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January 2021

TKD *TaeKwonDo* TIMES

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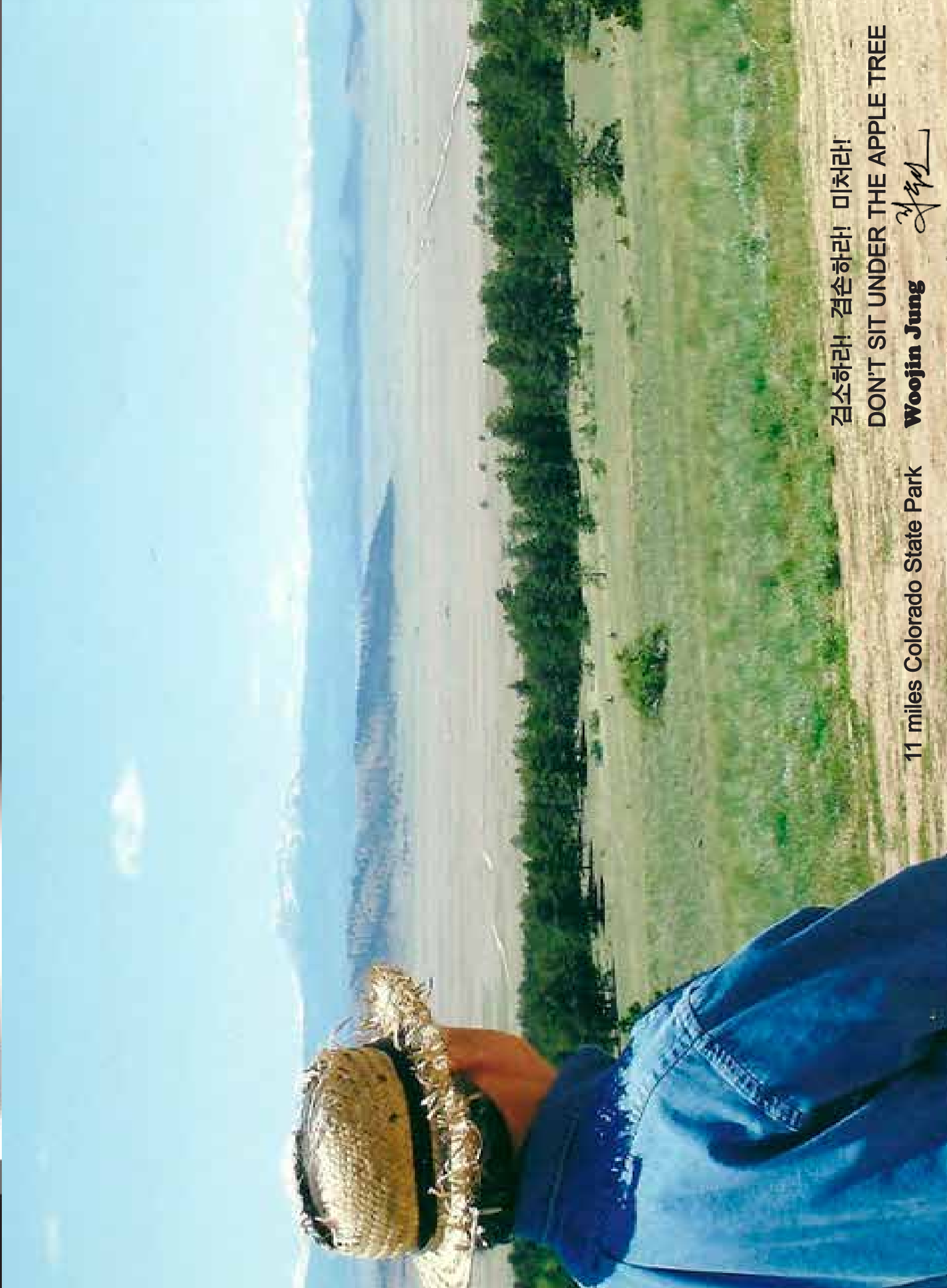


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DON'T SIT UNDER THE APPLE TREE

Woojin Jung

11 miles Colorado State Park

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Publisher's Page

Forty-one years ago (1980), 5 pioneers: Chung Eun Kim, Sung Kyu Shim, Jung Nam Lee, Dr. Yang Ahn M.D., and I started TKD Times. Sadly, three of the original pioneers have died. Dr. Ahn M.D. and I were alone for the next fifteen years from 2006. The COVID-19 pandemic caused hardships for many businesses and the TKD Times was no exception. The last issue is because the publisher says that the 23,000 sales in the United States, only half have reached the door. This issue is the last printed version of the TaeKwonDo Times, partly because of the 23,000 sales in the United States, only half have reached the doors. I am a pioneer and have a lot to say. I have done my best by borrowing someone else's hand because of the language barrier, but so far not a single person has been able to do it. In economic terms, there was more damage than the surplus, and too many mistakes were made. I forgot the principle. Dr. Ahn M.D. said that he was only giving good news, leaving behind bad news. Thank you to readers and

advertisers who bought and subscribed to us. I am going to continue digitally. Thank you to my student, Grandmaster Brian Huff, for scanning each issue individually from the beginning until 2006. All of our descendants and subscribers will be able to look at 238 digital issues spanning 41 years. These are a great help in preserving history; pioneer history, technology, dreams, and philosophies from 210 countries. I hope this will help us after we die. We hope that the difficult things will be seen proud. Taekwondo and many martial arts family members. Thank you.

Your "fool" publisher,

Jung
Woo-jin



A word from *TaeKwonDo Times* Publication Director Master Ms. Lonnie Matthews

I've been truly inspired by so many grandmasters/ masters from around the world since starting my position with the magazine two years ago. I've become friends with writers, people who have contributed articles, columns and advertisements to the magazine. It has been an honor to get to know many of you as mentors and friends.

I am saddened that we cannot continue on with the physical publication of the magazine into 2021 as we have for the last 40 plus years.

Life changes and the magazine needs to change with. COVID-19 has put a strain on the magazine as it has many businesses. Our publisher Grandmaster Woojin Jung has worked tirelessly for the last 40 plus years, he is ageing and wants to relax in life a bit, as he should.

Because of the rising cost of printing, producing a physical

publication has strained our ability to distribute the magazine. We want to continue to serve you and provide you a quality publication. Starting in March of 2021 we will go to a digital format. It is my promise we will continue to provide you with a quality publication with current articles from around the world.

Our mission for Taekwondo Times is to give back to students, parents and the community at large—to improve lives and relationships. "Uniting the World through Martial Arts." There is no greater purpose!

Thank you for your support and I look forward to working with you in the future.

Thank you , Gamsahamnida, 고맙습니
Master Ms. Lonnie Matthews
Taekwondo Times Publications Director
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Letter of Recommendation General Choi Hong Hee

To: wjjung@taekwondotimes.com <wjjung@taekwondotimes.com>

Recommendation

It is said the most scariest thing in the world is writing and words, but as of the TAEKWONDO TIMES publisher & president Woo-Jin Jung until now, it has always left justice in the hearts of the world martial arts leader by standing behind the justices and the weak.

The national ties between China and the United States consist of Ping-Pong diplomacy. President Jung Woo-Jin has been making ceaseless efforts to reduce the South and North Korea tension through Taekwondo exchange. In particular, ITF, WTF, has been striving for integration and reconciliation over 20 years without self-interest.

President Jung Woo-Jin has been always humble and practice frugality and humility. President Woo Jin Jung's foot steps in Taekwondo history will remain the history of Martial Art Taekwondo.

January 28th, 2002

International Taekwondo Federation
President, Choi Hong Hee

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추천사


세상에서 제일 부서운게 글(Pen)과 혀(Tongue)라고들 하는데 현재까지도 태권도 다임즈로서 항상 약자와 정의의 권 위에 서서 세계 무도인들의 가슴속에 정의를 남겼고 글 부도 태권도를 부트졌어온 진정한 무도인이외다.

중국과 미국의 국교가 평종의교로 이루어졌듯이 천봉(天奉) 정우진우 남북한과 미국의 태권도 교류를 통해 38선의 예산을 줄이기 위해 끊임없는 노력을 해왔다. 특히 ITF와 WTF의 통합과 화해를 위해 20여년의 수많은 시간을 한치의 사심도 없이 노력하여왔다.

항상 자신을 낮추며 겸손과 겸손을 몸소 실천하며 태권도를 위해 일해왔던 당신의 발자취는 무도태권도 역사에 찬란의 남을 것이요.

2002년 1월 28일

국제태권도연맹 총재 최홍희

최홍희


Grandmaster of the Year: Dr. He-Young Kimm

Born in the Suwon region of Korea in 1938, Dr. Kimm felt the impact of both World War II and the Korean War. During his youth he studied and trained in Yudo, Hapkido, and Taekwondo. He taught self-defense to the U.S. 8th Army Pusan Area Command, and upon graduation from the ROK Marine Academy in Busan, he gained an invitation to continue his formal education in the United States. In November 1963 he was enrolled in classes at Southeast Missouri State College at Cape Girardeau, Missouri. With the guidance and encouragement of advisors, such as Dr. Thomas Israel and Dr. Mark Scully, Dr. Kimm taught martial arts to college students and promoted the spread of Korean martial art throughout the Midwest. He graduated from "SEMO" with a master's degree in history.

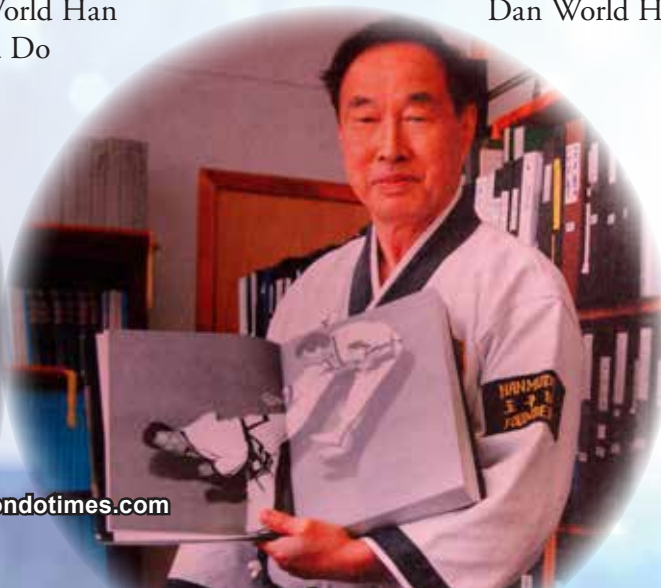
In the early 1960s Dr. Kimm was one of the first pioneers of Hapkido in the United States and was in regular attendance at tournaments throughout the Midwest and Southeastern portions. In the 1970s Dr. Kimm moved his activities to Baton Rouge, Louisiana, where he entered the graduate studies program at Louisiana State University. While pursuing his PhD, Dr. Kimm established Kimm's Institute of Self-Defense. Working alongside other Korean martial art pioneers, such as H. U. Lee, Kang Suh Chong, Hee Il Cho, Jack Hwang, Kim Soo, Kang Rhee, Bu Gil Kwon, and others, he helped spread the knowledge of Korean martial arts to the American public.

In 1989 Dr. Kimm formed the World Han Mu Do

Association, creating a curriculum formed from various traditional Korean martial arts. He still serves as the founding president. Utilizing his training as a historian, Dr. Kimm also began to author several books on Korean martial arts; Taekwondo History, History of Korea and Hapkido, Hapkido, Hapkido II, Han Mu Do, Philosophy of Masters, Kuk Sool, and others. He has also served as vice-president of Taekwondo Times Magazine for many years.

When asked about the future of Korean martial arts and martial art training in general, Dr. Kimm reflects upon his experience as both student and teacher. "A martial artist must maintain a flexible body and a flexible mind. They must be prepared to adapt to the situation that is before them. Punching is good, but it does not always fit the occasion. Same thing with kicking or throwing. The martial artist must keep a flexible mind to adapt to what is needed in each situation. In the same way, we must adapt to the events taking place in the world around us. Analyze each situation and determine what is the best solution to the problem. Then act accordingly!" He once used the analogy of killing a mosquito with a hammer. It should not take that much effort! He is also quick to share his personal three-point philosophy: "Cultivate your skills, help others, and make the world a better place." This is the central philosophy of the World Han Mu Do Association.

Respectfully submitted by David W. Higgs, 6th Dan World Han Mu Do Association.



Taekwondo Times Historical Preservation: Master Brian Huff

The year was 1978. I was 15 years old and a ninth grader in school. I was not one of the most popular kids nor was I an athlete. I was just a small, scrawny kid with the exception that I liked music and was in the Swing choir. I was one of those kids who was bullied on a regular basis. At the age of 13 my father passed away, so my mother raised me and did a great job keeping me out of trouble and not going down the wrong path. When my father was alive he was not really there for me anyway. It was on a cold day in April of 1978, I was in gym class waiting for the PE teacher to come in and tell us what we were going to do that day. What I did not know, what was about to happen that day, changed my life forever. The gym teacher said, "Class, we are going to be doing something different today." As I was sitting on the floor, three guys wearing white uniforms with colored belts came in. These guys proceeded to kick, punch, and yell for about 45 minutes and then broke some boards with their hands and feet. At the end of the demonstration, they told us what Tae Kwon Do was and what it was about. After school I went home and waited for my mother so I could tell her what I had seen that day in gym class. I told her all about the demonstration and that I wanted to check it out. I told her this could be the answer to all my problems from getting bullied; of course little did I know what martial arts was really all about. The next day, my mother drove me 35 minutes from where we lived to Cedar Rapids. The school wasn't much to look at, but it was a Tae Kwon Do karate school nonetheless. I was a little scared because I didn't know what to expect. I could hear what sounded like counting and lots of yelling like what the guys did during the demonstration. At the end of class, this small, Asian guy came up and asked me into his office. He said, "my name is Grand Master Jung" and asked if I was interested in learning Tae Kwon Do. I told him, "yes" and he gave me a uniform and said, "you come back tomorrow 5:30." The next day I attended my first class: it was so exciting that I signed up for a three-month program. After about three weeks, GM Jung tested me for a yellow belt which I received the following Monday. I have to thank my mother because she drove me every day until I got my driver's license and was able to drive myself.

I worked extremely hard for two years and in April of 1980, I received my black belt. I then went on to get my 1st and 2nd Dan by 1982.

In 1983, I started teaching Tae Kwon Do in my hometown until

1984 when I went into the Army. While in the military, I was able to go to Korea and I visited a Tae Kwon Do school. Oh how different that was - wow was I impressed! I returned to Iowa in 1990 where I started back up with Mr. Jung. In 1997, I got married and my wife's job took us to Arkansas in 2001 and then went to South Dakota. During that time I could not train in Tae Kwon Do because there was no school around. In 2007 I moved to Davenport, Iowa, where I was still unable to attend Tae Kwon Do because, when you come from the best Tae Kwon Do school (GM Jung's), you do not want to train in any other. I am 58 years old now and I don't have the physical ability to do those high kicks and the 360 degree flying sidekicks anymore, like I did when I was 17. I have known GM Jung for 42 years and have had the pleasure of experiencing many things during that time. When I was 16 years old, GM Jung planned the first Colorado mountain training trip where he always called me the baby of the group. The building of the new dojang in 1980, Tae Kwon Do picnics, the South Korea Demonstration team in 1992, the North Korea demonstration team in 2008, the 30th anniversary of the Tae Kwon Do times, and the last thing was the first 8th Dan testing in 2012. I just want to say even though I cannot kick as high or do my forms as well as I used to, I have Tae Kwon Do in my heart and there is no one who can take that away. In 2016, GM Jung was the first GM instructor in history to test nine black belts to 9th Dan. I was one of those nine black belts. That was the most exciting day of my life. There was nothing I have ever experienced that would compare to that.

I give praise to my mother who was there at all my testing, taking the hundreds of photos I will cherish forever. In 2013, GM Jung awarded my mother an Honorary 5th Dan black belt in which she treasured. In 2019 my mother passed away and I will never forget all that she has done for me. Thank you, Mom, for everything and all the memories. As for GM Jung, he took me as a teenager and raised me to understand respect, self-esteem and gave me the confidence to be the person I am today. Yes, I can honestly say he was a father to me when I did not have one. Thank you, GM Jung, for everything you have done for me. You will always have a special place in my heart, and I love you Sir. Pilsung.



Instructor of the Year: Master Hung Pham

I was in Vietnam when there was a war with the North. Since I was a little boy, I had a strong desire to practice and study martial arts and become a great martial artist. I always asked my uncles, who were in the Army and very good at martial arts, to teach me. They only taught me some self-defense moves. My father knew martial arts also but he was in the Army base far away from home.

In 1981, I escaped from Vietnam by boat and came to the refugee camp in Malaysia. In the camp I had a lot of free time, so I looked for someone who knew martial arts to teach me. I met two martial artists; one of them was Karate and the other was Judo but they were not seriously teaching me anything.

I came to the United States in 1982, and in December of 1988 I was able to join Jung's Taekwondo Academy. In 2011 I got extremely sick with "Guillain Barre Syndrome". I was totally paralyzed and was in the hospital for two months. I thought I was not going to make it. When I got a little better and started to make some movements, the doctors put me in physical therapy. They told me to use

my mind to move my body. That it is "body and mind" like I learned in Taekwondo. I am a black belt in Taekwondo and yet I lost all my core strength, I had no power.

I am learning as much as I can from Grand Master Jung and all the other Grand Masters. I think that Taekwondo can not be self-taught. You can imitate what you see, but you will never be able to understand the true movements without a knowledgeable Master to correct you. Learning Taekwondo is a journey of self-discovery. You will learn to feel your body and feel the correct way to move.

As a black belt and instructor, I have had a chance to teach lower belts. It is time for me to give back what I have learned and to gain experiences in teaching Taekwondo. Indomitable spirit is one of the tenets of Taekwondo and I am a black belt; therefore, I will never give up. I will try the best I can to learn from Grand Master Jung and all the other Grand Masters how to teach Taekwondo, so I can be a good instructor in the future.

태권도

Master Hung Pham
4th Dan



Cover Page: Great Grandmaster Tae Yun Kim

Great Grandmaster Tae Yun Kim is a visionary entrepreneur and the epitome of a real life ROCK STAR. Coming from an impoverished beginning, she has risen time and time again like a Phoenix from the ashes proving her mantra, "He Can Do, She Can Do, Why Not Me!" is one to live by. Her martial arts training has shaped her positive attitude as well as a discipline that does not allow her to ever give up. This attitude and discipline is exactly what Great Grandmaster Kim uses to inspire all people to achieve so that they too can live their best lives. Taekwondo Times thanks you for your many cover pages, articles and Heart to Heart column contributions. Without giving individuals like you, we could not be successful for the last 40 plus years.



*Conquer Your Own Weaknesses
and Fears rather than others.
- Dr. Tae Yun Kim*

Cover Page/ Advertising: Grandmaster Hee-il Cho

Hee Il Cho is a prominent Korean-American master of taekwondo, holding the rank of 9th dan in the martial art. He has written 11 martial art books, produced 70 martial art training videos, and has appeared on more than 70 martial arts magazine covers.

Grandmaster Hee Il Cho, a true legend in the martial arts community, is one of the most respected martial artists of our time. Grandmaster Cho has been inducted to every major martial art Hall of Fame and has shared his 50 years of knowledge with thousands of people around the world. Grandmaster Cho has students journey from all parts of the world to train and

study with him. From Ireland to India and all throughout the United States and Canada, martial arts students travel several times each year to enhance their skills as a martial artist. Grandmaster Cho has also instructed some of Hollywood's biggest stars as well as co-starred in several motion pictures. Taekwondo Times would like to say a big thank you to you for your cover page, advertising, article contributions over the last 40 plus years. You never missed a publication, advertising in our magazine for the last 40 plus years. Without the support of individuals like yourself, we would not be successful.



Grandmaster
HEE IL CHO



Biggest Black Belt Class: Grandmaster Bob Sledge

In 2014 Grandmaster Robert Sledge bought the Tae Kwon Do school, Martial Arts America, from Grandmaster Don Wells and his wife, Master Bonnie Wells. He knew he had big shoes to fill. Located in Ankeny, Iowa, a city with a population of more than 46,000, Martial Arts America has one full-time location. It has a Tiny Tigers program for 4 to 6 year old children and 10 branch locations, making it the largest central Iowa Tae Kwon Do school. The school has close ties to Grandmaster Woojin Jung.

Martial Arts America is a traditional Tae Kwon Do school with deep roots back to 1985 when GM Wells opened the branch school. GM Sledge

has been a part of that history and growth since September 1986.

GM Sledge sets high expectations for students inside and outside of the dojang. He leads by example with his active participation in fund-

raising events, such as: the annual fun run and board breaking event sponsored by the Martial Artists for Children and Community, a 501c3 non-profit organization closely affiliated with Martial Arts America. A highlight of each board breaking event is when GM Sledge breaks 100 boards, a tradition established by GM Don Wells.

Leading with a humble heart. GM Sledge is tall in stature and has a big heart.

