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IN THIS ISSUE...

Research, Theory and Practice

USTU Organization: Review and Recommendations .......................... 7
By Chong Woong Kim, Ph. D.

An Analysis of the Dynamics of the
Basic Taekwondo Kicks .................................................. 10
By Korean Sports Science Research Institute
Translated from Korean by Ben Choi

1987 National Collegiate Taekwondo Survey .............................. 18
By Ken Min, Ph. D.

Tournament News 1987

The 10th Pan American Games ............................................. 19
Reported by Ken Min and written by Paul Springer

Taekwondo's Debut in the Pan-Am Games:
Behind the Scenes ....................................................... 22
By Ken Min

The 8th World Championships ............................................. 25
Reported by Ken Min and written by Paul Springer

A Look at the 8th World Championships
Barcelona, Spain ............................................................ 28
By Ken Min

The 7th USTU National Junior Olympic Taekwondo Championships .................................................. 29
By Jim Hardwick

The 12th National Collegiate Taekwondo Championships ....................... 30
By Master Ki-Jeong Lee

Departments

From the Editor ................................................................. 2

Guest Editorial by Master Jerome R. Reitenbach ....................... 2

News and Notes ............................................................... 3

Upcoming Events ........................................................... 3

Members' Forum ............................................................. 6

Poomse: Pal Gwe 1 Jang .................................................. 16

USTU Registration Information ........................................... 32
From the Editor...

It has been a struggle to publish each issue of the journal; more so, the past two issues due to insufficient funds. Fortunately, we were able to recruit able volunteers from the Berkeley campus: Ben Choi, Nick De Mello, Hoon Im, Sally Ho, along with Paul Springer who has experience through the past two issues.

The journal is attempting to improve its quality in printing, layout, design, and paper in this issue. Out there, if you have any pertinent news or article about Taekwondo, do not hesitate to send them to us! Remember, this magazine is your communication tool. Have a happy and prosperous 1988 Olympic year.

Ken Min
Editor-in-Chief

Guest Editorial

by Master Jerome R. Reitenbach, Vice-President, USTaekwondo Union

It is my pleasure to share this editorial with you. As most of you already know, I am retired from the United States Armed Forces. It is because of my travels in the military that I was afforded the opportunity to study Taekwondo while stationed in Korea. I regard this as an experience rarely achieved by a non-Korean Taekwondo practitioner. It was during this time that I had learned to live in a Korean culture. The military emphasized that we be informed of the diversified style of living, the various food specialties, and basic Korean language in order to insure our courtesies were extended. Under the auspices of my teacher, Master Yi Chan Su, I was fortunate to train in a small village in Korea. It was there when the practical application of military briefing began.

What my master did not prepare me for and I had to learn on my own, was how to deal with the Korean culture here in the United States. We never discussed this topic because it didn’t seem important at the time. I never dreamt when I entered the world of Taekwondo that my efforts would be so rewarded in the USTU. Not only do I hold the high office of Vice-President, I am the only non-Korean officer.

Serving the USTU in this capacity has been enlightening and pleasurable. Looking over the past three years, it is difficult to believe time has passed so quickly. There have been some frustrations primarily caused by the inability to achieve all my goals. My biggest dilemma is the Korean language. I feel it is spoken to often and the subject matter is lost in the translation. Many important topics are discussed that do not afford to share in the conversation. I find it easy to lose track and become bored when discussions are held in Korean.

The name of our union speaks for itself. It crosses over two cultures, the United States being American and Taekwondo being Korean. It would be to our advantage if both cultures could work together as well as the title. However, some have learned that customs that prevail in one country do not have the same effect in another.

Taekwondo has reinforced my disciple and respect. No doubt you have all experienced the same training and feel the same way. These lessons should be carried into our lives and respect each other as persons regardless of nationality or rank.

In November of 1984, I believed the members of USTU elected me as Vice-President because they trusted me. I realize I did not achieve this high-level alone, even though I often that I am by myself among the other officers. In closing, I wish to express my sincere appreciation to those who have supported my endeavors in the past, pity those who have criticized me, and I look forward to more challenges in the future. Thank you for making me feel proud for my accomplishments.
UPCOMING EVENTS

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<tr>
<th>EVENT</th>
<th>DATE</th>
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<tbody>
<tr>
<td>USTU Convention</td>
<td>Nov. 18-21, 1987</td>
<td>Hawaii</td>
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<tr>
<td>2nd USTU Instructor Certification</td>
<td>Jan. 15-17, 1988</td>
<td>Daytona, Florida</td>
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<td>Symposium</td>
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<tr>
<td>International Referee Clinic</td>
<td>March 15-17, 1988</td>
<td>Kukiwon, Seoul, Korea</td>
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<tr>
<td>The 14th US National Taekwondo</td>
<td>Apr. 14-16, 1988</td>
<td>Miami, Florida</td>
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<td>Championships</td>
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<td>US Olympic Academy</td>
<td>June 14-17, 1988</td>
<td>Penn State, Penn.</td>
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<tr>
<td>The 8th National Junior Olympic</td>
<td>July 7-9, 1988</td>
<td>Tampa, Florida</td>
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<td>Taekwondo Championships</td>
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<td>US Olympic Team Trial</td>
<td>July 8-9, 1988</td>
<td>Raleigh, NC</td>
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<td>The XXIVth Olympiad</td>
<td>Sept. 17-20, 1988</td>
<td>Seoul, Korea</td>
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<tr>
<td>The 13th National Collegiate</td>
<td>November 1988</td>
<td>Ames, Iowa</td>
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<td>Taekwondo Championships</td>
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For further information contact the USTU Headquarters or the USTU Journal.

News and Notes

General Association of International Sports Federations Convention Colorado Springs Olympic Center

The 10th General Association of International Sports Federations (GAISF) Convention was held at the United State Olympic Center (USOC), Colorado Springs, Colorado on October 14-18, 1987.

It was a memorable and noteworthy meeting, especially since Dr. Un Yong Kim, President of the World Taekwondo Federation, IOC member from Korea, and Vice-President of the Seoul Olympic Organizing Committee is also President of GAISF. Also, The United States Olympic Committee President, Bob Helmick, who is also President of the International Swimming Federation and an IOC member from the United states, organized and hosted the convention.

The United States Taekwondo Union hosted a special luncheon for international sports leaders in the dining room of the world renowned Broadmoor Hotel. The function presented Taekwondo leaders worldwide as well as nationwide to the sports leaders of the world.

1987 USTU Convention News

by Ken Min

The annual USTU meeting was held on the island paradise at the Hawaiian Hilton Village on November 18 and 19, 1987.

Needless to say, revising the constitution and the by-laws was the main agenda.

The state operational code has been elaborated a great deal and the voting club membership is now 35 instead of 25 individuals. Club fee has been increased from $50 to $75, and individual membership fee was sealed at $20.

You can guess an increase at every corner.

We hope this fee structure will enable USTU to meet operational expenses without touching the investment accounts which is the strong policy of president Ahn.
The United States Olympic Academy (see left), sponsored by the United States Olympic Committee, convenes annually to examine the Olympic Games, the Olympic movement, and the concept of Olympism. Student-athletes, educators from colleges, universities, and public schools, sport historians, former Olympians, and those interested in Olympic movements gather to study Olympic history, philosophy, and politics.

The USOA is patterned after the International Olympic Academy which meets in ancient Olympia, Greece every summer. Since it was established in 1961, the IOA has served as the intellectual and philosophical center for the Olympic movement and Olympism. Olympism is a philosophy that emphasizes the importance of a balanced body, mind and soul, and the ideals of the original Greek Olympic games.

The USOA offers four days of seminars and presentations by former Olympians, Olympic scholars, and prominent sports figures, balanced with entertainment and social events.

USOA XII at Penn State will focus on the theme “Between Calgary and Seoul.” These two cities are the sites for the Winter and Summer Olympics in 1988. Some of the topics to be discussed include sports medicine, competitive training, blood doping, sports film, art and sport, biomechanics, and new and low-profile Olympic sports.

For more information contact:

USOA XII
Penn State University
113A White Building
University Park, PA 16802
Dear Masters and Students:

We would like to cordially invite all Masters, students and their families to the 1988 USTU National Junior Olympics.

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For more information call:
Championship Organizing Committee
Jo's Tae Kwon Do Inc.
Director Si Young Jo
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News from Shin's Martial Arts Academy,
Fairbanks, Alaska
(Excerpts from the USTU Annual Conference)

President, Board Members, ladies and gentlemen,

I thank you for this opportunity to speak here in our annual conference. My name is Chul Soon Shin, American name Steven Shin. I come from Alaska.

I would like to explain a few facts about Alaska in order to help you understand some of the unusual conditions and problems we have there.

As you may know, Alaska is very large in area but very small in population. It is more than twice the size of Texas but has the smallest population of any state. This population if young and mobile and moves often to follow available work. Efforts to build up a strong foundation or central core of students in our Taekwondo schools are made more difficult because of this movement.

Alaska is known as the "Last Frontier" because it is a wild, rugged, largely untamed and unpopulated wilderness.

Canada isolates Alaska from the other states. Internally Alaskans are further isolated from each other very limited, small road system. High cost air travel is the only means of transportation between many Alaskan towns and villages (unless you own a dog sled team). To give an example, the state capital of Juneau can only be reached by boat or plane. You cannot drive to Juneau. Regular round trip from my village of Barrow, Alaska to Juneau costs $1,016. Plane fares are higher in Alaska than in any other state. This very high cost of travel both within Alaska and beyond to other states creates financial problems for Taekwondo athletes who wish to compete in state or national tournaments.

Taekwondo is a new and growing sport in Alaska. I hope that you are able to understand some of the special difficulties we have in our efforts to promote the growth of the sport. In order for the Taekwondo to have rapid and strong growth in Alaska we will need support from both the USTU main office and from other states.

Success In Texas

With the admission of Alaska to the Union, Texas lost its reputation as the largest of the United States. Today its building a new reputation.

In 1985 Texas began its reign as having the largest membership in the USTU. They were able to maintain that title in 1986 and again in 1987. Today they have 1,307 registered members spread among 75 schools. Only California and Illinois come close to Texas in membership, but both still fall short by a margin of 200 students and 25 schools.

So what's the reason for this incredible success? The two major reasons are almost synonymous: Mr. Won Chik Park and the Texas Taekwondo Association. After his success in many other states Mr. Park chose to establish a school in Texas, and eight years ago founded the Won Park Institute of Taekwondo in Fort Worth. Also that year he organized the first Annual Fort Worth Taekwondo Invitational. This year that event will include over 800 competitors and promises to be one of the most exciting competitions of the year. On the national level Mr. Park has served for many years as the chairman of the USTU Tournament Committee, and only resigned that position this year.

In 1981 Mr. Park, and six other masters founded the Texas Taekwondo Association. Originally a loose coalition of seven schools the TTA represented a unified Texas before 1983. In the period of 1983 to 1985 Texas went from relative obscurity to achieving 3 gold, 6 silver, and 10 bronze medals at USTU National Competitions.

Mr. Park attributes the success of the TTA to a number of factors. The first of which is the division of the state into seven regions based on the seven original schools. Each region has a single director who is solely responsible for organizing and maintaining his region as a separate but contributing member of the association. Currently Mr. Jin Won Kim in South Texas, Mr. Jin Woon Kim in Central Texas, Mr. Tae Woon Kim in East Texas, Mr. Andrew Juarez in Southwest Texas, and Mr. Sang Ju Jo in the Northwest region. If it can be said that the original seven members are responsible for what the TTA is, then these men are responsible for what it will become.

According to Mr. Park, other factors contributing to the success of the association are a strong emphasis on communication and competition between the member regions and a deep personal pride and involvement on the part of the individual regional directors.

Mr. Park's parting advice to other states: eventually it all ends with the schools, so that's the best place to start - keep the members aware of what is going on and both input and participation will increase proportionally.
In recent years, the rapid growth and popularity of Taekwondo have been paralleled by the increasing importance of the USTU. However, the sport has grown much faster than USTU’s resources, and this report outlines the steps necessary to help the USTU organization keep up with its continually increasing burden of responsibilities.

When the USTU became a National Sports Governing Body in 1984 and set up office operations, the executive director and one secretary handled all the work generated by the USTU membership of approximately 3,400 members. This figure has now increased over 400% to 16,000, but the office staff consists of only 4 people: the executive director, two secretaries, and one intern. This small number of people must cope with many telephone calls and much accumulated paperwork, tasks which cannot be handled efficiently or conveniently without a larger staff and the well-defined delegation of responsibility. Currently, the insurmountable quantity of work poses a problem for members, whose business is not processed rapidly enough; at the same time, the four workers are confronted by an overwhelming task which leaves them exhausted and frustrated.

