taekwon-do students can supplement their knowledge and skills with these patterns involving the use of weapons to extend their range and mastery of unarmed fighting abilities. The best way to increase defensive skills against a weapon is to know, first, how to use that weapon offensively; thus practicing with a knife or pole is necessary to the process of learning to defend oneself from them.

The last section is on training techniques, and goes deeply into the theory of basic body movements, especially twisting of the trunk to develop power in striking and kicking. The diagrams will be very useful to both the beginning and advanced student in analyzing his or her own techniques and improving their power and efficiency, as well as explaining the theory behind them. Another theoretical insight the instructor shares with us is a very useful classification of striking techniques into three types:

1) first degree strikes - characterized by minimum contact, minimum target displacement, and by a snapping action. This is the type of strike used in no contact or light contact sparring.

2) second degree strike - characterized by a short contact period, a small target displacement and maximum damage to the target. This is the type most frequently used in self defense, with a thrusting, piercing action, as well as in breaking demonstrations.

3) third degree strikes - characterized by a long contact time with the target, maximum target displacement, and damage to the target ranging from minimum to maximum. This is more of a pushing strike.

The adoption of this terminology would clear up confusion which sometimes occurs in beginning students as to the differences between snap, thrust and pushing kicks; and practice of these, with the distinction clearly explained, would be good training for all students.

A chapter on bag work and anatomy conclude the work, along with a biography of the author.

The book would be a positive addition to the library of any Taekwon-do enthusiast, although to master the techniques demonstrated in the text one would almost certainly have to spend time in practicing falling techniques, as well as dedicating some effort to learning the possible reactions of an opponent to the joint locking and throwing techniques. The arts involving grabbing, throwing and locking demand many skills not usually taught in American Taekwon-do studios, but to have a well-rounded martial art they must be included in the training at some point. Mr. Kim’s book is helpful in accomplishing that end.
PERSONALITY TRAITS of the JUDOIST
by Jack Schlitz, Ed.D. and Martha Quinlan

The personality of the martial arts participant has always been a source of fascination to researchers. Looking at Judo, for instance, one wonders such things as (1) are certain personality characteristics developed, or (2) does the sport draw people with certain characteristics and (3) what are these characteristics? It is the last question which is most intriguing. Are Judo people more aggressive, masochistic, angry, destructive, or, because of the emphasis on self-discipline, are they just the opposite?

Although Judo has been in the United States since the early 1900's, research regarding the personalities of its participants is virtually non-existent. Most personality research has been general in nature, looking primarily at the male and female athlete and their non-athletic counterpart. Generally, the findings of most studies characterize the athlete as: dominant, socially aggressive, adventurous, capable of leading, tough minded, and having a high degree of emotional control and low anxiety levels (Dickinson, 1976; Cattell, 1970; Werner, 1966.)

Probably the closest any research has come to looking at the personality characteristics of Judo participants has been that comparing athletes participating in individual and team sports. In general, the findings in these studies indicated little or no differences (Stoner, 1977; Singer, 1969). One study did find significant differences between female Olympic athletes competing in individual and team sports. (Peterson, Weber, and Trousdale, 1967). In this study individual sports participants scored higher in dominance, adventurousness, sensitivity, introversion, rationalism, and self-sufficiency. The individual sports athlete was also found to be lower in sophistication. Because the majority of the research seems inconclusive, the question of what makes the Judoist tick remains unanswered.

Short-term studies dealing with the actual effect of Judo participation on the personality have also been attempted. Results of studies using college and high school students showed that participation in Judo did affect the personality. An example of such a study was one by Pyecha (1970), who found that during just sixteen weeks of participating in a Judo program, participants became more warmhearted, easygoing and participative. The results of these studies still don't answer the basic question, "What are the personality characteristics of top Judo people—particularly those who have been in it for years, not just sixteen weeks?"

In an attempt to at least provide some basic data on the personality of the advanced Judoist, a personality questionnaire was given to the participants in one of the major east coast matches. After extensive review of personality inventories, questionnaires, tests, etc., the Cattell 16-factor personality questionnaire was selected. It was administered to 45 people holding a Judo rank of first degree black belt or higher attending the 1979 Shufu Yudan-shakai Promotional Event held at the Wilmington, Delaware YMCA. Several comparisons were possible from the data collected:

1. Judo participants vs. national norms
2. Female Judo participants vs. national norms
3. Male Judo participants vs. national norms
4. Male Judo participants vs. female Judo participants.