GM Sledge is a martial artist that lives the tenets of Tae Kwon Do. He works hard to ensure that each student has the opportunity to not only learn Tae Kwon Do, but also to improve as a person and achieve things in life that they had never

imagined. His rank and his integrity merit the greatest of respect from his students as stated by Russ Dobson, "To show respect to GM Sledge as a person is an honor, and to respect his Tae Kwon Do rank is a great privilege."



Director/ Coordinator: Master Lonnie Mathews

Tae Kwon Do has saved and enriched my life so many times over the last 38 years. Tae Kwon Do has always been my passion since the first day I started 38 years ago. When I first started it was because I wanted to learn self-defense. I have gained so much more from Tae Kwon Do than just learning to defend myself.

The dojang has been my safe place to go to whenever life threw me curve balls. I could walk in the door, line up and forget about the outside world. I have met awesome people through Tae Kwon Do and those individuals taught me so many invaluable lessons in life and became my second family.

Throughout the years, instructors have encouraged me and pushed me to accomplish things I did not believe I was capable of. Over time as my self-confidence grew, I started to believe in myself. I look back and I have such fond memories.

Learning Tae Kwon Do from Grandmaster Woojin Jung and my seniors has saved my life; made me strong physically and mentally. I want to always give back to Tae Kwon Do for what it has given me.

As a dojang owner and Tae Kwon Do master, I strive to give my students the gift of confidence so

they know they can achieve anything in life they put their minds to. I instill discipline because I know that it is important in life and makes us be the best person possible. I try very hard to empower my students so they know it's ok to hold their heads high, to stick up for themselves and keep themselves safe. I want them to know that the dojang is safe and will always be home whenever needed. Tae Kwon Do should not show any prejudices. It's for everyone no matter what country, religion, economic status, people with disabilities, no age limit and no need to be an athlete – just a willingness to try your best, work to your individual potential. I want them to see how Tae Kwon Do changes lives, how it is an avenue for peace and goodwill around the world.

Grandmaster Jung, Thank you for saving my life and for being my Tae Kwon Do father. I will do my best to honor you by staying true to “Do”.

I'm honored to give back to Grandmaster Jung and the Taekwondo World for the last 2 years as the Publication Director. It has been my honor to coordinate with the cover page, advertisers, writers, staff and Grandmaster Jung to bring you a quality martial arts magazine. I thank Grandmaster Jung for this honor of being in the 2021 Hall of Fame Group.



World's Biggest Dojang: Grandmaster Eung Gil Choi -

Grandmaster Eung Gil Choi has given unselfishly, donating to the Cancer Society for 27 years and never missing. Following the death of his father 27 years ago, Grandmaster Eung Gil Choi created the 'Kick Cancer Out of This World' Tae Kwon Do tournament to raise money to help cancer patients. Grandmaster Choi has successfully raised more than \$125,000.00 over 27 years!!! Blue Ridge Hospice is the main beneficiary of this event each year.

Grand Master Eung Gil Choi is an accomplished 8th Degree Black Belt WTF (World Tae Kwon Do Federation), who has dedicated his life to the study of Tae Kwon Do. He was taught by his father at

the age of 6. Grand Master Choi was the Korean Special Forces Tae Kwon Do Champion from 1975-1977. He holds a masters degree in Hapkido and Tuk Kong Mu Sool, with professional experience in Kung fu, boxing and Gumdo. He

is a Grand Master in Tae Kwon Do

and Ho Shin Sool. Grand Master Choi opened USTMA in 1987.

USTMA/Grand Master Choi was the first school to teach Tae Kwon Do and martial arts in the Leesburg, Virginia area more than 20 years ago. He has the world's biggest dojang after purchasing a Home Depot, which was 36,000 sq. feet.

Thank you for your contributions to the world!



Fear of Failure

By: Sensei Todd C. Jonas

Todd Jonas - 1999 Seattle Sabaki Champion

In 1996 a series of events unfolded that set-in motion a trajectory of changes in my martial arts journey. My instructor informed me that being a black belt opens countless doors and opportunities. I should find a goal and work diligently towards it. Become singularly devoted in pursuit of that charge. I deliberated his comments for months, internalizing a challenge that would be admirable and worthy. After watching a full contact, no pads, bare-knuckle tournament I knew what I wanted to do. This was my challenge. Like Julius Caesar crossing the Rubicon river in 49 BC, I too, felt irrevocably committed to this course of action.

Over the course of a year, I hardened my body, mind, and spirit. I trained with several men that were superior athletes and fighters. The bond between us grew as the training intensified. I always find it thought-provoking how fighters connect through contact. Much like soldiers' bond in times of war. An extraordinary and primal relationship develops when we are exposed to intense and raw situations with others. Eventually, I felt like I wasn't just fighting for myself, I was fighting for my training partners as well. Their sacrifice for my pursuit was virtuous and I didn't want to disappoint them. As the bare-knuckle tournament approached, so did the excitement in my school and community. It was apparent that this tournament was much bigger than me. The gravity and pressure started to build as the date approached.

The day before the tournament the pre-fight meeting was held. The weigh-in, rules overview, and bracketing were completed. I looked at the tournament bracket with troubling disbelief as I discovered my first fight was against the reigning champion. At that moment, the weight of the Universe descended upon my shoulders. A glaring

realization overcame me. I was more afraid of my failure in front of others than actually fighting the champion. In the darkest margins of my mind, I started to doubt my decision to compete in the tournament. Fear of Failure was slipping into my mind-set and questioning my confidence.

Fear of Failure is powerful, and more often than not, can sabotage the thoughts and performance of a martial artist. Fear of Failure manifests itself on the foundation of self-doubt. This doubt predominately comes in the form of what others think, or what a martial artist thinks of their performance. They worry about disappointing their instructor, friends, family, and ultimately, themselves. Unfortunately, competitors worry about things that are often not under their direct or immediate control. This is the genesis of the mental breakdown of a karateka before a competition. I have compiled three strategies for coping with the Fear of Failure. These strategies will not come to a martial artist immediately. They take patience and practice to be effective.

First, respect the view of others, but do not let it dictate your self-worth. It is paramount to take advice and constructive criticism from your instructor and close training partners. These are the individuals that have your best interest in mind. You have a bond with them, and your performance is an extension of their efforts. If people outside your inner training circle are giving too much advice and it is weighing you down, be forward with them. Let them know you appreciate their perspective, but you have a distinct plan. Be firm in telling them you will ask for help if you need it. Another method is to ask them to train with you. I have found about 95% of those I asked would never commit. Of the 5% that did, they normally quit after one or two sessions and you never hear from them again. It solves the problem fairly quickly.

“No-one ever built a statue of a critic.”
David Nicholls

Second, reduce the mind chatter. This is the inner monologue that dominates your thoughts. Unfortunately, mental chatter is typically negative. A person has about 12,000 to 60,000 thoughts per day. Nearly 80% of thoughts are negative and 95% are repetitive thoughts. (National Science Foundation). Self-destructive thoughts trigger the production of stress hormones, which can influence all aspects of your training, outlook, and life in general. There are numerous methods to stop mind chatter, however, I normally focus on the following routine. First, and probably the most important, recognize that negative mind chatter is happening. Tell yourself to “stop.” Once this happens you have your power back. Think of the present and not the past or future. At this point, change your focus to something positive. Normally, I begin with the 5:1 technique. When I recognize a negative thought, I will replace it with five positive ones. I strongly encourage you to research methods to stop negative mind chatter and find methods that work best for you.

Vander Jonas – 2020 Fight to Win Champion

Third, embrace the small victories. Often competitors focus too much on the big picture, which blurs the objectivity of the goal. By taking care of the little things you eventually take care of the big things. At the end of every training session evaluate your performance and compliment yourself on improvements. Give yourself permission to make mistakes and realize that perfection is a benchmark that is rarely achieved. Seeing progress is much like seeing changes in your child’s physical growth. You don’t see them because they are so minuscule it is impossible to detect on a daily basis. However, when someone sees

your child after a long absence one of the first things they say is, “Wow, look how much you have grown.” I recommend keeping an Achievement Journal. After each workout or at the end of the week, write down the small achievements you accomplished. Periodically, go back and read all of your entries. You will quickly see your improvements, and it instills a sense of pride for all of your hard work.

My fight with the prevailing heavyweight champion did not end the way I would have liked. I lost. However, I did not lose in the minds of those that came to support me. I will never forget the love, admiration, and respect they gave me after the fight. It was overwhelming, and to be honest, I am slightly ashamed that I would think they would view me any differently. I fought for another nine years, which in the realm of bare-knuckle fighting is a long career. I am pleased that Fear of Failure didn’t get the best of me and I abandoned my goals. By continuing my fighting career, I have been able to help others with their endeavors in competition. If I would have quit, my martial arts path would have looked much different, and so would those I have trained. Fear of Failure can be devastating to the performance of a martial artist. However, with careful forethought, Fear of Failure can be curbed and manageable. Be proud of who you are and the goals you set forth. Follow your path with confidence and pride.

“Everything you ever wanted is on the other side of fear.”
George Addair

About the Author: Sensei Todd C. Jonas resides in Cheyenne Wyoming and has over three decades of experience in the martial arts. He is a former full-contact, bare-knuckle, no pads fighter, and heavyweight champion. He encourages positive dialogue with his readers. He can be reached at jonast20@yahoo.com.

Little Dragons Magical Corner

My Journey

By: Linda Bustamante Padron

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

- Walt Disney

Humble Beginnings

Growing up with martial arts being such an influential part of my family, some of my most cherished memories were that of training with my father and going to the bookstore. I remember so clearly being 5 years old, following my father's instructions as he would guide me through every stretch, strike, block, and kick and it was due to my father guiding me in our backyard that made me respect and devote myself to the martial arts.

After my father would have a lesson with me, he would sit me down and talk to me about the individuals that influenced and motivated him. He would then proceed to pick up a martial arts magazine and educate me about the living legends we know today. Every month was a new adventure as my parents would take me to our local bookstore so I could familiarize myself with the legends I heard about after our training sessions. Looking back, it must have been a sweet moment to capture a father and daughter discussing the beginnings of a lifelong love of the fighting arts and how magazines were a means to educate, and showcase one's hard work and talents. These monthly family trips to



our local bookstore planted a seed, that one day, my stories, experiences, and accomplishments would be featured in martial art magazines.

Black Belt Beginnings

Every martial artist must have confidence to fulfill whatever one chooses to set their mind to, determination to broaden one's knowledge in the arts, and humility that demonstrates gratefulness and appreciation for the ones who helped you get to where you are today. When one earns their black belt, it is much more than just the belt; earning a black belt is the result of the hard work one puts in achieving that ranking, but the most important thing is knowing that earning your black belt is not the end but rather just the beginning of a long and fruitful journey in the martial arts.

For me, that day started on January 30, 2006 when I earned my 1st degree black belt in the art of Goju-Ryu Japanese Karate and earned my 4th degree black belt six years later. In 2010, I earned my 1st degree black belt in Tae Kwon Do and most recently in 2020, I ranked in Jun Fan Jeet Kune Do. If the arts are a way of life, then we must continually be a student of life, ever changing with the times, and honing one's craft; therefore, I feel that becoming a black belt is just the beginning.

Growing up, one of the columns that I loved reading came from Tae Kwon Do Times Magazine. The column was titled, Black Belt Beginnings, and that

was the first section within the issue that I would turn to. I would turn the page with such excitement to read how individuals started in the martial arts, how they paved their own path, how they succeeded, and what I could learn to apply to my life. This was such an enjoyable part of the magazine for me that I aspired to be on that section one day.

Fast forward to the July 2010, Tae Kwon Do Times Magazine were accepting martial arts photos to be submitted for the chance to be featured on the “Killer Kicks” section. Being huge supporters of the magazine, my father submitted my photos, and on the September/October 2010 Issue, my photos were selected to be amongst many talented martial artists showing their killer kicking abilities. Four months later, I received a lovely call asking if I would like to be featured in the Black Belt Beginnings section sharing my journey with Tae Kwon Do Times Magazine’s readership. The feeling of exhilaration rushed over my body and I was so humbled to share my story to readers that, like me as a child, I could inspire as well! March 2011 will hold a special place in my heart because the March/April 2011

Issue was not only the month that I was featured in a magazine, but it was also the year I started writing for Tae Kwon Do Times Magazine.

New Beginnings

Grandmaster Jung, thank you for inspiring me with your magazine since I was 5 years old. 27 years later and I am now a contributing writer for a group of individuals I consider to be my martial arts family. Thank you for granting me the platform to share inspirational stories, including decorated athletes and entertainers, and a magical corner for our youth. As this is the last physical magazine, a new beginning arises. I will always associate this magazine with my childhood, the excitement of going to the bookstore, and the ability to make a little girl’s dream come true. It has been an honor to have been a contributing writer for 10 years and plan for many more years to come!

Linda Bustamante Padron is a martial artist who is ranked and certified in Wei Kuen Do and Chi Fung under Grandmaster Leo Fong, ranked in Jun Fan Jeet Kune Do, as well as a 4th degree black belt in Gojo Ryu Japanese Karate and 1st degree black belt in Tae Kwon Do. She is a writer for World Black Belt, FMA Informative, and Martial Science magazine. She is a featured martial arts model for Kung Fu Tae Chi Magazine, Tiger Claw Martial Arts, and Martial Arts Mart as well as an actress and martial arts champion. Her Twitter: @lindabpadron



The 75th Virtual Celebration of Moo Duk Kwan

By: Chief Master Guy Edward Larke

The year 1945 holds a rather eerie, yet significant meaning, to nearly every nation in the civilized world. It was the end of the brutal era that was World War II. For the country we now know as South Korea, it was the end of the very long period of Japanese occupation known as the Im-jin Wae-Ran, which started in 1592 and finally collapsed with the fall of the Japanese Empire at the conclusion of the war. Centuries of oppression and indignation were ended. But it left the Korean people scarred irreparably. One of the things that was stripped from them was their indigenous martial arts. Many youths were indoctrinated in Japanese Judo and Kendo. Arts



such as Taekgyeon and Ssireum were kept in hiding. From Korea's martial arts culture's proverbial remains came what are now known as the "5 Kwans." They were Chung Do Kwan, Chosun Yun Moo Kwan (later Ji Do Kwan), Kwon Bop Bu (later Chang Moo Kwan), Song Moo Kwan...

and the Moo Duk Kwan, created by perhaps one of the most well-known patrons of the Korean arts, Hwang Kee.

The "Founder" (as he is referred to now) led his organization to prominence in the Korean martial arts world. The year 1945 marked the founding of "Hwa Soo Do" Moo Duk Kwan. A short time later, he began using the more popular name "Tang Soo Do," an idea which he stated came from Won Kuk Lee of Chung Do Kwan. This became an integral part of many martial artists' identity, internationally. In 1957, Hwang discovered the name "Subak" in the "Mooyedobotongji," an 18th century

Joseon military manual. Later in June of 1960, a new name, "Soo Bahk Do," was registered in the Korean Ministry of Education, leading to today's widespread art. Although this was the "official" name, the majority of practitioners continued referring to their art as Tang Soo Do for several decades to follow. Another crucial date in Moo Duk Kwan's history was when a number of members joining the Korea Tae Kwon Do Association in 1965, due to political pressure. It is worth mentioning no other "Kwan" developed into THREE thriving martial arts.

Sadly, the martial arts world lost Hwang Kee in 2002, but the legacy he left behind was immense! This year, 2020, marked the 75th anniversary of the founding of Moo Duk Kwan. For members, it was obligatory that proper respect be paid to this part of martial arts history. What better way than an anniversary celebration bringing together the exponents of Soo Bahk Do, Tang Soo Do, and Taekwondo? The 75th Anniversary occurred from November 6th - 9th, 2020, in a world-wide "virtual" celebration. The event was highlighted by a seminar taught by the son of the Founder and current president of the Moo Duk Kwan, H.C.



Hwang. The entire program was notable in that a global community participated, and significant celebratory products were created and distributed, both leading up to and during the weekend festivities. Many steps preceded the execution of this landmark event. Following are but a few:

In March, 2020, as the world was struck with the COVID-19 pandemic, the international event had to be altered for the planned Moo Duk Kwan events worldwide, as well as all members and their families. On April 12th, understanding the effects of this global situation, Hwang set in motion a series of weekly instructional videos to further assist and connect members worldwide through social media. On May 4th, Hwang recognized 14 Early Moo Duk Kwan Pioneers through the World Moo Duk Kwan Heritage Program. The pioneers acknowledged were: Dale Drouillard (Dan #757), Mariano Estioko (Dan #759), Robert Thompson (Dan #1791), Lawrence Seiberlich (Dan #1815), John Butterwick (Dan #2277), Robert Cheezic (Dan #2278), Chuck Norris (Dan #2819), Joe Weeks (Dan #3596), Lynn Jackson (Dan #3597), David Prait (Dan #3593), Russell Hanke (Dan #4137), Robert Shipley (Dan #4825), Robert Beaudoin (Dan #5657) and Robert Sohn (Dan #6037). Also in May, Hwang began sharing the Moo Duk Kwan's history through the World Moo Duk Kwan Heritage program in a series of videos published via social media through July.

Finally, on May 15th, Hwang announced the postponement of the 75th Anniversary, "I hope you and your families are well. As we continue to endure the COVID 19 pandemic's global crisis, it has become apparent that a return to normal activity and previously scheduled events is still in the distant future. For this reason, I have decided to postpone the 75th Anniversary of the Moo Duk Kwan celebration scheduled for this October in Seoul, Korea. Personal, social, and economic hardships have created an environment requiring all of us to re-purpose our lives and essential activities toward our

health, recovery, and stabilization." (H.C. Hwang, President, World Moo Duk Kwan)

In June, a PDT (Project Delivery Team) was formed to prepare the 75th Virtual Celebration of Moo Duk Kwan with Steve Diaz as Chairperson. Additional members were: Francisco R Blotta, Lauren Brotherton, D.K. Chang, Eui Sun Choi, Brian Corrales, Ricardo Giorgi, Robert Hedges, Stephen LeHars, Steven Lemner, Tim McHugh, Elodie Mollet, Sean Oulashin, Jared Rosenthal, Diego Salinas, CortStinehour, Frank Tsai, Steve Voelker and Kim Wyles.

By mid July, an announcement was made about the 75th Virtual Anniversary Celebration to be held from the beginning of October 2020 to November 9th, 2020. The PDT worked to prepare a daily drip campaign during the months to follow. Producing videos from each country for the drip campaign and necessary guidelines to include in the video was discussed. On September 20th, the 75th Virtual Celebration schedule was announced, with live virtual clinics conducted by Hwang Kwan Jang Nim, as well as opening and closing ceremonies for the global membership and clinics from the four zones by the World Moo Duk Kwan Technical Advisory Committee members, such as Dong Gyu Lee (Korea), Daymon Kenyon (USA), Diego Salinas (Spain) and Ramiro Guzman (Mexico). During October, the World Moo Duk Kwan authorized and approved the release of videos to begin the celebration for the 75th Virtual celebration, with historical videos of countries from around the globe, demonstrations, and senior members' interviews to be shared on social media platforms.

November 4th & 5th saw PDT rehearsal meetings prior to the event... Finally, on November 6th, Opening Ceremonies conducted by D.K. Chang, as well as the introduction of



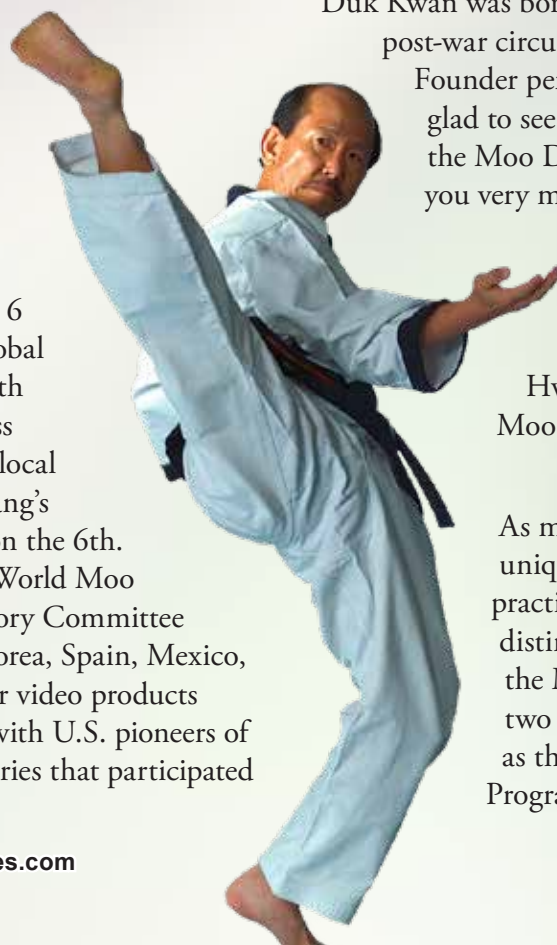
Hwang Kwan Jang nim. Also presented was a historical video of the Founder Hwang Kee and his journey, leading to the creation of the Moo Duk Kwan. Following, a series of international clinics via Zoom were held. Also presented, were 22 historical videos detailing the growth of the Moo Duk Kwan in various countries, along with demonstrations. On November 9th, Hwang conducted the closing ceremonies along with the debut of several historical videos, including recognition of the pioneers of the Moo Duk Kwan in the U.S., Significant Contributors to the Moo Duk Kwan from around the globe (criteria being: Consistent dedication to the Moo Duk Kwan under the Founder's leadership, Moo Duk Kwan issued Dan Bon under 24,000, use of Moo Duk Kwan trimmed dobok, studio owners, tournament competitors, or other significant contributors. Also presented, was a video by the World Moo Duk Kwan Heritage Program and its task force, recognizing the World Moo Duk Kwan Heritage Significant Contributors from Tang Soo Do and Taekwondo, outside of Korea, along with demonstrations and special senior member interviews. All in all, over 60 products were created for the celebration!