As the situation currently stands, national officers elected by the USTU spend more than 30 hours per week working on USTU related business—this is in addition to their work as master instructors in their schools and to the obligations they have regarding their families and their personal lives. Excessive workloads are a primary cause of “burnout,” and they erode the accuracy and efficiency of operations. Problems posed by lack of personnel are exacerbated by limited office space and inadequate equipments. The current office has only two rooms, which do not provide enough room even for the three or four people now working there at any one time. Insufficient filing space results in disorganized storage of paper work; two computers and three telephones will be definitely needed in the future, especially if other secretaries are to be hired. The USTU is now for the first time in a position to hire some additional workers and obtain more equipment.

The problem is not, however, simply a financial one: the financial investment will simply pave the way for improving organization and clarifying the responsibilities of each member in the chain of command. Not only is there presently too much work, the individual members of the organization are not able to concentrate on the particular kinds of tasks appropriate to their specific talents and functions. Routine paperwork must be handled by executive officers; they should be free to concentrate on long range goals. The absence of clearly delineated responsibilities means that others may be called upon to do work for which they are not really qualified.

The following recommendations are accompanied by a diagram of a suggested structure for the organization. The hierarchy will be examined from top to bottom. Functions of the elected and appointed offices will be accompanied by clearly defined goals and responsibilities; consideration of interns, secretaries, and part-time employees will include suggestions for hiring additional employees.

1) President of USTU

The president, other officers and executive committee members should spend their time on policy making and strategic planning, long and short term budgeting of funds, appointment of officers for major USTU events, the employment of executive directors, and controlling major events and financial matters. All activities concerning promotion and public relations, coordinating major events, as well as other administrative and clerical work should be delegated to the executive director. This will allow the president to bring his abilities to bear where they are needed most; at the same time, the executive director will be granted the authority he needs to attain his goals.

2) Executive Director (ED)

The major task of the executive director at this moment (and at least for the next few years) should be promoting Taekwondo and establishing optimum working relationships with the various news media and with corporate managers. At least 70% of the ED’s time should involve these essential activities. USTU registrations is five times its original size. Particularly in view of our participation in the 1987 Pan-Am Games and the upcoming Olympics, this is the ideal time to increase membership and make Taekwondo familiar to the American public.

There may be half a million Taekwondo practitioners in the United States, but it is a critical moment which must be seized immediately.

In any case, the ED should have complete authority delegated from the president with respect to authorized tasks, including all employment practices for the office, coordinating Taekwondo events related to the USOC, directing all promotional activities for the USTU, and all other administrative work. However, the ED should also be responsible to the president and the total body of the USTU Executive Committee (EC). The EC should have the right to replace the ED at any time, but ordinarily the chain of command should proceed from the president directly to the ED, not from the EC to the ED. If any EC member wants to delegate tasks to the ED, it is my recommendation that he go through the president. The president may delegate his own authority to certain officers temporarily.

This "unit of command" concept will effectively eliminate the problem of too many bosses and clearly indicate the authority to whom the ED is accountable.
3) Associate/Assistant Executive Director (AED)

The associate/assistant executive director will be in charge of all administrative and clerical duties except financial, promotional, and public relations matters. The AED will directly supervise the registrar/intern, secretary/receptionist, and part-time employees. When the executive director is away, the AED should represent the office and be able to act as ED, particularly in relations with the USOC. Giving the AED total authority in administrative and clerical work will free the ED from these routine duties so he can devote his time more effectively and efficiently to public relationship between USTU and USOC (and its training center), since there will be no delay in administrative decisions by the USTU.

It is of key importance that this position be filled by a person who can speak Korean fluently. Many Korean instructors are not at ease speaking English, and American employees do not always understand them. Some Korean instructors insist on dealing with office staff who speak Korean. If the AED speaks Korean fluently, the time of Korean national officers will not be spent dealing with routine office business; instead of calling them, the Korean instructors can call the AED. The AED must also read and write Korean proficiently. Until the conclusion of the 1988 Seoul Olympic Games, the USOC will have a great volume of written correspondence from the Korean Olympic Committee. The USOC frequently receives messages in Korean and requests the USTU to interpret them. With an in-house interpreter in the person of the AED, the USTU can establish excellent reciprocal relations with the USOC.

The AED should also be in charge of publishing regular newsletters and coordinating USTU events in cooperation with the financial manager. This person should also formulate and establish guidelines and procedures for all USTU events under supervision of the ED. Another important function of the AED is to serve as a liaison officer between the national officers and other state officers and master instructors.

4) Financial Manager (FM)

The financial manager should handle all bookkeeping for USTU expenses, including dealings with the bank, making deposits, and issuing checks for all authorized expenses. The FM's duties will also be to make travel reservations and purchase airline tickets for athletes and officers, and he will also handle merchandise, including ordering, distributing, and collecting fees. The FM should keep in mind his position in the organization and make regular financial status reports to the USTU Treasurer General.

5) Registrar/Intern

It is my understanding that the USOC allocates interns to National Governing Bodies, and that the USTU will not get an intern for the Fall of 1987. It is still uncertain whether we will have an intern for Spring of 1988. If we are not provided with an intern this Fall, we should definitely hire a full-time, permanent employee as Registrar. If we have a good chance of having an intern beginning in 1988, a part-time employee may suffice in the interim, since peak registration season does not begin until the end of January.

The main functions of the registrar/intern will be handling membership, registration/club certification and dan certification. The new procedure proposed for USTU registration requires sending the forms to the headquarters office first; the application forms will go directly to the bank. After the fees are deposited, the bank will send the application form to the office with paid stamps. Therefore, the FM has only to verify the number of the membership fees deposited and the number of applications received. The FM, after comparing these numbers, will return the stamped application forms into the registrar. The registrar will put
the applications into computer data processing, issue the club membership certificates, and make a record on the computer. Thus, the process will take place under the authority of the FM, but the registrar will free the FM from the burden of much of the applications process.

Dan certification can be processed in the same way as membership registration, but upon authority granted by the president and/or Chairman of the USTU Dan Promotion Committee. Every month the FM reports directly to the president the number of dan certificates issued; this allows the president to verify control. This will keep the president's office from having to cope with much of its present clerical work. The USTU benefits as well, since we can now centralize all administrative and clerical functions at the office.

Finding an intern for this position would be ideal, since it would cut down on our expenses; moreover, interns are usually highly motivated and learn quickly. They may also have knowledge of computers, which would be very useful for registration and data input. The intern should also have a fair amount of physical strength, since the office handles many heavy boxes which contain medals, pins, t-shirts, neckties, and various publications.

6) Secretary/Receptionist

The major responsibility of this employee will be receiving telephone calls, typing, mailing, filing, and working as a receptionist. It would be helpful if this person could take shorthand and assist the ED with his letters, memoranda, and similar duties.

IT IS IMPERATIVE THAT WE ACT NOW WHILE OUR PARTICIPATION IN THE PAN-AM GAMES, THE OLYMPICS, THE ASIAN GAMES, AND OTHER HIGH-LEVEL EVENTS IS CREATING A WAVE OF POPULAR INTEREST IN OUR SPORT.

7) Part-Time Employees

The heavy workloads generated by peak registration periods may call for the use of volunteer workers or part-time help. When the USTU used volunteer workers provided by the USOC for the purpose of registration, the volunteers were able to help with mailings and other easy tasks, but they could not handle key punches for computer inputs. When part-time employees who typed well were hired, the quality and efficiency of registration increased significantly. Therefore, the USTU should hire three to five temporary workers who are good typists for the peak registration periods. Registration for next year starts in October and usually finishes the following June. During this time, November, January, May, and June are less busy, while peak volume occurs in February, March, and April. During slower months we may need only one or two extra part-time workers, but we require three to five part-time workers during peak months.

My recommendation for the office definitely asks for five full-time employees. This is the absolute minimum number required for effective operation. This small number of employees should be able to work together in harmony. Although each employee has a specific, primary job, they can help each other with excessive workloads. When the office has to contend with a peak registration period, for instance, the secretary/receptionist, associate/assistant ED, and even the ED should willingly assist the registrar.

SUMMARY OF IMPERATIVES

I) Delegation of Total Authority to the Headquarters Office

One of the most important management principles demands that the responsibility given to one positional incumbent should be equal to the authority of the person. All too often it is easy to assign responsibility, but hard to delegate authority for the responsibility. This results in inefficiency, and the positional incumbent will suffer low morale and reduced job satisfaction. The ED should have total authority to run the office, including employment practices, event coordination, fund raising, and other promotional activities. The president and executive committee should give specific scope and guidelines to the ED for those activities. Corporate sponsorships, membership campaigns, and merchandising should also be under the control of the office.

II) Centralizing all USTU Administrative and Clerical Work

The USTU administrative office should coordinate all of the events the USTU takes part in, such as the Olympic Festival and the Pan-Am Games, and this includes the paper work, as well as making flight and accommodation reservations.

The current lack of centralization in administrative work often causes tasks to require twice as long as necessary for completion. If the office is responsible for coordinating work for USTU events, it can plan properly from the outset. The office often takes up "leftover" jobs from national officers at late stages of development which makes for inefficiency and passed deadlines.

All account keeping, check issuance, and other financial functions should be handled by the FM in the office. The FM should report all financial information to the treasurer general on a regular basis. The entire management information system should be implemented through the computer data bank, including registration information, names of athletes for special events, the calendar of annual events, names of national officers, EC members, committee chair-persons and members, and board of governors.

It is desirable that all national officers and state presidents be equipped with computers communicating with the main computer facility. Although it may not be feasible for officers to receive computers in the immediate future, we strongly recommend purchasing them as soon as possible. Once the officers have this computer capability, we will have a very fast, accurate communication system within the USTU, and many routine problems could be handled through the computer terminals.

CONCLUSION

An organizational change and development program should not be a onetime shot. It should be a long-term, continuous, sustained effort. The recommendations in this report are far from complete; they are just a beginning. If we can have regular yearly reviews of our progress, it would speed our goal of making the USTU a more efficient and effective operation.

While it is important to remember the long-term aspect of our plans, it is equally important that we begin to implement them as soon as possible. As remarked earlier, we are entering a watershed period in the development of Taekwondo in this country and the world. It is imperative that we act now, while our participation in the Pan-Am Games, the Olympics, the Asian Games, and other high-level events is creating a wave of popular interest in our sport. The changes recommended in this report require spending additional funds to bring in one or two additional employees; raising the current salaries and creating initiative bonus incentives would prove to be beneficial later. The money would be well spent. If we retreat a few small steps financially, we will enable ourselves to take enormous steps forward. Instead of struggling to share a small pie, let's try to make a bigger pie; then all the constituents will have a larger share.
AN ANALYSIS OF THE DYNAMICS OF THE BASIC TAEKWONDO KICKS

Researchers: Sung Nak Joon (Sports Science Research Institute, Researcher)
Lee Sung Guk (Korean Taekwondo National Team, Coach)
Park Hyun Jong (Korean Taekwondo National Team, Coach)
Joo Shin Kyu (Korean Taekwondo National Team, Coach)

I. Introduction

Taekwondo, which originated from Korean native martial arts, solidified its status as an international sport when it was selected as an official competitive event in the 1986 Asian Games, and in the upcoming 1992 Olympic Games, it is almost certain that Taekwondo will be established as an official competitive event. The records, so far, have shown that Korea has been dominating in main international Taekwondo competitions by sweeping all weight classes. However, in view of the fact that the international competitors’ levels are improving daily, the need for the continued technical developments and the improvement of competitive performance skills through scientific research and training is being fully recognized.

1. The Necessity and the Objective of the Research

Until recently, scientific research on Taekwondo was in the developing stages and by the late 70’s, there were only 37 volumes of research on the subject. In the 80’s so far, 85 volumes of research have been published, of these, approximately 20 volumes deal with the analysis of the dynamics. (Kim Suk Ryun, 1986) But, the research on the dynamics has usually been confined to only the front and the ax kicks. (Sung Nak Joon, 1984; Hwang In Sung, 1985; Chang Kee Joon, 1985) Of the other kicking techniques, such as the roundhouse kick, the side kick, and the back kick, Taekwondo spin back kick has been the subject of a dynamics analysis (Hwang In Sung, 1985), and Taekwondo kicking motion’s dynamic energy transfer has been analyzed in biomechanical terms. (Yang Dong Young, 1986) So far, these are the only 2 volumes of research dealing specifically with the dynamics analysis of the general Taekwondo kicking techniques. Given the very diverse nature of Taekwondo’s kicking techniques, the analysis of just a couple of kicks does not present practical assistance in improving competitive performance. Since the front kick (Ahp Chagi), the roundhouse kick (Dohlyuyh Chagi), the side kick (Yup Chagi), the spin back kick (Dui Hooryuh Chagi), and the ax kick (Duhller Tchikgi) can be said to represent the basic kicking techniques of Taekwondo, general analysis of these techniques must be accomplished.