Judo Participants vs. National Norms

Using two methods of statistical comparisons, six personality characteristics were found to differ significantly from the average adult. The Judo people were found to be more intelligent and bright; more aggressive, competitive and stubborn; more persistent and conscientious; more adventurous and thick-skinned; more forthright and genuine but socially clumsy; and more controlled and socially precise. These characteristics seem to correspond to the findings of research dealing with the athlete in general (O’ Conner, 1976; Peterson, 1967; Dickinson, 1976) and even with Cattell’s description of the Olympic athlete (1970). Yet several characteristics did not correspond. For example, Cattell, in an analysis of Olympic athletes, found they have strong egos, unlike the Judo participants in this study. The Judo group was also more naive, which did not seem to fit past findings. Although the Judo participants were representative of high achievers in their sports, they did not fit the extroverted personality mold of other high achieving athletes, with the exception of the characteristic “dominance.” In addition, contrary to the findings in a study by Pyecha, the Judo group showed no tendency to be warmhearted and easygoing.

Chart 1: Judoists vs. National Norms

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>*+</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>**+</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>**+</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

After extensive review of personality inventories, questionnaires, tests, etc., the Cattell 16-factor personality questionnaire was selected. It was administered to 45 people holding a Judo rank of first degree black belt or higher attending the 1979 Shufu Yudan-shakai Promotional Event held at the Wilmington, Delaware YMCA. Several comparisons were possible from the data collected:

1. Judo participants vs. national norms
2. Female Judo participants vs. national norms
3. Male Judo participants vs. national norms
4. Male Judo participants vs. female Judo participants.
Female Judo Participants vs. National Norms

Female Judo participants were noted to be significantly more reserved, detached, and critical, and less outgoing or warmhearted than the norms. They were also more intelligent, conscientious, persevering and rule-bound than the average person. In addition, they were classified as more forthright, natural and unpretentious.

Chart 2: Female Judoists vs. National Norms

<table>
<thead>
<tr>
<th>Factor 1: Reservedness</th>
<th>Factor 9: Trust</th>
</tr>
</thead>
<tbody>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 2: Intelligence</td>
<td>Factor 10: Practicality</td>
</tr>
<tr>
<td>*+</td>
<td></td>
</tr>
<tr>
<td>Factor 3: Ego Strength</td>
<td>Factor 11: Forthrightness</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 4: Dominance</td>
<td>Factor 12: Apprehension</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 5: Aggression</td>
<td>Factor 13: Radicalism</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 6: Persistence &amp; Conscientiousness</td>
<td>Factor 14: Self-sufficiency</td>
</tr>
<tr>
<td>*+</td>
<td></td>
</tr>
<tr>
<td>Factor 7: Venturesomeness</td>
<td>Factor 15: Control</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 8: Tough-mindedness</td>
<td>Factor 16: Ergic Tension</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

Male Judo Participants vs. National Norms

Male Judo participants were also found to be significantly higher in intelligence than the average adult. They were aggressive with assertive tendencies, and they were very competitive. Paralleling these characteristics were the qualities of being very venturesome and less shy. The participants were also more forthright and pretentious.

Chart 3: Male Judoists vs. National Norms

<table>
<thead>
<tr>
<th>Factor 1: Reservedness</th>
<th>Factor 9: Trust</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 2: Intelligence</td>
<td>Factor 10: Practicality</td>
</tr>
<tr>
<td>*+</td>
<td></td>
</tr>
<tr>
<td>Factor 3: Ego Strength</td>
<td>Factor 11: Forthrightness</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 4: Dominance</td>
<td>Factor 12: Apprehension</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 5: Aggression</td>
<td>Factor 13: Radicalism</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 6: Persistence &amp; Conscientiousness</td>
<td>Factor 14: Self-sufficiency</td>
</tr>
<tr>
<td>*+</td>
<td></td>
</tr>
<tr>
<td>Factor 7: Venturesomeness</td>
<td>Factor 15: Control</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Factor 8: Tough-mindedness</td>
<td>Factor 16: Ergic Tension</td>
</tr>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

Female Judo Participants vs. Male Judo Participants

It was interesting to note that even differences between male and female Judo participants surfaced. For example, males scored much higher in the dominant and aggressive area than females. And although scoring within normal ranges, men Judo participants were significantly more tough-minded, venturesome and radical than female participants.