“In May, the decision was made to hold a virtual celebration after the initially planned event in Seoul, Korea, was postponed due to the COVID pandemic” states Steve Diaz. “On November 6 and through the 9th, live global seminars were conducted with participants worldwide across four zones to accommodate local times. Kwan Jang Nim Hwang’s workshop showcased these on the 6th. Other instructors from the World Moo Duk Kwan Technical Advisory Committee conducted seminars from Korea, Spain, Mexico, and the United States. Other video products included special interviews with U.S. pioneers of the Moo Duk Kwan. Countries that participated

include: Argentina, Australia, Brazil, Chile, Costa Rica, France, Germany, Greece, Iran, Italy, Korea, Malaysia, Philippines, Puerto Rico, Switzerland, Uruguay, Great Britain and the United States. The November 9 celebration paid special tribute to the current president, H.C. Hwang. The 30-day Drip videos and the opening seminar taught by Kwan Jang Nim Hwang were open to all the membership and the public. Premium ticket holders attended the global workshops with over 600 premium and nearly 1000 total viewers participating. Post-event, the recorded products continue to be shared. The PDT makeup was significant in that participation included Heritage members. These are individuals who are part of the program designed to reconnect alumni and their students to the Moo Duk Kwan in which they were formerly affiliated.” (Steve Diaz, Chairperson, Moo Duk Kwan 75th Anniversary PDT)

At the closing ceremony, Grandmaster Hwang expressed his sincere thanks and frank astonishment at the global outpouring of devotion to the Moo Duk Kwan. He states, “The use of modern technology to overcome obstacles facing Moo Duk Kwan members is impressive. The Moo Duk Kwan was born amidst very challenging post-war circumstances in Korea, yet our Founder persevered against all odds. I am glad to see his spirit exhibited today by the Moo Duk Kwan leadership. Thank you very much, to all participants, for adding this very successful event to the long list of Moo Duk Kwan achievements.”(H.C. Hwang, President, World Moo Duk Kwan)

As mentioned, this event was unique in that it brought together practitioners from all three of the distinct martial arts that share in the Moo Duk Kwan legacy. Nearly two years ago, an initiative known as the Moo Duk Kwan Heritage Program was devised based on the



premise that anyone with Moo Duk Kwan roots, regardless of their affiliations to Tang Soo Do, Taekwondo or (formerly) Soo Bahk Do, could participate. Criteria were based on several things, including inclusion, respect and adherence to the Moo Duk Kwan culture and traditions. “The Moo Duk Kwan was founded by my father, Hwang Kee, in 1945,” said Hwang Kwan Jang Nim. “By 1960 it was the most influential martial art organization in Korea. Unfortunately, due to political and other reasons, the Moo Duk Kwan was separated into Soo Bahk Do, Tang Soo Do, and Tae Kwon Do. I want to build a process for the next generations to connect the founder’s vision and to teach through the World Moo Duk Kwan Heritage Membership Program.”(H.C. Hwang, President, World Moo Duk Kwan)

Several large-scale events were organized during the first year of the Heritage Program, including a seminars conducted by the Traditional Tang soo Do Federation in Wales, U.K.; the Traditional Tang Soo Do International in Aston, PA; Giacobbe’s Tang Soo Do, Atlantic City, NJ; the World Dan Soo Do Union, Norwich, CT as well as participation of special Heritage Program guests at the annual “Kodanja” week-long dan test/master training, conducted in Korea.



Another landmark Heritage event was a historic meeting between the leaders of both Taekwondo and Soo Bahk Do Moo Duk Kwan. This was a significant occasion, as the two organizations had been relatively estranged for over five

decades. Nonetheless, this milestone was a successful beginning of mutual cooperation for future events and will hopefully serve as an example for other groups to reconnect.



Tim McHugh (from Chicago, IL), the Taekwondo Liason for the Heritage Program Task Force states: “I have been training in the Moo Duk Kwan tradition for over fifty years, practicing both Taekwondo and Tang Soo Do. During the past five decades, I have been extremely fortunate to have met, learned from, and been mentored by numerous legendary figures, including Founder Hwang Kee, Grandmasters Hong Chong Soo, and Kim Jae Joon, Kim Chung Il, Shin Jae Chul, Dale Drouillard, and many others. I have always thought of all Moo Duk Kwan members as my family, regardless of whether their belts were black or midnight blue or whether they practiced Pyongahn hyung or Taegeuk poomsae.” McHugh continues, “When I first heard about the Heritage program in 2018, I almost immediately called for more information. I was eventually connected with fellow former-Detroit native, Master Steve Diaz, who explained the concept in great detail. Because of my history, it was suggested that I travel to New Jersey and personally meet with President H.C. Hwang. In July of 2019, I did so and began working in the program as a liaison for the Taekwondo Moo Duk Kwan community. A couple of months later, I facilitated a historic meeting between the Soo Bank Do and Taekwondo leadership in Korea. The late

Chon Jae Kyu, president of Taekwondo Moo Duk Kwan, was prepared to host the event. However, he was hospitalized shortly beforehand. Therefore, he appointed Lee Jong Hwan, president of the Pan American Moo Duk Kwan, to act as his designee. I was part of his delegation, which met with the Soo Bank Do group, led by President H.C. Hwang, on October 18, 2019, at the Samjung Hotel in Seoul, Korea. The next day, the entire group traveled to the countryside to pay respects at Founder Hwang Kee's grave. It was a memorable experience for all, but more importantly, it laid the basis for a spirit of

look forward to many more years of brotherhood in the Moo Duk Kwan Heritage Program.” (Tim McHugh, Executive Vice President, Korea Taekwondo Moo Duk Kwan Association)



ongoing cooperation and mutual respect between the two groups. We were all set to attend the 75th Anniversary Celebration in Korea. However, the recent Covid pandemic prohibited the event from being held. Instead, a virtual celebration was organized. I was requested to be a part of the Project Delivery Team and help organize a tribute

When a marriage celebrates 75 years, it is referred to as the “diamond” anniversary... probably because diamonds are among the most precious gemstones known to exist. Likewise, Moo Duk Kwan is a gem among the endless styles of martial arts. It has survived war and legal hardships, yet has remained a cornerstone of Korean martial arts. Whether it's practitioners train in Soo Bahk Do, Tang Soo Do or Taekwondo, they all share a common heritage and identity. May Moo Duk Kwan continue for another seventy-five years and beyond. Happy Anniversary!

Author:

Chief Master Guy Edward Larke hails from Ontario, Canada, where he was exposed to the tail end of the Golden Age of martial arts in North America. They preoccupied his life until, finally, he relocated to South Korea twenty years ago. In addition to his martial arts passions, Larke found another in writing. He has penned over 800 articles in fifteen years. He also founded Kisa-Do Muye Won, the synthesis of his ongoing martial arts journey. He can be found on Facebook or at kisadomuye@gmail.com.

to the Significant Contributors to the Moo Duk Kwan from the Taekwondo community. It was both an honor and a privilege to be a part of this great event. I am very grateful to Kwanjangnim Hwang and the others for this fantastic opportunity to serve this family, of which I have been a part for most of my life. I



A Word from TKDT Business Managers

My wife, Barb, and I have had the privilege of knowing Grand Master Woojin Jung for over 30 years. We first became acquainted with him as Taekwondo students, starting as white belts and continuing on through black belt. Our relationship as teacher and students has seen many changes over the years. He was our mentor when we became instructors at one of his branches.

Our relationship with Grand Master Jung has changed in many ways over the years. We took a step back from Taekwondo due to pressures from jobs and health concerns. Still, Grand Master never lost touch with us. Reaching out at random times, making sure we knew he hadn't forgotten us.

Eventually we retired from our respective jobs, thinking life would be more relaxed. That was not to be the case. Grand Master reached out to us about 18 months after our retirement with a job offer at Taekwondo Times magazine. We were reluctant to say the least; day to day operations of a world class magazine were not in our wheelhouse at all. Of course it's difficult, if not impossible, to say no to Grandmaster and we relented. I have to say that during the last 4 years I have gotten to know Grand Master Jung better than I ever thought I would. My wife and I were so ignorant of what would be required of us. But, there was Grand Master mentoring us yet again. In some ways it was like the journey from white belt to black belt all over again. Struggling to learn, then succeeding, and moving on to the next challenge. Interacting with Grandmaster daily has shown me a side of him few people get to see. It has been illuminating and I have grown in ways I couldn't have imagined. Gamsahamnida for this experience Grand Master Jung.

Bill and Barb Satkamp



Taekwondo Times would like to say thank you to Bill and Barb Satkamp for all their hard work over the last 4 years working for Taekwondo Times. Bill and Barb, our Business managers, have done an excellent job of communicating and interacting with our subscribers, advertisers and cover page/article contributors. Each of them not only assisted with the magazine but they ran the over-all office, helping Grandmaster Woo Jin Jung with his personal and Taekwondo dojang business. Taekwondo Times office will miss them as they have decided to step out of their Business Manager positions and enjoy retirement with their family. Thank you Bill and Barb for your unselfish contributions and time to our magazine.

CEO/Publisher Woo Jin Jung

Publication Director

Lonnie Matthews

Final Quilt

submitted by Master Wendy Kuhse

Throughout the world, history has documented numerous styles of hand and foot fighting, each reflecting the varying historical and cultural background of the originating country.

Tae Kwon Do, as practiced today, was founded by General Choi Hong Hi, a leader in South Korea, on April 11, 1955.

On December 29, 1971, a young Woo Jin Jung left his home in South Korea and traveled to the United States. Initially Grand Master Jung worked at a gas station while pursuing his dream of practicing and teaching Tae Kwon Do.

Tae Kwon Do is an art. Tae means feet, Kwon means hand and Do means the way; the art and hand and foot fighting. Students train in TaeKwon Do for a variety of reasons; self defense, individual growth and development, exercise and stress relief.

Like TaeKwon Do, quilting has existed around the world and the history can be traced back to medieval times. The tradition of quilting in North America likely came across the ocean with the first immigrants. And, like TaeKwon Do, quilt making is an art form. The word quilting defines the act of stitching together two layers of fabric between a padding. In the early days, quilts were made to serve a purpose; to provide warmth at night, to cover doors and windows to help reduce the cold. More current purposes include to decorate homes, to express political views or to remember a loved one.

For many, quilting is considered to be a way to maintain tradition and heritage. Quilts help us keep in touch with our inner voices and provide opportunities for inner peace.

Regardless of the colors and fabrics used, quilts reflect the passion and love that the quilter has for life itself. The shapes and colors unite to form a harmonious whole. Similarly, each TaeKwon

Do “form” is a series of prearranged sequence of martial art techniques uniting to make a whole.

The Quilt of Valor program began in 2003, with awarding a “quilt of valor” to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.”

In late 2014, with Grand Master’s birthday quickly approaching, Master’s Lanny and Wendy Kuhse were searching for a way to “give back” and thank Grand Master Jung for his years of teaching TaeKwon Do. Together, with the history and art of TaeKwon Do and quilt making and the mission of the Quilts of Valor program, the Kuhse’s decided to construct a quilt that would tell the story of Grand Master Jung’s Tae Kwon Do journey.

TaeKwon Do students were asked to donate t-shirts, patches and old doboks. The project evolved over several months; planning where to place each piece, sewing pieces together and adding some hand stitched pieces. An inner white border was added to the finished quilt to signify a beginning white belt student, and an outer black border, signifying a black belt student. The back of the quilt has the signatures of many of Grand Master Jung’s students.

The original quilt was presented to Grand Master Jung on February 14, 2015 and resulted in a very emotional Grand Master. Initially, he suggested a few more “blocks” be added that were significant events and/or memories in his journey. Eventually the number of additions” grew to the point that the original quilt was disassembled slightly and remade.

The final quilt was re-presented to Grand Master Jung on the 250th test date, June 6, 2015.

The quilt hangs in Grand Master Jungs dojang in Cedar Rapids, Iowa and occasionally Grand Master Jung will add another pin or patch. The

quilt is a representation of Grand Master Jung’s TaeKwon Do history and a constant reminder of his humble beginnings and journey. The quilt symbolizes his ongoing goal of “one day, one Korea, one TaeKwon Do.”



My Journey

by Master Lanny Kuhse

My journey in TaeKwon Do began in the fall of 1984. I faithfully attended classes and at times, practiced five nights a week, being promoted to temporary black belt in October 1986. At that time I began “giving back” to TaeKwon Do by assisting with leading and instructing classes at the main dojang in Garnavillo, Iowa. From Garnavillo, other branch schools of Northeast Iowa were established in the surrounding towns of Guttenberg, Monona and Elkader.

In October 1989, I opened a branch school in the small, rural town of Edgewood. Over the course of the next four years, my wife (also a black belt) and I made the 50 mile round trip three evenings a week. At times, additional trips were made to participate in demonstrations and other TaeKwon Do related events. Having a job as a rural carrier/”mail man”, I carried the philosophy of “through rain, sleet and snow”, into my TaeKwon Do commitment and rarely cancelled classes.

Originally, classes were held at a local church parish hall which accommodated a large number of students. However, being a church related facility, there were occasions where classes needed to be relocated. The students adapted to training in the church basement, at times sharing space with the church ladies quilting frames, and weather permitting we trained in the open lot across the street.

As in all schools, the number of students varies from time to time and students start or

discontinue training for a variety of reasons. During the time of the Edgewood school, seven students achieved the rank of black belt under my guidance and leadership.

In 1993, I made the difficult decision to close the Edgewood branch of Northeast Iowa TaeKwon Do. I continued my personal training and assisted in instructing at the main dojang in Garnavillo.

The students at the Edgewood branch were encouraged to continue their personal journeys and training at the Garnavillo branch. Many started, but for various reasons most eventually stopped attending....all but one. That one student was Bob McDowell.

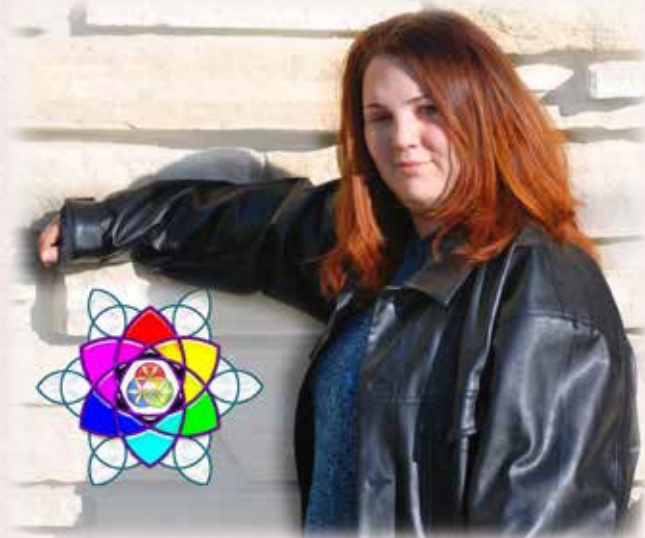
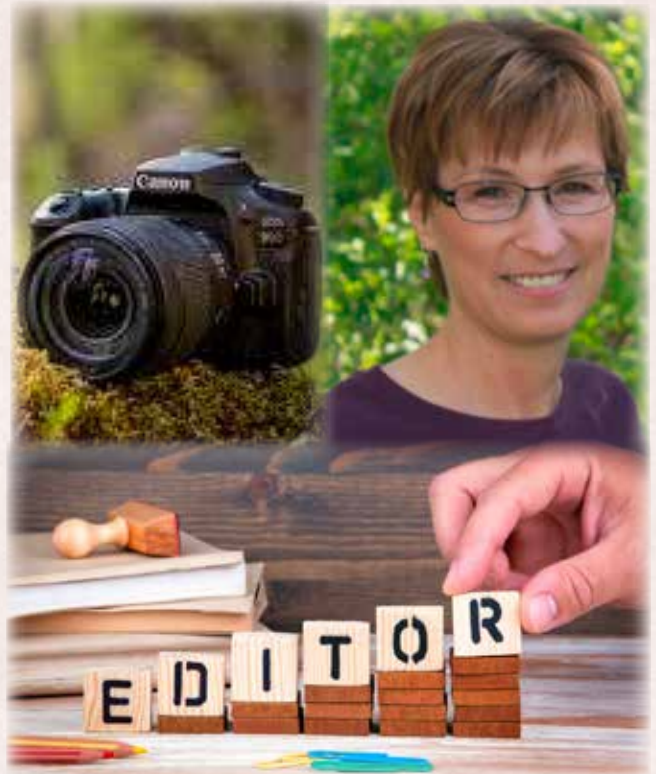
Robert (Bob) McDowell was an adult TaeKwon Do student at the Edgewood branch and had only attended a few months of classes when the school closed. Being an eager student, Bob made the same 50 mile round trip that I had made and continued his training at the Garnavillo dojang. Bob demonstrated the TaeKwon Do tenet of perseverance in reaching his goal of black belt. That same enthusiasm and perseverance carried him through to establishing his own dojang in Edgewood in 1998. Over the years Bob has continued his TaeKwon Do training and through several degrees of black belt. He has also faced and survived physical and mental challenges which he attributes, at least in part, to his TaeKwon Do training and spirit.



Thank you!!!!!!

TaeKwonDo Times would like to say thank you to Ms. Kim Pasker for her hard work as our editor and photographer. She has done an excellent job of improving written materials before publication. Kim has taken several Taekwondo action shots for our magazine and is an exceptionally talented and artistic person. Her revisions of articles and pictures will be appreciated and remembered all over the world. Thank you for your support and contributions to *TaeKwonDo Times* over the last 2 years.

CEO and Publisher
Mr. Woo Jin Jung
Publication Director
Ms. Lonnie Matthews



TaeKwonDo Times would like to say thank you to Ms. Carolin Long for her dedication and commitment since 2012. Carolin has diligently and professionally handled all page design and layout for the publication. She has collaborated with editors, writers, advertisers, and cover page contributors from around the world. She has applied art, design and copy layout skills with a high level of creativity and originality. Carolin has supported *TaeKwonDo Times* by helping with other tasks such as web design, brochure design, signs and other print related activities. Your work is appreciated and will be remembered by many around the world.


CEO and Publisher
Mr. Woo Jin Jung
Publication Director
Ms. Lonnie Matthews

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The Life and Times of Grandmaster Jung

GM Jung school pictures

First picture ever taken, in elementary school. Family did not have a camera.



Age 16 in my high school uniform.

High school



- full of fun and energy. College – received BA Degree in Mechanical Engineering at Han-Yang University



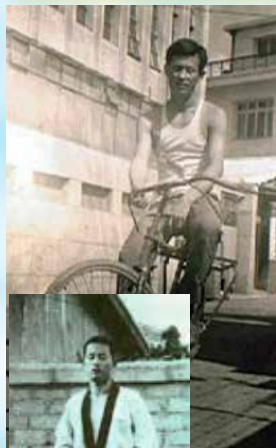
Ulsan Village Childhood Home - 1942 Born Ul-ju-Gun, Kyng Sang Nam Do South Korea

23 Years later, created New Life Fitness World Clubs



Jaegae - performing farm work.

My family raised rice. At age 15, I got frustrated while working in the field and broke the jaegae in anger. I knew I'd be in trouble and I ran away.



My only means of transportation to multiple jobs and school.



I worked at a tire repair shop in South Korea to help pay for college and living expenses.



1st Taekwondo School South Korea

I saved and signed up for TaeKwonDo classes. I earned my first black belt in 14 months. First picture taken of me in my Dobok

Soldier

In 1966, he was drafted into the Korean army. During basic training, a call went out for anyone who knew martial arts.

Jung was soon leading recruits and eventually a General mandated all Korean soldiers learn

martial arts. The cushy assignment didn't last long. Jung was sent to Vietnam.



Grandmaster Jung adopted Vietnam family – made shoes for their feet and looked after their needs even after the war was over. He made a promise that he would not forget them. He kept this promise. Every year after the war he sent money to this family's village. He returned 50 years later.



After the war, Jung returned home penniless. But he remembered an American soldier who offered advice. "... Come to America. The land of opportunity," Jung remembers.

All Jung knew, was his friend lived in Cedar Rapids, Iowa.