In Taekwondo competitions, an accurate attack, executed in proper form by the use of fist techniques to the midsection or the use of kicking techniques to the face and the midsection, is awarded 1 full point. (Korea Taekwondo Association, 1986) In practice, the degree of force or the intensity of the blow is an essential element in the scoring process. Generally, the kicking techniques constitute the majority of scoring achieved, since the fist techniques aimed at facial area are forbidden; moreover, the kicking techniques present an advantage in overcoming distance and in achieving higher degrees of impact intensity.

In order to convert the kicking techniques into points, the ability to perform the proper techniques at the right moments with the right timing is crucial. In this respect, the time duration of the kick becomes a critical factor. That is, a kick has to be fast, accurate and forceful; physical factors such as flexibility, balance, quickness, and power must form the basis of speed and accuracy. And the secret of success lies in the degree of these factors present. This research aims to examine, by means of a quantitative analysis, the dynamics of the above mentioned basics as performed by some members of the Korean national Taekwondo team, who can be said to possess the highest levels of the skills in the country. By measuring the execution times, the speeds and the degrees of intensity of the various kicking techniques of these athletes, this research also aims to investigate which kicks are the most effective in scoring during competitions. The data gathered in this research will serve as guidelines and criteria in assessing and rating the skills and techniques of the team members, as well as facilitating the development of better training methods and combative strategies. Moreover, the results of this research will become the foundation for future studies on the dynamics and the mechanics of the Taekwondo kicks.

II. Research Methodology

1. Experimental Subjects

The subjects of the experiments were Korean Taekwondo national team members who were selected to participate in the 1986 Asian Games. One athlete was chosen from every other weight class; they consisted of four altogether. Their physical characteristics are indicated in table II-1:

<table>
<thead>
<tr>
<th>Subjects</th>
<th>Sex</th>
<th>Height (ft)</th>
<th>Weight (lbs)</th>
<th>Inseam (in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject 1</td>
<td>M</td>
<td>5'5&quot;</td>
<td>126.7</td>
<td>32.7</td>
</tr>
<tr>
<td>Subject 2</td>
<td>M</td>
<td>5'8&quot;</td>
<td>153.4</td>
<td>34.6</td>
</tr>
<tr>
<td>Subject 3</td>
<td>M</td>
<td>5'11&quot;</td>
<td>166.0</td>
<td>36.6</td>
</tr>
<tr>
<td>Subject 4</td>
<td>M</td>
<td>6'2&quot;</td>
<td>186.9</td>
<td>38.1</td>
</tr>
</tbody>
</table>

2. The time and place of the experiment

The preliminary tests were conducted in August using a high speed video camera; the actual filming took place in Taemung Athletic Center using natural light.
3. Equipment

The equipment used in the experiment:
1) A high speed video system (NAC HSV 200)
2) Two 16 mm high speed cameras (Photosonic Biomechanics/500)
3) A kicking target
4) A signal flash emitter
5) Data analyzing equipments:
   1) Movement analyzer (NAC SPORTIAS 100)
   2) Film tracer (NAC DF-16C)
   3) Microcomputer (SAMBO 20)

4. Experimental Method

1) The subjects wore swimming trunks. To highlight the movements, white tape was applied at the knees, elbows, hips, shoulders, shins and the 1st knuckles of the toes.
2) The frontal and lateral cameras were positioned 20 m away from the subject and the cameras were set up at a height of 115 cm. Two cameras were positioned perpendicular to the direction of action. The camera shutter speed was set at 200 f/s. The camera had built-in timing pulse emitter.
3) Cameras were leveled on tripods and activated in synch with the signal flash emitter.
4) The distance between the target and the subjects' solar plexus and the nose.
5) The 3-D coordinates were used according to the methods developed by the Research Center. Data smoothing was done using curve plotter program. The absolute velocity was calculated using the files generated by the curve plotter program. Only the velocity of the kicking foot was calculated.

5. Data Processing Procedures

1) Tracking of kicking motions and foot movements:
   Each kicking motion was traced from the film tracer screen. The track of the kicking foot was traced from the instant it left the floor to the instant it made contact with the target. Frontal and lateral tracks were traced and plotted onto the coordinates by the movement analyzer.

2) Time measurement:
   The time was divided into the reaction time, the movement time, and the performance time; the latter was the sum of the reaction time and the movement time. The time difference between the kicking techniques and the subjects was analyzed and compared. The film speed of the camera was verified by the meter on the built-in timing pulse emitter.

3) Three dimensional position and velocity calculation:
   The dynamic impulse (impact force) P of the force F(t) applied during a very short time (t) is defined by
   \[ P = \int F(t) \, dt \]
   The dynamics vector I is defined as
   \[ I = mV_f - mV_s \]
   where \( V_f \) is the velocity at time \( t_f \), and \( V_s \) is the velocity at time \( t_s \).
   For the stationary target mass,
   \[ I = mV_s \]
   Thus, the value for I was obtained.
   Also the average force applied was calculated using the impact time measurements as they appeared on the film. However, in practice, the center of mass of the kicking foot did not always score a direct hit on the center of mass of the target. Therefore, the I value is a low estimate.

III The Experiment Results and Analysis

1) The Performance Time of the Kicks

The performance time is also called response time, and it is the time taken from the moment of the presentation of the signal flash to the completion of the movement. It is the sum of the reaction time and the movement time. In this research, the performance time was taken to be the time from the moment the signal flash was captured by the camera to the moment the subject's foot struck the target.
movement time was regarded as the time duration of the movement of the foot striking the target from the moment it left the ground.

Doris I. Miller and Richard C. Nelson (1976; 39-40) say that "the field of dynamics is divided into 3 areas: time analysis, kinematics and kinetics. The time analysis forms the basis of the dynamics analysis of an athletic activity, the main element of which is the exact breakdown of the progression of a movement. Almost all sports techniques involving performance time can be analyzed in the 3 areas, and the time analysis in particular offers great technical assistance to the trainer or coach."

In Taekwondo, the dynamics analysis up to now has focused mainly on the front kick and the ax kick. Therefore, a time analysis of the general kicking techniques can be of enormous help in training and it will also be of assistance to anyone embarking on a more in depth study of the dynamical and the mechanical aspects of the kicking techniques.

Tables III-1 to III-9 show the time progress of the kicks performed. Illustrations III-1 to III-9 show each kick from the moment the kicking foot left the ground to the moment of the impact at the target.

The reaction time, i.e. the time taken from the moment of the signal flash to the moment the kicking foot left the ground had an average value of 0.484 sec. (S.D. = 0.054) But the peripheral reaction movements had an average time of 0.295 sec (S.D. = 0.033) this approximates the average reaction time of the preparatory front foot movement prior to the kicking movement, which was 0.273 sec. (S.D. = 0.028)

In this research, primary importance was given to the reaction times of the actual kicking motion; i.e. the time taken from the signal flash to the moment the kicking foot left the ground.

In the spin back kick and the step back kick, which require two actions to complete, only the actual kicking motions were analyzed.

The analysis of the variance of the performance times of the various kicking techniques and the performance times of the 4 subjects resulted in a significant 1% difference. (Table III-10)

The results of the comparisons show that the subject 1 was the fastest and then the subjects 3, 4 and 2. These results seem to indicate that there is a linear relationship between the speed and the weight classes; although subject 2 was found to be slower than what his weight class would predict. (Table III-11)

The results of the comparisons between the kicking techniques (Table III-12) show that the roundhouse kick to the midsection was the fastest and then the roundhouse kick to the face, followed by the side kick to the midsection, the side kick to the face, the spin back

<table>
<thead>
<tr>
<th>Subject</th>
<th>Front foot movement</th>
<th>Kicking foot liftoff</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.255</td>
<td>0.413</td>
<td>0.592</td>
</tr>
<tr>
<td>2</td>
<td>0.321</td>
<td>0.500</td>
<td>0.704</td>
</tr>
<tr>
<td>3</td>
<td>—</td>
<td>0.474</td>
<td>0.668</td>
</tr>
<tr>
<td>4</td>
<td>—</td>
<td>0.428</td>
<td>0.617</td>
</tr>
<tr>
<td>Average</td>
<td>0.288</td>
<td>0.454</td>
<td>0.645</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subject</th>
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<th>Impact</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>0.286</td>
<td>0.393</td>
<td>0.648</td>
</tr>
<tr>
<td>2</td>
<td>0.321</td>
<td>0.515</td>
<td>0.882</td>
</tr>
<tr>
<td>3</td>
<td>0.342</td>
<td>0.505</td>
<td>0.785</td>
</tr>
<tr>
<td>4</td>
<td>0.281</td>
<td>0.495</td>
<td>0.785</td>
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<tr>
<td>Average</td>
<td>0.289</td>
<td>0.483</td>
<td>0.775</td>
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</table>

<table>
<thead>
<tr>
<th>Subject</th>
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<th>Kicking foot liftoff</th>
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<td>2</td>
<td>0.332</td>
<td>0.551</td>
<td>0.882</td>
</tr>
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<td>3</td>
<td>0.342</td>
<td>0.505</td>
<td>0.785</td>
</tr>
<tr>
<td>4</td>
<td>0.281</td>
<td>0.495</td>
<td>0.785</td>
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<tr>
<td>Average</td>
<td>0.289</td>
<td>0.483</td>
<td>0.775</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Subject</th>
<th>Front foot movement</th>
<th>Kicking foot liftoff</th>
<th>Impact</th>
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<tr>
<td>1</td>
<td>0.291</td>
<td>0.398</td>
<td>0.612</td>
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<td>2</td>
<td>0.337</td>
<td>0.582</td>
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<tr>
<td>3</td>
<td>0.235</td>
<td>0.485</td>
<td>0.689</td>
</tr>
<tr>
<td>4</td>
<td>—</td>
<td>0.393</td>
<td>0.622</td>
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<td>Average</td>
<td>0.287</td>
<td>0.464</td>
<td>0.686</td>
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<tr>
<th>Subject</th>
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<th>Kicking foot liftoff</th>
<th>Impact</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>0.255</td>
<td>0.413</td>
<td>0.592</td>
</tr>
<tr>
<td>2</td>
<td>0.321</td>
<td>0.500</td>
<td>0.704</td>
</tr>
<tr>
<td>3</td>
<td>—</td>
<td>0.474</td>
<td>0.668</td>
</tr>
<tr>
<td>4</td>
<td>—</td>
<td>0.428</td>
<td>0.617</td>
</tr>
<tr>
<td>Average</td>
<td>0.288</td>
<td>0.454</td>
<td>0.645</td>
</tr>
</tbody>
</table>
kick and the ax kick. The roundhouse kick's performance time was 0.645 sec. and the ax kick was 0.921 sec. This was the most notable time difference. This difference is closer to the average reaction time, and it is equivalent to 5m in foot speed; therefore, by time analysis, the ax kick can be regarded as an inefficient technique. According to the study conducted by Jung Nak Hee (1985;109) on the collegiate championships and national team selection competitions, the kicking technique that achieved most scores was the roundhouse kick (59.2%) and the counter roundhouse kick (13.1%); which means that the combined scoring percentage of the roundhouse kick was 72%, a result which supports this research. Furthermore, Jung reported that the next most efficient kicking technique in achieving scores was the back kick (17%), then ax kick (4.5%) and then the spin hook kick (2.2%). The fact that the ax kick scored more points than the faster spin hook kick, is due to the angle of the leg in approaching the target. But the spin hook kick could prove to be more effective than the ax kick with further research on its application during the competition.

The results of the variable analysis of the movement times, i.e. the performance time minus the reaction time, of the subjects and the kicking techniques also yielded a significant 1% level. (Table III-13)

The results of the individual comparisons between the subjects are shown in table III-14. The subject 1 was the fastest followed by the subjects 3, 4 and 2.

Compared with the performance times, the movement times yielded the same results; the subject 1 being the fastest and the subject 2 being slower than what his weight class would indicate. From these results, the subject 2 definitely needs further training to reduce the time duration of his kicks.

The fastest of the kicks was the roundhouse kick to the midsection (0.191 sec.), the second fastest was the roundhouse kick to the face (0.223 sec.) along with the back kick (0.236 sec.), the third fastest was the side kick to the midsection (0.292 sec.), the side kick to the face (0.312 sec.), the spin hook kick (0.382 sec.) and lastly the ax kick (0.425 sec.). When compared with the performance times, the movement times of the spin back kick was actually faster than the side kick, and there were no significant time difference between the back kick and the roundhouse kick to the face.