Chart 4: Female Judoists vs. Male Judoists

<table>
<thead>
<tr>
<th>Factor 1: Reservedness</th>
<th>Factor 9: Trust</th>
</tr>
</thead>
<tbody>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 2: Intelligence</td>
<td>Factor 10: Practicality</td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 3: Ego Strength</td>
<td>Factor 11: Forthrightness</td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 4: Dominance</td>
<td>Factor 12: Apprehension</td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 5: Aggression</td>
<td>Factor 13: Radicalism</td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 6: Persistence &amp; Conscientiousness</td>
<td>Factor 14: Self-sufficiency</td>
</tr>
<tr>
<td>x*</td>
<td></td>
</tr>
<tr>
<td>Factor 7: Venturesomeness</td>
<td>Factor 15: Control</td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Factor 8: Tough-mindedness</td>
<td>Factor 16: Ergic Tension</td>
</tr>
<tr>
<td>x</td>
<td></td>
</tr>
</tbody>
</table>

Summary

Collectively, both male and female Judoists tended to be more intelligent or brighter than the normal population. This result is in agreement with previous research on individual sports participants. Though higher intelligence has not generally been attributed to all athletic groups, it appears that the individual sports participant, including the Judoist, has a tendency to be more intelligent than the normal population. Besides intelligence, both groups tended to be unpretentious and less sophisticated. Again, these findings were in agreement with other research which indicated that individual sports participants tend to be less sophisticated.

The male Judo participants appeared more similar to other individual sports participants than the females because of their greater tendency to be more aggressive and venturesome. The male Judo participants appeared to be most similar to the individual sports participants. In fact, the female Judo participants' tendency not to be abnormally aggressive is in contradiction with most of the findings of previous research. It should also be noted that neither the male nor the female Judo participants had any tendency to be warmhearted or outgoing, which was in direct contrast with the findings of most research regarding individual sports participants.

The personality of the Judoist, like that of so many athletes, seems to vary from the normal population in certain respects and, in some respects, even between male and female participants. The need to continue looking at the personality of the Judoist is obvious. Because of its unique characteristics, Judo may meet the needs of athletes with certain personality traits and may even foster the development of certain characteristics as no other sport can.
PERSONALITY TRAITS of the JUDOIST (concluded)

References


Master Peter Soo Young Cha
(see short notes p.2)
Kim Pacific Trading Corp.
proudly presents Full Contact and Free Sparring Equipment!

#1 K.P. FACE-HEAD
Genuine leather made with thick padding. Easy to adjust top and back of head. Special price: $54.95 ea. Sizes: M, L, XL.

#2 K.P. II GLOVE
Genuine high quality leather. Broken knuckle-shape with thick and soft padding. Longer (8''), wider (7'') and thicker forearm cover for better protection. Special price: $34.95 pr. Sizes: M, L, XL.

#3 K.P. STAR-FACE
Genuine high quality leather with thick padding and zinc mould inside for total protection. Easily adjusted by use of special head strap. Special price: $99.95. ADULT SIZE ONLY.

#4 K.P. CHEST GUARD
Lightweight with thick shock absorbing padding for complete body (chest, rib, kidney, etc.) protection in red or blue. Special price: $29.95 ea. Sizes: S, M, L, XL.

#5 K.P. CHEST GUARD

#6 K.P. CHEST GUARD

#7 K.P. COBRA CHOP
Light weight with heavy thick padding over knuckles and thumb to protect hand and wrist. Open finger for free grabbing. Genuine black leather: $36.95 pr. and P.U. vinyl leather in red or brown: $19.95 pr. Sizes: S, M, L, XL.

#8 K.P. SHIN GUARD
Light vinyl and shock absorbing padding with wide elastic velcro strap fastener. Special price: $10.95 pr. Sizes: S, M, L, XL.

#9 K.P. COBRA KICK
Durable vinyl with thick shock absorbing padding for complete body (chest, rib, kidney, etc.) protection in red or blue. Special price: $29.95 ea. Sizes: S, M, L, XL.

#10 K.P. COBRA KICK

#11 K.P. SHIN INSTEP
Completely new concept P.U. vinyl leather with special shock absorber pad inside. Durable, wide elastic bands—gives solid location (will not shift), easy to put on and off. Black color. Special price: $17.95 pr. Sizes: S, M, L, XL.

#12 K.P. SHIN GUARD

#15 K.P. UNIFORMS
Light and heavy duty uniforms. 100% pure cotton in different style. JUDO, white or black KARATE, KUNG FU, TAI CHI, TAE KWON DO with black trim and new TAE KWON DO with neck "V" style approved by World Tae Kwon Do Federation. Sizes from children's #000 to adult's #7. Any combination of different sizes of coat and pants are available for short and heavy persons. Also, for tall and lighter weight persons. Please inquire for price and size.

Mail Order Form & Money Order or Cashier's Check to: KIM PACIFIC SPORTS GOODS
2567 Mission St.
San Francisco, CA 94110 (415) 641-1004

C.O.D.: $5.00 DEPOSIT REQUIRED
C.O.D. Charge: $2.00 additional NO PERSONAL CHECKS
No C.O.D. ORDERS outside U.S.A.
Shipping & Handling
Up to $50.00: $3.00
$51 - $99.00: $5.00
$100 or over: 5%

Canada: Minimum $5 or 15%, whichever is greater.
Outside of U.S. or Canada: $10 or 15% whichever is greater.