Jung arrived on New Year's Eve in 1972, leaving behind his wife, Mira, and bent on conquering an unknown place.

On December 31, 1971, Grand Master Woo-jin Jung landed at the Cedar Rapids, Iowa airport in the United States. The ground was covered with a meter of snow. Both confused and awestruck, he thought, 'This is the land for me to be challenged.' Upon his arrival in the U.S. from Korea, GM Jung had only \$35 – he was

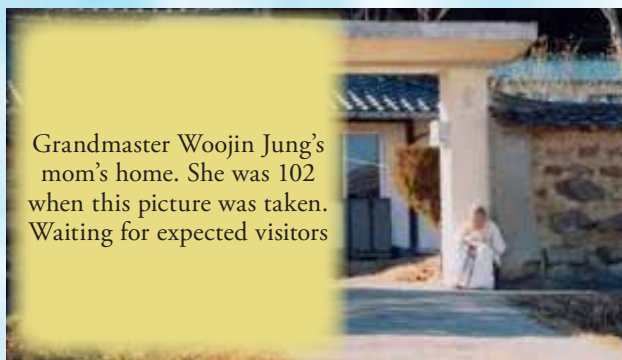


almost penniless. His English was still poor and life was hard at first. His first job was at the service station in Cedar Rapids owned by Gary Junge and Dave Ballstaedt. He worked from 6 am to evening everyday, except Sunday when business was closed.

Poor and hungry, living in a foreign country was much harder than he expected.

"At first, I had hard times, but every morning I was excited. My earliest memory is that I had to work from six in the morning into the evening, but I was supposed to spend only 20 dollars per month. It was hard. There was a Kentucky Fried Chicken (KFC) restaurant on the way to the gas station. At home, I was supposed to eat only some rice and water, so I couldn't afford to buy anything from there. However, I would buy a

piece of chicken once a week, on Friday. I would become happy from Thursday onward. I ate even the bones. It was the most delicious thing in my life. Sometimes I still go there, looking at



Grandmaster Woojin Jung's mom's home. She was 102 when this picture was taken. Waiting for expected visitors

trees in front of the store, and on December 31st each year, I go inside to eat one piece of chicken.”

Taekwondo black belt students celebrate with Grandmaster Woojin Jung 49 years in the USA came here \$35 in his pocket and one dobok; Showing Strong Spirit. To remember his humble beginning every year on Dec 31st he revisits KFC, reflects on his life and eats a piece of chicken. Congrats, Sir. It was fun to celebrate with you. Until die think about humble, my goals, my life.



1972, Established TaeKwonDo Academy, 1st dojang in Cedar Rapids, IA



Breaking cinder blocks at first US demonstration. People didn't know what TaeKwonDo was and thought I was crazy.



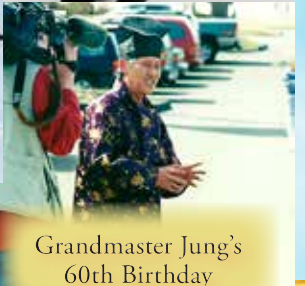
1st Test



← Kukkiwon 8th Dan • ITF 9th Dan ↑



Home Town Leader



Grandmaster Jung's 60th Birthday

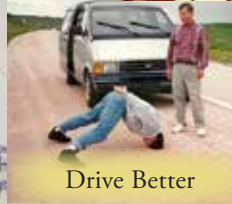
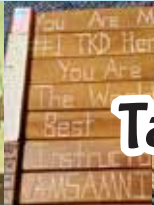


Grandmaster Woojin Jung's family
Wife, Mrs. Mira Jung, and 4 children: Johnny (Jea Won), Jea (Jea Hong), Danny and Jinny

Granddaughter Mia



Taekwondo Teaching



Congrats on 1st Place!

Drive Better



Demonstrating an "Apple Kick" for low budget advertising! I signed a contract with the black belt promising my jaw in exchange for his if an accident were to occur.

Good Table



9 Generations



Always show respect, you are hero - 6th Dan Tea Ceremony



13 years old Lily Baily - Handmade frame. Lilly was born at home, had 12 brothers and sisters. When she started Taekwondo she had never seen TV, no social media, had not been around other people. Earned her Black Belt and gained lots of confidence and learned about the outside world.

Essay wrote by Lillim Baily



Yum Kimchi



Iowa Farmers



6th Dan testing - Tea Ceremony and sword presentation



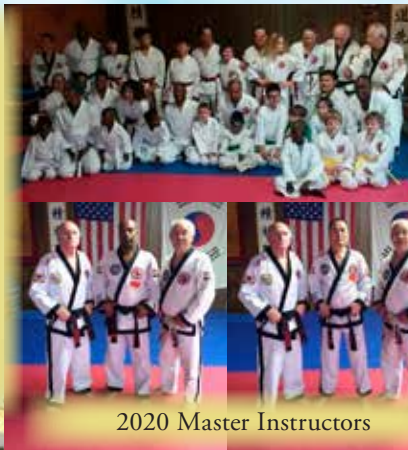
1973 → 2021
test
Every 2 months
282

Promotion Test every 2 months for 40+ years never miss



8 students from the main school tested, 8 are now 1st Dan red/black stripe. There is such deep pride.

At the Dojang had a special promotions class/ party. The flags were briefly taken down so all could enjoy this cake.



2020 Master Instructors



New Flag Pole - Students helping after class showing school pride

Psychology of teaching. The noise created by hitting the ceiling creates excitement. The student gains confidence. Even the light weight target bag makes a loud pop. 1st dojang a piece of metal on the ceiling to kick into for the heavy bag. New dojang - inner spring mattress was installed in the ceiling. Heavy bag was kicked into it for over 25 years.



Pioneer class - Grandmasters, Masters snow training



After 57 years, GM Jung is still looking for his instructor, Lee San Yul. Why? He doesn't know his birthday.

Grandmaster Jung has returned to the original dojang on Mount Vernon Rd. in Cedar Rapids after 36 years of teaching at the New Life Fitness Center. During these years he built 13 fitness centers around the country. From now on he will be working in the historic back office of the first dojang, where Taekwondo classes have been held continuously during the intervening years. This site is the only one in the world to claim such a history.

Taekwondo family's last Paper issue 41 years, 240 times, my heart is heavy.

In 1960, he became a Black Belt and taught at the Korean 60th birthday in 61. I still teach wearing uniforms 4 times a week. After graduating from Hanyang University in the wake of Taekwondo, he went to the U.S. and went to 47 branches and about 190,000 people. As a non-profit organization, I will forever contribute to our city's spiritual culture. It's the happiest year, and it's my first time in American Taekwondo. I did a lot of business because of Taekwondo, and I forgot to do a lot of Good will Tour... Peace business. Thank you to Taekwondo and my family.



Never Give Up!





Master Chang Sup Shin- Among one of the best martial arts taekwondo instructors, he taught at Marion, Iowa. Master Chang-Sup Shin said to Woojin Jung that he learned a lot and it was happiest time in his life when he was teaching and running the dojang in Marion. He is a graduate of Jung Woo-Jin Dojang. Thank you and I am proud.



Nobody should be left out of 25 degree below wind chill snow run. All Black Belts and even a parent got to join in on the fun



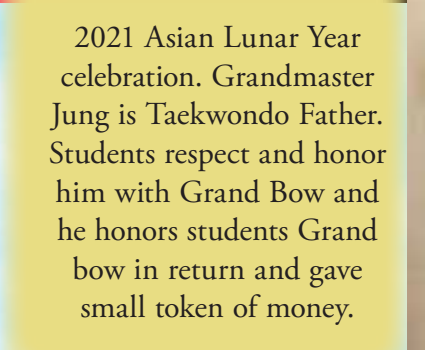
Taekwondo Family toast to GM Woojin Jung and 2021; warm inside of the body.



Trust and respect



2021 Asian Lunar Year celebration. Grandmaster Jung is Taekwondo Father. Students respect and honor him with Grand Bow and he honors students Grand bow in return and gave small token of money.





New Life Fitness World



1st New Life Fitness World Club opened in 1979



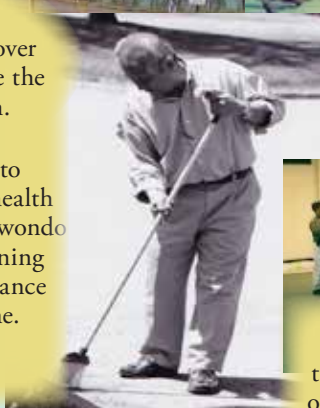
Private Plane

40 years, 13 construction sites to give back health to the United States for helping in the Korean War. This is the spirit of TaeKwonDo.

13 Health Clubs with TaeKwonDo studios I most over a 30 year time span. These are the shoes worn in construction.



In service to members of health clubs and taekwondo studios, cleaning and maintenance all the time.



New Life Fitness Center Uniform

1979 - 2016

37 years very much enjoy building New Life Fitness World Fitness club/Taekwondo dojang. Fitness clubs in Iowa, Florida and South Carolina. 12 times construction. Employed 280 people together working 7 days a week 5 am - 10 pm. Taekwondo Spirit, I wanted to return and show respect to US Army soldiers who saved my life Korean War.

GM Woojin Jung invited construction workers and their families to participate in the first ribbon cutting of New Life Fitness World & TKD in South Carolina 1979-2006. GM Jung wished to show his appreciation for the workers and to inspire pride in their hard work by giving a tour to their children and family members. They were given the first honor of the Grand Opening and then there would also be a formal Grand Opening held for the Chamber of Commerce and members.

헬스크럽 공사가 완공되면 노동자와 가족이 리본을 짜러면서 당신 남편과 너의 아버지가 만들었다 큰박수를 칩시다.어떤 노동자 부인은 울면서 자식에게 체통이 오늘 처음했다고.... 약자와 정의가 우선!!!

My focus today is *Taekwondo Times* World Wide - helping people. Working 7 days a week never tired - Tenants of TKD very important, I live by. My life dream - Peace through Goodwill Tours. 가장 멋진 37년의 도전 5am~10pm.

나는 한국전쟁에서 미국의 젊은이 4만명이 전사하고 20십만이 부상당한 전사자 가족에게 조금이나마 보답하는 자세로 미전국에 New Life Fitness World 헬스크럽을 37년동안 5am 부터10pm 까지 몸건강을 태권도로 정신과 건강을 마지막 그날까지 바칠것이다.



New Life Fitness World



Cedar Rapids, IA (West)

5 am to 10 pm,
7 days a week
for 37 years.
Best service,
cleanest club,
and 1st fitness.
These clubs are
how we have
repayed the
sacrificed blood
in the Korean
War. Without
that, I would
not be here.



Cedar Rapids, IA (Downtown)



Cedar Rapids, IA (East)

최고의 서비스
최상의 서비스
스-캐인의
공을 맞추어
했다.
오전 5시부터
밤 10시까지
7일 24시간
이렇게 37년
이 되었습니다.
최고의 시설과
정직한
2800여명의 직
원들이 제공
하는 최상의
서비스로 사
업은 크게 확
장되었습니다.
연이
연 문화의 장
벽 밖으로 가
는 운동시설
확립함은
말할 필요
없고 건강의
신장에 장애
를 주지
않았습니다.
이제 7세대 중
단 건강 클럽
의 성공을
입고 자부
심을 지
고 있습니다.



Iowa City, IA



Columbia, South Carolina



Columbia, South Carolina

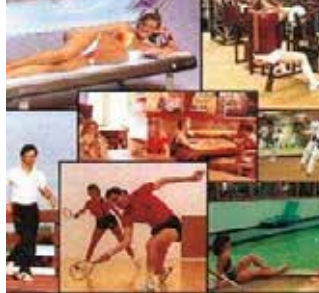


Fort Myers, Florida



Lexington, South Carolina

1979 - 2016 - 36 Years



40 years, 13 construction sites to give back health to the United States for helping in the Korean War. This is the spirit of TaekWonDo.

태권도장과 헬스클럽을 통해 지역사회에 보답하다.
40년 간 13개의 태권도장과 헬스클럽을 개장한 8,200인명에서 고졸 출신 미국인들에게 한국의 무도인 보답이라는 과목이 있다. 태권도 언어를 통해 정의, 의의, 사랑, 영웅, 무도인 존경의 덕목을 풍어넣는 데 힘썼고, 장 가족제단을 설립해 소외된 이웃과 8.25 안양 철민회를 지원했다. 장 신 업이 보답 되어 달려간 것은 행복한 시간들이었다.



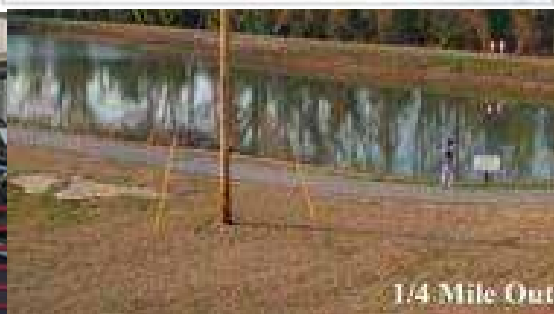
Work out Floor



Good cause for quick feet



Indoor Track



1/4 Mile Outdoor



Iowa City Facility



Iowa City Facility



Your guarantee to fitness!



Published Books



1995- Eagle's Nest (a TaeKwonDo laboratory) opens in Colorado Springs. This Research and Peace Center has an 8-sided building which incorporated elements from both the Eastern and Western Cultures. Nestled in the majestic Rocky Mountains. At the 3,100 meter, 9,500 feet elevation, the oxygen level is only 75%. This is the maximum highest level allowed to secure a building permit. This was a place for everyone to think about the best way to help around the world. It became a center where martial artists could use their TaeKwonDo to unite the world, using love and peace to help each other.



this top KCIA Official came to understand that General Choi was not a communist or a traitor.

Afterwards, and in retrospect, this KCIA Official who spent 26 years working in this field of intelligence, realized that Dr. Kim Un-Yong had lied about General Choi, blacklisting him as a communist traitor who committed treason. He also knew that Kim Un-Yong was corrupt for years, arrested for scandals that saw him accumulate 42 million dollars

that he secreted at home in a personal safety box.

When C.W. Kim reported by through channels to Korea, the decision was made to welcome General Choi back to Seoul (south) Korea within 30 days. As preparations were being made, General Choi was as excited as a child, in anticipating a dream he held since 1972. He would be able to meet unencumbered the leaders of the Taekwondo community in the Korea he loved, helped to form and missed so much. General Choi was a lonely man forced to live in exile from his beloved home and country. But now he could walk the streets he did as a young man, reconnect personal relationships and even work on repairing his reputation that was ruined by scandalous lies, that resulted in his being blacklisted. General Choi relished the opportunity to pay his respects at the gravesites of family members he was forced to leave when his safety was jeopardized by the brutal dictatorships that thankfully no longer were in power.

While officials and General Choi prepared for his momentous return home, his welcome was cut short, stopped before it became a happy and long overdue reality. Kim Un Yong, his arch nemesis and Tae Kwon Do rival, again used his tremendous power and influence to block his historic return. Dirty politics again reared its ugly head, ending this long-held dream yet again.

General Choi enemy, the WTF President, Dr. Kim, would again block General Choi's dying wish to be buried in a National Cemetery for Veterans of the Republic of Korea's Army. General Choi after all was a founding member of the South Korean Army, by virtue of being a graduate of their first military academy, number 44 of only 110 initial candidates. He was to rise to earn the rank of a 2-Star

The Eagle's Nest would host a meeting of high-level Korean CIA leaders. To make this a reality, it would take eight months of conference calls, agreements hashed out, pushing politics aside to get papers signed, and getting everything set up. The Eagle's Nest meeting was finalized by Grandmaster Jung in Iowa and Tiger Yang in Los Angeles, who contacted the Blue House in Korea, which is the equivalent to our White house in the United States.



Grandmaster Jung contacted General Choi in Toronto Canada. The conference calls and the extensive planning preparations took a lot of time and was at great expense. General Choi's dream was to visit South Korea and meet with taekwondo groups, as well as visit his parents' grave sites. He was a Nelson Mandel type of peace person, who Grandmaster Jung refers to as the Nelson Mandela of Korea.

A top KCIA Official C.W. Kim, who went on the record, was apprehensive about attending this meeting, that took place in May of 1998. The Eagle's Nest had no physical address, as it was a mountain retreat, far above the maintained roadways and named public highways. The KCIA Official would later share that he was concerned that he would be kidnapped because of the harms the many years of lies caused. General Choi after all, was to be at the meeting. During their extended time together,





Major-General and later served as the first Korean Ambassador to Malaysia, as well as Ambassador-At-Large for the ROK, leading their government sponsored Kukki TaeKwonDo Goodwill Tour around the world in 1965.

TKD Times again played the key role in helping to fulfill General Choi's dying wish. As the Minister from South Korea denied the dying request, due to the pressure to block by Dr. Kim, the North Korean government granted his dying request. General

Choi wanted to be buried in Korean soil. He saw the dirt in the northern geographical of Korea, as the same Korean dirt in the southern half. The government in Pyongyang, thanks to the work of TKD Times, led by Grandmaster Jung, provided General Choi with a State Funeral. They also buried him in a prestigious National Cemetery for Patriots, who resisted the terrible Imperial Japanese occupation of Korea. General Choi was of course a leader of a resistance movement, that when caught, was arrested, imprisoned and sentenced to death. He was spared when the Empire of Japan surrendered, ending WW2.

General Choi Hong-Hi was banished from South Korea in 1972, wrongly labeled a communist. General Choi sought political exile in Canada to escape political persecution early in 1972. He openly opposed the military dictatorship in South Korea. The dictator had declared martial law yet again. He also suspended the constitution again, as well as disbanding the National Assembly. So the dictator essentially was able to make himself president for life.

Founder of Taekwondo General Choi Hong Hi

General Choi was banished from South Korea in 1972, wrongly labeled a communist. A non-political man of peace, he was known by those who knew him well as a Nelson Mandela – type of figure. He promoted Taekwondo diligently until his death in 2002. He was never allowed a return visit to South Korea. It is important to show respect through actions, not through words.

If you show respect to others, they will show respect to you. In my dojang I encourage all students, senior and junior to respect

One of the power grabs to keep power forever, involved using the TaekwonDo black belts as both political muscle and voting numbers. General Choi openly declared that TaeKwonDo black belts were not gangsters, nor could they be used for nefarious political purposes. The control of the growing Taekwondo movement was wrestled from General Choi and given to Dr. Kim Un-Yong by the Blue House. Kim Un-Yong was a high-level Korean government official. He was a KCIA operative that held several key positions for the dictatorship, including at the Korean Embassy in Washington D.C. and the Korean Mission to the United Nations in New York City. While working for the dictatorship in the States, he used the KCIA operative name of Mikey Kim.

This revelation was made by a Canadian investigative journalist named Alex Gillis. This reporter confirmed through official U.S. Congressional investigations conducted by both the House of Representatives and the Senate. The investigation utilized federal agencies under the Department of Justice, including the F.B.I. In the infamous KoreaGate scandal in the United States, a lengthy in-depth investigation revealed that the Korean dictatorship was looking to buy and gain political influence by bribing American officials. Law enforcement would often refer to the work done by Mikey Kim types as bag men, those who move the money.

Jungs students, masters and grandmasters enjoyed training and visiting Eagles Nest. It was a very special time spent with their instructor Grandmaster Woojin Jung.



one another. The senior belts bow and show respect to juniors and vice versa. In this photo I show respect for Choi Hong-Hi, the founder of taekwondo. The last time I saw General Choi, I gave him a great bow to show my respect for his contribution to the world. Taekwondo is now practiced in over 200 countries.

June 15, 2002 Choi Hong Hi/Date of death





– marks the 18th anniversary of General Choi's passing. Thank you for giving us TaeKwonDo.



Grand Master Jung Visits Mrs. Choi Chun in 2019 to check on her well being.

We thank him for his legacy which we continue to follow today.

As we celebrate the 100th anniversary of Gen. Choi's birth, we should remember that he always kept his focus on the DO of TaeKwonDo. It was "the way" and "the art" that mattered most to him, not the various schools or styles that evolved.

Like him, we should strive to keep our martial art free of prejudice and jealousy, allowing TaeKwonDo to be the force that unites practitioners from all corners of the globe.



최홍희 총재 1972년 캐나다 망명은 한국의 군사정권 선거에 전국 유단자를 모아서 선거에 도와달라는 요구에 태권도 유단자는 깡패가아니다.

선거본부의 마찰로 1972년 캐나다 망명 하였다고 수없이 말하였다. 김운용 총재는 최홍희 총재는 빨갱이로 몰아부치고 88 올림픽 방해한다는등등... 루머를 퍼터리며 자기방어에 대단하였지요 그러다 안타깝게도 마지막 형무소는 비극도 맞이한였다. 최총재는 민족주의자며 태권도개혁에 미쳤다고들 하였고 태권도 영웅이라고 잊읍니다.