The results of the time analysis show that overall, during the competition, the kicking technique that should yield the most points will be the roundhouse kick, to the body and to the face. Next most effective is the back kick, then the spin hook kick, the side kick and the ax kick.

The performance times of Taekwondo
kicks vary greatly depending on the preparatory positions. Previous experiments using a high speed video system found that the subjects performed the roundhouse kick from the free stance (Ja Yoo Ja Se) in 0.626 sec., with the angle between the lower leg and the thigh at 130° the kick was performed in 0.571 sec. With a light hopping movement the kick was performed in 0.627 sec. and with the change of the feet positions in 0.897 sec. In this research, the results were measured from the free stance, and the average performance time was 0.645 sec., which yielded a significant difference with the front knee flexed at 135°. The average angles of the front knee for each subject were: 142°, 149°, 160°, and 151°. (Average for all was 150.6°, S.D. = 7.7°) Faster performance times resulted from lower preparatory positions.

Since the kicking techniques incorporate some preparatory movements, such movements were taken into account in the data analysis. On the average, the time duration to change feet positions was 0.30 sec., to step forward was 0.25 sec., and to turn the body 180° was 0.35 sec.

2. Impact Force of the Kicks

The average velocities of the target after the impact are shown in the table. During the research, mishit kicks were repeated; but with the exception of the roundhouse kick, many kicks did not connect direct center hits with the target. Therefore, it is estimated that the impact force measured in the experiment is lower than it would be in a real life situation.

In calculating the momentum of the kicks with and without preparatory movements, the kicks with preparatory movements such as the step back kick had greater momentum than the ones without, such as the back kick. When the momentum were compared with the height of the kicks, the kicks aimed to the midsection had greater momentum than the kicks aimed at the face. Table III-17 shows the momentum of the target at various kicks. The impact force, which is the momentum divided by the contact time, is shown in table III-18.

3. The Velocity of the Kicking Foot

The velocities of the kicking foot of

<table>
<thead>
<tr>
<th>Subject</th>
<th>Front foot movement</th>
<th>Kicking foot liftoff</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.438</td>
<td>0.750</td>
<td>0.806</td>
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<td>2</td>
<td>0.551</td>
<td>0.938</td>
<td>1.030</td>
</tr>
<tr>
<td>3</td>
<td>0.520</td>
<td>0.852</td>
<td>0.928</td>
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<tr>
<td>4</td>
<td>0.479</td>
<td>0.836</td>
<td>0.918</td>
</tr>
<tr>
<td>Average</td>
<td>0.496</td>
<td>0.844</td>
<td>0.921</td>
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</table>

<table>
<thead>
<tr>
<th>variables</th>
<th>variance</th>
<th>degrees of freedom</th>
<th>estimated variance</th>
<th>F test ratio</th>
</tr>
</thead>
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<tr>
<td>subjects</td>
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<td>3</td>
<td>0.033</td>
<td>28.08**</td>
</tr>
<tr>
<td>kicks</td>
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<td>6</td>
<td>0.030</td>
<td>25.92**</td>
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<tr>
<td>error</td>
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<td>18</td>
<td>0.001</td>
<td></td>
</tr>
<tr>
<td>total</td>
<td>0.300</td>
<td>27</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**p < 0.01

<table>
<thead>
<tr>
<th>(a)</th>
<th>(b)</th>
<th>(c)</th>
<th>(d)</th>
<th>(e)</th>
</tr>
</thead>
<tbody>
<tr>
<td>roundhouse kick (midsection)</td>
<td>roundhouse kick (face)</td>
<td>side kick (midsection)</td>
<td>side kick (face)</td>
<td>back hook kick</td>
</tr>
<tr>
<td>(a)</td>
<td>0.041</td>
<td>0.130**</td>
<td>0.133**</td>
<td>0.111**</td>
</tr>
<tr>
<td>(b)</td>
<td></td>
<td>0.089**</td>
<td>0.092**</td>
<td>0.070**</td>
</tr>
<tr>
<td>(c)</td>
<td></td>
<td></td>
<td>0.002</td>
<td>0.019-</td>
</tr>
<tr>
<td>(d)</td>
<td></td>
<td></td>
<td></td>
<td>0.022-</td>
</tr>
<tr>
<td>(e)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(f)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**p<0.01

subject 1, who had the fastest performance times and delivered the most accurate kicks, were analyzed in detail. The velocity of the kicking foot was measured from the ground to the target. The maximum velocity for the kicks were: the roundhouse kick to the face 22.4 m/sec, the roundhouse kick to the midsection 22.1 m/sec., the spin back kick 15.4 m/
sec., and the side kick 10.3 m/sec.

The velocities during the moment of impact for the kicks were: the roundhouse kick to the midsection 19.2 m/sec., the roundhouse kick to the face 15.0 m/sec., the spin back kick 14.0 m/sec., the back kick 10.4 m/sec., and the side kick (10.3 m/sec.). Once again, these velocities are a lower estimate since most kicks lacked a direct center to center hit between the center of mass of the kicking foot and that of the target. Nevertheless, the order of kicks according to the impact force should remain as they were found in this research.

### IV. Conclusion

The dynamics of the basic Taekwondo kicking techniques, which are the roundhouse kick (Dol1yuh Chagi), the side kick (Yup Chagi), the back kick (Duhrs Chagi), the spin hook kick (2025), were analyzed from the kicking motions performed by four Korean national Taekwondo team members, using two high speed cameras and 3-dimensional coordinates analysis. The following were concluded from the research:

1. The kick with the fastest performance time was the roundhouse kick to the midsection, with an average of 0.64 sec., followed in descending order by the roundhouse kick to the face, the back kick, the side kick to the midsection, the back kick to the face, the spin back kick, and the ax kick. 

2. The movement times of the kicks were in the same order as the performance times, with the roundhouse kick to the midsection having the fastest average movement time (0.19 sec.).

3. The kick with the greatest impact force was the roundhouse kick to the midsection with an average of 1.098 N, followed in descending order by the spin back kick, the back kick and the side kick.

4. With the same kind of kicks, those aimed to the face took more time and had less impact force than the ones aimed to the midsection.

5. The results of this analysis prove that the most efficient and effective kicking technique is the roundhouse kick to the midsection, followed by the back kick to the midsection.

### The Research Results

#### Application Program

Combining all the kicking techniques, both those aimed to the face and the midsection, the average performance time, i.e. the time taken from the signal flash to the target impact of the kicking foot, was 0.76 sec. The average reaction time, i.e. the time taken from the signal flash to the moment the kicking foot came off the ground was 0.48 sec. Thus, the reaction time occupied 63% of the performance time. This means that in order to reduce the performance time, training to reduce the reaction time is necessary. In practice, subjects were observed to move the front foot before moving the kicking foot. Eliminating this peripheral movement would reduce on the average 0.19 sec. from the average performance time. Lowering the knee in the preparatory stance (ideally the front knee flexed at 135°) would reduce on the average 0.07 sec. off the average performance time.

With respect to the time, force and accuracy of the kicks, the roundhouse kick was the most efficient, followed by the back kick. Thus, a combative strategy based on these two techniques would be advisable.

Regarding the accuracy of the kicks, those kicks with fixed lines of vision to the target were more accurate than those that turned the head back to the target during the kicks. This research also concludes that there is a need to develop training methods that will improve the accuracy of the kicking techniques.

### Table III-15: Comparison of the movement time differential of the kicks.

<table>
<thead>
<tr>
<th></th>
<th>(a)</th>
<th>(b)</th>
<th>(c)</th>
<th>(d)</th>
<th>(e)</th>
<th>(f)</th>
<th>(g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>roundhouse kick (midsection)</td>
<td>0.031*</td>
<td>0.101**</td>
<td>0.121**</td>
<td>0.045**</td>
<td>0.092**</td>
<td>0.233**</td>
<td>0.070**</td>
</tr>
<tr>
<td>roundhouse kick (face)</td>
<td>0.070**</td>
<td>0.091**</td>
<td>0.020-</td>
<td>0.014-</td>
<td>0.056**</td>
<td>0.077**</td>
<td>0.047-</td>
</tr>
<tr>
<td>side kick (midsection)</td>
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<td>1.091**</td>
<td>1.078**</td>
<td>1.133**</td>
<td>1.189**</td>
<td>1.142**</td>
<td>1.142**</td>
</tr>
<tr>
<td>side kick (face)</td>
<td>0.092**</td>
<td>0.133**</td>
<td>0.117**</td>
<td>0.117**</td>
<td>0.117**</td>
<td>0.117**</td>
<td>0.117**</td>
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<tr>
<td>back kick</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
</tr>
<tr>
<td>step back kick</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
</tr>
<tr>
<td>spin back kick</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
</tr>
<tr>
<td>average</td>
<td>0.122**</td>
<td>0.122**</td>
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<td>0.122**</td>
<td>0.122**</td>
<td>0.122**</td>
</tr>
</tbody>
</table>

**p<0.01

### Table III-16: Average velocities of the target after impact (m/sec).

<table>
<thead>
<tr>
<th></th>
<th>subject 1</th>
<th>subject 2</th>
<th>subject 3</th>
<th>subject 4</th>
<th>average</th>
</tr>
</thead>
<tbody>
<tr>
<td>roundhouse kick (midsection)</td>
<td>20.85</td>
<td>22.16</td>
<td>23.41</td>
<td>25.17</td>
<td>22.90</td>
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<td>18.64</td>
<td>21.06</td>
<td>23.58</td>
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<td>21.61</td>
</tr>
<tr>
<td>side kick (midsection)</td>
<td>10.09</td>
<td>9.20</td>
<td>15.23</td>
<td>10.78</td>
<td>11.33</td>
</tr>
<tr>
<td>side kick (face)</td>
<td>13.57</td>
<td>11.42</td>
<td>10.42</td>
<td>11.97</td>
<td>11.85</td>
</tr>
<tr>
<td>back kick</td>
<td>7.04</td>
<td>8.26</td>
<td>11.95</td>
<td>7.64</td>
<td>8.72</td>
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<tr>
<td>step back kick</td>
<td>11.72</td>
<td>12.54</td>
<td>14.56</td>
<td>14.06</td>
<td>13.22</td>
</tr>
<tr>
<td>spin back kick</td>
<td>12.52</td>
<td>15.82</td>
<td>13.70</td>
<td>14.13</td>
<td>14.04</td>
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<tr>
<td>average</td>
<td>14.32</td>
<td>15.30</td>
<td>16.90</td>
<td>16.11</td>
<td>15.66</td>
</tr>
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### Table III-17: Momentum of the target after impact (kg m/sec).

<table>
<thead>
<tr>
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<th>subject 1</th>
<th>subject 2</th>
<th>subject 3</th>
<th>subject 4</th>
<th>average</th>
</tr>
</thead>
<tbody>
<tr>
<td>roundhouse kick (midsection)</td>
<td>10.00</td>
<td>10.54</td>
<td>11.23</td>
<td>12.08</td>
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<td>roundhouse kick (face)</td>
<td>8.89</td>
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<tr>
<td>spin hook kick</td>
<td>9.72</td>
<td>10.50</td>
<td>10.03</td>
<td>10.51</td>
<td>10.19</td>
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<tr>
<td>side kick (midsection)</td>
<td>4.84</td>
<td>4.89</td>
<td>7.30</td>
<td>5.17</td>
<td>5.55</td>
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<tr>
<td>side kick (face)</td>
<td>3.38</td>
<td>3.96</td>
<td>5.73</td>
<td>3.66</td>
<td>4.18</td>
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<tr>
<td>back kick</td>
<td>6.51</td>
<td>5.48</td>
<td>5.00</td>
<td>5.74</td>
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<tr>
<td>step back kick</td>
<td>5.63</td>
<td>6.01</td>
<td>6.98</td>
<td>6.74</td>
<td>6.34</td>
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<tr>
<td>spin back kick</td>
<td>6.01</td>
<td>7.59</td>
<td>6.57</td>
<td>6.78</td>
<td>6.74</td>
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<td>average</td>
<td>6.87</td>
<td>7.40</td>
<td>8.02</td>
<td>7.73</td>
<td>7.50</td>
</tr>
</tbody>
</table>