Name _________________________ Phone ________
Address ________________________
City __________________________ State _______ Zip ________
By Jerome R. Reitenbach

Over 3,500 junior competitors, parents, brothers, sisters, and friends filled the Nicosan Hall Fieldhouse, Indiana Central University to welcome the 1st National Junior Olympic Taekwondo Championships. Opening ceremony began at 12:00 noon, August 15, 1981 with over 1000 competitors parading the gymnasium following 200 officials neatly attired in gray pants and navy blue jackets identified with AAU referee patches sewn on each coat. The lead child from each AAU association carried their state flag and sign identifying their origin. Associations represented were Central, Connecticut, Indiana, Michigan, Midwestern, Minnesota, Missouri Valley, Niagara, New England, Ohio, Ozark, Pacific, Potomac Valley, Southwestern Virginia, and Wisconsin. The United States Army Band was there from Fort Benjamin Harrison, Indiana to add music and military prestige to the tournament. All rose during the United States National Anthem and heads bowed with reverence during the invocation by Reverend Fairchild, Korea Taekwondo Academy.

Mr. Jerome R. Reitenbach, Tournament Announcer, introduced Master Chul Koo Yoon, Korea Taekwondo Academy, as Tournament Director for this historic event. His opening remarks welcomed competitors and families from all over the United States. Professor Dong Ja Yang, our National AAU Taekwondo Committee President, was introduced and compared the Indianapolis, Indiana 500 Raceway to our Taekwondo training and growth. This tournament was accomplishing one lap at a time for its final victory. Also introduced was our Junior Olympic National Chairman, Master Sang Chul Lee from New York. Master Lee was also recognized as our United States Team coach for World Games I, Santa Clara, California. Mr. Ted Papstein was present representing Sears and Roebuck Co., the official Sponsor of all Junior Olympic Programs. The Indianapolis, Indiana Mayor’s office was represented by Mr. Armstrong.

The opening demonstration was performed by the Indiana All Star Black Belt team under the tutelage of Master Chul Koo Yoon. A three foot hoop of burning fire was lit in the center of the gymnasium. Black Belts from both sides soared through the air, passing within the fiery hoop, and smashed two boards with the devastating side kick. The exhibition committee, chaired by Master Young Chul Rho and including the Choi Brothers (Master Young Duk Choi, and Mr. Young Sung Choi) along with Master Won Kuk Kim were responsible for the entertainment of the five man attack team. Each simulated hoodlum tried to mug Master Choi but his agility and technique outmastered his weakened opponents. The nunchaku entered into the act as an attacking tool, but Master Choi quickly and easily disarmed his opponent with his advanced Taekwondo training. The audience cheered and the demonstration teams received an outstanding welcome.

By 1:00 p.m. that afternoon, ten rings were divided among forms and sparring competitors. Children from age 6 to 17 years were divided by sex, age, rank, and weight. Parents and friends complimented the large breakdown of divisions to allow competitors a fair chance and positive atmosphere. During the elimination matches, children sparred for two minutes, twice with a 30 second rest between matches. Injuries were at a minimum while children demonstrated that their energies and enthusiasms were everlasting. Official AAU Junior Olympic medals were awarded to the 1st, 2nd, 3rd, 4th, 5th, and 6th place winners in every division, both forms and sparring. Early that evening each winner was acknowledged and stepped forward to their respective 1st, 2nd, or 3rd place podium. Medals were presented by Master instructors and officials as each one placed the well-earned award around the winner’s neck. Flash bulbs were exploded throughout the bleachers by proud families as our young athletes stood before the large crowd for their short moment of glory.
At 6:00 p.m. Sunday evening August 16, 1981, the 1st National Junior Olympic Taekwondo Championships drew to a close. Super exhibitions by Korean Masters demonstrated the effectiveness of Taekwondo in a practical situation wearing street clothes during an attack.

Final sparring matches were three two-minute rounds with 30 seconds' rest between each round. Our young Black Belt athletes were the highlight of this final event. Top two competitors in each age and weight class division vied for the Gold medal. Kicks, punches and blocks followed each other with dizzying speed. As winners' arms were raised, the audience roared to applaud their favorites. All rounds except one knock-out, were fought to the finish.

