Official Magazine of the United States Taekwondo Union

Summer 1988
Vol. VII, No. 1

TAEKWONDO
OLYMPIANS
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**U.S. TAEKWONDO JOURNAL**

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Editorials

From the Editor...

The publication staff has again struggled to produce Volume 7 of the Taekwondo Journal. This is the first issue of the seventh year of the journal, which has served as the official voice of Taekwondo, martial arts, and sports.

The staff of the Journal values highly this year’s spring issue, needless to say, because Taekwondo will be introduced in the '88 Seoul Olympics.

In our coming 1988 fall issue, we will attempt to evaluate the difference between United States Taekwondo activity and that of the winning country of Korea. Extensive coverage of the Taekwondo Olympic event will be included.

As always, we welcome United States Taekwondo Union (USTU) membership's support by providing news and pertinent articles to us. We welcome your comments and criticism for the betterment of our publication.

Ken Min
Editor-in-Chief

Guest Editorial
by Grand Master Hwa Chong, President Elect of USTU

Discipline, Seniority and Harmony

In this Olympic year, Taekwondo will be in the world spotlight. The United States Taekwondo Union is working hard to select and train the finest athletes in the nation to represent the United States. It is our sincerest hope that through discipline, seniority and harmony, these athletes, the USTU and the entire sport of Taekwondo will be able to demonstrate to the world the virtues of the sport. It is our further hope that the coming games will not be an end in themselves, but rather it will be a springboard from which the U. S. Taekwondo movement can take off in years to come.

In order to compete at the international level, an athlete must have great personal discipline. He or she must train hard physically and must mentally prepare for competition. The discipline in the Dojang, with the athlete's daily training regime, but they should include the discipline of the instructors and fellow students who must help the athlete in his or her preparation.

No athlete can train for international competition alone. Every competitor is dependent on his or her instructor, fellow students, and indeed on the students he or she helps to train. Inherent in our system is the strong respect for seniority. Those who have gone before have helped make this year possible. By their sacrifices of time, energy and money, it is possible for the USTU to select the finest competitors to participate in the coming games. The debt that each student has to his or her instructors must be repaid by the training of those who will come after. Each athlete who competes this year do so not only for individual recognition, but also for the United States Team. He or she also competes in order to make the program strong, so that those who will come after can go farther than we have gone. So it is the dream of every instructor that his of her student will one day be able to surpass the achievements of this generation. For this reason, we hope for a team not only with a strong commitment to winning at the present games, but also with a strong commitment that the next generation will be even more successful. It is this seniority system, and the loyalty of students and instructors that will build the USTU of the twenty-first century.

In the selection of the U.S. team, there will surely be vigorous and intense competition. To be a part of our national team is one of the highest honors an athlete can earn in the USTU. However, once the team is selected it is our deepest hope that at that time, competition within the USTU will turn outward. At that point, it is the responsibility of all of the athletes and instructors and of all supporters of the USTU, to see that the U.S. team prevails. We hope that all of the energy that has gone into competition for a place on the team will then be turned to support for the team. It is only when we are united behind the U.S. team that the team can prevail in the present games, and only with unity in the present games can we hope to build an organization which can lead the world in the generations to come.

To all competitors, we wish you good luck. To all instructors, students and supporters, we offer our deepest gratitude for making this competition possible.
# Upcoming Events

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For further information contact the USTU Headquarters or the USTU Journal.

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# News and Notes

**INSTRUCTORS CERTIFICATION SYMPOSIUM**

Beautiful Daytona Beach, Florida was the site of the 2nd Taekwondo Instructors Certification Symposium.

Master Ki-Jeong Lee was host of the symposium and it was evident that he had contributed extra effort and resources to organize the event. Participants came from as far away as California, Colorado, and Ohio.

Certification Chairman, Dr. Ken Min, is looking for additional future sponsors for the Taekwondo Instructors Symposium. Please refer to the previous issue, volume 6 No.2, page 14-16 for detailed information, or write to Ken Min, Certification Chairman, Room 103, Harmon Gym, University of California, Berkeley, California 94720.

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Symposium Participants with the Instructors
THIRTEENTH
UNITED STATES
COLLEGIATE NATIONAL
CHAMPIONSHIP

OCTOBER 29, 1988

Penn Valley Community College
Kansas City, Missouri

For more information, please contact
N.C.T.A. Headquarters
Oren Lee Gautreaux, Secretary/Treasurer
1121 Main Street
Blue Springs, MO 64015

MIKE WEINTRAUB RESIGNS

Mike Weintraub, who served as Executive Director at Colorado Springs since United States Taekwondo Union (USTU) headquarters was moved to the Olympic Complex, has resigned. Mr. Weintraub is moving to New York to pursue other career interests.

MR. CHONG HO BAE, SECRETARY GENERAL OF WTF, RESIGNS.

Mr. Chong Ho Bae who has been working since February 1981 as the Secretary General of WTF, resigned his position as of November 20, 1987, after seven years of distinguished service in the World Taekwondo Federation. He resigned due to health reasons.

Mr. Bae has executed his duties in an excellent manner during his stay at the WTF, and he will be sorely missed in his capacity as secretary general.

We all offer Mr. Bae our sincerest well wishes for the recovery of his good health, and good luck in the future.

MR. BONG SIK KIM NEWLY APPOINTED AS SECRETARY GENERAL

Mr. Bong Sik Kim, a retired ROK Army coronel, was newly appointed by Dr. Un Yong Kim, the WTF President, as the new Secretary General of the WTF as of November 20, 1987. Mr. Kim has worked as the Commander of the Taekwondo Instructors’ Group in the Korean Armed Forces in Vietnam, and has also been the Military Attache for the Korean Army in Paris. He retired from the military rank of colonel in 1980. Mr. Kim has been a Taekwondo Grand Master and participated in the world of Taekwondo in the early days as the Auditor of the Korea Taekwondo Association, and recently he has worked as the Technical Counselor to WTF.
From Jay R. Salzman of Martial Arts Institute of America, Teaneck, NJ.

In 1987, the United States Taekwondo Union experienced marvelous public exposure. Over 100 adult competitors participated in the National Games in Anaheim, CA. Over 1600 participated in the Junior Nationals in Tulsa, OK. People witnessed top-flight action, and saw the jubilant faces of the victors, as the coaches and other athletes cheered when the awards were presented.

But what they didn’t see was the pitiful way the officials, the men and women who volunteered at their own traveling expense to serve as judges and referees, were treated. Two major championships, almost 70 hours of work, for what? A handshake, and some intangible souvenirs?

During the Anaheim competition, there were three instances of chair throwing, table crashing, or other vulgar behavior by “coaches” or bystanders disputing decisions. In Tulsa, the tournament’s “extra attractions” thrilled the audiences, but were unsportsmanlike and time-consuming, depriving some referees of their dinner. Parents bow to and praise their children’s instructors in the hotel lobbies, but also sit and curse the referees when they walk into the dining areas.

As an official, I’ve assisted Master Young Ilh Lee, the National Referee Chairman, whenever he lectures at seminars in New Jersey and New York. We’re responsible, as referees, to go to Rule and Technical review sessions throughout the year, to keep up with changes and current protocol of competition. But where do you ever see in a magazine, this one or others, where anyone takes the time to ask Master Lee what he feels about what goes on, or to recognize the officials for their service? (Both 1987 tournaments failed to print the names of the referees in the official program, or present certificates to them as was done in the past championships.) Where is there even an award for referees? Top Male/Female, Top Coach, Best Sportsmanship by an athlete - who is better deserving to be recognized for service than an official? Without us to maintain the order and technical procedures, there would be chaos.

It is projected in 1988 that approximately 2000 adults and 3000 juniors may participate in Miami and Tampa. Many people will be working very hard to make the games as fair and rewarding as possible. Everyone should be aware now of what’s to be done, and educated as to proper decorum.

Disrespect and poor behavior by athletes, coaches, and parents should not be tolerated. With Taekwondo in the international spotlight this Olympic year, it should make all of us take pride that our art will be shining as brightly as the Olympic torch. Let’s all have a little more compassion and concern for everyone, especially the referees.