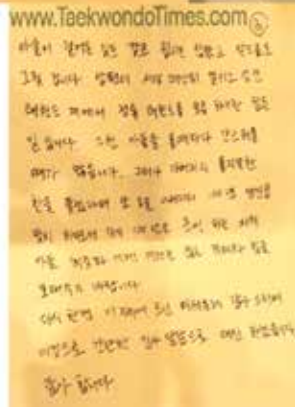
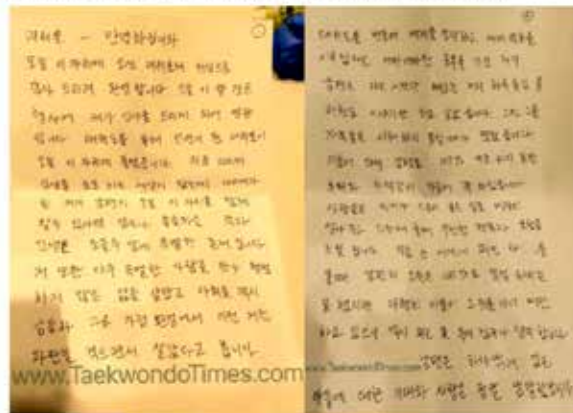
During General Choi's life, he devoted himself almost entirely to the growth and development of TaeKwonDo, spending over 1/2 his time traveling to over 200 countries and reaching over 90 million people. Never worrying himself over such things as financial gain. General Choi did all that he did for his great love of TaeKwonDo and TaeKwonDo pioneers. He sought to preserve Korean culture and history to give future generations an art form in which they could all share, a way of life that could bring us towards

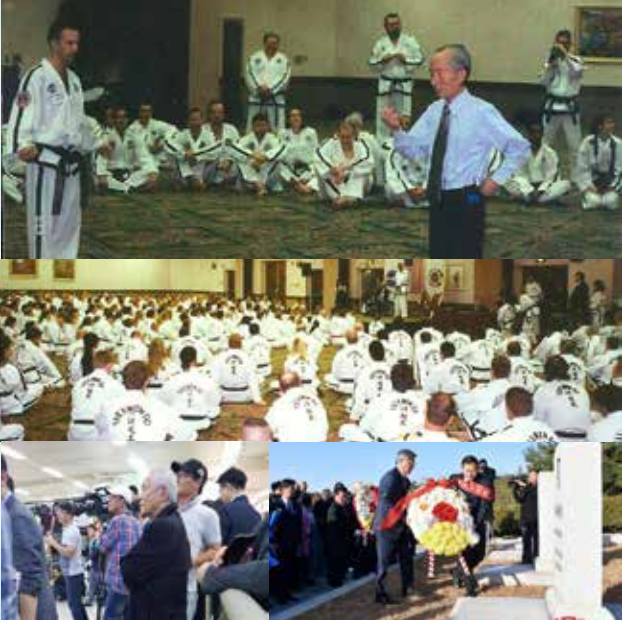
peace. This left little time for his immediate family.

My husband passed away 2002 - 17 years ago. So many taekwondo people followed my husband's teaching. I used to see a lot of taekwondo people right after my husband's passing but not much now. I have kept in touch with Grandmaster Woo Jin Jung *Taekwondo Times* Publisher and followed through the media his dream to make taekwondo

General Choi Hong-Hi Honored by his Wife Mrs. Choi Chun-Her speech to the World

Good morning
I would like to thank you and welcome you.
I am honored to be with you at this meaningful event. We are all here together, united by Taekwondo.
Nowadays, people are talking about a 100-year life span. Since my husband would have been alive 100 years old today, it would have made this event even more happy if he was here today with us.
Everyone is special to our Creator. I married a very special person and he lived an unusual life. Our children were raised differently than other families. It was a stormy life for us. My husband devoted his life to building, organizing and spreading TKD to the whole world, and to make peace with taekwondo.
Everyday, all day long, he kept talking about Taekwondo, except when he was sleeping. Our family including me didn't understand him.
Now, when I recall my husband, my heart is full of regret and remorse since I did not help him 100%.
Many people feel happiness and worth when the world recognizes their achievements.
My husband's dream of having Taekwondo spread all around the world, was not completely accomplished.
Fortunately, my son is willing to continue in his father's unfinished path. After all, he has his father's blood.
My husband had an exceptional love and expectation for his only son. After my husband passed away, my son had a very hard time keeping and spreading traditional Taekwondo in the entangled Taekwondo society.
When I watch my son, I feel sorry for him. He wished to fulfill his father's dream.
Please give my son Joong Wha Choi, your ongoing encouragement and the support he needs.
Again, thank you for coming to this incredible event. I'm sure that my husband is smiling up there!
God Bless you!
Thank you!





peace between North Korea and the USA through cultural exchange programs. New York philharmonic orchestra playing the American Anthem in North Korea. North and South Korea marching their athletes together under one flag at the opening ceremony of the Winter Olympics He helped to bring honor to my husband 45 years later his spirit returning to South Korea home country. He went to the airport barefoot and in his taekwondo uniform showing respect. I saw all of this in the news. Grandmaster Woojin Jung, you are more than my family. I believe you, respect you. Someday I will die and I will meet my husband again. I will tell him all that you have accomplished.

Mrs. Choi Chun Hee



We Continue

Taekwondo Times will continue to report both good and bad news - more to come via our digital format. We hope for bad news to stop and to only focus on good news. Corruption and scandal news from public records, Google, KBS, CBS etc.

Corruption

Un Yong Kim



Jan 28, 2004, Korean NBC News reported that 37 million won, \$137,000 US, 93,000 Euros and over \$1,000,000 worth of jewelry was seized from Un Yong Kim's residence.

Arrested and charged with embezzlement and other financial crimes. He was

accused of misusing millions from the accounts of the NOC and World Taekwondo Federation. Prosecutors say Kim sent cash to North Korea as an inducement to convince the North to participate in the one and only joint march so far with the South at the opening ceremony in 2000 at Sydney. In 2004, as Kim tried to fend off prosecutors, he sent a letter to his North Korean counterpart Ung Chang. In the letter Kim asks for documentation to back his claim that the \$1.1 million paid to North Korea was part of ongoing sport cooperation, not a bribe to secure the joint march of the Koreans in Sydney. End of Olympic Career - Kim was barred from the IOC while under arrest, trial and subsequent imprisonment.

PRESIDENT OF KUKKIWON OH

HYUN DEUK ARRESTED!

It was reported in the Korean press that Oh Hyun Deuk, the President of Kukkiwon, was arrested on numerous charges including corruption.



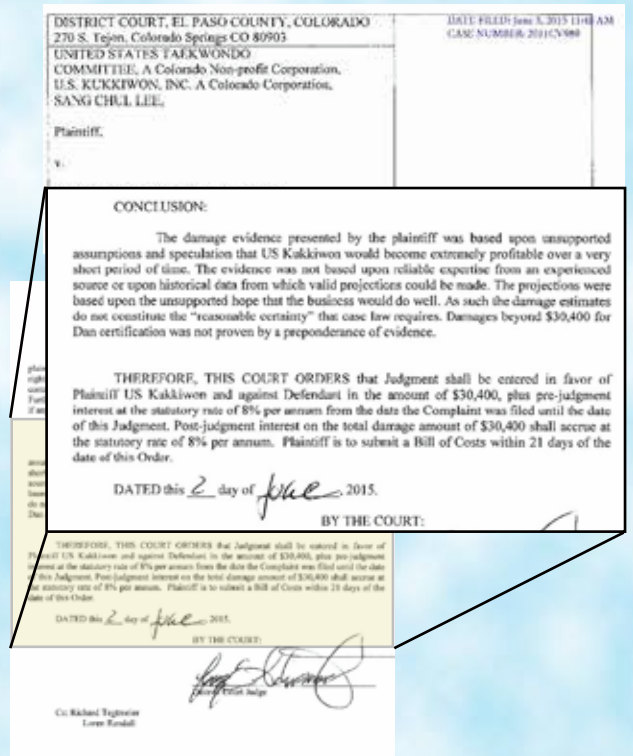
Lopez Family Sex Scandal

Two brothers who are well known figures in the world of Taekwondo. Steve Lopez an Olympian Gold medalist and Jean a long time coach. Five women sued Steven and Jean Lopez, as well as USA Taekwondo and the U.S. Olympic Committee, in April 2018

The Lawsuit accuses Steve and Jean of Sexual Abuse. The lawsuit also accused the United States Olympic Committee and the national sports organization U.S.A. Taekwondo of turning a blind eye to the abuse and allowing coaches and athletes who had shown a pattern of predatory behavior to take international trips with young women and girls.

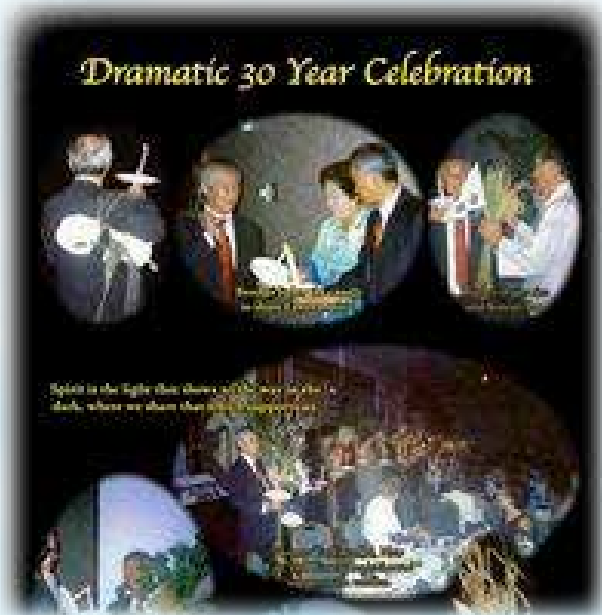


Former USTU President Sang Chul Lee Sued Kukkiwon \$3,659,132 plus travel expenses \$46,998



Judgement on Sang Chul Lee lawsuit against Kukkiwon

30 Year Anniversary



500 people attended ceremonies commemorating the 30th anniversary of the opening of Jung's Taekwondo Academy. I entered the room, carrying a single candle, accompanied by the Neil Diamond version of the patriotic song "Coming to America." I carried \$35 in cash and my Taekwondo uniform tied with my much beloved and worn black belt, symbolic of all that I brought with me when I arrived in the United States in 1971 .

My older brother lit the candle to depict the spirit which my family sent with me as I journeyed. another elder brother presented me with rice and a Korean flag, to symbolize that throughout my journey my roots would remain with me never to be forgotten. Former Mayor Donald Canney presented me with corn, soybeans and an American flag, symbolizing my arrival in Iowa and my American citizenship. John Becker the first of more than 5000 students to attain the rank of black belt through Jung's Taekwondo Academy and its satellite schools lit a candle to symbolize the light into the lives of Taekwondo students .

A vase painted with my portrait contains the flags, rice, corn and soybeans. John Becker the first black belt of Jung's Taekwondo Academy tied the black belt around the vase.



Goodwill Tours 2007 & 2011



North Korean Community In USA (Moved here) They say -60 years mouth unification (meaning only talking). Taekwondo people show now, made all this happen. Very surprised, Politicians/Government 60 years only mouth Unification. Taekwondo people have pictures and true story showing unification not just mouth talking but actually doing.

Taekwondo People made this happen - making a deer road to peace and unification. (Deer Road- deer will make a path that they travel in the woods or mountains. Taekwondo peoples job is to make that road bigger, make it into a smooth highway.



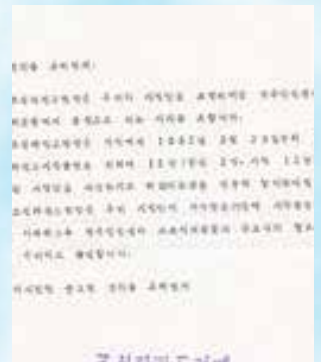
1st North Korean Taekwondo Team visits USA , 2nd Philharmonic Orchestra visits North Korea. Cultural Exchange Program.

In Korean says - "US Anthem 1st time played in North Korea." Performed by the New York Philharmonic Orchestra First time North Korean Anthem played in USA



Letter - Guarantee US Team World Tour go to North Korea. North Korean Taekwondo Association sign, ITF President sign and *TaeKwonDo Times*.

1992 Goodwill Tour negotiations started. Invitation letter. 16 years later North Korea came to US.



747 charter airline biggest plane - rented whole plane \$600,000 very very expensive 320 passenger. Politicians/Government never say thank you to Taekwondo people. They took credit this made TKD people upset. TKD people pay everything no Government help. TKD people very proud they made this happen.

This was organized and paid for by *TaeKwonDo Times* Publisher Woojin Jung - plane tickets, hotel and food. 2017 Jung Ho Hwang helped pay 1/2, 2011 Woojin Jun publisher paid 100%.



After the Taekwondo Goodwill Tours US/ NK Governments meet 5 or 6 times.

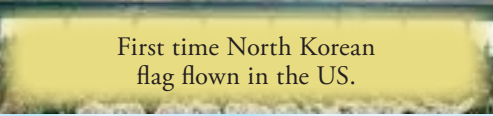
1st happened 1971 ping pong - "It is a proud moment for the ITTF to be able to support another sign of peace on the Korean Peninsula, by helping North Korea send a team to the Korean Open," said the federation's president, Mr Tomas Weikert.

China and the United States recognized each other and established diplomatic relations 1979, and exchanged ambassadors and established Embassy March 1979. All these diplomatic relations happened in coordination with Governments, paid for by Governments.

Taekwondo Goodwill tour paid for by taekwondo people's personal pockets.



First time North Korean flag flown in the US.



SooHee Kim's arm was broken during the demonstration. She did not stop, and finished the demo. GM Jung gave her food, feeding her in the evening. GM Jung asked why did you not tell us? She said my family, my country, people see me now. Does not matter that my body is broken.

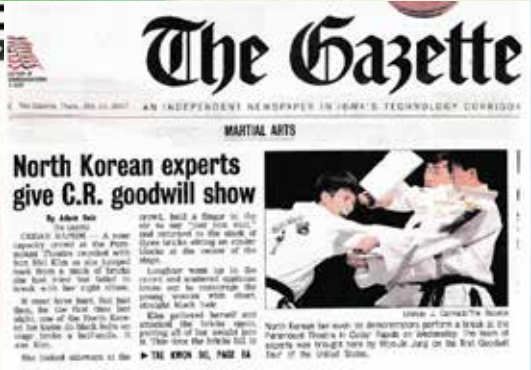
North Korean Team escorted by women. Scared to put an arm out due to cultural differences. Team was watched very closely by North Korea KGB.



One Korea Flag – Peace



Once politics led the way; now TaeKwonDo leads.



There are about 9 million Taekwondo people in 200 countries such as Christian Israeli Holy Land, Catholic Vatican City, and Taekwondo. In order to create a sacred place in Korea, the suspicion of Taekwondo, South and North Korea asked for help from the *TaeKwonDo Times*. NY and the UN North Korean representative asked to build a sacred site near Wonsan, but rejected it as a place with many military bases. Since I sent it, the representatives of *TKD Times* Woojin Jung, Kim, and Dr.

Ahn, I went with international lawyer Steve Bright. Helicopters and hotel security were all borne by the North Korean government, and *TKD Times* sent an advertisement to the world's Taekwondo family to make a sincere voluntary fund raising. Although they worked hard with the government's permission, in the end, North Korea opened the Pyeongtae Kwondo Hall in 2012, and in 2014, the Muju Taekwondowon in South Korea spent about \$200 million, sadly creating a divided sacred site.

25 passenger Russian helicopter Goodwill Tour Transport – Full bar, food all comforts inside helicopter. *TaeKwonDo Times* entourage by the president of North Korea, Kim Jon Il. We had traveled to North Korea to select property for a Taekwondo sanctuary.



North-Korea 1995-2005. 25 passenger Russian Helicopter – Looking for location of TaeKwonDo sanctuary in North Korea. The North Korean government paid everything - \$4000 a day, *TKDT* rich deal overnight high-level free of charge. 1st negotiations were tried with the South Korean Government, they didn't respond right away. General Choi assisted. President South Korea was jealous that *TaeKwonDo Times* Woojin Jung negotiated with the Government. One year later South Korea started to plan Taekwondowon.



North Korea Sanctuary – Najin SunBong – Russia and China border line. We collected \$70 per person for labor and collected money from around the world. We sent money but North Korea/US Bank blocked it. We couldn't send any money or do anything. The bank held the money for 10 years. After waiting this long seeing relationship, nothing could change. They moved money to the capital city of North Korea - Pyung Yang. Behind the Taekwondo Palace on the hill, Taekwondo sanctuary was built 1st open.



North Korea 2005



2005 Grandmaster Woojin Jung and Grandmaster Bobby Kim, North Korea



North Korea 2005- ITF president Jang Wong. He became president after General Choi's death.

I worked



Events in N. Korea likened to ping pong diplomacy. | PYONGYANG, North Korea – with a smile and strong hands, Korean-American TaeKwonDo Grandmaster Woo-jin Jung shatters pine boards in hopes of breaking another solid barrier – the 53 years of division between North and South on the Korean peninsula.



AP Photos/Wally Santana

Breaking the 38th Parallel DMZ

TaekwonDo people from all over the world gathered for this momentous occasion for the unification of North and South Korea through peace. This occasion was organized and headed by Woojin Jung and TaekwonDo Times in May of 2006.



AP Photo/Wally Santana



남과 북이 하나 되는 날을 그리며,
2006년 미국, 캐나다, 영국, 독일, 호주, 아르헨티나 등 세계 각국의 태권도인들과 함께 관문장에서 격의 시범을 보이는 행사를 기획했다. 태권도타임즈 발행인 자격으로 주최한 이 행사는 한반도 통일에 대한 갈망을 담았으며 미국 AP통신의 취재를 통해 큰 주목을 받았다.



11

during a Taekwondo demonstration, May 18th, in Pyongyang, North Korea. Woojin Jung was part of a delegation of international Taekwondo masters who traveled to North Korea seeking to help reconcile the split that divides their uniquely Korean martial art.

In this normally tightly regimented city, Jung even persuaded the prime North Korean announcer,

Korean-American Taekwondo Grandmaster Woo-jin Jung raises his fist and shouts “Tongil” – meaning “unification” – after North and South Koreans broke symbolic boards labeled with a map of a divided Korean peninsula

wearing a bright green hanbok dress, to chop a board in two for the crowd watching his demonstration. “Female or male, old people and young, black or white, it doesn’t matter – we’re just all wishing for unification.”



Grandmasters visit North Korea Palace 2005



North Korean Palace - North Korean Taekwondo students wave to US Goodwill Tour Representatives.



2005 Grandmasters visit Dangun Cemetery – Poomsae Dangun

The Mausoleum of Tangun is an ancient burial site in Kangdong near Pyongyang, North Korea. It is claimed by North Korea to be the tomb of Tangun, legendary founder of Gojoseon, the first Korean kingdom.

General Choi Hong Hi, founder of Taekwondo, named one of the Chang Hon style ITF Hyung(Form) Dangun. Interestingly, when General Choi Hong Hi created the Dangun Chang Hon Hyung(Form) pattern he did something that was unusual for a Hyeong. All the punches in Dan Gun are high section (eye level) symbolizing Dangun scaling a mountain.



DMZ Peace House North Korea Side





Goodwill Tour borderline TKD PEACE salute (center) North Korean soldiers.(right) (North Korean Anthem first time played in US, surprised TV say allowed to go to Chungi lake Lake)

Woo-jin Jung once again traveled to North Korea on a peace mission, hoping to unify the Koreas. During his visit, he visited Chunji Lake on Baekdu Mountain which is the highest volcanic mountain (2,744 meters or 9,003 ft) in the Changbai mountain range, which lies on the borders of North Korea and China. He traveled there with other members of the Tong Il Unification group, from Russia, Argentina, England and the U.S., as well as with French documentary maker Pierre-Olivier Francois. Francois captured some amazing footage of the Tong Il group making friends with some

local North Korean middle school children and men of the North Korean military.

Grandmaster Jung has sought and continues to seek unification between the countries, not out of political aspirations, but out of the deepest love and respect for his homeland Korea and humankind. He has orchestrated several trips to North Korea and two Goodwill Tours, which brought the North Korean Taekwondo Demonstration Team to the United States in 2007 and 2011 to demonstrate their amazing martial art abilities and to create a cultural exchange of peace between the U.S. and North Korea. It is his lifelong dream to see his homeland of Korea reunited and his instrument is Taekwondo. For *TaeKwonDo Times* Publisher and ninth-dan Grandmaster Woojin Jung, his mission is truly Uniting the World Through Martial Arts.



Entrance Chungi lake army guard boarder China and North Korea



North Korean children, DMV North Korean soldiers, middle school students, Bak Du mountain and Chun-ji lake.



Grandmasters Chunji Lake North Korea



Goodwill Tour interviews, press, planning meetings, and friendships

Interview by - Sharyl Attkisson, for thirty years, Attkisson was a correspondent and anchor at CBS News, PBS, CNN and in local news. She holds a 6th Dan Black Belt in Taekwondo. Master Sharyl Attkisson is an instructor at U.S. TAEKWONDO MARTIAL ARTS ACADEMY Grandmaster Eung Gil Choi - *TaeKwonDo Times* Hall of Fame recipient 2021.