**BOYS BLACK BELT**

(8-9) Light George Addison
(10-11) Light Robert Stevens
Middle Jaemy Hwang
Heavy Robert Kratzke
(12-13) Light Tim Thompson
Middle Jaime Hernandez
Heavy Omar S. Quahhaar
(14-15) Light Tony Gilbert
Middle Normandy Salaney
Heavy Guy Roche
Sup-Heavy John Rosa
(16-17) Light Anthony Gonzalles
Middle Thomas Gonzalles
Heavy Sun Park
Sup-Heavy Brian Tupes

**BOYS BROWN/RED BELT**

(8-9) Light Tony Linovic
Middle James Pugh
Heavy Mazen Farhat
(10-11) Light Scott Edmonds
Middle Steven Pachuta
Heavy Keith Tate
(12-13) Fly Brian O’Connell
Light Brent Van Mater
Lg.-Mid. Ricky Garcia
Middle Jeffery Neal
Heavy James Reeser
(14-15) Light Josh Hogan
Middle William Scruggs
Heavy Todd Mendenhall
(16-17) Light William Schainblatt
Middle Brian Blevins
Sup. Heavy Scott de Coursey

**BOYS BLUE/GREEN BELT**

(6-7) Light Kiyoshi Murakami
Middle Sean Souder
Heavy Ralph Rhodes
(8-9) Light Irsal Cabahug
Middle Greg Iacop
Heavy Anthony Evans
(10-11) Light Brick Winford
Middle Sang Phan
Heavy Josh Scism
Sup. Heavy David Fuller
(12-13) Light Mark Vasquez
Middle Marc Brown
Heavy Christopher Hogan
(14-15) Light Ronald Anderson
Middle Don Yamauchi
Heavy Robert Edwards
Sup. Heavy Carl Carlton
(16-17) Light Bret Ridgon
Middle Fred Bowers
Heavy Dong-Hwi Shinn
Sup. Heavy Randy Smith

**GIRLS BLACK BELT**

(8-9) Julie Hwang
(10-11) Shannon Pichette
(14-15) Andrea Stoffregen
(16-17) Angie Miller

**GIRLS BROWN BELT**

(10-11) Karen O’Connell
(12-13) Gwendolyn Toney
(14-15) Mary Bley
(16-17) Maria Cohen

**GIRLS BLUE BELT**

(8-9) Jackie Cullum
(10-11) Jennifer Jones
(12-13) Shawne Perryman
(14-15) Zoleka Taylor
(16-17) Maria Mafa

**GIRLS YELLOW BELT**

(6-7) Jamila Jabbar
(8-9) Michelle Espinosa
(10-11) Donna Norcom
(12-13) Kristina Glaze
(14-15) Chantalle Malone
Cold weather did not deter the hot action at Santa Clara High School on March 21, 1981. Instructors, students and spectators were more than eager to support the 1st U.S. Open Tae Kwon Do Tournament and International Competition between the United States and Mexico. These championships were hosted to promote the upcoming World Games I scheduled in Santa Clara from July 25 through August 2, 1981.

Tae Kwon Do Chairman and Tournament Director Mr. Jerome Reitenback, along with Dr. Ken Min from the University of California, Berkeley, were honored to have Professor Dong Ja Yang, our National A.A.U. President, from Washington D.C. in attendance. Competition started promptly at 10:30 a.m. Sparring competitors were divided into weight and belt ranks, while forms competitors were divided by their different ranks. Only World Tae Kwon Do Federation forms were allowed, which graced the tournament with traditionalism and authenticity. Medallions were awarded to all 1st, 2nd, and 3rd place winners in each division.

International competition began that evening at 7:00 p.m. with Master Dan K. Choi, coaching the United States team and Master David Moon, coaching the Mexican team. Each team consisted of five members. The flurry of kicks and punches brought the spectators to their feet when the Mexican team won by a score of 4 to 1.
1st U.S. OPEN TAE KWON DO TOURNAMENT
SANTA CLARA, CALIFORNIA
MARCH 21, 1981

MEN'S SPARRING DIVISIONS

Lightweight: Yellow/White Belt
1. Jong Kyu Lee
2. Titus Taylor
3. Renaldo Delapaz

Middleweight: Yellow/White Belt
1. Geoffrey Millet
2. John Valenzuela
3. Serge Rotenberg

Heavyweight: Yellow/White Belt
1. Albert Lopez
2. Joe Sui
3. Herb Lopez

Lightweight: Blue/Green Belt
1. Edward Gould
2. Samule Lin
3. Benny Batum

Middleweight: Blue/Green Belt
1. Grady Turnet
2. Michael Stafford
3. Brian Barnard