---

**TAEKWONDO TEXT BOOKS**

By Grand Master Ki Jeong Lee

The text books offer everything for everyone learning Taekwondo. The text books contain:

* Basics
* Poomse (Taegeuks+Palgwes)
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* Philosophy & history of TKD
* Hard cover, full size 81/2X11
* Color and black &white photos

Taekwondo $20
Korean American Olympic Taekwondo $15
add $3 for shipping & handling per book

To order, mail check or money order to:
Grand Master Ki-Jeong Lee
P.O. Box 618
Holly Hill, FL 32017
Telephone number (904) 673-2069
Nutrition Related to Taekwondo Training

By Prof. Jae M. Lee

An old Korean saying goes "Even good sightseeing should be done after you’ve eaten". In that spirit the first article of this issue is on the subject of nutrition. In this recent article by Professor Jae M. Lee, of the Department of Health and Physical Education at Nicholls State University in Thibodaux, Louisiana, a fundamental guide to proper nutrition guide to any serious Taekwondo athlete in training is outlined.

1. Introduction to nutrition
2. Breakdown of nutrition
3. Suggestions needed for types of food:
   a) endurance
   b) agility
   c) power

The food we eat provides essential nutrients for growth and maintenance of our body. The American Medical Association defined nutrition as the science of food, the nutrients, and other substances therein, their action, interaction, and balance in relation to health and disease, and the process by which the organism, ingests, digests, absorbs, transports, utilizes, and excretes food substances. In addition, nutrition must be concerned with social, economic, cultural, and psychological implications of food and eating.

To establish the nutritional needs for athletes, it is important to know the percentage body composition, a measurement of body weight and fat. The body composition is more reliable than height-weight charts to determine if an individual is over-weight.

If the body composition is known and the individual can estimate the expenditure of physical energy, one can determine the amount of calories to consume daily. The equation is as follow:

TOTAL ENERGY NEEDS = BASAL CALORIES X ACTIVITY FACTOR.

The basic diet for athletes should meet their needs for all essential nutrients. The breakdown of the basic diet includes: 70% carbohydrates, 20% protein, and 10% fat.

**Carbohydrates**

Carbohydrates are composed of carbon and water. The basic building blocks of nature, carbohydrates are broken down by the body into the bloodstream. The liver converts the monosaccharides, fructose, and galactose, into glucose, which is commonly called "blood sugar".
There are two types of carbohydrates — simple and complex. Simple carbohydrates, found in white sugar, are release into the bloodstream quickly. They give you a short burst of energy followed by a decrease in energy. The complex carbohydrates are released slowly into the bloodstream. They provide a longer steadier energy supply. The body's blood sugar level remains stable. Complex carbohydrates provide vitamins, minerals, and fiber whereas simple carbohydrates offer a small amount of vitamins and minerals with a large amount of calories.

**Carbohydrates** provide fiber, whole grain products provide B-complex vitamins.

- **Bread**  
  - White  
  - Brown  
  - Crackers  
  - Whole-meal

- **Legumes**  
  - Beans  
  - Lentils  
  - Peas

- **Nuts**  
  - All (also peanut butter)

- **Cereals**  
  - All-bran  
  - Cornflakes  
  - Granpens  
  - Grits  
  - Oatmeal  
  - Puffed wheat  
  - Rice krispies  
  - Shredded wheat  
  - Special K

- **Pasta**  
  - All types

- **Starchy Vegetables**  
  - Corn  
  - Lima beans  
  - Peas  
  - Potato (white)  
  - Squash winter (acorn, butternut)  
  - Sweet potatoes

- **Flour**  
  - Bran  
  - Brown  
  - Corn meal  
  - White  
  - Whole-meal

- **Vegetables**  
  - All others

- **Fruits**  
  - All

- **Whole Grains**  
  - Barley  
  - Bulgur  
  - Corn (popcorn)  
  - Oats  
  - Rice (white, brown, or wild)  
  - Wheat germ

**Protein**

Proteins are complex organic compounds which are made up of a large number of amino acids. Proteins are used as an energy source when all other stores of energy have been depleted. The protein needs of active individuals are estimated as 1.2 grams to 1.5 grams per kilogram of body weight. An easy way to figure this out is one-half of body weight in pounds would be the amount of grams of protein needed.

Example: 110 pounds person would need 55 grams of protein daily. The average level of protein for active martial art students can be as high as 125 to 150 grams of protein for men and 110 grams of protein for women.

**Good Sources of Protein**

- Cheese
- Chicken
- Eggs
- Fish
Legumes
Lean beef
Milk
Milk products
Other Poultry
Peanut butter
Pork (lean)
Seafoods (seafoods are good sources of protein and can be eaten 3 to 4 times a week.)
Tofu
Veal
Yogurt

Fats
Fats are essential oils the body needs. Fats provide energy and heat, a medium for the absorption of fat soluble vitamins and essential unsaturated fatty acids. Fats can be used as energy, but they require oxygen to enable the body to break them down as fuel. This source of energy is not beneficial since oxygen is in high demand during competition.

Sources of Fats (Unsaturated Fats)
Avocado
Bacon
Butter
Chitterlings
Coconut
Coffee creamer (liquid or powder)
Cream
Cream cheese
Margarine
Mayonnaise
Nuts & Seeds
Oil (corn, cottonseed, safflower, soybean, sunflower, olive, peanut)
Olives
Salad dressing
Salt pork
Sour Cream

Vitamins and Minerals
The human body requires many different types of vitamins and minerals. The vitamins and minerals which improve endurance, strength, and reaction time are the B-complex vitamins, vitamin C, vitamin E, vitamin A and calcium.

Vitamin B-Complex — Vitamin B-complex helps improve strength, endurance, and reaction time. Vitamin B-complex helps in the metabolism of food.
Sources of vitamin B-complex are:
Enriched cereal products  Mushrooms
Fish  Nuts
Green, leafy vegetables  Organ meats
Legumes  Potatoes
Meats  Poultry
Milk  Whole grains
B-complex consists of thiamin, riboflavin, niacin, vitamin B6, vitamin B12, folic acid, biotin, pantothenic acid, choline bitartrate, PABA, and inositol.

Vitamin C — Vitamin C helps in the formation of connective tissue. Vitamin C promotes healing. Vitamin C is a water-soluble vitamin and must be replenished daily. Sources of vitamin C are:
Cabbage  Strawberries
Cantaloupe  
Citrus fruits  
Kale, parsley  
Potatoes

**Vitamin E** — Vitamin E is important in providing pure oxygen to the tissues for more energy and endurance. Sources of vitamin E are:
- Almonds
- Beans
- Carrots
- Corn
- Corn oil
- Eggs
- Herring
- Margarine
- Milk
- Olive oil
- Peanuts
- Pecans
- Safflower seed oil
- Sesame oil
- Soybean oil
- Spinach
- Sunflower seed oil
- Tomatoes
- Walnuts
- Wheat germ

**Vitamin A** — Vitamin A is required for protein synthesis and helps protect tissues from infection. Vitamin A is a fat-soluble vitamin and must be provided in the diet. Sources of vitamin A are:
- Carrots
- Eggs
- Fish liver oils
- Green and yellow vegetables
- Margarine
- Organ Meats

**Minerals** — Calcium, magnesium, and other minerals are important for proper physical maintenance.
The American Alliance for Health, Physical Education, and Recreation offers the following suggestion for a pre-competition meal (4 hours before competition):
- 1 serving of roasted or broiled meat or poultry
- 1 serving of mashed potatoes or baked potatoes or 1/2 cup of macaroni, or rice
- 1 serving of vegetables
- 1 cup skim milk
- 1 teaspoon of fat spread
- 2 teaspoons of jelly or other sweet
- 1 serving of fruit or juice
- 1 serving of sugar cookies or plain cake
Take 1 or 2 cups of extra beverage and salt the food.