TKDT – WT and ITF IOC article in magazine; GM Jung shows to the president.



North Korean VP George Vitale. PHD Ceremony Grand Master George Vitale earned his academic Doctorate Degree in TaeKwonDo in 2011 in North Korea, becoming the first and only American to achieve this



North Korea and South Korea present a combined demonstration at the opening ceremonies of the 2018 Winter Olympics.



North Korea competed in the 2018 Winter Olympics in Pyeongchang, South Korea. The teams representing North Korea and South Korea entered the Opening Ceremony marching under the Korean Unification Flag.



This road was cleared by the Taekwondo Goodwill Tours - Peace between the US and North Korea.



10-17-01

10-17-01

태권도 개혁을 위한 재미 跆拳道 跆拳道인 서명자 명단 (사범, 관장, 회장, 총재 명칭 생략 / 무순)

KOREAN-AMERICAN

이준구DC	최경조GA	고성목IL	한봉수CA	양성오CA	신재철PA
JACK황OK	김태연CA	윤우용SD	조시혁NY	BABY김CO	정우진IA
박성제IN	고재덕PA	김준식PA	이재규WI	이문성NY	조병곤WI
김병수TX	김성훈OH	김주환OH	제재신FL	안남열MA	김일민MN
최승익CO	이수철NJ	이명우WA	윤학덕WA	이준혁NC	최근호OH
김태영IL	박재우CA	지성룡CA	황우진CA	김영길CA	인태현CA
정우진CA	김인숙CA	정영호CA	김현환CA	백승기CA	박찬호FL
김용범NJ	권오순GA	박영욱CA	박정국CA	김영국CA	정준기CA
한병수CA	김철CA	이수철CA	최영호GA	양식우CA	곽찬근NJ
이우남GA	김영권 MA	김인철CA	김동환GA	김준CA	손권환GA
오병영CA	장기호GA	안오CA	전우용CA	전우엽CA	박영철CA
최성태CA	김문길GA	박상근SC	이정호NC	김동진IL	김재영MI
황현석CA	성조훈NC	이신우CA	양병관CA	김영민CA	남정현CO
권기훈OH	신광수FL	임선규CA	이홍성GA	김우환FL	박원FL
이동혁MN	이병석NC	성원환Canada	이태승CA	김지혁GA	박원익IL
심재현NY	안정근IL	최용원CA	박성민IL	HYUN이CA	서민수IL
김상호IL	윤장태IL	유상오SC	이상진IL	장심석IL	주은수NY
이대성IL	황학수NY	장종호Canada	윤상범IA	정우용Halifax Nova Scotia	
ANTHONY홍CA	실재우IA	유정필WT	Young최CO	김원국WA	

■ 배 부 지 : 대한민국 대통령, 국회(각당), 문화공보부, 체육부, 국가청, 태권도협회, WTF, 각 일간지

110 pioneers got together because they felt betrayed by the person that took advantage of taekwondo by using the power for politics. We want WTF, ITF and the government to get together and inform it by publishing in the four big cities.

태권도의 개혁을 위하여 수고하시는 고국의 관장님, 사범님, 교수님, 학생 여러분!

대한민국의 자랑스러운 문화유산인 태권도 보급에 일생을 바치고 있는 해외 태권도인으로서 태권도의 밝은 미래를 위해 개혁운동을 추진하고 계시는 여러 분들의 노고에 감사로 인사를 보냅니다.

그동안 우리 해외 태권도인들은 무도태권도의 발전을 위한 헌신적인 노력을 기울여 왔습니다. 한 인간의 삶의 평판을 떠나 태권도, 무도의 가치관정을 실현하려 해외에서 존경받는 지도자로서 양적 성장과 질적 성숙함을 일궈 내는 무도태권도의 개혁의 역할을 성실히 수행했습니다.

또한 해외 태권도인들은 고국 태권도의 발전과 영웅적 힘입은바 많으며, 태권도의 발전을 위해 작으나마 도움이 되고자 노력해 왔으나 종주국 태권도의 수많은 문제점으로 인해 고민의 안다자음이 많았습니다.

특히, 종주국 태권도의 심정인 국가원의 무능과 철학의 부재, 재정적 파멸, 일방적이고 독선적인 정책, 무엇보다 위험한 것은 김윤용총재의 독재와 부정, 비리 등은 더 이상 간과해서는 안될 것이라는 것이 해외 태권도인들의 장기간의 의지입니다.

더 이상 종주국 태권도가 해외 태권도인들의 명예를 실추시키고 태권도의 가치적 존엄을 야기 시키는 것을 원치 않습니다. 해외 태권도인들이 쌓아올린 피와 땀이 종주국 태권도의 존재로 인해 성과 가치를 잃고 있다는 것은 실로 무리를 분노해 하고 있습니다.

해외 태권도인 일동은 여러분들의 개혁의지에 적극 찬동하며, 오늘날 우리 한국태권도계 도대한 위기를 극복하고 종주국의 위상을 회복하기 위해, 김윤용총재의 명예로운 퇴진과 아울러 모든 개혁안이 기필코 실현되어야 할 것이라는 의지를 천명합니다.

바라볼수록, 고국의 모든 언론, 사회단체, 정치 및 정부는 태권도의 국위선양과 가치를 인식하시어 태권도개혁에 적극적으로 협력하여 주실 것을 진심으로 당부합니다.

해외 무도 태권도인 일동

110 pioneers got together because they felt betrayed by the person that took advantage of taekwondo by using the power for politics. We want WTF, ITF and the government to get together and inform it by publishing in the four big cities.

Woojin Jung

From: Kim Hongguk <kimhongguk317@yahoo.com>
 Sent: Thursday, September 25, 2011 11:08 PM
 To: Wwojin Jung
 Subject: Re: 서민서
 Attachments: 조선미국태권도교류협력위원회 공보자료서.doc

An instructor from North Korea that was in Beijing, China sent a message to Wwojin Jung. He was telling Jung how much important things he did to improve the relationship between the United States and North Korea. Breaking board at the DMZ and interacting with reporters and making them interested in further meetings made the relationship between them stronger and for this reason I'm keeping this important letter.

회장님 알

안녕하십니까,

어느덧 날씨가 차가워지는데 건강에 유의하시기 바랍니다.
 며칠간 회장님과 재미있고 유익한 대화를 나누게 되어 감사드립니다.
 이미 말씀드린바와 같이 이번 평양태권도세계선수권대회를 계기로 회장님에 대한 조국사람들의 관심과 기대가 매우 높아졌습니다.
 김경호위원장님도 김영환총재는 물론 미국에 태권도사범단으로 갔던 선수,사범들 그리고 이번 선수권대회 취재를 받았던 기자,작가 들의 회장님에 대한 관심과 취재요구가 대단하였습니다.
 그만큼 회장님께서 지난 20년간 무국의 태권도를 위해 투지신 보고와 심혈, 그리고 우리 민족의 자양이고 공자인 태권도에 대한 불같은 사랑과 태권도를 전세계에 우리 민족문화의 우수성을 알리고 싶어하시는 수천수만명의 애정소리가 많은 사람들의 귀전에, 그들의 상상에 전율한 결과로 인기가 생각됩니다.
 2006년 태권도전당을 들었다 놓았던 회장님의 우렁찬 외침소리와 판문점에서 미국병사들의 건강을 시범하게 했던 폭풍과 같은 외침 소려, 그리고 이번 백두산전지에서 전세계를 향해 뻗은 백두산총재님의 외침소리가 여파 북고 남,미국을 초월하여 사람들의 심금을 울리지 않을수 있었겠습니까,
 그 외침소리에 놀라서 미국정부도 아마 2007년에 조선태권도사범단이 처음으로 미국에 들어가는 문을 열어주었고 올해 6월에도 아무런 특수리도 없이 문을 활짝 열어주었음은 아니라 미국당에서 우리 공화국이가 매력적이고 우리 애국가가 울려 퍼지는 데도 기겁경쟁을 하게되었는 지 모르겠습니다. 회장님의 말씀처럼 우리 민족이 세계를 초월할수있고 세계인들이 우리에게 대하여 우리를 속이게 할수있는것은 태권도가 제일입니다.
 앞으로 회장님에 대한 소개는 여러 경로로 통해 제가 할것 노력해보겠습니다.
 회장님이 계획하고 계시는 수리 단연도사범들을 미국에 초청하여 태권도무국의 경쟁태권도들 보강하는 사업도 제 생각에는 안될수가없을것 같습니다. 왜냐면 미국정부가 2번이나 문을 열어주었는데 세번과리고 막을수 없지 않겠습니까,
 꼭 성공하게 되리라고 굳게 확신합니다.
 아울러 미국과의 태권도교류가 점차 심화되는데 맞게 이 사업을 보다 조적화,효율화하기 위한 작업이 필요할것 같습니다.
 그래서 제안서를 보내나 잘 검토하여 보시고 의견을 보내주시기 바랍니다.
 유엔대표부 박윤성총재도 이 사업의 단장성준재판과, 실무직원의를 하여 보는것이 어떨것는지,회장님 결심에 따라 해주십시오.
 그런 우물도 유쾌한 하루가 되기를 바랍니다.
 안녕히 계십시오.



제8차 태권도 세계 선수권대회 조직위원회
 ORGANIZING COMMITTEE
 OF THE 8TH WORLD TAEKWON-DO CHAMPIONSHIP (I.T.F.)
 PYONGYANG, 1992

초 청 장

정 우 진 선생님

나는 국제태권도연맹 캐나다총회의 결정에 따라 조선민주주의인민공화국에서 개최하게 되어있는 제8차 태권도세계선수권대회가 1992년 9월 10일부터 9월 15일까지 평양에서 진행된다는것을 기쁜 마음으로 알려면서 이 대회에 선생을 초청하는 명함을 가집니다

제8차 태권도세계선수권대회 조직위원회는 태권도인들의 대 화합인 온 대회가 국제태권도연맹의 승고한 격려와 리듬에 맞게 승승 가장 성대 하고 뜻깊은 축전으로 장식되어 태권도인들과 세계평화에호인민들간의 친선과 단결을 강화하는 데 적극 이바지하여주시리라것을 확신하는 바입니다

선생의 적극적인 저서와 협력을 바랍니다.

경의를 도하면서

제8차 태권도세계선수권대회 조직위원회
 위원장 정 지 훈
 1992년 5월 20일

Address: Hungbu-dong, Moranbong Dist., Pyongyang, DPR Korea
 Tel: 3-2615 3-2014. Telex: 5905 TKD KP. Fax:

Tkd TaeKwonDo TIMES the **UNITING** through **the WORLD** **Martial Arts**

1510 Mt Vernon Rd Cedar Rapids, Iowa 52403 USA Business@Taekwondotimes.com

March 3, 2020

Gentlemen:

United Nation Mission Counselor Ki Ho Ri
DPRK Tae Kwon Do Committee Chairman Kyong Ho Kim
ITF President Yong Son Ri

TaeKwonDo Times would like to invite the Chosun National ITF TaeKwonDo demonstration team to the United States for another cultural exchange in 2020. In 2007, and 2011 our joint cooperation resulted in very successful Goodwill Tours. These historic cultural events resulted in several other exchanges taking place in other locales around the world, all gaining very positive attention for each of the parties involved. We are not politicians and we do not want politics involved in this exchange. During the 2007 tour the national anthem of the DPRK was played for the first time in the USA. In 2008 the New York Philharmonic Orchestra visited the DPRK and played the national anthem of the USA for the first time in that country. TaeKwonDo has started this process and continues to spearhead these wonderful efforts!

As Taekwondoists, we would like to rejuvenate these noble efforts with a third and final Goodwill Tour by your world-renowned National ITF Team. If you see value in this proposal, we are most willing to start this process for the last time. So, it will be necessary to accept our invitation and then supply us without delay, before the end of March 2020 a comprehensive list of those who will participate in this exciting and worthwhile event. This list should include the relevant passport information needed for the upcoming visa application process. We cannot guarantee approval of the tour by the United States Department of State, we are making deer road.

Our invitation is for 5 members of the aforementioned Chosun National ITF Demonstration Team, which should include both males and females. In addition, we are inviting (Min Sak Moo Young) Korean traditional dance group consisting of 5 children 7 to 15 years of age, as well as 1 individual with physical disabilities.
Total group number - 17 to 18 individuals.

The tentative dates and schedule we are proposing for advanced planning purposes are:

Arrive September 4-2020 and Depart September 22, 2020

Tour might possibly include visits to: Las Angeles, California, San Francisco, California, Little Rock, Arkansas, Chicago, Illinois, Cedar Rapids, Iowa, Leesburg, Virginia, Seattle, Washington, New York City and Alaska

We will of course guarantee, as in the past, roundtrip airfare and all accommodation expenses. We can of course be flexible with the dates of Goodwill 2020 Tour depending on visa application process.



Tkd TaeKwonDo TIMES

UNITING the WORLD THROUGH Martial Arts

www.TaeKwonDoTimes.com

COURTESY | INTEGRITY | PERSEVERANCE | SELF-CONTROL | INDOMITABLE SPIRIT



TaeKwonDo Times is a bimonthly periodical devoted to the martial art of taekwondo; while the title suggests that the magazine focuses on taekwondo exclusively, the magazine also covers other Korean martial arts.

TaeKwonDo Times was founded in 1980 by Chung Eun Kim (1941–2010), a taekwondo master, and his



wife, Soja Kim. The Kim's retired from their involvement in the magazine in 2005. Currently, Woo Jin Jung is the Publisher and Chief Executive Officer of the magazine. The magazine is published by Tri Mount Publications Inc. in Cedar Rapids, Iowa, USA and maintains correspondents in other countries as well.



Founder of TKDT Grandmaster Chung Kim's TKD funeral - much respect.

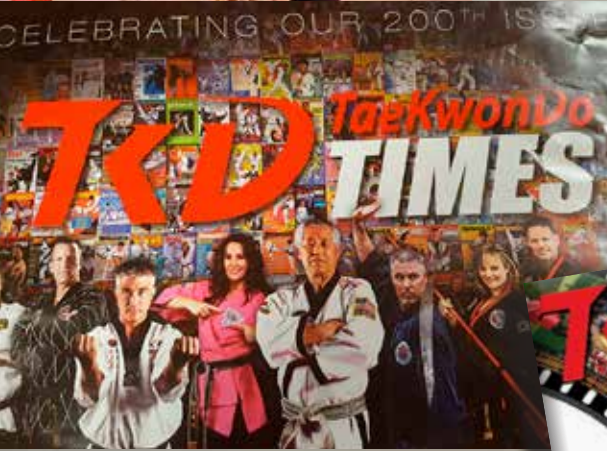


Of the 5 original owners of *TaeKwonDo Times*, Grandmaster Woojin Jung is the only individual left who's involved in the magazine from 41 years ago, in 1980. Of the pioneers Chung Eun Kim, Sung Kyu Shim, Jung Nam Lee, Dr. Yang Ahn Md., 3 have passed away. Grandmaster Woojin Jung has worked alone for 15 years since 2006.

UNITING THE WORLD THROUGH **MARTIAL ARTS**

태권도를 통해 전 세계를 화합하자

Tkd TaeKwonDo TIMES



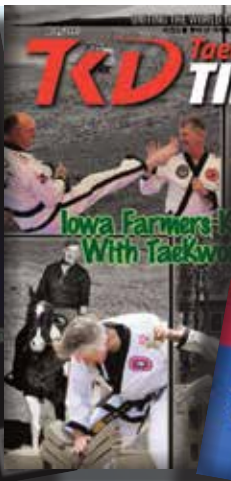
Uniting the World through Taekwondo
태권도를 통해 전 세계를 화합하자



UNITING THE WORLD THROUGH **MARTIAL ARTS**

태권도를 통해 전 세계를 화합하자

TKD **TaeKwonDo** TIMES





Restoring, organizing to preserve *TaeKwonDo Times* History of physical copy magazines inventory. This way history is kept for generations to come.



TKD TaeKwonDo TIMES



Our mission for *TaeKwonDo Times* is to give back to students, parents, and the community at large—to improve lives and relationships. Since 1980, the format of *TaeKwonDo Times* has continued to evolve in this direction, developing a global community that can be used to transcend differences and to help build bridges on all levels, even between countries.

TaeKwonDo Times is changing. After 40 plus years of bringing high quality articles to martial artists from all over the world, *TaeKwonDo Times* is converting to digital only after the January issue.

We value our subscribers and want to continue to provide fair rates to our existing customer base as we transition to digital. We are providing free downloads to all physical subscribers as we convert subscriptions to digital.

We will continue to provide extraordinary content at reasonable prices and keep our readers happy for at least another 37 years. Thank you for supporting *TaeKwonDo Times*.



**INDOMITABLE SPIRIT
BALANCE — RENEWAL
HUMBLE**

Presented to Grand Master Woojin Jung
New Life Fitness World, Jung's Tae Kwon Do, TaeKwonDo Times, Jung's Black Belt Association, The Grand Master House Society, The Jung Family Charitable Foundation, WTF, ITF, USAF, and the City of Cedar Rapids.



Presented to Grand Master Woojin Jung by
 New Life Fitness World, Jung's Tae Kwon Do, TaeKwonDo Times,
 Jung's Black Belt Association, The Grand Master Honor Society,
 The Jung Family Charitable Foundation, WTF, ITF, USAT
 and the City of Cedar Rapids.

The bench commemorates the spirit of Grand Master Woojin Jung, who at age 29, came from Korea to America with only \$35 to pursue the American dream. Alone and penniless, he worked as a gas station attendant. Each day, he would come lean on this tree, taking in the free smell of chicken from KFC. On Fridays, he ate his one big meal of the week for 99 cents. This tree represents the hardships he endured as a young man which developed his remarkable spirit. His indomitable spirit led him to become a successful martial artist, businessman, and founder of several charities. To this day, he returns to this tree, hugging in its renewing energy. His Tree of Inspiration is a humbling testament that believing in yourself can take you anywhere in this world.

“정우진 나무 벤치에 새겨진 글 내용” <그랜드마스터 정우진에게 기증>

이 벤치는 그랜드 마스터 정우진의 정신을 기념하기 위한 것입니다. 정우진은 1971년, 29세의 나이로 35달러를 들고 미국 에 와서, 가족도, 친구도 없이, 낯선 땅에서 자신의 삶을 개척하였습니다. 그는 주유소에서 일하던 초창기 이민 시절, 이 장소에 매일오곤 했습니다.이곳 KFC 에서 나오는 닭 튀기는 냄새를 공짜로 즐겼고, 매주 단 한번 금요일에만 KFC 에서 99 센터의 뼈까지 진수성찬을 즐겼습니다. 이곳에서 그는 정신을 다지고 지친 삶을 위로 받곤 합니다. 그랜드마스터의 강한 정신은 그가 무술과 사업으로 성공할 수 있는 밑바탕이 되었고, 여러개의 기부 단체를 운영할 수 있게 해주었습니다. 수십 년이 지난 지금도 이 나무의 정신적 힘을 잊지 못하고 자주 이곳을 방문하곤 합니다. 그의 “inspiration” 나무는 자신 을 믿으면 세계 어디서든 잘 해낼 수 있다는 그의 정신력의 상징입니다. 정우진 나무 벤치(woojin jung tree monument)

Thank You to the 827 People, All Over The World For Your Donations

Opened: 10-21-2009 Following the Flood of 2008, the morale of Cedar Rapids was low. But the City's monument brought new energy and hope.



Happy 11th Woojin Jung
 Bench/Tree Birthday/
 Anniversary celebration.
 Time to reflect - eat KFC
 together, soak in positive
 energy, honoring a very kind
 and giving man GM Woojin
 Jung . October 21, 2020

Property Taxes Exemption

Pilsung. After several months of work, JBBA applied to the city for an exemption of property taxes. On Feb 3, 2020, we received a letter informing us our request had been refused. After much hard work from Grandmaster Larry Chmelicek, Master Lonnie Matthews and Dr Gina Perri, we resubmitted our application. On March 2 we received approval for relief from the property taxes. I don't



think anywhere in the US is there a Dojang that has received an exemption from property taxes.

Grand Master Jung came to Cedar Rapids from South Korea in 1974 and founded Jung's TaeKwonDo. He instructed our troops in hand-to-hand combat during the Korean war and came to America to repay the United States for the sacrifices made to keep his country free of Communism. He pumped gas during the day at a local service station and ran his Martial Arts school in the evening. Mr Jung started this school with a sense of community spirit to bring respect and discipline back to the Wellington Heights community; to change individuals from crime and gangs. We realized we were in a somewhat depressed neighborhood but this is where the need was. It was a sense of giving back to our community.

We have members of Jung's TKD Black Belt Assoc. who are leaders in the Crime Bureau and Sheriff's departments who have been transformed from a troubled life. We maintain a History Room and Library in this building, which was featured in South Korea during the last world Olympics. KBS "Korean Broadcasting Services" came to our school and filmed our classes to honor Mr. Jung for his story. Thank you for your consideration in this matter.