### Table III-18: Force applied during impact (N).

<table>
<thead>
<tr>
<th></th>
<th>subject 1</th>
<th>subject 2</th>
<th>subject 3</th>
<th>subject 4</th>
<th>average</th>
</tr>
</thead>
<tbody>
<tr>
<td>roundhouse kick (midsection)</td>
<td>1,000</td>
<td>1,063</td>
<td>1,123</td>
<td>1,208</td>
<td>1,098.5</td>
</tr>
<tr>
<td>roundhouse kick (face)</td>
<td>889</td>
<td>1,010</td>
<td>1,131</td>
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<td>1,036.5</td>
</tr>
<tr>
<td>spin hook kick</td>
<td>972</td>
<td>1,051</td>
<td>1,003</td>
<td>1,051</td>
<td>1,019.3</td>
</tr>
<tr>
<td>side kick (midsection)</td>
<td>322</td>
<td>326</td>
<td>487</td>
<td>517</td>
<td>413.0</td>
</tr>
<tr>
<td>side kick (face)</td>
<td>338</td>
<td>324</td>
<td>382</td>
<td>366</td>
<td>352.5</td>
</tr>
<tr>
<td>back kick</td>
<td>434</td>
<td>365</td>
<td>333</td>
<td>383</td>
<td>378.5</td>
</tr>
<tr>
<td>step back kick</td>
<td>375</td>
<td>401</td>
<td>465</td>
<td>449</td>
<td>422.5</td>
</tr>
<tr>
<td>spin back kick</td>
<td>400</td>
<td>506</td>
<td>657</td>
<td>678</td>
<td>560.3</td>
</tr>
<tr>
<td>average</td>
<td>591.2</td>
<td>630.8</td>
<td>697.6</td>
<td>721.0</td>
<td>660.2</td>
</tr>
</tbody>
</table>
Attention
Bow
Ready Stance

1. Turn 90° to the left into a left front stance, left arm down block.
2. Step forward into a right front stance, right arm in-to-out middle block.
3. Turn 180° to the right into a right front stance, right arm down block.
4. Step forward into a left front stance, left arm in-to-out middle block.
5. Turn 90° to the left into a left front stance, left arm down block.
6. Step forward into a left back stance, right arm in-to-out middle block.
7. Step forward into a right back stance, left arm in-to-out middle block.
8. Step forward into a right back stance, middle front punch, YELL!
9. Turn 270° to the left into a right back stance, double knife-hand middle block.
10. Step forward into a left back
stance, right arm in-to-out middle block.
11. Turn 180° to the right into a left back stance, double knie-hand middle block.
12. Step forward into a right back stance, left arm in-to-out middle block.
13. Turn 90° to the left into a left front stance, left arm down block.
14. Step forward into a right front stance, right knife-hand chop (palm up, to the neck).
15. Step forward into a left front stance, left knife-hand chop (palm up, to the neck).
16. Step forward into a right front stance, middle front punch, YELL!
17. Turn 270° to the left into a left front stance, left arm down block.
18. Step forward into a right front stance, right arm in-to-out middle block.
19. Turn 180° to the right into a right front stance, right arm down block.
20. Step forward into a left front stance, left arm in-to-out middle block.

Return to ready stance
Attention
Bow
The 1987 National Collegiate Taekwondo Survey has just been completed and it yields some interesting facts. It shows how far Taekwondo has penetrated in the collegiate community, and it shows us where our efforts can further be focused so as to continue the growth that Taekwondo has enjoyed in the past.

The first survey was done in 1974 and this was the National Collegiate Judo Survey. Next, came the 1975 National Collegiate Karate Survey, in which the term Korean Karate was utilized. Now, because of the unprecedented growth and awareness at the collegiate level of Taekwondo, it was time to see how many colleges and universities offer Taekwondo. Most colleges that offer Taekwondo also offer several other martial arts, and all except for a few colleges have heard of Taekwondo, Judo, Karate, or Kung-Fu.

The survey was conducted in 1986 when 3069 questionnaires were mailed to colleges and universities across the country (2111 to 4-year colleges, 959 to 2-year colleges). The mailing list was derived from the 1986 Readers Digest Almanac and Yearbook. The purpose of the survey was three fold. First, to find out how many colleges and universities offer Taekwondo. Second, to find out what other martial arts are offered, and third to find out (from those that don't offer Taekwondo or some other style of martial art) why not, and if they plan on offering such programs in the future.

Responses were received from 234 (8%) different colleges across the United States. Some 34% of these do offer Taekwondo. This compares with only 5% offering a Korean Karate program in 1975. This shows that the growth has been tremendous, and yet there is still much more room for further growth. Those colleges that do not offer a program in Taekwondo do so mostly due to a lack of instructors (or instructors) (36%), or lack of interest (30%). Obviously, here is a ready market. If there are adequate instructors and they are willing to donate some time into developing a program at the local college levels, this will create the interest which in turn builds a bigger and better program. Only 14% indicated that they did not have money for the programs, so there is the potential for financial gain, especially after a program becomes established.

Donate the time and energy, get the program established, create the interest and the program will grow in the colleges and in the community. That has happened in the past as this survey shows. Keep up the good work!

### Summary of Results of 1987 National Collegiate Taekwondo Survey

<table>
<thead>
<tr>
<th>Total Questionnaires Mailed</th>
<th>3069</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Questionnaires Received</td>
<td>234  (8%)</td>
</tr>
</tbody>
</table>

**Results:**
- Colleges offering Taekwondo, 1987: 83 (34%)
- Colleges offering Taekwondo, 1980: 70

**Type of Program**
- Physical Education Classes: 65 (78%)
- Coed: 55 (85% of PE Classes)
- Sports Clubs: 41 (72%)
- Recreation: 15 (18%)
- Extension Classes: 11 (13%)
- Intercollegiate Athletics: 6 (7%)
- Intramural Activity: 4 (5%)

**Why Offered**
- Physical & Mental Health: 46 (55%)
- Important Part of P.E.: 38 (46%)
- Desire: 31 (37%)
- Self-Defense: 26 (31%)
- Important as a Martial Art: 16 (19%)
- Fastest Growing: 12 (14%)

**Administration**
- Physical Education: 53 (64%)
- Sports Club: 34 (41%)
- Intramural: 14 (20%)
- Intercollegiate: 2 (2%)

**Funding**
- Dues: 39 (47%)
- Physical Education: 36 (43%)
- Student Body Funds: 17 (20%)
- Intramurals: 11 (13%)
- Intercollegiate: 2 (2%)

**Schools offering Taekwondo that also offer:**
- Judo: 28 (34%)
- Karate: 27 (33%)
- Hapkido: 9 (11%)
- Aikido: 9 (11%)
- Kung Fu: 7 (8%)
- All others: 13 (16%)

**Schools not offering Taekwondo that do offer:**
- Karate: 23 (15%)
- Judo: 17 (11%)
- Aikido: 5 (3%)
- Kung Fu: 4 (2.5%)
- All others: 12 (8%)

**Reasons for not offering Taekwondo**
- No instruction: 55 (36%)
- No interest: 45 (30%)
- No money: 21 (14%)
- Limited facilities: 11 (7%)
- Too small: 10 (7%)
- Other martial art outlets: 12 (8%)

**Schools planning to offer martial arts program in the future:**
- Yes: 34 (15%)
- No: 100 (43%)

If answered "Yes" to above, what type of program?
- Taekwondo: 25 (11%)
- Judo: 6 (3%)
- Karate: 5 (2%)
- Other: 4 (2%)

**Type of position**
- Full time: 2 (1%)
- Part time: 12 (5%)
- Graduate Asst.: 4 (2%)
Taekwondo athletes recently made sports history when they participated for the first time in the Pan-American Games, held in Indianapolis, Indiana. And many people were on hand to see history in the making—Taekwondo was the only sport which sold out for all sessions. Our introduction at the Pan-Am games was yet another indication of the rapidly increasing popularity of our sport: the International Olympic Committee is now host to over 110 nations participating in Taekwondo, and Taekwondo has grown 500% in the U.S. since it joined the Olympic Committee in 1984.

This year’s Pan-Am games set the scene for explosive Taekwondo competition. Twenty-six nations sent athletes to compete in the Taekwondo events, and the U.S. was just one of the many countries making a remarkable debut in these Games. The U.S. was first in the overall medal count, with Venezuela and Mexico occupying the next two places. While these nations put on particularly outstanding performances, all competitors maintained a standard of excellence. The action at the Games gives a very positive prognosis for the growth of Taekwondo, so enthusiasts can expect further growth of our reputation for providing an exciting spectacle.

**Competition Highlights**

Competition in the Finweight category resulted in yet another victory for U.S. contestant Dae Sung Lee. Lee, the winner of the national championships from 1979 to 1987, allowed only one point to his competitors during the course of his various matches. After his final match with silver medal winner Arlindo Gouveia of Venezuela, Lee remarked that “Venezuela and Argentina are surprise teams, they are very good.” In fact, Argentina’s Julio Ramos took one of the bronze medals, along with Ecuador’s Pascual Pacheco.

Carlos Rivas, another Venezuelan competitor, took the gold medal in the Flyweight division. Rivas is nineteen years old and has been practicing since he was eight. His experience is evident in this remark about the event: “Competitors have no fear.” When silver medalist Ricardo Jallath was questioned about his match with Rivas and about competition in general, he said “Yes, I have been doing it since I was eight, and yes, I am satisfied.” The third place position was taken by Paul Le of the U.S., who was happy to get the international experience: “It was my first time in an international competition. I’m not going to worry about it. I’m just going to get ready for the World Championships in Spain.”

American Bantamweight competitor Doug Lewis took a closely fought gold medal from Raymond Mourad of Canada. While the Canadian was not too happy with the decision, there was no debating the three stitches Lewis received after the match. Two more tough athletes (Armando Rivera of Puerto Rico, and Federico Gomez of Mexico) both received bronze medals in this division.

The Featherweight gold went to Chris Spence of the U.S. In his first match Spence took a 4-1 win from Argentina, but it was a different story with Venezuelan fighter Gerardo Gomez in the contest for first place.
Spence said that the fight showed the skill that is starting to characterize the Venezuelan competitors. When asked if he would like to fight Gomez again, Spence merely remarked, "NO, just look at my shins." Gomez said he was "a little happy, but disappointed. The goal is to win the gold."

Steve Capener of the U.S. took the Lightweight gold in an impressive match with yet another powerful Venezuelan competitor, Juan Rengifo. Both came to the final after winning 0-0 matches on the basis of superiority; it happened again in the final, when Capener was awarded superiority once again. He comments: "This is the greatest honor I have ever experienced." The twenty year old Rengifo also came away with a good feeling: "One of my best experiences in Taekwondo...I was very certain to take a medal home to my country."

Mexican fighter Ernesto Rodrigues won the gold medal in the Welterweight division, after a contested match with bronze medalist Jay Warwick (USA). A couple of matches earlier, Warwick expressed his feelings about the contest: "I am preparing for two more matches. Basically, at this point, physical preparation is not important. I just have to clear my mind, do my job, and do all the things the coach asks me to do." Later, he explained how this applied to his last match: "In my next fight, which is with Mexico, he uses a lot more lateral movement, so it will be important that I control the ring. I must keep good ring position so that I can attack, and he has to come in or go straight back and won't be able to use his lateral steps."

In spite of following his strategy, Warwick lost the hotly debated final match with Rodrigues. In response to that controversy, Rodrigues said "My coach and I thought that I should have won" Like many others, he was left with a favorable impression of the events: "I never thought I would get to where I was. This is a sport of concentration, and I felt bad about other competitions." Alfredo Vitaller put on another fine performance for Argentina to win the silver medal, after allowing no points to his opponents in his first matches. Jay Warwick of the U.S. and Antonio Gonzalez of Puerto Rico were bronze medalists.

The Middleweight gold went to Herb Perez of the U.S., while the silver went to Canadian Ferrare Clerveaux, who came from a 6-1 victory over his last opponent. Perez commented, "It's always best fighting the best...I think we will meet again in the world championships." Perez said his home environment caused him to study Taekwondo for self-defense: "New York is very rough." Clerveaux maintained a positive attitude throughout: "I am not really disappointed—losing to a champion makes a loser feel like a winner."

In the Heavyweight division, Jimmy Kim (USA) took first; because of an injury there was no final match. At an earlier stage in the competition, Kim echoed many others in his feeling about the importance of mental preparedness: "Two more matches to go, and I don't need to watch others who will compete against me. All I need is to prepare myself mentally and psychologically to win these final two matches." When asked whether he was disappointed over not fighting a final match, he said, "In a way yes, in a way no...People expect to see a final bout." Robert Fellner of the U.S. Virgin Islands took the silver, leaving Gilberto Medeiros of Brazil and Julio Vasquez of the Dominican Republic with Bronze medals.

All in all, the quality of Pan American Taekwondo competition forecasts a bright future for our sport—especially in the 1988 Olympics in Seoul. Moreover, Cuba, where Taekwondo has been on the rise for some time, is expected to host Olympics in the foreseeable future. Taekwondo is alive and well on the international level in the western hemisphere.