**Conclusion**
Taekwondo students should analyze themselves in regard to their performance and diet. They should take into account what they eat, their physical activity, and the rate at which they use the energy stored in their bodies.
Someone who trains in the afternoon should eat a large breakfast of protein combinations along with dairy products, complex carbohydrates, and fruit while lunch should be small — maybe a salad — and dinner may consist of some protein for repair, and some complex carbohydrates for energy for the next day.
This schedule can be adjusted to fit the needs of the martial arts student. On the weekend, the student should listen to his body — if it is sore, consume some protein; if it is tired, consume some complex carbohydrates to store energy for the upcoming week.
It is important to remember that the student controls his or her own destiny. The martial arts student has to break away from bad dietary habits and find new freedom in choosing foods dense in nutrients.
TAEKWONDO: INJURY PREVENTION

By Harry N. Pepe III, M.D.

About the author: Harry N. Pepe III, M.D. is a senior resident physician at the Halifax Medical Center Family Practice Residency Program in Daytona Beach, Florida. He is First Dan Black Belt in Kukkiwon Taekwondo, training with Grand Master Ki Jeong Lee in Holly Hill, Florida.

Overview

Lacerations, hematomas, fractures, and even death may result from the powerful kicks and punches delivered during Taekwondo training and competition. Most injuries can be prevented by proper instruction, training, and pre-exercise warm-up. Also, proper control, technique, balance training, and the use of inexpensive protection equipment will help prevent injuries. As the preeminent martial art, organized Taekwondo has set the standards for injury prevention by requiring protection equipment during training and competition. Pre-exercise stretching, warm up, and proper control all help prevent non-contact related injuries. These are techniques taught by masters with knowledge passed down over twenty centuries during the development of this ancient martial art. This article reviews the most common injuries associated with Taekwondo and briefly presents methods of prevention.

Scanty research is available concerning injuries to practitioners of Taekwondo. The incidence of injuries in these martial artists, for instance, is not accurately known. Probably all active Taekwondo practitioners will sustain an injury during each year of training. Simple logic and personal observation suggests that injury is even more frequent in those who compete in tournament sparring. Non-contact injuries, by contrast, are relatively infrequent, especially in the tournament setting.

Tournament free sparring has the greatest propensity to result in injury because great forces, amplified by the stimulating effects of adrenaline, are directed by each martial artist attempting to strike his opponent. These forces vary depending upon the size and speed of the martial artist as well as the type of technique used. Basic physics and Taekwondo training teaches that more power is attained with “circular” kicks and punches than “straight” techniques. This is dramatically quantitated in the excellent research article by Sung Nak Joon et. al. in the winter, 1987 edition of the U.S. Taekwondo Journal. Sung reports that roughly twice as much power is obtained from roundhouse and spinning hook kicks compared to side and back kicks. Because of the greater power involved then, roundhouse and other “circular” kicks and punches have a greater potential for injury. Also, circular kicks and punches may be expected to be more frequently associated with contact related injury because they cover a greater distance than “straight” kicks.

Traumatic contact injuries may conveniently divided into three anatomic regions: the head and neck, the internal organs and the extremities. Each will be reviewed separately.
Head and Neck

The most common head injuries are lacerations of the mucous membranes of the mouth, lips and gums. Head and neck injuries may be absolutely prevented only by the complete elimination of head blows. Because this is not a reasonable alternative to most practitioners of Taekwondo, other prophylactic measures must be taken. Mouth lacerations are best prevented by the use of a properly fitted mouth guard. Three types of mouth guards are available: stock (ready to wear), mouth formed ("boil and bite"), and custom fabricated. Of these, the least expensive and probable least desirable type is the stock variety. Stock mouth guards depend upon a wearer's bite to hold the mouth guards in place and thus tend to impair breathing. Mouth formed guards provide adequate protection and less airway obstruction at a very reasonable cost. Mouth guards which are custom fabricated by dentists or oral surgeons are considered best - they fit perfectly and create the least obstruction to breathing.

Facial lacerations also may be prevented by enforcing rules for proper hygiene; toenail and fingernail length should be kept to a minimum. Jewelry, such as earrings or rings, may snag body parts and cause avulsion of tissue. Jewelry may also act as a cutting agent and so should not be worn during sparring. Finally, well-padded gloves and foot pads may help prevent some lacerations by diffusing the facial impact over a broader area.

Other common head injuries during sparring are nose bleeds and nasal fractures due to an impact to the nose. Head gear with padding over the maxillary areas provides some nose protection from circular blows, but not from direct blows. However, because such head gear partially obstructs peripheral vision, some fighters consider head gear with maxillary padding to be a disadvantage. Gloves and head pads may also soften the impact of kicks and thus prevent nasal injuries. Punches to the head are illegal in organized Taekwondo. Probably the best form of prevention, though, is proper technique using well executed high blocks to protect the head.

Periorbital ecchymosis or "black eye" is due to the skin discoloration from periorbital subcutaneous hemorrhage. This may be due to a blow directly to the eyes or periorbital region. Again, foot and heel pads may help prevent some of these injuries. Protective eyeglasses or goggles can be considered if the fighter finds no obstruction to his vision while using them. Certainly, the fighter with vision in only one eye should be strongly encouraged to prevent complete blindness by wearing protective eyewear.

Concussion may result from a strike to the head or from the head rapidly decelerating against a hard floor. Head gear with padding across the occiput will soften the impact. In the Do Jang, floor mats or padding beneath carpeting would be protective.

The most common facial fractures involve the jaw or nose. Fractures of the zygomatic arch or "cheek bone" are less common. Other possible fractures include depressed fractures of the nose leading to death, "blow out" fractures of the eye (usually from a roundhouse kick) and cervical spine fractures (usually from the rapid acceleration of the head due to a spinning kick). Head gear, good padding and good controlled technique during sparring are perhaps the only measures capable of preventing such traumatic injuries. During Taekwondo sparring competition, emphasis must be placed on scoring points with controlled attacks to the head and not on attempting to "knock out" the opponent.
Finally, teeth fractures and avulsions may result from blows to the mouth and may only be prevented by use of the mouth guard.

**Internal Organs**

The most common injury to the internal organs is having one's "wind knocked out". This is due to a blow to the solar plexus area resulting in trauma to the celiac ganglion of nerves. This causes an incoordination of the centers controlling normal function of the major muscle of respiration, the diaphragm. Use of the abdominal protector, proper kihap, and strengthening the abdominal musculature all help to protect this vital area. Other areas protected by an abdominal protector, kihap and muscular strengthening are the liver, pancreas and spleen.

Abdominal protectors usually have appendages designed to cover the groin. However, these offer completely inadequate protection for all types of kicks to the groin. A protective groin cup is necessary during sparring. Participants should be encouraged to wear a cup which is designed specifically for martial arts competition. Cups designed for martial artists are molded into a curved shape to partially extend over the sensitive perineal area. Such cups afford greater protection and greater freedom of movement than cups designed for other sports such as football.

Trauma to the kidneys probably occurs with greater frequency than martial artists would suspect. Hematuria (traces of blood in the urine), usually microscopic, occurs with remarkable frequency following sparring competition. Some of this may result from the shock produced by jumping, may not be preventable, and is of unknown significance. Direct blows to the kidney regions may be softened by using foot pads.

**Extremities**

Sprains, fractures and dislocations of the fingers and hands are probably the most common Taekwondo injury. These usually involve the first joint of the thumb although any digit may be involved. Musculoskeletal injuries to the digits tend to result from the forceful hyperflexion, hyperextension, or lateral displacement of a digit. Digits vulnerable to such injury are those which are left in a partially abducted and extended (not fully flexed) position while blocking or punching. The best method of prevention of this injury is proper wrist and fist technique. While executing punches, the wrist should be in a neutral position in order to transmit the force of contact through the wrist to the large bones of the arm and shoulder. The thumb should be fully adducted and flexed across fully flexed fingers. Gloves are of benefit to the fingers but tend to place the thumb in an abducted position more prone to injury.

Hematomas or "bruises" are collections of blood in the subcutaneous tissue due to ruptured blood vessels from a direct blow. Thus injuries usually occur along the extensor surfaces of the extremities. Hematomas involving the shin may create an extensor compartment syndrome when swelling restricts blood flow to the foot. This requires urgent medical attention. The frequency of hematomas and contusions can be decreased by using shin pads, arm pads, and blocking with the soft tissue of the forearm. Proper techniques aimed at reducing the impact power of punches and kicks will also help prevent soft tissue injuries. Such techniques include turning the body away from an attacker.
and using glancing blocks to misdirect blows (in contrast to using direct confrontational blocks).