Heavyweight: Blue/Green Belt
1. Jeff Stanchfield
2. Vernon Shaw
3. Scott Fuller

WOMEN'S SPARRING DIVISIONS

Lightweight: White - Blue
1. Althea Roberson
2. Julie Kawamoto
3. Lisa Saenz

Heavyweight: White - Blue
1. Arlene Santos
2. Wanda Washington
3. Nancy Frey

Middleweight: Brown/Black
1. Joan A. Price
2. Lois Jones
3. Nu Nguyen

RED/BROWN BELT

David Torres
Steve Chan
Kevin Chan

Ed Mackerron
Dave Rebo
Mike Leving

Stanton Thomas
Fernando Ramos
Frobie R. Ernest

Chung Kim
Mark Brant
Hieu Dang

Russ Jackson
Rick Chaeff
Jeff Justi

Marcellus Clark
Dennis Dickinson
Winfield Kelly

MEN & WOMEN POOMSE

White - Blue Belt
1. Barbara Brand
2. Colleen Owazong
3. Julie Kawamoto

Red/Brown Belt
1. Victor Silva
2. Quang Trang
3. Jodene Goldenring

Black Belt
1. Doug Bray
2. Gopol Ramachondrow
SCHOOLS and CLUBS!

HIGHEST QUALITY
LOWEST COST
FAST SHIPMENT

EAST WEST MARKETS EXCHANGE
5449-55 NORTH BROADWAY • CHICAGO, ILLINOIS 60640 • (312) 878-7711
11th U.C. OPEN TAE KWON DO CHAMPIONSHIPS
by Dennis Cheng

With feet and fists flying in a spectacular display of explosive energy tempered with concentration, control, and focus the likes of which would impress any grand master, John Lee of the Dae Myung Judo Karate Academy based in Los Angeles dropped a close and perhaps even controversial decision to teammate Steve Balogh to garner second place in the individual free sparring competition at the 12th Annual University of California Open Tae Kwon Do Championships held in Harmon gym on the Berkeley campus of the university on April 28, 1981. Lee had earlier won the forms competition with his impressive concentration and control and seemed to be the odds on favorite to take the free sparring competition as well. But he was eventually out pointed by Balogh, third in the forms competition, who displayed a flamboyance and earnestness of his own. Yet another teammate, Edison Park, with enthusiasm equal to his colleagues' took third in the free sparring competition after garnering second in the forms competition to give Dae Myung Judo Karate Academy a clean sweep of all three places awarded in both the free sparring and forms competition. I hasten to add that all of this colorful action took place not in the heavy weight or even the feather weight divisions but in the Pee Wee (under age 10)! Indeed, many in attendance at the tournament acknowledged that the spirited competition in this division which proved to be a delightful highlight of the tournament would be a hard act to follow for the older and larger competitors of the Junior (11-16) and Senior divisions. But the "big boys and girls" proved equal to the challenge and the audience which thronged into Harmon Gym this Saturday witnessed some of the finest competition extant in Tae Kwon Do today.

In all, nearly 150 men, women, and children took part in the competition. They came from all over the state of California including Los Angeles, San Jose, Modesto, Hayward, Oakland, Berkeley and even such far flung outposts as Watsonville.

The individual free sparring competition was governed by modified AAU Tae Kwon Do rules and WTF (World Tae Kwon Do Federation) sanctioned forms were judged in the forms competition. The tournament began with a referees' clinic conducted by Master Kim of Los Angeles. The actual competition got under way with the aforementioned amazing Pee Wees followed by the Juniors. In the latter division, Sung Park of Dae Myung took first in the brown/black competition and Khanh Phan also of Dae Myung was the winner among the Seniors. In the free sparring competition Sandra Choi of Kim Brothers Tae Kwon Do in San Jose prevailed in the combined belt Junior Women's competition while Aaron Stewart of Choi's took first among the Junior Men, 11-13 yr. olds, and Sung Park was first among the 14-16 year olds. In the brown/black Senior free sparring competition, Nu Nguyen of Oh Do Kwan emerged as the ultimate victor for the women (no weight divisions). In men's competition, Kevin Chan of Kim Brothers was champion in the Light-Feather wt. division, John Parks of Byong Yu in the Welter wt., Russ Jackson of Choi's in the Middle wt., and Anthony Daniels of Wu Tao Kuan in the Heavy wt.

Finally, it was decided that Russ Jackson would be named Best Competitor and Jerome Reitenbach of the Reitenbach Institute of Tae Kwon Do, the Best Instructor. Oriental Mudo School of Los Angeles was accorded the title of Best School. This year's exceptionally well organized tournament was ably and efficiently mounted by Brown Belt Kirby Jackson and newly appointed Black Belt Jodi Goldenring, both of the U.C. Martial Arts Program directed by Master Ken Min which has sponsored the event ever since 1969 when Mr. Min first arrived at Berkeley.