Results of the Taekwondo Pan Am Games

Finweight (Under 50kg)
1. Oae Sung Lee, Colorado Springs, Colo.
2. Arlindo Gouveia, Venezuela
3. (T) Pascual Pacheco, Ecuador, and Julio Ramos, Argentina.

Flyweight (54kg)
1. Carlos Rivas, Venezuela.
2. Ricardo Jallath, Mexico.
3. (T) Jerry Torres, Puerto Rico, and Jose Vidal, Colombia.

Bantamweight (58kg)
1. Doug Lewis, Silver Springs, Md.
2. Raymond Mourad, Canada.
3. (T) Armando Rivera, Puerto Rico, and Federico Gomez, Mexico.

Featherweight (64 kg)
1. Chris Spence, Columbus, Ohio.
Lightweight (70kg)
1. Steve Capener, Missoula, Mont.
2. Juan Bengifo, Venezuela.
3. (T) Castulo Valdez, Dominican Republic, and Eddi Oliveira, Canada.

Welterweight (76kg)
1. Ernesto Rodriguez, Mexico.
2. Alfredo Vitaller, Argentina.

Middleweight (83kg)
1. Herb Perez, West New York, N.Y.
2. Ferraere Clerveaux, Canada.
3. (T) Fernando Jaramillo, Ecuador, and Raguelli Cuevas, U.S. Virgin Islands.

Heavyweight (85kg)
1. Jimmy Kim, Cerritos, Calif.
3. (T) Gilberto Medeiros, Brazil, and Julio Vasquez, Dominican Republic.

Top: Heavyweight Jimmy Kim delivers an axe kick to his opponent on his way to capturing the gold medal. Left: USTU officials along with the US gold medalists, Jimmy Kim, Dae Sung Lee, Chris Spence, (not pictured are Doug Lewis, Steve Capener, and Herb Perez).

Spectators and US team members cheering on for their side.
Taekwondo's Debut in the Pan Am Games: Behind The Scenes

By Ken Min

Taekwondo was introduced as an official Pan Am Games sport in the 10th Pan American Games held in Indianapolis, Indiana on August 3-15, 1987. Twenty-six countries were represented in Taekwondo, and the most significant advancement was the presence of the Cuban delegation.

PAXI officials were unprepared for the incredible spectator appeal which already existed for Taekwondo, although this came as no surprise to Taekwondo leaders and participants. Taekwondo was the only venue completely sold out in advance for all sessions, and approximately $30,000 in mail order requests were turned away.

The USTU organized festivities and a banquet to celebrate Taekwondo's inclusion in the Games. Pan Am sports leaders and Taekwondo officials joined international sports dignitaries to pay tribute to Taekwondo as a new Pan Am sport and future Olympic sport: notably, Un Yong Kim, President of the World Olympic Taekwondo Federation, official host Dong Ja Yang, and the Pan Am Taekwondo Union national hosting official, Ahn K. Won.

Taekwondo Commissioner Michael Holland and Technical Representative Chul K. Yeun did a superb job in organizing and hosting the historical event. They deserve the highest commendation for their professional contribution. Joe Henson, WTF Vice-President, summarized the positive aspects of the Games: "It is very gratifying to know that Taekwondo was the first sport to sell out completely and, I suppose, the only sport to sell out completely in advance for all the sessions. Unfortunately, the hall only held 2,000 spectators, and I am sure we could have filled up 6,000 seats. Of course, with Charlie Yeun performing all the technical preparations, it has been run in a very outstanding manner. Everything is very orderly: The Transportation has been good, the refreshments good, well officiating, and rapid, exciting fights. The most gratifying thing is that now we have 26 countries in Taekwondo, and that's a big improvement which bodes good for the future."

The Editor-In-Chief asked the following officers and officials for their insights regarding Taekwondo and the Pan-Am Games:

**Event Organizers and Officials of the Host Country**

*President Kyung Won Ahn, President, USTU*

"It has been a truly emotional experience to participate in the Pan Am Games in Taekwondo, not as a spectator, but as an officially recognized sports venue leader. Since WTF designated PATU as the technical delegate to the Pan Am Games, the USTU has not been directly involved in the early stages of organization. I regret that Taekwondo venue was limited to only 2,000 seats. Therefore, not many spectators were able to witness the historical debut in the 10th Pan Am Game in our country."

"In comparing the Pan Am Games to the Asian Games, I am proud to say that as hosting nation President, 26 out of 38 countries participated, with 126 athletes compared to 80+ participants in the Asian Games."

"Another thing we must keep in mind is that the next Pan Am Games will be held in Havana, Cuba. I would like to ask all Taekwondo leaders throughout the Pan Am region to work closely to make sure the Havana Pan Am Games Taekwondo is a highly successful one."

"One that is as successful as we expect will give a great deal to Taekwondo's official recognition in the Olympic Games in the near future. As President of the hosting nation, in the Taekwondo governing body, I would like to take this opportunity to congratulate Mr. Chul K. Yeun and Mrs. Yeun for their endless effort for the past two years to organize this Pan Am Game Taekwondo venue as successfully as we all can see. Technical control of the championship was very successful due to highly trained officials and referees throughout the World Championship and Pan Am Championship. No major injuries occurred in the championship, all of which makes me proud to be part of this historical event."

*Mike Winetraub, USTU Executive Director*

"The Pan Am Games are a milestone in Taekwondo, not only because of the participation for the first time in a top world-recognized multi-sport event, but it was also a moving forward as a professionally conducted and administered sport in the world of sports— for the first time with network coverage as compared to cable coverage. Administratively, the running of the tournament here has taken Taekwondo to new heights in putting together Mike Holland, the Taekwondo Commissioner, provided by PAXI, and an Executive Vice President of General Motors; this has provided insight into a little better operation and structure, and certainly Master Yeun, the Local coordinator for the event, has done tremendous work in organizing the volunteers,

"The Pan Am Games Taekwondo is a highly successful one."

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paid staff of the USTU, and the PATU region of officials including referees and high officials in order to govern the sport. They have given more credibility to Taekwondo. The dinners, the whole atmosphere surrounding Taekwondo, is one of enlightenment and one of development.

“At this point, still under-publicized Taekwondo has proven that it is not undeveloped in interest or excitement for spectators. More than $30,000 was rebated from mail order requests that the local organizers were unable to fill because of the small venue size; seating about 2,000 to 2,500 spectators over three days; there has just not been enough room here at the Taekwondo venue. That $30,000 in rebated money represents more than 6,000 to 7,000 persons. Articles over the AP and UPI wire said the events were sold out for all sessions. There were probably another 10,000 people who wanted to see the event, but couldn’t. This clearly catapults Taekwondo into the spectator sports status of other sports like boxing, wrestling, etc. where there is a high amount of spectator interest.

Mike Weintraub, Exec. Dir. of USTU.

“The main thing here in Indianapolis is that in a time where there is a disappointment in the number spectators who showed up for many of the venues, Taekwondo has been provided too small a venue, and has shown its spectator appeal, its individual appeal to people and, unfortunately, once again, the fact that it is underpublicized.

Taekwondo... The Sport of the 90’s!”

Chul Kyu Yeun, Venue Director

“I have been appointed as Deputy Commissioner and Tournament Director since April, 1985. For almost two and one-half years we have been working very hard to put together this game successfully. We have 186 volunteers for Taekwondo. We have been working very hard for these games, and it has turned out very successful, and I am very happy.

Tournament Director Chul Kyu Yeun

“The hardest thing was transportation for the first day of competition, because everybody did not know what to do. At the beginning we had a little difficulty in communication and an unsatisfactory situation, but shortly we solved the problems, and communications improved between the Organizing Committee and the Technical Coordinator. It has been run very, very well. We were scheduled to finish the first day of competition at 12:30 midnight, but we managed to finish at 9:30 p.m.

“During the first and second day of competition we left the floor open for no more than one minute. One team was disqualified the first day because they were late for weigh-in; another team was disqualified because they were not ready on time, so we kept very strict rules, but not everyone understood that we must keep on time.

“CBS came in to cover our event during the first day, which was unexpected, and we have had over 40 media coverages of the Taekwondo event. This is very, very unusual for Taekwondo.

“Overall, I have been extremely happy, and a lot of credit goes to all the volunteers who worked at least eighteen hours a day, and I am pleased that this historical, world class event has been so successful.”

Grand Master Jong Woo Lee, Vice President WFT:

“I don’t think those who are involved with the Pan Am Games Taekwondo event were primarily involved with the major event of Taekwondo competition. That is why I would say that they put in a great deal of time and effort, but the result was not as successful as expected. That is my conclusion. I consider that there were so many mistakes, not because they didn’t try hard...they tried their best...nobody else could put in that kind of sleepless night effort and hear all kind of blame from everybody else. But all they thought about was Taekwondo competition only, but did not think about competing with other sports as well. That is why Taekwondo competition organizers should go to other sports venues.

“If anybody thought about this Taekwondo event of the Pan Am Games, they compared it to Taekwondo invitational championships by individual schools, and that kind of comparison of this event makes everybody think this event was successful. I think Taekwondo competition of this caliber should be equivalent or even better than other sports events. That is why the WTF comes out with guidelines of organizing world caliber events. I wouldn’t say that those who were involved with this championship didn’t put in their best effort, but they weren’t familiar with the guidelines of the WTF.

“This is an illusion of success, and I think otherwise. Without advance consideration of overall preparation of the Taekwondo event, this historical Taekwondo debut wasn’t as highly successful as I anticipated. I do know that everybody did their best.”

Mr. Dong Won Kang, President of the Oklahoma Association: reply to grand master Lee:

“In Confucius’ way of behaving, I shouldn’t say this, but also in Confucius’ way of expressing was your comment of this event, which was stimulating. Everybody would like to say good things about the event, however, you made constructive criticism of the future possibility. That is why I thought I should say my feelings. Please understand.”

Grand Master Lee’s reply:

“We attempt to ignore the fact that a certain individual said things and brought into light, because some other individual expressed their feeling. We have to overcome this for the development of Taekwondo. Right is right, whoever says it. That is the only way Taekwondo can be successful. I don’t consider anything impossible. Everything is possible. It depends on how much effort an individual is willing to put in. That is the way Taekwondists should believe and strive for.”

Grand Master Byung Ho Choi, VP Pan Am Taekwondo Union

Comments: “As one of the leaders of Taekwondo movement in the United States as well as on the Pan Am continent, I am very excited to see that Taekwondo was introduced in the Pan Am Games with a sellout debut and 26 countries’ participation. This success of Taekwondo in the Pan Am Games was made possible by all Taekwondo master instructors and Taekwondo participants.

“This Taekwondo recognition by the Pan Am Games is especially indebted to Ken Min, who initiated and spearheaded the organization of the United States Taekwondo program, as well as the Pan Am Taekwondo in the early
stage of development. Also, I would like to recognize Dr. Dong J. Yang’s leadership as a Pan Am Taekwondo Union president. I would like to take this occasion to ask all Taekwondo leaders in the United States to stand united under the leadership of President Ahn to succeed not only in the 1988 Olympic as a demonstration sport, but also in the 1992 as an official program in Barcelona Spain.”

Mike Holland, Venue Commissioner

“My previous experience in sport administration was to work in the operations center of the National Olympic Festival when it was held here in 1982.

“I will have to say that this is a completely different experience for me from anything that I have ever done before. I do it as a hobby and as a learning experience. This is my very first experience with Taekwondo. Dr. Yang suggested in 1985 that I go to the 7th World Championships in Seoul to observe the administration of international competition. I traveled to Seoul with Dr. Yang to the competition and, other than that exposure, this is really my first experience with Taekwondo. It definitely is a learning experience.

“I think we should be proud of what we’ve done. We have put an organization of 150 volunteers together to bring this competition to the point where it could be turned over to the Pan American Taekwondo Union to run. All in all, I think everyone will leave Indianapolis with happy memories of this event.”

Distinguished Representatives of Pan Am Nations:

Yun, Oh Jang, Head of Canadian Team and President of Canadian Taekwondo Association:

“I am very happy to be part of this historical Taekwondo event. I would like to thank those who made Taekwondo as a Pan Am Game official sport. I am sure that Taekwondo is on the right track, all the way to becoming an Olympic sport in the near future.”

David Moon, strong supporter of international Taekwondo movement and founder of the Mexico Taekwondo organization:

“As Canadian Taekwondo Association President Yeun said, Taekwondo growth as a sport is tremendous, and this was possible because it was seeded and tended properly by such leaders as all the former presidents of USTU, and the current leadership in the United States, diligently working with the WTF leadership.