Ligamentous or cartilaginous injury to the knee may result from a blow to the knee or twisting the knee while sparring. Kicks to the knee and sweeps are illegal in organized Taekwondo since they are highly likely to result in permanent disability. Twisting the knee occurs with improper technique such as failure to spin on the "ball" of the foot when executing a round house kick.

Finally, rib fractures due to blows to the chest may result in bleeding into the space around the lungs or even lung collapse. Separation of the rib joints due to a strike to the chest causes intense discomfort which may be mistaken for cardiac pain. Cardiac arrhythmia following an impact to the sternum has been reported. Injury to the chest is best prevented by using a chest protector and well executed blocks.

Non-contact Injuries

Non-contact injuries are those not directly associated with sparring. These injuries usually involve muscle pulls and tears resulting from poor warm up techniques or over zealous stretching. Prevention is aimed at using proper warm up techniques. The warm up progressively stimulates the heart and lungs while increasing muscle temperature in preparation for exercise. Relaxation should be the initial central theme of all martial arts warm up routines. Concentration on deep breathing by the well trained martial artist should result in muscular relaxation and enhanced oxygenation of the tissue. After this brief period of preparation is complete, one should begin with gradual stretching of muscle groups beginning peripherally and advancing toward the central portions and the body. Rapid stretching of muscle groups results in reflex muscular contraction while gradual, controlled stretching results in reflex muscular relaxation. Stretching with this method increases flexibility (joint range of motion) and decreases the likelihood of injury. The use of a bouncing motion or excessive force should be discouraged since these techniques can create large forces on isolated muscle groups resulting in injury. In this regard, practitioners of Taekwondo must by discouraged from attempting techniques which are advanced beyond their level of training. The misdirected forces resulting from improperly performed advanced techniques are more likely to cause injury.

Finally, poor balance in technique and muscular strength results in overuse injuries to the extremities. For instance, right-handed practitioners may train nearly exclusively for right-handed techniques resulting in abnormal stress and perhaps injury to the left side. Prevention is directed toward achieving balance - both in the techniques itself and in the time spent training each side of the body for the technique. In Taekwondo, balance training is the theme of Poomse and Poomse is part of the foundation for sparring.

In summary, these are multiple potential contact and non-contact related injuries which may occur to the practitioners of Taekwondo. Most of these injuries occur during sparring, are quite common, though usually mild, and usually preventable. Prevention should be a multifaceted approach involving the use of effective protection equipment, proper instruction, pre-exercise warm-up, proper control, technique, and balance training.
On to the Olympics

The 14th National Taekwondo Championship

A report written by Il Young Choi
Assistant Tournament Director

President Ahn delivers his opening remarks of the Championship.
The 14th United States National Taekwondo Championship took place at the James L. Knight Convention Center in Miami, Florida, April 14-16, 1988. The National Championship was a tremendous success in terms of organization, number of competitors, and technical level of competition.

The Tournament Director was Grand Master Byung Ho Choi whose dedicated work and efforts for over a year made this event one of the best organized National Championships ever. He was able to enlist the help and support of the City of Miami and its community leaders which enabled the Tournament Committee to offer the participants the best facilities South Florida has to offer.

The three day affair was one of the most important steps toward the selection of the first ever Olympic Team. The historical importance of this event generated great interest not only in Florida but also nationally. In South Florida, the National Championship received extensive media coverage throughout the entire week prior to the opening ceremony as well as during the opening ceremony and competition. In addition, several public officials and local dignitaries were present to observe the exciting demonstration, elimination and final competitions.

The actual National Championship was officially started on April 14th, with the opening ceremony which included statements from Jeb Bush, Secretary of Commerce of the State of Florida and son of Vice-President George Bush, other public officials, United States Taekwondo Union (U.S.T.U.) President Mr. Kyong Won Ahn, and Tournament Director Grand Master Byung Ho Choi among others.

The participants procession was led by the United States Marine Corps Color Guards and the South Miami Elementary School Choir which sang the national anthem as well as the Korean national anthem. The opening ceremony concluded with a demonstration by Choi’s Taekwondo Demonstration Team, a group of fifty young black belts selected among Grand Master Choi students. This demonstration kept the audience in awe, and earned a well deserved praise and acclaim. Outside Korea it was the first time that such a level of proficiency was demonstrated in a coordinated Taekwondo demonstration.

Moments after the conclusion of the opening ceremony, the poomsae competition began, and it was completed by late afternoon. Throughout the form competition as well as the kyorugi, the audience was able to see some fierce and intense competition.

On the following day, April 15th, the kyorugi eliminations for the fin, bantam, light and middle weight divisions started at 8:00 a.m. on ten rings divided into two floors of competition. The action proceeded into early evening when the finals were held.

On the final day, April 16th, the remaining four weight divisions started the kyorugi eliminations at 8:00 a.m. and continued until 6:00 p.m. The finals were held in the main hall starting at 8:30 p.m.

These last eight matches should be televised through the P.B.S., as their Miami station was there to record them. Immediately after the competition was completed, the award ceremony took place. The medals were awarded by dignitaries of the U.S.T.U. The championship was completed without any major problems and without any serious injury to the competitors.

The tremendous success of the 14th United States National Taekwondo Championships is owed to the invaluable role played by Mr. Rene Diaz de Villegas—whose leadership, organizational skills, patience and dedication ensured the success of the championship—and to all members of the organizing committee.

Finally, our heartfelt thanks to all masters, competitors and U.S.T.U. officials whose participation, cooperation, and efforts made this national championship possible.

Those athletes who won in their respective weight categories await the next step in the chain of events that will take an elite group of athletes to Seoul: the U. S. Olympic Trials/Eliminations on June 6-13, in the U. S. Olympic Complex in Colorado Springs, and then the final trials and team selection in July 29-31. We wish them the best of luck in pursuing their dream of achieving a gold medal in the ultimate amateur sports competition arena, the Olympics.

Are you here somewhere? The participants gathered at the opening ceremony in James L. Knight Center in Miami.
Choi's Taekwondo Demonstration Team performing a high-caliber opening act that delighted the crowd.
The Results of
The 14th United States National Taekwondo Championship
April 14-16, 1988
James-Knight Convention Center
Miami, Florida

Tournament Director - Byung Ho Choi

Winners of Form Competition

Men
1. Hee Chan Chung, FL
2. Tony Stinson, OH
3. Robert Rhone, CO
4. Hyong K. Lee, CA

Women
1. Susan Park, AL
2. Lis Kozal, OH
3. Dedra Holloway, DC
4. Marlo Ruilova, CA

Form competitors waiting nervously for their turns...

to show off their skills in front of the crowd...

and in front of the judges.

Susan Park, the winner of women's form competition.
Attention
Bow
Ready stance

1. Turn 90° to the left into a left front stance, left arm upper block.
2. Right front kick, step forward into a right front stance, middle front punch.
3. Turn 180° to the right into a right front stance, right arm upper block.
4. Left front kick, step forward into a left front stance, middle front punch.
5. Turn 90° to the left into a right back stance, double knife-hand middle block.
6. Step forward into a left back stance, double knife-hand middle block.
7. Step forward into a left front stance, left arm upper block.
8. Step forward into a right front stance, middle front punch, KIHAP!
9. Turn 270° to the left into a left front stance, left arm upper block.
10. Right front kick, step forward into a right front stance, middle front punch.
11. Turn 180° to the right into a right front stance, right arm upper block.
12. Left front kick, step forward into a left front stance, middle front punch.
13. Turn 90° to the left into a right back stance, double fisted down block.
14. Step forward into a left back stance, double fisted middle block.
15. Step forward into a right back stance, left arm out-to-in middle block.
16. Step forward into a right front stance, middle front punch. KIHAP!
17. Turn 270° to the left into a left front stance, left arm upper block.
18. Right front kick, step forward into a right front stance, middle front punch.
19. Turn 180° to the right into a right front stance, right arm upper block.
20. Left front kick, step forward into a left front stance, middle front punch.