At that time, the university's martial arts program consisted only of Judo classes first established some fifty to sixty years ago by the venerable I.W. Stone, and a Judo club. In addition to initiating the U.C. Open Tournaments, Mr. Min gradually expanded the martial arts program until today it offers an impressive and very representative roster of martial arts techniques. Not only are classes and clubs offered in Judo and Tae Kwon Do, but also in Wado-Ryu (Japanese) Karate, Kendo, Hapkido, Tai-Chi Chuan, and even Wu Shu from the People's Republic of China. In fact, just this year Mr. Min received an honorary doctorate, the first of its kind ever awarded in the history of Tae Kwon Do, in acknowledgement of his prodigious work in promoting the sport of Tae Kwon Do, and martial arts in general, on the international level.

In the past, this tournament has boasted the participation of such pre-eminent martial artists as Jay Bowden, Anthony Chan, Ernie Reyes, George Chung, and the present National AAU Tae Kwon Do Heavyweight Champion, Kim Royce. Interestingly enough, the earliest tournaments were truly more "open" Opens in that the main emphasis was on forms competition rather than free sparring and virtually any and all forms were admissible from the obscurest school of Kung Fu (e.g. "School of the Meditating Platypus") to French Savate. Only four years ago did the tournament finally become an exclusively Tae Kwon Do event with the changeover to modified AAU Tae Kwon Do rules and resultant continuous fighting as opposed to stop-fighting in the free sparring competition. But most significantly, forms competition became limited to only those Tae Kwon Do Poomse recognized by the WTF. A still more recent addition has been the spectacular "breaking forms" competition, always a crowd pleaser.
12th U.C. OPEN TAE KWON DO CHAMPIONSHIPS: RESULTS
BERKELEY, CALIFORNIA
APRIL 25, 1981

MEN

Pee Wee
1. Steve Balogh
2. John Lee
3. Edison Park

Junior (11-13)
1. Aron Stewart
2. Ernie Ramirez
3. Solomon Kim

Junior (14-16)
1. Sung Park
2. John Valenzuela
3. Steve Lee

White/Green: Welter
1. Darwin Farrar
2. Darryl Maney
3. Brian Bernard

White/Green: Heavy
1. Albert Lopez
2. Peter Dreibleibis
3. Tim Helgerson

White/Green: Feather-Light
1. Warren Kirton
2. Ka Wai Leung
3. Titus Taylor

White/Green: Middle
1. Michael Stafford
2. Geoffrey Miller
3. Robert Pia

Brown/Black: Welter
1. John Parks
2. Baron Cope
3. Richard Kozak

Brown/Black: Middle
1. Russ Jackson
2. Tom Galicia
3. Jack Young

Brown/Black: Light-Feather
1. Kevin Chan
2. David Torres
3. Steve Chan

Brown/Black: Heavy
1. Anthony Daniels
2. Ian Akin
3. Winfield Kelley

Women

Junior
1. Sandra Cho
2. Lisa Saenz
3. Laura Schaller

White/Green
1. Jeanne Vakasovich
2. Lynn Larkin
3. Erika Luikart

Brown/Black
1. Nu Nguyen
2. Anne Solso
3. Terry Toy

POOMSE

Pee Wee
1. John Lee
2. Edison Park
3. Steve Balogh

Junior: White/Green
1. Curtis George
2. Ernie Ramirez
3. Tim Covinn

Junior: Brown/Black
1. Sung Park
2. Rhoderick Medina
3. Victor Silva

Senior: White/Green
1. Colleen Ownang
2. Barbara Branc
3. Jeanne King

Senior: Brown/Black
1. Khanh Phan
2. Jack Yang
3. Don Gee

BEST COMPETITOR
Russ Jackson

BEST INSTRUCTOR
Jerome Reitenbach

BEST SCHOOL
Oriental Mudo School, L.A.
MARTIAL ARTS SUPPLIES

We stock uniforms and protective equipment for every martial art - send for a free catalog and compare our low prices with any others.

---

**YOUNG'S TRADING CO.**

**MARTIAL ARTS SUPPLIES**

---

**SPARRING GLOVE**
- Childs: $13.00
- Small: $13.50
- Medium: $14.00
- Large: $14.50
- Ex-Large: $15.00

**OPEN FINGER GLOVE**
- Childs: $13.00
- Small: $13.50
- Medium: $14.00
- Large: $14.50
- Ex-Large: $15.00

**FACE GUARD**
- Childs: $25.00
- Small: $25.50
- Medium: $26.00
- Large: $26.50
- Ex-Large: $27.00

**LIGHTWEIGHT UNIFORM**
- Size 00: $16.00
- Size 0: $17.00
- Size 1: $18.00
- Size 2: $19.00
- Size 3: $20.00
- Size 4: $21.00
- Size 5: $22.00
- Size 6: $23.00
- Size 7: $24.00

**HEAVYWEIGHT UNIFORM**
- Size 3: $32.50
- Size 4: $33.50
- Size 5: $34.50
- Size 6: $35.50
- Size 7: $36.50
- Size 8: $37.50

**FOOT GUARD**
- Childs: $13.50
- Small: $14.00
- Medium: $14.50
- Large: $14.50
- Ex-Large: $15.00

---

We use only high quality vinyl foam in this equipment. They provide lightweight comfortable, effective protection. Easy to put on and off. They dry quickly!