“One thing I would like to express strongly is that Taekwondo started as a martial art, now we have become a Class A sport, but we should maintain the martial arts aspect of Taekwondo philosophy and tradition.

“I would like to commend the Organizing Committee for their hard and articulate and diligent work in managing this historical event.”

President, Ecuador Taekwondo Federation, Vice-President, Pan American Taekwondo Union:

“I think that so far the competition is very acceptable. We haven’t had too much trouble trying to get all the details about the fights, and the information we need regarding what court the players will be in and at what time the match will be. The only thing is that the trainers cannot get additional help at the end of each round. The way that both the matches and Table 1 shows the number of calories of each match will be. The only thing is that the trainers cannot get additional help at the end of each round. The way that both the matches and the general organization is fully acceptable and I haven’t seen many things going wrong. We are very pleased with the participation of 26 countries competing in the Pan American Games for the first time in Taekwondo.”

President of Surinam Taekwondo Association, Vice-President PATU

“This is the first time that Taekwondo is in the Pan Am games, and, of course, like all the countries, Surinam is proud to be a part of this historic moment that Taekwondo has made it into the Pan Am Games in into the Olympics.

“Surinam is just a small country of only 370,000 people and only 1500 practitioners of Taekwondo. We know that we are not one of the strongest, but we hope that by participating, we will eventually develop better Taekwondo by learning from other countries.

“The level of Taekwondo in the competition is very high-some of the countries are far ahead of others, but I suppose that as time goes by the competitors will become closer to each other’s strength.

“Concerning the organization here, the PAXI organization has done everything to make it very good, especially for the competitors. The officers have everything available for the competition area; however, I feel that the area is a little too small for an event like this. The level of the referees is high, and because of that, we have not had any problems with the competitors. We know that the referees are doing a good job and they abide by the rules.

“I hope that Taekwondo will keep on growing, not only in the Pan American region, but in the world and that after 1988 it will be considered as one of the official sports in 1992 and the Pan Am Taekwondo Union will become stronger and stronger. Thank you very much.”
Barcelona, Spain was the site of this year's Eighth World Championship of Taekwondo. Competition began in the Municipal Sports Palace on October 7 and continued for four days. For the first time, female representatives of the various countries could compete in an official division of their own. The Korean team took first place with 12 medals, while Spain took second with 11; although the U.S. came in third with 10 medals, it is noteworthy that U.S. competitors came home with more medals than any other time in the past.

As it is often the case, the official business was off to an early start before the competition matches even began. On the morning of the seventh, the World Taekwondo Federation held its General Assembly Meeting; his Excellency Juan Antonio Samaranch, President of the International Olympic Committee, was in attendance at the meeting. He was the honored guest of Dr. Un Yong Kim, Vice-President of the Seoul Olympic Organizing Committee and President of the World Taekwondo Federation.

After business was taken care of, competition began in the Men's Bantamweight and the Women's Featherweight divisions. An unfortunate series of injuries began to plague the U.S. team on this first day, when Doug Lewis suffered an incapacitating injury which kept him from participating in a medal match. Meanwhile, in a match with the Korean gold medal winner, U.S. competitor Kim Dotson took the silver medal in women's Featherweight.

On the second day of competition, U.S. women's team captain Debra Holloway received some rough treatment in the way of a TKO. Although Paul Le, the team's youngest member, did not bring home a medal either, both competitors said they would only work harder in the wake of their defeats. Jeanine Hater, U.S. Flyweight contender, took home the bronze. This was the first time she fought for the U.S., but she plans on being on the team for sometime to come: "I am proud..."
Heavyweight Champion Lynette Love in the semi-final match against Yoo-Yung of Korea
to have represented the U.S. here, but to me the bronze medal is a loss. Next year I’ll bring home the gold.” Michael Arndt of Germany took the gold in men’s Heavyweight, coming in ahead of U.S. silver medalist Jimmy Kim. Nevertheless, Kim’s coach, Sang Lee, remarked that Kim will likely continue to win in international competition: “At this level of competition, anyone can win. Jimmy knows what he has to do and will prepare to do so for the [Olympic] Games next year.”

On the third day of competition, injuries again troubled the U.S. team. In men’s Finweight, team captain Dae Sung Lee lost a tooth in a match; but, he managed to win the bronze medal in his division. In the men’s Welterweight, Jay Warwick also took the bronze, even though he fought with a broken hand. Lynette Love won the first official U.S. gold medal. At 6’3” she towered over the competitor from Chinese Taipei and, despite a spirited performance by the Chinese fighter, Love won the final match. Sharon Jewell (daughter of Arkansas State senator) went on to take a bronze medal in her category, the Middleweight division.

The third day of competition witnessed the capture of two more medals by the U.S. Herb Perez won a bronze medal in the Middleweight division including a KO win over a competitor from Mexico, but he was defeated by the Korean gold medalist, Gye-Haeng. Chris Spence received the bronze medal in the Featherweight division. His controversial defeat at the hands (and feet) of the Spanish winner was the subject of U.S. coach Lee’s only protest of a decision. Coach Lee expressed his discontent by politely bowing to the four corner judges and the center official: “In all my years as U.S. coach, I have not seen a worse decision, but a coach must teach by example. I wished to embarrass the judges for their choice, but also I wanted to show the athletes that this, as anything, should be done in a sportsman-like conduct.”

The U.S. took one more medal on the last day of competition: the bronze in the men’s Lightweight division. Unfortunately, Pan-Am gold medalist Steve Capener also received a torn knee cartilage injury, and this injury forced him to retire early from the competition. Although he was upset about the injury, he was as high spirited as he had been after the Pan-Am Games, as his remarks indicate: “My greatest thrill is to compete for the United States of America. Today I took the bronze, I was ready for a gold.”

In spite of several hotly contested decisions and some unsightly crowd behavior, the Eighth World Championships set the scene for some very high level Taekwondo competition. When it was all over, Dong Ja Yang, President of the U.S. Olympic Committee’s International Relations Committee, perhaps summed up the outcome best: “The athletes of the U.S. team are the best ambassadors of goodwill. They are highly competitive, but their sportsmanlike attitude does more for the United States abroad than meetings alone ever can.”

As the last major competition before next year’s Olympic Games in Seoul, the Eighth World was our last chance to gauge the skill of the U.S. team. Hopefully USTU President Un Yong Kim’s prediction will come true: “This is a fine group of young people. To me, we are the gold medalists because no team embraced the spirit of Taekwondo, or represented in the heart, better than the American team.”

Following are the United States Team Delegation roster and complete results of the 8th World Taekwondo Championship:

<table>
<thead>
<tr>
<th>U.S.A</th>
<th>Gold</th>
<th>Lynette Love</th>
<th>Heavyweight</th>
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<tr>
<td></td>
<td>Silver</td>
<td>Kim Dotson</td>
<td>Featherweight</td>
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<td></td>
<td>Silver</td>
<td>Jimmy Kim</td>
<td>Heavyweight</td>
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<tr>
<td></td>
<td>Bronze</td>
<td>Jay Warwick</td>
<td>Welterweight</td>
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<td></td>
<td>Bronze</td>
<td>Herb Perez</td>
<td>Middleweight</td>
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<td></td>
<td>Bronze</td>
<td>Steve Capener</td>
<td>Lightweight</td>
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<td></td>
<td>Bronze</td>
<td>Chris Spence</td>
<td>Featherweight</td>
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<td></td>
<td>Bronze</td>
<td>Dae Sung Lee</td>
<td>Middleweight</td>
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Following are the United States Team Delegation roster and complete results of the 8th World Taekwondo Championship:

<table>
<thead>
<tr>
<th>VIII Taekwondo World Championships Results Barcelona, Spain</th>
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<tr>
<td>U.S.A.</td>
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Middleweight Herb Perez in action toward his bronze medal.
Bronze  Ginean Hatter
Flyweight

U.S. Team member, Debra Holloway, Jay Warwick, Steve Capener and Dae Sung Lee were forced to withdraw from the competition early due to injuries, not defeats.

Country Standings (Total medals):
- Korea: 12
- Spain: 11
- U.S.A.: 10

Men
Heavyweight
1. Arndt, M. (Germany)
2. Kim, Jimmy (U.S.A.)
3. Medina, C. (Spain)
   Boukrouli, M. (France)

Middleweight
1. Gye-Haeng (Korea)
2. Jinehez, F. (Spain)
3. Perez, Herb (U.S.A.)
   Seelhi, A. (Jordan)

Welterweight
1. Kuk-Hyun, J. (Korea)
2. Wright, J. (Spain)
3. Warwick, Jay (U.S.A.)
   Torsten, G. (Germany)

Lightweight
1. Dae-Seung, Y. (Korea)
2. Tortosa, J. (Spain)
3. Capener, Steve (U.S.A.)
   Streif, G. (Germany)

Featherweight
1. Chian-Hsiang, L. (Taipei)
2. Tomer, L. (Spain)
3. Elonali, N. (Turkey)
   Spence, Chris (U.S.A.)

Bantamweight
1. Myung-Sik, Y. (Korea)
2. Bezeh, N. (Turkey)
3. Dell-Orso, A. (Australia)
   Danaso, N. (Switzerland)

Flyweight
1. Chang-Mo, K. (Korea)
2. Setiaman, B. (Indonesia)
3. Bathily, Y. (Ivory Coast)
   Diconstanzo, G. (Italy)

Finweight
1. Sung-Wook, L. (Korea)
2. Torroella, K. (Mexico)
3. Lee, Dae Sung (U.S.A.)
   Lana, B. (Nepal)

Women
Heavyweight
1. Love, Lynette (U.S.A.)
2. Hi-Ling, L. (Chinese Taipei)

Welterweight Jay Warwick delivers a roundhouse kick on his way to a bronze medal.

3. Buys, A. (Holland)
   Yoo-Yung, C. (Korea)

Middleweight
1. De Joneh, M. (Netherlands)
3. Jewell, Sharon (U.S.A.)
   Bieger, A. (Germany)

Welterweight
1. Bistuer, C. (Spain)
2. Jej-Sook, K. (Korea)
3. Tessa, G. (Canada)
   Huey-Ting, T. (Taipei)

Lightweight
1. Eun-Young, L. (Korea)
2. Fieng-Lien (Chinese Taipei)
3. Sullradle, J. (Austria)

Featherweight
1. So-Young, K. (Korea)
2. Dotson, Kim (U.S.A.)

Heavyweight Jimmy Kim in action in the final match against M. Arndt of FDR.
Tournament News, 1987

A Look at the 8th World Taekwondo Championships, Barcelona, Spain

By Ken Min

Barcelona, Spain will be the site of the 1992 25th Olympiad. It is also the home town of IOC President Juan Antonio Samaranch, and was the ideal location to promote the World Taekwondo Championship. The largest number of countries ever to enter the event, a record-breaking 62, were on hand for the 8th Men’s World Taekwondo Championship and 1st Women’s World Taekwondo Championship.

The championship came after the continental multi-sports events of Asian, Pan American and African Games.

Barcelona is a tourist spot in Europe located in the northeastern part of Spain and the city is a combination of the old and the new. Directly before the championship, the worst storms in twenty years hit the area and quite a few of the participating delegates were forced to sleep overnight in Madrid due to delayed flight connections.

Because Barcelona had been selected for the 1992 Olympiad, many of us arrived eager to examine the future site of the supreme amateur sports event. The Palacio Municipal De Los Deportes, site of the Taekwondo competition, was very impressive. I hope the 1992 Olympics include Taekwondo as an official sport with the competition held at the same site.

Prior to the championship, as usual, the General Assembly of The World Taekwondo Federation was held at Palacio De Congresois, and we were privileged to have as an honored guest Honorable Juan Antonio Samaranch, President of the International Olympic Committee. He said, “Very, very soon Taekwondo will be a part of the official program.” Needless to say, that comment pleased all the participating national delegates of the General Assembly.

An important legislation passed was the formation of an ad hoc committee to overhaul and update rules and regulations of competition for the era of Taekwondo as an Olympic sport. In order to implement up-to-date competition rules for the 1988 Seoul Olympics as a demonstration sport, the ad hoc committee should come up with revised rules by March 1988.

Mr. Bill Tutt, Vice-President of the United States Olympic Committee, was head of the United States Men’s Team, and Master Dong W. Kang was head of the United States Women’s Team. The 8th World Championship was significant in that a women’s division was included as an official event for the first time. This also allowed for the first official gold medal winner by a United States athlete since the World Championship began in 1973. The winner of the U.S. gold medal was women’s Heavyweight champion Lynette Love.