Return to ready stance
Attention
Bow
Winners of Free Sparing Competition

Male

**Fin**  
Under 50 Kg (under 110 lbs.)  
1. Juan Moreno, IL  
2. Robert Leach, PA  
3. Chuck Flayler OH  
3. Jeff Pinarol, TX

Fly  
50-54 kg (110.0-118.8 lbs.)  
1. Hyun K. Lee, CA  
2. John Monroe, TX  
3. Jeffery Coffey, OK  
3. Craig DeRosa, NY

Bantham  
54-58 kg (118.8-127.6 lbs.)  
1. Christopher Spence, OH  
2. Clay Barber, TX  
3. Britney Combs, NV  
3. Hee Chan Chung, FL

Feather  
58-64 kg (127.6-140.8 lbs.)  
1. Raphael Park, WA  
2. Tuoii Nguyen, WA  
3. John Kim, NY  
3. Dong Sub Lee, TX

Female

**Under 43 Kg (under 94.6 lbs.)**  
1. Helen Yee, OH  
2. Cheyl Kalaol, IN  
3. Susan Palmer, KY  
3. Diana Radakovic, CA

**43-47 Kg (94.6-103.4 lbs.)**  
1. Ginean Hatter, VA  
2. Arbella Naguit, OH  
3. Theresa Alvey, CA  
3. Susan Park, AL

**47-51 kg (103.4-112.2 lbs.)**  
1. Norsrat Elyassi, MD  
2. Susan Kim, NY  
3. Jennifer Gray, OH  
3. Heather Byron, LA

**51-55 kg (122.2-121.0 lbs.)**  
1. Kim Dotson, OH  
2. Ayoka Brown, MD  
3. Jody Nyland, FL  
3. Mai Nguyen, TX

Joonbi! Sijak! Let the championship begin!

Olympic hopefuls in action.
<table>
<thead>
<tr>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>65-70 kg (140.8-154.0 lbs.)</td>
<td>55-60 kg (121.0-132.0 lbs.)</td>
</tr>
<tr>
<td></td>
<td>1. Bobby Clayton, ARMY</td>
<td>1. Carolyn Raimodi, CA</td>
</tr>
<tr>
<td></td>
<td>2. Garth Cooley, IN</td>
<td>2. Dana Hee, CA</td>
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<tr>
<td></td>
<td>3. Kareen Jabbar, IL</td>
<td>3. Anne Louise Long, OH</td>
</tr>
<tr>
<td>Welter</td>
<td>70-76 kg (154.0-167.2 lbs.)</td>
<td>60-65 kg (132.0-143.0 lbs.)</td>
</tr>
<tr>
<td></td>
<td>1. Doug Baker, OH</td>
<td>1. Michelle Peligrini, CA</td>
</tr>
<tr>
<td></td>
<td>2. Charles Thompson, MN</td>
<td>2. Diane Saieva, CA</td>
</tr>
<tr>
<td></td>
<td>3. Mike Demkowski, IA</td>
<td>3. Susana Mirjanie, IL</td>
</tr>
<tr>
<td></td>
<td>3. Eric Hampton, NAVY</td>
<td>3. Terri Boldue, MI</td>
</tr>
<tr>
<td>Middle</td>
<td>76-83 kg (167.2-182.6 lbs.)</td>
<td>65-70 kg (143.0-154.0 lbs.)</td>
</tr>
<tr>
<td></td>
<td>1. Roland Ferrer, CA</td>
<td>1. Lydia Zele, CA</td>
</tr>
<tr>
<td></td>
<td>2. Joon Yang, MD</td>
<td>2. Sharon Jewell, DC</td>
</tr>
<tr>
<td></td>
<td>3. Naim Hasan, OR</td>
<td>3. Rhonda Juarez, TX</td>
</tr>
<tr>
<td></td>
<td>3. Ed Shorter, MD</td>
<td>3. Diane Mason, MD</td>
</tr>
<tr>
<td>Heavy</td>
<td>over 83 kg (over 182.6 lbs.)</td>
<td>Over 70 kg (over 154 lbs.)</td>
</tr>
<tr>
<td></td>
<td>1. Jimmy Kim, CA</td>
<td>1. Kathy Wagner, CO</td>
</tr>
<tr>
<td></td>
<td>2. Won S. Yang, MD</td>
<td>2. Gwen Teague, TX</td>
</tr>
<tr>
<td></td>
<td>3. Scott Miranti, MT</td>
<td>3. Emma Cottini, NY</td>
</tr>
</tbody>
</table>

A record crowd gathers to watch the competition at the James Knight Convention Center in Miami.
Special Awards of the Year 1988

1. Best Male
   Jimmy Kim

2. Best Female
   Kim Dotson

3. Best Coach
   Chan Yong Kim

4. U.S.T.U. First President Award
   Christopher Spence

Results compiled by John S. Kim

Victorious California Team members and officers after the awarding ceremonies.
6 gold, 2 silver and 3 bronze medals

Second place OhioTeam members and officers pose with President Ahn
The father-son duo winning high honors at the championship. Jimmy Kim, heavy weight gold, wins the male competitor of the year award, and Chan Kim wins the coach of the year award.

The judges and the referees at the competition.

Grand Master Hwa Chong awarding medals to the winners.

Dr. Anderson, Grand Master Soo Yung Cha and past U.S.T.U. president Moo Yong Lee oversee the championship.
COUNTDOWN TO THE OLYMPICS: THE 14TH NATIONAL CHAMPIONSHIPS

By C. Anthony Buhs

The long-awaited opportunity to battle for a berth on the first U.S. Olympic Taekwondo team began in earnest at the 14th U.S. National Taekwondo Championships, held April 14-16 at the James L. Knight International Center in Miami, Florida and hosted by Grandmaster Byung Ho Choi. This three-day event once again featured the trademark fast-paced excitement and masterful kicking wizardry that has propelled Taekwondo to the fore of the martial arts community. However, this year’s proceedings also included an added edge of tension that was prevalent throughout the course of the competition and was unmistakably brought about by the chance of participating in the upcoming Seoul Olympic Games. This “edge” was characteristic of these championships and seemed to make each match, regardless of the skill or experience level of combatants, that much more thrilling to watch: a few mistakes combined with a couple of fortunate twists of fate and an unexpected face could end up gaining national prominence.

Kyorugi competition began on Friday with the fin-, feather-, light-, and middleweight division (the other four weight divisions competed the following day). The main arena of the Knight Center was set-up for four rings while the level below contained six more rings enabling the tournament to move along at a smooth pace. The only argument at having matches take place in two separate rooms was that the avid fans had to do a great deal of moving about in order to see who was advancing towards the finals in the various divisions. But because everyone was primed and ready for the competition, even if the roving fans missed a close contest on one level, they were witness to an equally exciting match on the other level.

And excitement was the name of the game. Although the majority of U.S. team members opted not to participate in these championships, either taking the opportunity to rest any recurring ailments or to study and analyze challengers to their titles, there was still more than enough talent present to inspire awe and respect. From the start, the action was furious as these superbly trained athletes unleashed all the skills in their repertoires. Most of the time it was enough to rely on a few favorite techniques thrown in combination in order to score effectively. Rarely was a single kick sufficient to stagger an opponent. Only after following kick upon kick (missing wide with the first roundhouse, hitting solidly with the second, spinning to feint with another, and connecting on the follow-up backkick) could an adversary be sufficiently confused or off-balance to suffer the score.

Whereas innumerable competitors scored successfully with the most basic of kicks (the roundhouse), Doug Baker, perhaps, most clearly demonstrated just how important that one
kick can be. Many times facing a taller opponent and therefore not always able to utilize high kicks to best advantage, necessity dictated that his most effective kicks would be to the body. As a result, he completely overwhelmed the welterweight division, tearing through it like a cyclone. With eyes blazing, he relentlessly bombarded his opponents with perfectly executed roundhouse and back kicks. The kicks, however, did not flail about aimlessly but shot out purposefully to land solidly upon the target area with a resounding blow. Of course Baker supplemented his kicks with his absolute ferocity and tenacity that rarely allowed his opponents a moment of respite. In fact, the more time that elapsed during a match, the more ferocious Baker became, never hesitating to attack with speed and power and ignoring the exhaustion he should have felt from his violent exertions.