Sincerely, Larry Chmelicek Chairman

Dear Jeff,

I am writing to you on behalf of Jung's Black Belt Association with hopes you consider waiving the property tax fee for this martial arts school.

At 78 years old, Mr. Jung still works tirelessly 7 days a week, volunteering his time to the Black Belt Association and vows to continue this relentless effort until the day

he dies. Over the course of 48 years, he has taught an entire "army" of individuals (over 180,000 people).

On a personal note, let me tell you why I, as a longstanding medical doctor (25 years) in Cedar Rapids, would take the time to write you such a letter. Around 2014, I bore witness to the incredible transformation of one of my daughters, through her involvement with Jung's Black Belt Association. She was a shy, self-doubting scrawny 11 year old, who was the victim of bullying in schools. This left her spirit beaten and broken, encased in the perception that she was of little value to the world. She began working with Mr. Jung and his instructors. For the first year, despite going to classes 3-4 days a week, she really made no progress. She would barely put forth any physical effort into her kicks and punches. Quite frankly, we were perplexed as to why Mr. Jung would even let her continue in his class when she barely put forth any effort. I was not familiar with martial arts and held the naive belief that TKD was only about kicking, punching, and fighting. Oh boy, was I wrong, and later enlightened.

About 13 months into her training, something wonderful began to happen. She began to smile and gain confidence in her abilities. Over the ensuing 3 months, she literally transformed from being the worst performer, into a total force of nature. I firmly believe Mr. Jung had searched inside of her to find her true spirit. She went on to earn her Black Belt and assisted teaching TKD, which is an important part of the whole process. Stories like my daughter's are frequently encountered when one experiences the TKD journey. Mr. Jung publishes stories like these in *TKD Times* magazine to inspire readers all over the world to overcome challenging situations.

Assisting Jung's Black Belt Association with a property tax relief, surely would be money well spent. If you ever have a chance to meet Mr. Jung, please understand that when he is looking your way, he is not simply looking at you, rather, he is looking beyond you to see what fruits you can bestow on your community.

Most Sincerely, Gina M. Perri MD

Dear Mr Jeff Augustine, Chief Deputy Assessor

I've been involved with Jung's Taekwondo since 1983 when I started as a white belt. I currently volunteer as the Publication Director of *TaeKwonDo Times* magazine that Grandmaster Woojin Jung is publisher of since 1980. I also own Mireu Martial Arts in Coralville, Iowa, a branch school of Jung's Taekweondo. When I started at Jung's Taekwondo I was a single mom with 3 boys to raise on my own. I spoke with Grandmaster Jung about classes and tuition and discovered that I did not have the financial ability to pay the full rate. I disclosed to Grandmaster Jung my home situation and my financial status. To my surprise he did not turn me away due to

my inability to pay. He asked how much I could pay and adjusted my payments accordingly.

This has been Grandmaster Jung's way of doing business since he opened in 1973. He has never turned anyone away due to the inability to pay full tuition. Jung's Taekwondo has trained over 250,000 individuals with over 6,000 blackbelts from 1973 to 2020. Grandmaster Jung never gives classes for free, every person pays just not always financially. Grandmaster Jung believes if you pay in some way then you value Taekwondo and yourself. This practice has allowed many disadvantaged individuals to experience taekwondo and grow as strong individuals who give back to the Cedar Rapids community.

Jung's Blackbelt Association wants to continue this practice of assisting disadvantaged individuals in our community. We ask that you please waive the property tax fee so our younger generation of instructors and students can continue working with individuals in Cedar Rapids.

Most Sincerely,
Thank you,
Gamsahamnida 고맙습니다
Master Ms. Lonnie Matthews,
Owner Head Instructor
Mireu Martial Arts - Jung's TKD
Branch School - Coralville, Iowa



Grandmaster Larry Chmelicek, Master Lonnie Matthews, Dr Gina Perri and Grandmaster Jung receive awards from Jungs Black Belt Association Board for their efforts in securing the city free tax exemption.

World Travels

Grandmaster Woojin Jung travels around the world. Over his life he has visited 80 different countries.





Greenland TaeKwonDo's 40th Anniversary

TaeKwonDo Times is very grateful to have been invited to Greenland TaeKwonDo's 40th anniversary celebration on October 12, 2019, Woo Jin Jung and Dr. George Vitale represented our publication. Over 40 years, 172,000 students at 11 dojangs have trained under Grand Master Leong Wai Meng's guidance. Grand Master Leong was featured in our Hall of Fame issue in 2010. Dr. Vitale



and Woo Jin Jung took award plaques to present to TaeKwonDo dignitaries at the ceremonies.

OFFICIAL TAEKWONDO HALL OF FAME® CEREMONY HELD IN GREENLAND

(October 12, 2019) - On the occasion of the 40th Anniversary of the formation of the Greenland TaeKwonDo Federation, a Special Induction by the Official TaeKwonDo Hall Of Fame was conducted. Grandmaster Leong Wai Meng, PhD, a IX Dan (9th Degree) Black Belt, the Pioneer of TaeKwonDo in Greenland, was officially inducted in the category for International Lifetime Achievement. The presentation was made by the Prime Minister of Greenland, himself a former student of Grandmaster Leong. Also in attendance at this special ceremony was the Minister of Finance, a former Minister of Health, now a current Member of Parliament, and the President of the Greenland Sports Confederation, all students of





SOUTH AFRICA



Respect at the Korean War Memorial



Vietnam War 1967

50 years ago was the Vietnam war. Now 50 years later they are at peace. They now help each other, their relationship is good. 50 years ago I met and developed a relationship. Then I promised Eary(의리) to keep our friendship until today. Shown in the photo to the left I was in the Vietnam war in 1967. I stopped to look at this cactus flower. Then in 2017 I went back and the same cactus flower was waiting for me. They were waiting for all senior veterans. The Vietnamese and other people were very poor. These people had no power and low people are very close to me.



Vietnam 2017



INDIA 2010





Better than White House



The Bones of Tae Kwon Do
Brenda Sall
Champion Strategies



9th Dan Promotion Celebration NINE PEOPLE – WHITE BELT TO 9TH DAN in ONE Dojang – FIRST TIME IN TKD HISTORY!

I am a TaeKwonDo person before being a publisher. For the past 35 years of publication, I have tried to be humble and not call special attention to my dojang or my story. Since 1973, the dojang has held tests every two months, but December 3, 2016, was a special occasion. On that day, my dojang hosted its 259th promotion test. At that test, nine of my students tested for GM 9th-degree black belt, and twelve tested for GM 8th-degree black belt. These students have been training over a 40-year period with a few of them starting in 1973.

We held belt ceremonies one week later in Cedar Rapids and at a branch school in Ankeny, Iowa. The new eighth and ninth-degree black belts wore a special grandmaster dress modeled after Korean royalty with black trim representing Moo Duk Kwan TaeKwonDo. This historic event was only

Never Forgetting

Pilsung,

I hope everyone is doing ok and staying healthy, I am ok as well. I had some extra time today and visited Master Roger Clarke's grave site in Center Point, Iowa, with his son, Mr. Jacob Clarke, for the first time. We celebrated his life with a Korean style funeral with Soo Jou, flowers and water, with a cup made by Master Gibson. Manchester Monuments made his stone and was engraved by hand by a former student of Master Robert McDowell, after Master Clarke passed away March 6, 2014.

Master Roger Clarke says Pilsung! 감사합니다 정우진.



Korean Church

Forty-nine years ago, I immigrated from Eastern Country to Western. I have followed the language, culture and ways of the USA. Now I'm 79 years old and I reflect about my born country's culture, food, music and language. Korean church in my town is very small, 7 to 12 people. I'm not a real strong Christian, I spend time thinking about me and my life with my head down (humble), always challenging myself.

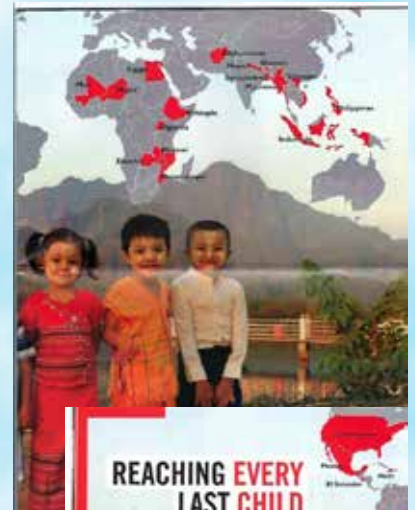
1st time American/Korean Flag put up/ raised at church. 동쪽 작은나라에서 태어나서 서쪽 큰나라에 49년살면서 여기문화 언어...따르면서 이민의 뿌리에만...말년에 태어난 아름다운 한국의 풍습도 언어도 문화도 갖고싶구나 바보같이 미친듯이 왔구나...



Family Foundation

The Jung Family Charitable Foundation supported the surgery of 30 cleft palate children through Operation Smile. We hope these children will be happy with the surgery.

We help people from all around the world, from Africa to Russia to South America. The red dots represent locations where the foundation has helped.



Last 15 years not big amount but donation all over the world and my local community. End of the year most happy time to help others. I enjoy giving to economic challenged adults and children, helping with surgery like Operation Smile and supporting individuals with disabilities. 해마다 우리 도시와 세계 나보다 못한분들 우리재단에서 도울때 가장행복을 느낀다.새해 2021년은 모두 건강하자.



My Experience with the *Tae Kwon Do Times*

Kathrin J. Sumpter

I started reading the *Tae Kwon Do Times* back in 2006 when I earned my black belt in Tae Kwon Do. In many ways, the publication opened up a world of Tae Kwon Do much more than what I had been exposed to. When you're new to the arts and you're coming up the ranks, it's easy to have tunnel vision and adopt the notion that your school is the first and last word in whatever art you're pursuing. *TKD Times* revealed a plethora of different philosophies and training tools that helped set me on a new path. Shortly after subscribing, the *TKD Times* posted a request for article submissions from new black belts asking what their rank means to them. I fit that category, and I submitted my essay. I was happy when it was published. Later on that year, I opened my school and began working for continued rank promotion. I also began teaching people with a variety of challenging health circumstances, specifically cancer fighters and survivors. I was learning like mad, and I wanted to share the information. I took a chance and contacted the *TKD Times* editor. I told her what I was doing, and she asked me to submit

an article with photos. It was a hit. She printed it camera-ready, exactly how I submitted it. I was thrilled that she even took a chance on me, but the results were undeniable.

In my observation, the *Tae Kwon Do Times* has always tapped in to their audience by reaching out. I remember their School of the Month feature that showcased winning schools from all over the world. You needed to submit your entry form (no fees), answer a few questions and wait for the results. I love that. It really promoted a healthy competition between all of us. One day, I was tapped by the editor to vye for a position as a correspondent. I submitted some writings and I got the spot. I spent several years as a correspondent until one day, a new editor asked me to submit some technique-driven weapon articles. I'm an Eskrima practitioner, as well, and I had a ton of material. So, for a few years, I was able to contribute in that fashion, as well as the occasional artist-profile feature. Within parameters, I was given a great deal of latitude and artistic license in the text content and photos

that I was submitting. It's been really fun and interesting work. After a couple of years, I approached the editor and asked if he would give me a crack at my own column. I suppose by then I had paid my dues, and he asked me to submit some writings for his review. That's how my column, *The Way Word*, was born. I've been able to write about things in the arts that are important to me, like the Health, Wellness, Recovery and Recuperation series; timely issues like the Covid-19 pandemic, and also my own philosophies that seems to tap in to a universality for most practitioners. When I tell people about the *Tae Kwon Do Times*, I talk about it from my heart. It's the only publication of its kind. It is the premier international magazine of all that is Tae Kwon Do and beyond. What I like most about it is that it's reader-driven. There's always something interesting in each issue no matter where you are in your career. I see it as a must-read for all martial artists no matter what style(s) you practice. Also, it's not so esoteric that a non-practitioner couldn't pick it up and enjoy it, too. Thank you, GM Jung and thank you, *Tae Kwon Do Times*. You've been a staple on my path.

Kathrin J. Sumpter is a 6th degree black belt in TaeKwonDo under GM Clay Worley and a 4th degree black belt in Cacoyn Doce Pares Eskrima under Sr. GM Anthony Kleeman. She owns/operates Sequim Martial Arts since 2006 on the beautiful Olympic Peninsula in Sequim, WA and has been writing for the Tae Kwon Do Times for over 12 years. You can reach Kathrin at www.sequimmartialarts.com or sequimmartialarts@olympen.com.



Taekwon-Do Became Korea's Greatest Gift To The World

Taekwon-Do came of age after a lengthy devastating occupation, a brutal civil war and the constant and continuing cold war standoff that was the result of an unfair division of its homeland by foreign powers. It was Taekwon-Do that was South Korea's first export. The internalization of Taekwon-Do began under General Choi's visionary leadership in 1959, when others in Korea were still using the Karate based names. The rapid globalization mirrored the rise in the economic power of Korea.

Taekwon-Do became Korea's greatest gift to the world. This present was well received all over the planet. In 1980 two milestone events took place. One was the acceptance of the World Taekwondo Federation's (WTF) combat sport by the International Olympic Committee (IOC) as a sport, but not yet entering their official program. The other was General Choi's diplomatic efforts to introduce Taekwon-Do to the northern half of Korea for the first time. This historic event was especially ironic, since the north would embrace the original Taekwon-Do that began in their enemy, the south's ROK Army. General Choi's purpose was to show that through Taekwon-Do, one could make friends with former enemies.

In the United States, in a rural state called Iowa, back in 1980, as Taekwon-Do was firmly centered on the world stage, a Korean-American



TaeKwon-Do Master launched a publication called *TaeKwonDo Times*. The Pioneer was named Kim Chung-Eun. This magazine began in the back of his DoJang in

Davenport. About a year later other notable Korean Pioneer Grandmasters would join this effort, taking the nascent magazine from a small publication to one of national prominence. These Pioneers were Grandmasters Sang Kyu Shim, Jung Nam Lee and current CEO and Publisher Woo-Jin Jung. A friend of Grandmaster Jung's Dr. Yang Ahn, a medical doctor, also financially supported this effort.

The new *TaeKwonDo Times* team ensured that the publication would grow rapidly. Not only was the expansion international, but *TKD Times* outlasted numerous other print magazines. For over 40 years, *TKD Times* survived as the only international publication. The success can be tied to the submissions of TaeKwon-Do enthusiasts from around the world.



As TaeKwon-Do progressed, so did *TKD Times*. In 2006 Grandmaster Jung Woo-Jin became CEO and Publisher. The international office for *TKD Times* was relocated to Cedar Rapids, Iowa. For over 15 years, under the leadership of Grandmaster Jung, *TKD Times* took a prominent role in uniting the world through Martial Arts. A long held dream of General Choi was to use his



Taekwon-Do to reunite his beloved homeland of Korea. His final Pattern he named TONG-IL, which denotes the reunification of Korea.

Grandmaster Jung was handed the "baton" of General Choi's Taekwon-Do Diplomacy, when the General passed away in 2002. The efforts of *TKD Times* to host a Taekwon-Do team from North Korea since the early 1990's proved successful when teams toured the USA both in 2007 and 2011, making history! Taekwon-Do and *TKD Times* made this possible, due to the perseverance and vision of Grandmaster Jung and his staff.

These efforts led to an unprecedented level of cooperation between the two major TaeKwon-Do organizations, the ITF and WTF. Many notable agreements of significance took





media format has resulted in the ending of printed editions of *TKD Times*. The



place. This was all done with Grandmaster Jung and his staff in the background, pulling strings and pushing people in the right directions. In turn, this led to teams from the

north to visit and perform in the south and the south reciprocating by touring the north. When myself and Grandmaster Jung were invited by the WTF to their 2017 world championships, it opened the door for the Democratic People's Republic of (north) Korea to send a large

contingent to the 2018 Winter Olympics hosted by the Republic of Korea. South Korean President Moon Jae-In dubbed this the "Peace Olympics" and they were a smashing success. As a vice president of *TKD Times*, a spokesman for ITF Taekwon-Do and a trusted confidant of the WT(F) leadership, this was a highlight of my long time involvement



with the Korean Martial Art I love deeply.

Taekwon-Do is officially in over 210 countries around the world. It has covered this global growth since 1980. Today even refugees left stateless can compete under the Refugee Banner of the WT(F). The WT has established a TKD Peace Corp and a TKD Humanitarian Foundation. Peace is more precious than triumph, a slogan often recited by WT President Dr. Choue Chung-Won.

The challenges we face with a global pandemic and a vanishing print media, the result of an ever increasing electronic



reality of 2020-21 means all of the future efforts of *TKD Times* will take place digitally. The new stories that will need to be told, the new TaeKwon-Do stars that we will need to meet, will be done electronically. *TKD Times* has been there since the Karate Kid movies of the 1980's, the Jackie Chan remake and yes, now through the new spin off series *Cobra Kai*, now in its third season. *TKD Times* magazine will cover this and much more. Hopefully our loyal followers over the last 40 plus years, will be there going forward, with new future students joining us. After all, it always was about the students. At present, the dedicated staff of *TKD Times* is in the process of scanning every previous issue. These digitized issues, along with any printed magazines still in our archives, will be made available to the public. In this way we can keep a new 2021 version of *TKD Times* viable. At the same time it will be preserved forever and for all future TaeKwon-Do enthusiasts, our history, our stories and our records made and broken.

Thank you readers for your great support and valuable friendship over our many years together.

A massive thanks to my mentor, Grandmaster Jung Woo-Jin. Your guidance has meant the world to me, opened doors I never knew existed and taught me things I never realized I was missing. I am a better man, a better martial artist, because of your loving guidance and careful tutelage.

My thanks and deep appreciation to the staff at *TKD Times*. Your valuable assistance and great support can never be adequately categorized. Your work is truly indispensable. As you know, it will be vital going forward.

I remain steadfast in my service to Taekwon-Do, for without it, I am a mere shell.

I am, and remain, affectionately yours!

Dr. George Vitale
Vice President- *TKD Times*





Thank you, Grandmaster Brian Huff, for your contribution to the world of taekwondo. Your hard work scanning and preserving the *TKDT* magazine is a gift to martial artist for many generations to come.

Making History for the Next Generation

A few years ago, GM Jung had numerous photos around 10,000. I expressed to him that I would like to take all the photo albums and scan all the photos to save them on a flash drive for him to look at on his computer at any time. So, I took all the photo albums home and used my basic printer scanner and scanned all his photos. This project was very exciting and rewarding to me to be able to see all the history of Tae Kwon Do photos from when he first opened the dojang until now.

About a month ago GM Jung came up with an idea of scanning all the back issues of the *TaeKwonDo Times* magazines to digitalize them for the next generation of martial artist to look at and to preserve them forever.

GM Jung asked me if I would like to take on this project, with excitement again I said I would be happy to. So, I gathered all the back issues of the magazine from the first issue to 2006 and started scanning them on my scanner. After scanning the first 10 magazines I found out this was going to take an exceptionally long time to do scanning one page at a time. So, I went to Amazon and purchased a scanner that scanned books and magazines two pages at a time in which cut my scanning time in half. So, I scanned 150 *TaeKwonDo Times* magazines. This took many hours to do but worth it.



GM Jung took over the publication of the magazine around 2006. This was very difficult for GM Jung because he didn't speak English well and didn't know much about computers. GM Jung took the *TKDT's* magazine and continued to make it a success worldwide through the present day. I am very proud to have been able to work with GM Jung on the magazine over the years and hope to continue. Thank You GM Jung for this opportunity.

Pilsung.

GM Brian Huff



How Taekwondo Unites Our Family

A Brief Family History

We are the Esposito family: David (6th Dan) and Jean (5th Dan), our three children: Kelly (4th Dan), Dylan (5th Dan), and Cheyenne (4th Dan). That's a total of 24 Dans in the family! Our story in many ways is typical of many Taekwondo families, with a few twists and turns throughout our journey.

Kelly was the first to begin learning Taekwondo when she was 12. It wasn't until after she earned her first black belt that the rest of the family joined her at Park's Taekwondo in South Portland, Maine.

As a one year old, Dylan was diagnosed with a mild case of Cerebral Palsy, primarily affecting his left hand, arm, and leg. (Note: this is a VERY MILD case unnoticeable to most and Dylan has worked hard his entire life to maintain his motor skills). When Dylan was 4 ½ his neurologist recommended he join a structured physical activity. Taekwondo was the obvious choice. This started Dylan, David, and Jean on their Taekwondo path with Cheyenne watching classes from her car seat or the lap of one of the other parents at Park's Taekwondo.

Once Cheyenne turned 4 she officially joined the rest of the family in Taekwondo, although she had been learning since before

she could walk! Jean, Dylan, and Cheyenne progressed through the color belts without any real disruption for four years.

David's journey was a bit different than theirs. David achieved his black belt in Shotokan Karate & Judo as a youth. He then spent several years practicing kick-boxing. David joined the family in studying Taekwondo but with his background, his progression through the belts was at a different pace.