The winner of the men’s Heavyweight division, Michael Arndt, a 27-year old lifeguard, works out twice per week for two hours each. He swims regularly, which is related to his profession, and plays squash for the development of eye reaction. He fought twice previously against Jimmy Kim from the United States, whom he beat in the final match to win the gold medal. He had lost both previous matches to Jimmy Kim and he expressed his overwhelming joy of victory over the younger 21-year Jimmy. We are all anxiously waiting to see who will be the winner of the next international event, which will be the most memorable and historical Taekwondo event, as part of the 21st Olympiad in Seoul.
The Seventh USTU Junior Olympics was the largest event of its kind in the history of American Taekwondo. In June, over 1,800 youthful practitioners of the Korean martial art met in Tulsa, Oklahoma. This large number of people demonstrates both the popularity and growing appeal of this form of self-defense. The event was held under the auspices of the United States Taekwondo Union. The tournament itself was very capably guided by its director, Master Dong Won Kang. It is important to point out some of the highlights of this major event.

Master Kang and the tournament committee helped to provide all of the guests the best and most convenient of Tulsa’s hotel accommodations. Visitors were booked into high quality downtown locations and transportation was provided for shopping and entertainment. In addition, a large number of young men and women were able to achieve some satisfying victories.

In both forms and sparring competitions, quite a few young people from ages 7 to 17 went home with some very attractively designed medals. They participated in an exciting three-day event with forms competition on Thursday and sparring competition on Friday and Saturday. The sparring competition consisted of three one minute rounds, each of which was watched over by National Ranked Referees. All the United States were represented at this event, and not only was excitement running wild among the competitors, but also among the parents and other spectators as well. Also, it should be noted that each contestant received a tournament momento and a certificate of participation. The weight and age categories were structured in such a way that a large number of youngsters were able to receive awards. Due to the strict competition rules, there were few injuries. No hand technique was allowed to strike the face and no kicking technique was allowed to come in contact with the face; therefore, a few sprained ankles were reported, but that is excellent considering all twelve rings were competing for two days straight. Furthermore, all entrants were asked to be a part of a rousing and artistic opening ceremony.

Many experienced observers and officers of the USTU considered this opening ceremony to be the best in Taekwondo history. The ceremony started with an exciting entrance procession. This parade included everything from a Marine Corps Color Guard to horsemen dressed in cowboy and indian outfits. After all state delegations were individually introduced, there was the unfurling of a huge American flag accompanied by the national anthem. Then there was a presentation of the officers of the USTU as well as recognition of representatives of the World Taekwondo Federation; President Un Yong Kim and Pan American Taekwondo Federation; President Dong Ja Yang. This aspect was followed by an introduction of each attending USTU state president. Important speeches were delivered by President Kyong Won Ahn of the USTU, Dr. Dong Ja Yang of the Pan American Taekwondo Association, and Jerome Reitenbach of the World Taekwondo Federation. Several exciting presentations followed the speeches. There was an artistic form set to Beethoven’s Fifth Symphony which was performed by a group led by Sung Kang. Then, Master Tiger Cho of Oklahoma City led a group of his students through some intricate and highly disciplined maneuvers. The final thrilling presentation was performed by TV star Ernie Reyes Jr., his father Ernie Reyes Sr. and the West Coast Demonstration Team. Much of the credit for this enjoyable ceremony should go to its coordinator Rommie Gorrell and his support staff; at the same time, the entire organizing committee should be congratulated for the success of the whole tournament.

Special entertainment was provided for all the visitors to Tulsa for the Junior Olympics. On Thursday night, the welcoming party had a crowd of 800 dancing and socializing in the ballroom. The farewell party had over 1000 people in attendance enjoying the sounds of the live rock band. Excitement was in the air when the prizes – a color TV, airline tickets, several boomboxes, and walkmans - were being given away, and the Masters and the organizing committee enjoyed the raffle.

Master Dong Won Kang skillfully led the organizing committee in the preparation of this tournament; he personally spent an exhaustive number of hours getting ready for this event. Likewise, each member of the committee worked extremely hard in carrying out a whole variety of tasks. Finally, the organizing committee would like to thank all participants, officials and guests for their support of the 7th USTU Junior Olympics.
Tournament News, 1987

THE 12TH NATIONAL COLLEGIATE TAEKWONDO CHAMPIONSHIPS

By Master Ki-Jeong Lee

The 12th National Collegiate Taekwondo Championship was held at the Stetson University Edmund Center on October 3, 1987. The eliminations for forms and free sparring started at 11:00 A.M., after the opening ceremony speech by tournament Director Master G. S. Chung of Deland, Florida. In addition, Nina May, Chairman of Renaissance Women, read a special message sent by President Reagan, who wished all the contestants, sponsors, and spectators a successful tournament.

The tournament attracted many of the most talented college competitors in the nation. Representatives of 30 states and some 50 universities comprised 150 contenders. While some of these students discovered Taekwondo in college, many had been studying the martial art for much longer, and they brought their years of experience to the tournament. Competition was high level; in fact, the main purpose of this tournament was to identify and prepare some young competitors to represent the United States in the 1988 Olympics, to be held in Seoul, Korea.

The fights featured advanced, controlled techniques; there were no serious injuries at this tournament. Some students excelled in both forms and sparring—Susan Park from Wallace State won first place in both women’s flyweight sparring and forms, while Dae Lee took first in men’s forms and third in featherweight sparring.

Emmet Tademy, a sophomore at Kellogg Community College in Michigan commented that the competition at this year’s NCTA was tougher than the competition at the Mexican Pan-Am Sports Festival in May. Tademy won the heavyweight sparring division at the tournament in Deland, after having taken first at the competition in Mexico.

Besides showcasing the talent of college students, the tournament featured demonstrations of breaking technique and forms by Masters S.O. Chung and I.U. Chung.

Master K.J. Lee was director of the tournament, assisted by Masters S.G. Chung and S. Lee from New York.

In every contest, Iowa State took home the first place trophy for strong team showing; they sent 21 competitors and compiled 15 points overall. University of California at Berkeley racked up 7 points, just enough to edge out Wallace State Community College for second place. With six points, Wallace State received an honorable mention for its strong showing.

RESULTS

Poomse

Men:
1. Dae Lee
2. Dong Lee
3. John Krizan
3. Garth Cooley

Women:
1. Susan Park
2. Joyce Thom
3. Terry Poindexter
3. Debbie Pendegraft

Sparring Competition

Women:
Finweight:
1. Rachael Licht (Berkeley)
Flyweight:
1. Susan park (Wallace College)
2. Stacy Cuming (Iowa State)
Bantamweight:
1. Terry Poindexter (Rockhurst)
2. Marion Dedrick (Suny New Paltz)
3. Thu Smith (Western Michigan)
3. Lillian Rosa (Iowa State)
Featherweight:
1. Susan Lamb (Iowa State)
2. H. Anderson (Iowa State)
3. Kathy Kohorst (Iowa State)
3. Carolyn Hsu (Fordham U.)
Lightweight:
1. Julie Werhnyat (U. Illinois)
2. Susan Mattson (Florida State)
3. Alyce Vogel (Iowa State)
3. Jody Nynard (U. S. Florida)
Welterweight:
1. Arlene Limas (Depaul U.)
2. Janet MacArthur (Old Dominion U.)
3. Susan Smith (George Mason U.)
3. Janet Vansickle (Edison U.)
Middleweight:
1. Joanna Diaz (Hillsborough)
2. Linda Pitzer (Iowa State)
2. Ruth Blackmer (George Mason)

Men:
Flyweight:
1. Luong Pham (Wright State U.)
2. John Monroe (Brookhaven)
3. James Tracy (Montana State)
3. Tony Chau (Manatee Jr. College)
Bantamweight:
1. John Beaupre (Louisiana State U.)
2. Thomas Dohoney (St. John U.)
3. Larry Vance (Iowa State)
3. Thomas Urso (Bowling Green)
Featherweight:
<table>
<thead>
<tr>
<th>Teamstandings:</th>
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<tbody>
<tr>
<td>1. Ronald Salvador (U.C. Berkeley)</td>
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<td>2. Shawn White (Stetson U.)</td>
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<td>3. Joel Henke (Univ. of Tennessee)</td>
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<td>4. Charles Buh (U.C. Berkeley)</td>
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<tr>
<th>Weight:</th>
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<tr>
<td><strong>Lightweight:</strong></td>
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<tr>
<td>1. Jim Lee (Univ. of Maryland)</td>
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<td>2. Steve Shinn (U. Missouri)</td>
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<td>3. Iraj Rahmati (Iowa State)</td>
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<td>4. John Krazan (Western Michigan)</td>
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<td><strong>Welterweight:</strong></td>
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<td>1. John Correnti (John Carroll college)</td>
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<td>2. Share Pitts (Denver U.)</td>
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<td>3. Ben Mayberry (Roger State)</td>
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<td>4. Helaal Loh (Wabash College)</td>
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<td><strong>Middleweight:</strong></td>
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<td>1. Jim Lee (Univ. of Maryland)</td>
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<td>2. Steve Shinn (U. Missouri)</td>
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<td>3. Iraj Rahmati (Iowa State)</td>
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<td>4. John Krazan (Western Michigan)</td>
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12th Collegiate nationals: A Competitor’s View

By Stephanie L. Magid

The shortest four minutes in a lifetime. Anyone can survive four minutes—or can they?

The question, "Would your instructor send you to a tournament if you weren't ready? Perhaps, I thought. Think—what would the master say if he was here to coach? "Kick harder, faster, higher...combinations, you must use combinations...timing, what happened to your timing...concentrate!"

Experience, I need more experience. I must fight in more tournaments. Would the center referee raise my arm in victory?

It was over in a flash.

On October 3, 1987, the National Collegiate Taekwondo Championships celebrated their twelfth consecutive year. This was my first experience competing in the Collegiate Championships, and I was excited at the prospect of representing myself and my university at a national tournament.

I was nervous, but the purpose of this competition afforded me some relief. The Championship is unique in that practically any qualified collegiate athlete can enter, and this gives beginners a chance to learn by watching and competing against some of the most talented martial artists in the nation.

Never in my wildest dreams did I imagine myself as a full-contact fighter. I was not an athletic child. This is not to say that I whined away the hours playing with Barbie dolls. No, my participation in sports was limited by a harsh reality: coordination was not part of my vocabulary. Although I spent much of my childhood nursing various wounds (stitches, scraped knees), none of these injuries resulted in athletic activity on my part.

Eventually, my participation in sports increased, as did my general athletic ability. At the college level, I became interested in many sports. I got interested in Taekwondo during the school year and later continued my training over the summer in my home town. I wished to continue training upon my return to school, and the Taekwondo Club at our university accommodated me.

I found that, as my skills improved, I really began to enjoy free sparring. Sparring seems to me like the ultimate exercise of Taekwondo ability. Not only must the contestants concentrate on their own techniques, but they must consider their opponent’s as well. With these thoughts in mind, I developed an interest in tournaments. It seemed as though I could never practice enough.

During the long hours of training, I became discouraged and felt as if I would never be prepared for competition. In dealing with my discouragement, I began to realize that the only sure way to test my ability and determination was actually to participate in tournament competition. You can practice kicking the bag all you like, but there is simply no substitute for sparring against a real, live opponent.

After I had participated in a few local, state, and national events, I began to realize that competition was few and far between. Although it does take some time between tournaments to recuperate and prepare, I found myself immediately longing for the next competition. As a student of both academics and Taekwondo, I began to keep an eye open for college tournaments. Competing against opponents on this level is always challenging. The challenge involves adjusting to varying levels of ability, differences in training techniques, and different fighting strategies.

Although the 12th Collegiate Championship is a national tournament, its size was far from overwhelming. For the most part, each weight and poomse division was large enough to offer competition without discouraging competitors. It is at such a competition that all the long, sweaty, and sometimes disheartening hours of practice come together with all the mental preparation. This is where the talented, and the soon-to-be-talented, meet in a match of mutual respect and honor. The attitudes of the competitors really make for the most interesting aspect of the tournament. You can sense the nervousness of the beginners, and the experienced confidence of seasoned athletes.

At this particular contest, the judges, staff, masters, and officials were well organized and very responsive to the needs and questions of the athletes. I was impressed by the mutual admiration and respect generated among the athletes, as well as between the athletes and the officials.

Later in the evening, after the fighting was over, there was a party for the athletes and the officials. This cathartic event gave the competitors an opportunity to meet each other, renew friendships, and catch up on nationwide Taekwondo gossip. It also gave the competitors a chance to meet the masters and judges under relaxed circumstances.

This tournament was a learning experience, both in terms of personal growth and skill development. It was also a great time for all involved. My thanks go out to those who made it possible, and I look forward to the 13th National Collegiate Taekwondo Championships to be held in Ames, Iowa next year.
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