Another plainly noticeable aspect of these championships was the importance of footwork to set an opponent up for an attack as well as to evade one. If was not enough to throw technically proficient kicks; the successful competitor also had to possess the mobility to move about the ring easily and effortlessly. Footwork was especially evident in the heavier divisions because the top competitors all displayed the ability to always maintain just the right distance away from the opponent, something middle and heavyweight are not usually known for. A number of heavyweight competitors even displayed a quickness and sure-footedness that belied their bulkier frames, and, as in all the divisions, many talented and light-footed combatants failed to reach the later rounds because they faced equally talented and determined adversaries.

As the division wound down to the finals, the need for the complete mastery of technique became much more apparent. Little energy was wasted on careless kicks that were wide of the mark or that struck but were utterly ineffectual. The successful competitors relied a great deal on their footwork to frustrate the opponent and get within reach for the solid strike. A competitor such as Roland Ferrer would not attack until the distance between him and his opponent was to his liking and an opening was created in the latter's defence (usually when he was off-balance from attempting to anticipate Ferrer's next attack).

Other competitors, once within range, would shoot kicks out with lightning rapidity, landing squarely and authoritatively upon the hogo only to be succeeded by a spin-hook kick that would stagger the opponent and bring about a standing eight-count. This type of scenario was repeated again and again throughout the tournament. A competitor would be lulled into a momentary pause, letting his guard down only slightly, and subsequently being scored upon more than once before having the chance to counterattack. Some competitors with this would later start out attacking viciously and haphazardly only to lose much of their momentum by the final round and be denied the victory. Primarily, these competitors would become winded as a result of both the strenuous pace and because of kicking indiscriminately whether or not an opening presented itself. Fatigue was a sure invitation for an experienced competitor to score the clean point.

Once in the finals, a competitor needed no further

Rolando Ferrer of Orinetel Moo - Do School, Calif. gold medal winner of middle weight division delivers a side kick.
incentive to display his skills, but an added inspiration was provided for the second day’s finalists by a local PBS television crew’s filming of the final matches. Under the direction of Rick Potlock, the sports producer for Miami’s channel 17, the recorded material was slated to be packaged as a one-hour program that included running commentary by Grandmaster Choi and two assistants. Potlock, whose credentials include 15 years experience at the station (ten years in his current position), was “very impressed with the entire organization of the event” and mentioned that the arrangement of the final day’s matches took care of much of the editing for the program. For example, he was able to use the demonstration of the legal and illegal techniques verbatim, thereby foregoing the need to spend precious studio time rehashing the rules in their entirety.

The program is tentatively scheduled to air in early July so as to coincide with the finals of the U.S. Team Trials. That, in addition to the media build-up for the Olympics, is expected to cause a substantial increase of viewer interest in Taekwondo. Once the program is finished, Potlock plans to notify PBS stations in other parts of the country, and if those station managers believe that there is enough interest in their areas, the program will no doubt be shown. To help guarantee airtime by a particular station, the best method is for readers to voice their excitement at viewing the program through letters and postcards mailed directly to the stations in question. Potlock presents various sports events every week as part of channel 17’s regular programming and has a talented group to put together a quality product. Further information on the program can be directed to:

Rick Potlock, Sports Producer  
c/o Channel 17  
172 NE 15th St.  
Miami, Florida 33132

The television crew was not disappointed as they were treated to a spectacular Taekwondo exhibition. From national team member Ginean Hatter’s dispatching of Arbella Naquit to Michelle Peligrini’s unrestrained emotional victory, a great deal of exciting material was provided for the cameras. If the audience’s reaction is the final judgment on such matters, the only “boring” match was the men’s bantamweight final between Chris Spence and Clay Barder. No doubt the audience expected more of a brawl because the end of the match was greeted by a loud chorus of boos. Although the match was not filled with a large number of kicks, the pair, nonetheless, did provide an interesting study of strategies between two intelligent, gifted competitors. Spence competed as a bantamweight because the U.S. will not send featherweight champions to the Olympics (each country is offered spots for seven weight divisions and featherweight was the excluded division for the U.S.).

The most sensational match of the evening was the men’s flyweight final as Hyon Lee squared off against John Monroe. Seemingly able to fly about the ring throwing a blur of kicks, Lee appeared to have a clear advantage by the beginning of the third round. With two minutes remaining in the match, tragedy struck as Lee was forced out of bounds and he severely twisted his ankle on the edge of the mat. In obvious pain, the remaining minutes found Lee without the previous aggressive attacks or any attacks at all for that matter. He appeared to be at the mercy of a more confident Monroe. To compound the situation, Lee collected two point deductions, including one for turning his back to the opponent that was clearly not a popular call with the audience. Amidst the vocal disagreement and boos from the audience, a general feeling was rising that Lee was too injured to regain the advantage and pull out a victory. As the seconds ticked away, his leg was useless except for hobbling about the ring.

Then with an unexpected suddenness that stunned the audience with like a thunderclap, Lee threw a crescent kick that knocked the onrushing Monroe to the floor. The audience erupted into a burst of applause and the referee began an eight-count that was cut short as time ran out. After Lee’s hand was raised in victory and he was helped from the competition area by two compatriots to have his ankle examined, the audience continued to enthusiastically voice its approval of such a glorious ending for several minutes. This single match was a textbook example of the beauty of power so inherent to Taekwondo.

All in all, Grandmaster Choi and his committee presented a well run championship that allowed the participants to perform at their best as the contest for a spot on the Olympic team got underway. The top four competitors of each division qualified for the Olympic Team Trials to be held at Colorado Springs in early June. The rest of the participants earned the chance to compete against the best and gain confidence to return next year as more able and determined competitors. These championships showcased the talents of many developing competitors who will definitely provide many exciting performances in the years to come.

PBS TV crew records the championship.
Profiles of the National Champions

By Ken Doerr

Juan Miguel Moreno
Age 17
Fin Weight
Professional Tae Kwon Do Studio
Zion, IL
Favorite Kick: Axe Kick

Juan is still in High School. Since he won the National Tournament, his teachers have given him special assignments he can do at home, so that he can devote more time to training for the Olympic Trials. His chief opponent at the trials will be Dae Sun Lee, eight times a national champ. "Dae Sun's main weapon is back spin kick," says Juan. "I'm working on faking the kick from him, so I can move in". Dae Sun Lee is one of the older competitors at this level, and he may have met his match in this fiery teenager. At 17, time is definitely on Juan Moreno's side.

Raphael Park
Age 18
Feather Weight
Yun's Martial Arts
Seattle, WA
Favorite Kick: Round House Kick

Raphael Park has been training for 10 years. He has been a black belt since January, 1981. He trains 2 hours a day, 5 days a week.

Hyun K. Lee
Age 17
Fly Weight
Wilson's Tae Kwon Do Studio
San Diego, CA
Favorite Kick: Ax Kick

Hyun Lee was training at Colorado Springs and was not available for an interview. I spoke briefly with Master Wilson. He said Hyun is a very dedicated student. Hyun trains with the regular classes three hours a day, five days a week, and then does extra training for his competitions. He has been training for 10 years, and has been a black belt for three years.

Bobby Clayton, the Light Weight champion is currently stationed in Yong San Army Base in Korea, and could not be reached for an interview.

Doug Baker of Ohio was the National Champion in the Welter weight division. He has been a top ranked national competitor for several years. He could not be reached for an interview.

Chris Spence
Age 22
Bantam Weight
Oriental Martial Arts College
Columbus, OH
Favorite Kick: Back Kick

In these days of emphasis on speed and power, Chris Spence can still succeed with balance, agility, and timing. I watched him win the Olympic Festival in 1986 in Houston with a broken foot. This year, Chris has dropped from Feather weight to Bantam weight. Since he normally weighs about 145 pounds, that means he has dropped almost 20 pounds for the competition. I asked him how Tae Kwon Do training effects his social life. "Training takes up most of my free time...Herb Perez says I need an owner's manual for my own body".