---

**HEAVYWEIGHT UNIFORM**
- Childs: $32.50
- Small: $33.50
- Medium: $34.50
- Large: $35.50
- Ex-Large: $36.50

---

C.O.D. Charge - $1.00
Shipping and handling
Up to $100.00 add 10%
Over $100.00 add 5%

---

Mail Order Form and Certified Check Or Money Order To:
YOUNG'S TRADING CO.
5705 TELEGRAPH AVE.
OAKLAND, CA 94609
(415) 547-0121

---

Send self-addressed stamped envelop for free catalog.
Wholesale Inquiries Welcome.

---

We will send all items C.O.D. Upon Request.
ADVERTISING CONTRACT

To advertise in the magazine, please fill out the contract below. Send ads to:
Circulation Manager
Tae Kwon Do Journal
P.O. Box 968
Richmond, CA 94803-0968

Rates:

<table>
<thead>
<tr>
<th>Section</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outside back cover</td>
<td>$700</td>
</tr>
<tr>
<td>Inside front cover</td>
<td>$600</td>
</tr>
<tr>
<td>Inside back cover</td>
<td>$500</td>
</tr>
<tr>
<td>Full page</td>
<td>$400</td>
</tr>
<tr>
<td>Half page</td>
<td>$200</td>
</tr>
<tr>
<td>Quarter page</td>
<td>$100</td>
</tr>
</tbody>
</table>

1. Ad fees must be paid by check or money order prior to closing date (six weeks before publication date). Make checks payable to Tae Kwon Do Journal.

2. Enclose camera ready copy (8" wide by 10" high for full page; 8" wide by 5" high for half page; 4" wide by 5" high for quarter page), or let us design a simple, complimentary ad for you.

I HEREBY ORDER the following advertisement space in the TKD magazine:

Name of advertiser and address:

Camera Ready copy attached or
ad to be designed by publisher: _______________________________

Check or money order enclosed: __________________________________

SUBSCRIPTIONS

Make your check or money order to Tae Kwon Do Journal, and send it to:
Circulation Manager
Tae Kwon Do Journal
P.O. Box 968
Richmond, CA 94803-0968

Individual subscriptions are $6 per year (4 issues). Club subscriptions (10 or more to the same name and address) are $5 per subscription.

NAME:
ADDRESS:

I enclose ______ for ______ subscriptions at $6 each;

OR

I enclose ______ for ______ club subscriptions (10 or more to same name and address) at $5 each.
## PACIFIC AAU TAE KWON DO CHAMPIONSHIPS: RESULTS

### MEN

**Flyweight**
1. Tony Tran
2. Ulysses Villanueva

**Bantamweight**
1. Jeff Peterson

**Featherweight**
1. Clarence Jackson
2. David Spinella
3. Quan Trang

**Lightweight**
1. Hiew Dang
2. Mike Ackley
3. Mark Brant

**Welterweight**
1. Marc Williams
2. Herb Schmulewicz
3. Mike Hagen

**Light-Middleweight**
1. Russ Jackson
2. Ed Mackerron
3. Steve Tripp

**Middleweight**
1. Mike Kim
2. Rick Chaeff
3. Dave Weeks

**Light-Heavyweight**
1. Vernon Shaw
2. Winfield Kelley
3. Ernest Frobie

### WOMEN

**Bantamweight**
1. Nu Nguyen
2. Judene Goldenring

**Featherweight**
1. Lois Jones
2. Barbara Brand
3. Elizabeth Marer

**Lightweight**
1. Valarie Trott
2. Althea Roberson
3. Gina McDaniel

**Welterweight**
1. Nancy Ferguson
2. Shawn Turnier

**FORMS: MEN**
1. David Spinello
2. Mike Kim
3. Quan Trang

**FORMS: WOMEN**
1. Judene Goldenring
2. Barbara Brand

---

### FINE JAPANESE SWORDS FOR SALE

Young’s & High Meadow
2508 Telegraph Ave.
Berkeley, CA, 94704

(415) 548-7463
YAMATO SAKURA &
GENBUDO BRANDS

TAE KWON DO Uniforms & Equipment

We sell
to instructors
only

CALIFORNIA S&P, Inc.
360 Swift Avenue
So. San Francisco, CA
94080
Phone (800) 227-3753

For a free 16 page catalog,
send us your name, address &
phone number AND
the name, address & phone of the
school or club where you teach
or manage.