Roland Ferrer
Age 28
Middle Weight
Oriental Moo-Do School
Artesia, CA
Favorite Kick: Front Turning Kick

Roland is one of the older competitors at his level. I asked him if he thought the younger competitors had an edge on him. "Sometimes younger competitors just have excess energy. For me, getting older has given me more experience and focus. I feel like I am just reaching me peak." Roland has been training since 1972. Since then, he says Tae Kwon Do has almost become a science. Roland is a Christian, and he says he tries to dedicate his successes to God.
Jimmy Young Kim
Age 21
Heavy Weight
Oriental Moo-Do School
Artesia, CA
Favorite Kick: Ax Kick

With all due respect, Jimmy Kim is a mutant. Koreans can’t get that big. And people that big can’t be so fast. Jimmy Kim is also a spectacular competitor, and our best hope for a gold medal in Korea this summer. He has been national champion three of the last four years. He already has an invitation to the Olympic trials, but he competed in the national tournament anyway, “for the experience”. Experience is something Jimmy Kim does not lack. He has been training steadily since he was two years old with his father, Master C. Y. Kim. For 1988, Jimmy was named Competitor of the Year, and his father was named Coach of the Year. Jimmy is retiring from competition after the Olympics, to devote more time to his studies.

Helen H. Yee
Age 27
Fin Weight
Oriental Martial Arts College
Columbus, OH
Favorite Kick: Back Kick

Helen has been training for eight years. She trains two hours a day, six days a week.

Ginean Hatter
Age 19
Fly Weight
US Tae Kwon Do Center
Manassas, VA
Favorite Kick: Back Hook Kick

Ginean has been training since 1981. She first received her black belt in 1986. She trains three hours a day, six days a week.

Nosrat Elyassi
Age 22
Bantam Weight
United Tae Kwon Do
Potomac, MD
Favorite Kick: Hook Kick

Nosrat lived in Korea for three months just before the national tournament. She was training with the Korean Women’s National Team at Kyung Hee University. Her roommate and best friend there was Park San Yound, the Korean Women’s Bantam Weight champion. Nosrat says she studied Park’s technique as they trained, and feels she could overcome her in the Olympics. Nosrat is Persian, and her father was a national champion in Iran. Nosrat says the training there was tougher and more brutal than the
training in this country. She seems to be looking forward to the
Olympics, and the Olympic trials, with a lot of confidence.

The Women’s Feather weight champion for 1988 was Kim
Dotson, of Ohio. Kim was named Competitor of the Year. She
could not be reached for an interview.

Carolyn Raimondi
Age 28
Light Weight
Cho’s Tae Kwon Do
San Monica, CA
Favorite Kick: Back Spinning Heel kick

Carolyn has been training for six years. She has been a black belt
since September, 1985. She trains 1.5 hours a day, five days a
week.

Michele Pellegrini
Age 30
Welter Weight
Horizon Tae Kwon Do
Mountain View, CA
Favorite Kick: Round Kick

Michele has been training for five years. She has been a black belt
since October, 1986. She trains one to three hours a day, five to
six days a week.

Lydia Zele
Age 27
Middle Weight
Horizon Tae Kwon Do
Mountain View, CA
Favorite Kick: Round House Kick

Lydia has been training for eight years. She has been a black belt
since May, 1984. She trains three hours a day, six days a week.

Kathy Wagner
Age 37
Heavy Weight
US Tae Kwon Do Center
Colorado Springs, CO
Favorite Kick: Round House Kick

Kathy has been training for 13 years. She has been a black belt
since November, 1977. She trains five hours a day, six days a
week.
SEOUl: THE OLYMPIC STAGE
Ready to host the world
Taekwondo, as everyone already well knows, will be featured in the Seoul Olympics as a demonstration sport. The much anticipated Olympic debut will take place in the Chang Choong Gymnasium on 17 - 20 September. (This date, incidentally, was chosen to avoid the humidity and the rainy season of July and August in Seoul.) In the men’s division, a total of 128 competitors from 26 selected member countries will compete in the tournament, and in the women’s division a total of 64 competitors from 13 selected member countries will compete. These competitors come from those WTF member countries whose competitive excellence was demonstrated in the previous World Championships. This selection of the best of the world Taekwondo competitors guarantees the action to be top-notch. (See the article "Olympic Preview: Who will provide the challenge to Korea’s dominance", in this issue.) The participating competitors will vie in the regular tournament competition, striving to attain one of four medals (1 gold, 1 silver, and 2 bronze medals for each weight category). There will be eight weight divisions for both men and women. The medals will be awarded through the same victory ceremony as any other Olympic sport.

So, Seoul has been on the lips of many a competitor eager for the Olympic excitement. Despite the nightly news depicting student riots, anti-government protests and street violence enshrouded in clouds of tear gas, Seoul’s allure for the Olympians and Olympic fans remains strong. Korea is a growing nation, knocking at the entrance to membership of the group of advanced industrial nations of the world, and the student unrests only show the natural process of acquiring democratic maturity. Most
Koreans, and especially the Seoulites, are a people captured by the Olympic spirit, and Seoul is abuzz with anticipation and excitement.

Bustling Seoul, the heart of a nation rebuilt from the devastation of the Korean War 35 years ago, stands proud and ready today to stage an event considered to be one of the most significant in Korea’s five millennium history—the 1988 Olympic Games. The Olympic mood and spirit pervades the inhabitants of this city of ten million people. One can hardly walk in the streets of Seoul without noticing signs of the imminent presence of the Olympics; giant illuminated boards counting down the days to the September 17 opening of the Games, the friendly face of Hodori, the Olympic mascot smiles at you from shop windows, the children’s T-shirts, all remind one of the upcoming Olympiad.

The city is gripped by a burning sense of optimism that is fueled by the fact that the entire pride of the people and the nation of Korea is on the line at this world stage. The Seoul Olympics is expected to be the best ever, with the entire sporting world gathering to compete. Seoul has been significantly increasing its sporting contact with East European countries and China—countries with which it has no diplomatic relations. On top of that, the sporting fans in the world are tired of all the boycotts and wants to see the Olympic tradition set firmly back on the right track.

The motto of the 24th Olympiad is “Harmony and Progress”, and the officials of the Seoul Olympic Organizing Committee (SLOOC) hope for an Olympics dedicated to the celebration of humankind. The slogan for the Olympics is “The
world to Seoul, Seoul to the world”, and Seoulists have been preparing since 1984 to set up the most modern and elaborate sporting stage. The result is that the installations are, as IOC President Juan Antonio Samaranch calls them, “the best I have seen in my life.”

SLOOC counts on receiving approximately 9,000 athletes to compete in 23 official sports. In comparison, the Los Angeles Olympic Games of 1984 had 7,078 competitors who participated in 21 sports. The two new additions to the official sports roster are table tennis and tennis. The demonstration sports are baseball, women’s judo, and of course, Taekwondo.

With the building of the Seoul Sports Complex, the Olympic Park, and Olympics-related infrastructure, Korea has ploughed in some $3.1 billion into the hosting of the Olympiad with the goal of staging a spectacular and fitting arena for the ultimate in amateur athletics. Financially, SLOOC officials expect to break even, and already some analysts believe that that goal will be met. SLOOC President Park comments that the organizing committee has no delusions as to making a profit, but “we have no doubts about achieving our budget objectives.”

The Olympic expenditure has been carefully planned. Of the $3.1 billion, Park points out, $1.4 billion worth was allotted for projects only indirectly connected with the Games - including public projects forming part of the country’s 1982 - 86 Fifth Social and Economic Development Plan and including the massive Han River Development Project and urban renewal. The remaining $1.7 billion was spent directly on the 127 Olympic competition, training, and support facilities.
One major return on the Olympic investment is coming from an international marketing effort. Scores of major domestic and international corporations have already signed up for sponsorship, supply and license fees. SLOOC also counts on the revenue from the sales of television rights. NBC will pay $300 million for its TV rights, with more to come depending on advertising sales. Other deals have been negotiated with Japanese, European, Australian, Latin American, and Asia-Pacific nations. Further revenues will roll in from the sales of admission tickets to the games, lottery tickets, souvenirs, Olympic commemorative coins, and the tourism boom that is expected for and after the Games. Over a quarter of a million foreign visitors are expected to travel to Seoul, and tour the unique sites and tastes of Korea. Maybe “the best kept secret in Asia” for tourists will no longer be kept in the dark. As the slogan says, Seoul is going to try to become a household name throughout the world.

Much of the pride in Seoul is based on the growing confidence that the 1988 Games will be a truly global affair, with an unprecedented magnitude of participation. Says SLOOC President Park: “Almost every day we get encouraging new signals that Seoul will be remembered as the city where the sporting world finally got together again.”

As time ticks closer to the start of the 1988 Games, the SLOOC is refining its operations and putting on the finishing touches to its plans for accommodation, transportation, security, ceremonies, and cultural events. International interest in obtaining tickets to the Games has been very high, making it quite likely that the 24th Olympiad will be a sellout, watched by people in packed stadia as well as by hundreds of millions of sports fans worldwide. SLOOC President Park sees the Seoul Games as the dawn of a new era for the city, and he hopes that Seoul can become a shining example which will inspire other cities in the developing world.

“Harmony and Progress”, a brilliant showcase of a sporting festival that will unite humankind, transcending barriers of race, religion and ideology, is what the Seoul Games is trying to achieve. The Olympic torch will again illuminate the excitement of the world of sports, and Taekwondo will be there.

The venerable Chang ch’ung Gymnasium, the site for the Taekwondo event.
Special Olympic Preview

Who will provide the challenge to Korea's domination?

By C. Anthony Buhs

As the Olympic Games rapidly draw near and countless athletes prepare for competition, no athletes are gearing up with more determination and single-minded effort than those participating in the inaugural Taekwondo event. After years of competing in relative obscurity, many Taekwondo competitors are sure to gain worldwide acclaim outside the Taekwondo community as a result of the media's extensive Olympic coverage; and the beneficiaries of this increased publicity will no doubt provide many surprises, if recent international competitions are any indication. Athletes throughout the world have been improving their skills and knowledge to the point that "Olympic fever" may be all the impetus they need to propel themselves to a gold medal. Where do these talented athletes train and refine their abilities? They reside in countries throughout the world; in countries that are long-established Taekwondo powers and in ones that are slowly developing strong championship programs.

In years past, Korea has been the unquestionable leader in producing seemingly invincible competitors, consistently claiming the majority of gold medals in any given championship. Korean competitors have of late faced increasingly more challenging opposition, signifying that competitors are improving in other nations and are steadily gaining on the standard the Koreans have set. But there is still a long way to go for other countries to equal Korea's success. The reason for that success is due as much to the training system as well as the talent of the athletes themselves. The Korean program is not one that allows any one individual to remain in the spotlight for very long because the pace of the training regime creates a massive turnover rate. As soon as one competitor achieve prominence, after having spent many years since childhood under intensive training, he or she is challenged by an up and coming rival. A talented competitor is therefore always waiting in the wings to be tested in an international event.

Korea insures the quality of its competitors by holding some kind of national competition nearly every month. In contrast, the U.S. holds one national competition every year, and perhaps a couple other events may be held in which young athletes may gain valuable experience against established veterans. Master Sang Chul Lee, coach of the U.S. National Team since 1979, believes that there is no substitute for national level competitions for acquiring expertise. Coach Lee comments that "the techniques and movements of the U.S. team members are excellent" yet with so few national events, "they don't know how to use their techniques properly." Just the effort needed to gain a spot on the Korean team is comparable to the demands of international competition.

The teams to beat: the Korean National men and women's teams.
### Olympic Taekwondo delegations

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In addition to Korea, Coach Lee also expects strong opposition from Turkish athletes. Historically, Turkey has had a strong tradition in wrestling, and although not generally acknowledged as a bastion of the far eastern martial arts, Turkish athletes have shown marked improvement on the international scene in recent years. The Turkish team is primarily composed of enlisted personnel who, being supported by the military, spend several hours each day training. Coach Lee foresees this extra training time will result in even better performances by the Turkish team at the Olympics. Already Turkey has made an impression internationally, collecting four medals (1 gold, 1 silver and 2 bronze) at the 8th World Championships in Barcelona, Spain.

Just as Turkey has a burgeoning Taekwondo program, Spain is nurturing a more advanced program that has begun to mature into one of the finest in the world. Attesting to the quality of instruction, Spain garnered 11 medals (second only to Korea’s 12) at the World Championships. Clearly the Spanish program will produce stiff competition for the Olympics.

West Germany has a history of sending strong challengers in the heavier divisions and that trend continues with heavyweight world champion Michael Arndt. Rarely is a German competitor a serious contender in the lighter divisions. Egypt also provides its best competitor in the heavier divisions, and could even, as in the 1st World University Championships, stun an unsuspecting crowd with close final matches.

As always, Korea should provide the toughest competition in all the divisions; the U.S. also has strength in nearly all divisions. But because Taekwondo instruction has vastly improved competitors’ abilities world over, every competitor has the tools to win the gold. The different levels of experience will definitely be a factor, but that can easily be offset by a determined competitor’s desire to win. Every competition is filled with medallists who survived with sheer determination against their more experienced opponents. The Olympic competition should not be much different except that the medals should be more evenly distributed as a result of the excitement and training that the name of Olympics engenders in fierce competitors the world over.
THE SIGNIFICANCE OF THE
OLYMPIC DEBUT FOR
TAEKWONDO IN THE
UNITED STATES

By Kwan Min

The following article was prepared with the kind cooperation of the top officials of the USTU; President Kyong Won Ahn, Vice President J. R. Reitenbach, former President Mr. Moo Yong Lee, and Dr. Kyung Ho Min.

It was not long ago that in the United States, Taekwondo was referred to as "Korean Karate". But with its rise in popularity in this country and around the world, Taekwondo has begun to make a name for itself, and with a successful showing in this year's Olympic Games, Taekwondo may finally find a place in popular American vocabulary, and become a household name.

The 88 summer Olympics, to be held in Seoul, Korea, will mark the highest point yet reached by Taekwondo in amateur sports. In these games, Taekwondo will be an official demonstration sport with class-A status. It's position as a demonstration sport will mean that while Taekwondo competitors will be awarded medals, these medals will not, however, be a part of the official medal count of all countries. It also means that Taekwondo's fate in the games has not yet been decided. After the games, the IOC (International Olympic Committee) will vote on whether to make Taekwondo a full-fledged sport, to keep it as a demonstration sport, or to drop it from the program altogether. But with Taekwondo's increased popularity in many countries and with an expected good showing in Seoul, most Taekwondo officials are hopeful and optimistic that Taekwondo will receive full recognition and membership.

Getting Taekwondo into the Olympics has been the main goal of the WTF (World Taekwondo Federation) and its affiliate the USTU (United States Taekwondo Union), since their founding. The first breakthrough in achieving this goal for the USTU came in the early 70's when Taekwondo became a part of the AAU (Amateur Athletics Union). The next major step came last year in the 1987 Pan Am Games in Indianapolis where Taekwondo was accepted as a permanent part of the official program. This summer's Olympic Games will hopefully be the last step before the full-fledged official recognition and sanction as an Olympic sport is bestowed on Taekwondo.

Because of its position of being the official governing body of Taekwondo in the United States as recognized by the IOC and the USOC (United States Olympic Committee), the USTU will overshadow other Taekwondo organizations in this country. Since membership in the union is required to be a part of the U.S. Olympic and Pan Am teams, enrollment in the union is expected to skyrocket. There will not only be an influx of more high-caliber athletes, but also the everyday Taekwondo enthusiast will be motivated to train harder and devote more time with the possibility of international competition as a goal. An overall improvement in enrollment and training should take place in American Taekwondo on all levels.

However, an Olympic recognition of Taekwondo will not reduce its martial arts nature. One should not expect a drastic shift to a one-dimensional competitive sports approach from American Taekwondo instructors. The majority of Taekwondo instructors still regard Taekwondo as a martial art first and a sport second, and this will not change with a membership in the official sports roster of the Olympics. No sacrifice of the traditional aspects of the art will happen. Taekwondo will still stress and instil in its practitioners the outstanding qualities that make Taekwondo a great physical and mental activity: hard work, discipline, respect and courtesy, with competitive training only a means of achieving these goals.
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