The Twists and Turns of the Path

The Owner/Instructor at Park's Taekwondo, Master Hinckley, having been in the Army Reserves was called to active duty in 2003. David assisted in the running of the dojang while Kelly shared Head Instructor duties with another black belt student, Ben Littlefield. This worked well enough for just about a year. At that time Master Hinckley elected to remain in the Army until retirement which involved moving his family to Georgia. The dojang was sold and shortly thereafter closed.

Maine is not a large state. There were not many options to study Taekwondo in the area. The only other dojang in the immediate vicinity was not a good fit for the Esposito family.

Grand Master Park, Master Hinckley's instructor, was 90 miles away in Lunenburg, MA. David reached out to Grand Master Park for guidance and to schedule some family training sessions on Saturdays. The Esposito family practiced at home together for several months. Then Grand Master Park sold his dojang and moved to Atlanta.

Southern Maine Taekwondo is Born

In 2005, the Esposito family had four 1st Dan black belts and one blue belt in Taekwondo. What they did not have was a Master.

Continuing forward, David and Jean started Southern Maine Taekwondo first as an after school program, then as a recreation program at the South Portland Community Center. Kelly, Dylan, and Cheyenne often assisted with the classes whenever their school and work schedules permitted. Ben Littlefield, originally from Park's Taekwondo, came across the Esposito family at the community center and has been an instructor with Southern Maine Taekwondo ever since.

Through a stroke of luck, David came across a flier for a Taekwondo tournament for kids hosted by Grand Master Kwon in Tewksbury, MA. At this time, Southern Maine Taekwondo had over 50 regular students. David and Jean had brought several of these students to the few tournaments available in MA and NH. Everyone was excited to attend this new event.



David and Grand Master Kwon connected immediately and the beginning of a strong bond was formed. As it turns out, Grand Master Kwon was longtime friends with Grand Master Park and had purchased Park's Taekwondo in Lunenburg from Grand Master Park!

This chance encounter with Grand Master Kwon marked the beginning of when David could see his dream becoming a success. With Grand Master Kwon's encouragement and faith, David and Jean then opened Southern Maine Taekwondo in a permanent location. Grand Master Kwon's guidance has had an immeasurable impact on the Esposito Family and Southern Maine Taekwondo.

When the kids were young, attending USA Taekwondo Nationals became the Esposito family vacations. The family would take a couple extra days in the host city after the competition to explore the different regions of the country. David has become very involved in coaching. Kelly, Dylan, and Cheyenne have all competed in several local, regional, and national competitions. Cheyenne even won gold in sparring at her very first USA Taekwondo Nationals.

David has coached many of his students at Nationals over the years.



One of his students won a gold medal in sparring at the 2019 USA Taekwondo Nationals. David is proud of each and every one of his competitors, regardless of where they placed. Like he always says, "There's

always someone better, treasure the experience!" - United in Taekwondo

Much has changed in the Esposito family but Taekwondo remains.



David continues to work full-time during the day and run Southern Maine Taekwondo evenings and

weekends. David has achieved his 6th Dan. The family joke is that in his “free time” David likes to sleep!

Jean also works full time during the day and teaches at Southern Maine Taekwondo regularly. She has recently achieved her 5th Dan.



Kelly is known for taking a long time between belt tests (she had her 1st Dan for eleven years!) but has recently achieved her 4th Dan. Kelly is now married with two children. Her oldest, Xavier, just turned five and has earned his white belt.

Dylan attended R.I.T. and graduated with a degree in Electrical Engineering. While at R.I.T., Dylan was involved with the on-campus Taekwondo Club where he assisted in teaching and made many friends. Dylan now lives in Long Island, NY with his fiancée and continues practicing Taekwondo on his own. Dylan recently achieved his 5th Dan.

Cheyenne is in her final year at the University of New Brunswick, Canada studying Wildlife Preservation. She recently led a community self-defense lesson in Fredericton, NB. Cheyenne continues to assist with classes at Southern Maine Taekwondo during all of her school breaks.



She has recently achieved her 4th Dan.

Kelly, Dylan, and Cheyenne enjoy sparring each other any time they find themselves at Southern Maine Taekwondo together. Since this only happens a few times each year, they make the most of it and have a great time kicking their siblings!

The whole family has countless happy memories of their lives in Taekwondo and look forward to many, many more!



Letters of Gratitude

안녕하세요 정회장님,

(Hello Chairman Jung)

Taekwondo Times magazine has been known in over 200 countries around the world for 41 years. It has a long history of leading the development of martial arts by becoming the eyes and ears of many other martial arts. In particular, we invited the North Korean Taekwondo Demonstration Team to the "2007 Goodwill tour" event to the United States and achieved the starting point of North Korean and American peace.

In the last issue of the Taekwondo Times, I would like to express my deep gratitude to the publisher, Grandmaster Woojin Jung, who has led the magazine for 41 years despite many difficulties.

태권도 타임즈 잡지는 41년동안 전 세계 200여국에 알려졌습니다.

태권도와 여러 다른 무도들의 눈과 귀가 되어 무도 발전에 선도적 역할을 이어온 깊은 역사가 있습니다.

특별히 "2007년 Goodwill tour" 행사 북한 태권도 시범단을 미국에 초대하여 북한과 미국의 평화모두의 시발점을 이루어 냈습니다.

태권도 타임즈의 마지막호를 맞이하여 많은 어려움에도 불구하고 41년 동안 잡지사를 이끌어 오신 퍼블리셔 그랜드마스터 정우진 선생님께 깊은 감사를 올립니다.

아틀란타 지성용 사범,

Atlanta Master Ji Seong-Young,



Congratulations to Grandmaster Woo Jin Jung and TaeKwonDo Times for delivering 41 years of the spirit of Taekwondo to the world! You exemplify the True Spirit of a martial art leader and your legacy will live on for generations to come.



With all my love,

From my heart to your heart,

Grandmaster Tae Yun Kim

He Can Do, She Can Do, Why Not Me!

Break Through to Awesome!

It's a big world.

My introduction to Tae Kwon Times was as soon as I joined Eric Heintz Black Belt Academy. The owner and main instructor was on the cover. I did not know the significance of this at the time but thought that was cool. Much later after noticing the other cover guests, some of whom were very famous, did I understand the honor.

Tae Kwon Do Times is special because whether you are reading issue 11 or 211 there will be information you can use. Articles about technique and Korean history are timeless. I am sure many have been influenced by stories of students and instructors in the Martial Arts they covered over the years. These things will be true in any form of delivery. Thank you Grandmaster Jung and all the people behind the scenes who have kept the magazine that makes us all family and the high caliber source it has always been.

Grandmaster Bob Sledge

Martial Arts America.



Taekwondo Times

I would like to dedicate my sincere gratitude toward grandmaster Woo Jin Jung and the Taekwondo Times staff for their hard work and dedication. During the past 41 years since its beginning, Taekwondo Times has provided valuable information on the history and development of Taekwondo. The Taekwondo Times has touched many hearts and planted the spirit of Taekwondo in many practitioners young and old throughout the world.

As a fellow Taekwondo Instructor, I had the honor of sharing his extensive knowledge, leadership and life experiences closely. The guidance I received throughout these years have given me invaluable life lessons on successes and bouncing back from failure. As the world is changing rapidly, where more and more people rely heavily on digital media, I admire Grandmaster Jung's decision for making the transition from print into the digital platform.

Although we will no longer be able to view the news and articles on paper, I look forward to seeing the legacy of Taekwondo Times continue online.

By

Subong Lee
Head Instructor,
Master Lee's Tae Kwon Do, Inc.
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201-262-1175



Tae Kwon Do Times magazine has always been a welcome resource for martial arts information. I eagerly anticipated each issue. The feature article about a nationally or internationally known master was always a highlight. Some years had series features about Korean history or Tae Kwon Do history which added greatly to the reader's knowledge. The Tae Kwon Do Times magazine provided a source for material that was hard to find elsewhere.

Often, the issues would have philosophical topics based in martial arts practice. Korean culture was another subject addressed many times over the years. Those articles helped readers understand some of the background of Tae Kwon Do behavior and codes of conduct.

Human interest stories about Tae Kwon Do instructors and students filled many issues. Those stories inspired readers and motivated students to continue their Tae Kwon Do training. Hard news stories about various competing Tae Kwon Do organizations was covered in a fair and transparent way. That sort of news coverage may have been the only source available to martial arts readers.

As can be seen by the breadth of categories of articles printed in the Tae Kwon Do Times magazine, it is a full service magazine. The future without a print edition of the publication will be a loss for sure, especially for fans of print media. However, the trend towards digital media appears inevitable. We can be confident Tae Kwon Do Times transition to full digital content will continue the fine tradition already established for coverage of Korean martial arts.

Sincerely,
Andrew Johnson



A Tribute to Grandmaster Woojin Jung and TaeKwonDo Times Magazine

By Bobby Kim

Throughout his life, my good friend Grandmaster Woojin Jung has worked tirelessly to promote taekwondo throughout the world. Over the past forty one years his TaeKwonDo Times Magazine has become the most important publication of its kind. Although I was sad to learn that the magazine will no longer publish physical copies after February of 2021, I am very pleased that GM Jung and his team will publish an online magazine that continues his important work.

TaeKwonDo Times has always been the best place to find stories on all the topics that matter most to its readers. There's plenty of taekwondo news, of course, but there's also excellent information about martial arts history, organizations, styles, the Olympics, and a great deal more. Being named to the magazine's annual Hall of Fame has become one of the most respected honors of its kind. In short, TaeKwonDo Times has become THE magazine for martial arts students and professionals alike.

In addition to the magazine and running nearly 50 schools, GM Jung has devoted himself to unifying North and South Korea through taekwondo. In 2005 I had the good fortune to accompany GM Jung to North Korea for the ITF 50th Anniversary and see firsthand how a shared love of taekwondo was able to bring people closer together. Thanks to his efforts, in 2017 the ITF demonstration team visited South Korea for the first time in 45 years, proving that the bonds of taekwondo are capable of overcoming any boundary.

In September of 1984 GM Jung put me on the TaeKwonDo Times cover. January 2017 TaeKwonDo Times Hall of Fame Pioneer of the Year, presented to me in recognition of my lifetime of devotion to Taekwondo throughout the World and it was an honor I will never forget. What I will remember more, though, is the decades of sacrifice and hard work he has invested in our beloved martial art and the many thousands of students he has trained. He is a true champion and one of the great pioneers of taekwondo in the United States. I wish Grandmaster Jung and his staff the best of luck with the online version of TaeKwonDo Times. I will remain one of the magazine's most faithful readers.



I want to thank Grandmaster Jung and the Tae Kwon Do Times for having a wonderful magazine for me to read ever since I started my journey in TKD. My first class was in February of 1993 and I started reading the magazine shortly after that. I started teaching in 1998 and that has been a wonderful time for me. Just a few months after my first class I started construction of my new dojang on my property. I live in a small rural community in Northeast Iowa called Edgewood. The population is around 800 people and in the time I have been teaching I have promoted 67 people to Black Belt! It hasn't always been fun though, 5 years ago I was diagnosed with Cancer. It has been hard but I haven't given up. 4 years ago they gave me 4 months to live, but I'm still kicking! I really think having this black belt helped me get through the hard times. I have been on KBS television a couple times, the local tv and radio stations and have also been on the cover of TKD Times, it's been a great ride! I even have my school patches tattooed on my chest! I want to thank Grandmaster Jung and the Tae Kwon Do Times for all the opportunities that have come my way. Health and happiness to everyone!!!

Master Bob McDowell



Tae Kwon Do Times and Grandmaster Woo Jin Jung

Tae Kwon Do Times is a treasure trove of incredible information and inspiration that has served an invaluable role in supporting the Tae Kwon Do journey of countless martial artists for decades. I have been reading the magazine regularly since around 1988 and have collected most of them, starting with the Summer 1983 issue. In the pages of this magazine, are stories of the rich history of Tae Kwon Do, scientific and technical articles regarding technique and power, and stories of the remarkable people who train in this art.

There are stories of those who have overcome tremendous adversity to train and teach TKD, and those who have used the valuable life lessons to overcome serious, life-threatening illness and injury, and to better their lives and those around them. TKDT reminds us in its pages that the art we love is truly a "way of life".

In addition to the guidance obtained from Tae Kwon Do Times, I have been blessed to enjoy the wisdom and guidance of Grandmaster Woo Jin Jung, the Publisher and CEO of TKDT. His teachings in seminars, time spent during test days at Jung's TKD, days spent at tournaments, as well as his leadership in publishing TKDT has enriched us all.

Grandmaster Terry Hall
Heritage Tae Kwon Do
Bethany, Missouri



안녕하세요?

정 회장님!

참 큰 일 하셨습니다.

영문 오피니언 과 사진 3장 보내오니 선택, 교정 하셔서 발행하시면 고맙겠습니다.

Congratulations Grandmaster Jung on 41 years of service and support for the art of Taekwondo. Thank you Grandmaster Jung for bringing our world closer together through Taekwondo Times. Your vision has touched hundreds of thousands of lives over four decades. Your life has characterized the tenets of Taekwondo and set a tremendous example for all of us to follow. Taekwondo Times has been a force for positive change and expansion of Taekwondo worldwide. You influenced us to be better practitioners and to put action to our words. Thank you for your support and encouragement to the United States Taekwondo Grandmasters Society.

Sincerely,

Soo Kon Kim

President

United States Taekwondo

Grandmasters Society



It was in the 1980's when I happened across a new martial arts magazine called Taekwondo Times. I have been into martial arts and read various magazines throughout my life. This one really piqued my interest, and it wasn't long after that I started my lifelong journey into Taekwondo. I've enjoyed many years of heading to my favorite news stands to pick up the latest issue of Taekwondo Times, the thrill of reading what's new, and the who's, how and where always got my attention. Fast forward a few years and I was honored to see my school chosen as a school of the month. I met Grandmaster Jung through my instructor, Grandmaster Kwon, at our dojang. GM Jung's presence was very special for me. I'm not afraid to say I was starstruck. Talking with a man that has made such a positive impact to the martial art of Taekwondo and has traveled and helped spread our martial throughout the world is truly awe inspiring. I will truly miss holding and reading physical issues of Taekwondo Times magazine. Thankful for years of great articles: reading about many Grandmasters that I have personally known for 25 plus years through competitions, as well as invites to their dojangs to witness many Blackbelt tests.

Thank you Grandmaster Jung for all you do and for many great memories. With much love and respect, Michael Uiterwijk 6th Dan Kukkiwon and Korea Taekwondo Moo Duk Kwan Assoc.



Stemming from many centuries of martial practice by generations of Koreans (and other Asians, etc.), then narrowing down to the post-war contributions of the original/early 'Kwans' who had preserved their rarely shared skills, and the great works of 'Founder' General Choi Hong Hi himself, TaeKwon-Do has evolved into a common language between people from all walks of life. General Choi Hong Hi had considered TaeKwon-Do his greatest gift to both the world and to mankind. It is indeed his greatest and enduring legacy, and has reached all corners of the world.



Mind, Body, Spirit. In addition to hard physical training, TaeKwon-Do practitioners learn to sharpen their “academic swords” as well and reading is a big part of that journey. I am fortunate to have amassed a collection of over 1,200 books in my personal library including nearly a thousand martial arts books. In my humble opinion, and in regards to Korean martial arts, the three top works of literature would include: General Choi Hong Hi’s fifteen-volume (15) TaeKwon-Do Encyclopedia collection; the great works of DoJuNim Dr. He-Young Kimm and; the treasure trove of over forty years of content, history, philosophy, photos, and writings as found within the TaeKwon-Do Times magazines themselves.

My martial arts journey began at a YMCA in Indianapolis, Indiana in 1968 (Judo/Yudo). In the 1970’s, I discovered TaeKwon-Do (also known as “Korean Karate” in those years) and Hapkido. As a young man, the birth of “TaeKwon-Do Times” magazine in 1980 added rocket fuel to my training, interest in the ‘bigger picture’ regarding Korean martial arts, and to my hunger for knowledge. There was so much mystique surrounding the arts in those days. Becoming a Blackbelt was a rarity back then, and like today, TaeKwon-Do was good for the mind, body, and spirit. I remember ‘chomping at the bit’ anticipating the arrival of the newest edition of TKD Times. I discovered a news stand that first carried it in southern New Jersey where I lived and I would



ride my skateboard 4.5 miles in each direction to get the magazine. Even to this day, I love the magazine and have every edition ever printed.

In 1997, I was invited by Dr. He-Young Kimm to compete with the US Team in Kwang-Ju, South Korea at the World Hapkido Games. I was successful and repeated again in 1999 and 2002. These opportunities had taken me to South Korea, China, and Japan. Always my faithful companion, I was sure to have my copy of TKD Times in my



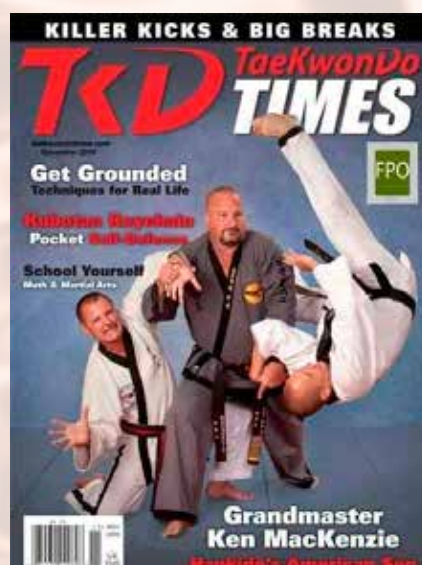
carry on. I have now been to thirty-three countries as a result of being a martial artist-for-life. Not bad for a poor kid from the East side of Indianapolis.



In 2005, I was invited to be a member of a delegation to represent the USA and Korean martial arts in the DPRK (North Korea). This amazing opportunity to serve as an ambassador was facilitated by SGM WooJin Jung and Dr. He-Young Kimm. It was to be my first face to face interaction with SGM WooJin Jung. Upon my return, I was able to expand my relationship with both SGM WooJin Jung and TKD Times magazine. As a big advertiser, the magazine aided greatly in the expansion of my 'World Sin Moo Hapkido Federation' under Hapkido-Founder, DoJuNim Ji, Han Jae. My proudest day was being nominated by SGM WooJin Jung to be featured on the cover of TKD Times magazine. I had thought back to seeing the likes

of 'Tiger Kim' (my favorite cover) on the cover, and how he inspired me even from a distance. I hoped that I could do the same for others. The magazine served as the perfect vehicle to do just that!

The year after my own cover feature, I was asked to help SGM WooJin Jung in creating a celebration for TKD Time's 30th Anniversary. While in Cedar Rapids, SGM Jung gave me a priceless gift ... the gift of his time. Time, after all, is our most valuable commodity. He and I toured his gym, dojang, and even his early dojang across town. I could feel the spirit. We visited the KFC (if you have read his books, you'll understand), and the commemorative tree and bench out in front. We went for a long drive together into the countryside, where he introduced me to one of his favorite places for peace, thought, contemplation, and meditation ... a hill among cornfields for as far as the eye could see. On the car ride back, we discussed an idea. The idea was to co-host a "Goodwill Tour" with the DPRK North Korean National TaeKwon-Do team (ITF) here in the US. We spoke of a six-city tour, with the approval and endorsement of our own State



Department. The tour became a reality and I was to be the host of the final leg of the tour in the southern New Jersey & Philadelphia areas. I was able to host them for presentations at a local elementary school (first time ever in the USA), as well as at a historic theater in southern New Jersey. Over eleven hundred people attended, including many leaders, politicians, law enforcement personnel, and martial arts leaders from near and far. Once again, history was made!



I spoke once about the irony of the dichotomy of TaeKwon-Do ... it's lethality and roots as a military "killing art", and how it has served immeasurably as an international instrument of

international peace. I myself have been able to serve many thousands of people, especially young people via my teachings of traditional TaeKwon-Do and Hapkido. As the saying goes, we are the sum of our experiences. Meeting and knowing SGM Jung, coupled with my forever relationship to TKD Times has and continues to serve me, shedding light that I can then reflect unto others. I thank SGM WooJin Jung for these many gifts.

GM Kenneth P. MacKenzie
10th Dahn Blackbelt
World SinMoo Hapkido Federation, President
5-Time World Champion (Korea [x3], Argentina, Brazil)
Hall of Fame Member

www.MacKenziesMartialArts.com



It has been a great honor and pleasure to have walked this Taekwondo journey with President Woo Jin Jung.

President Woo Jin Jung has been my teacher who has taught me a lot of wisdom and life long lessons. I am very saddened that this will be the last magazine.

May people in the martial art world will forever remember the magazine and President Woo Jin Jung.

It's been a pleasure and great honor.

Grand Master Kui B. Yoon



Personal Development and Success through Tae Kwon Do

by Yong Duk Choi from Choi Brothers (Founder of America Pro Tae Kwon Do)
Personal Development of Self Competition through Tae Kwon Do

Students of Tae Kwon Do are steadfast in using the following commandments to guide their path to self realization and success.

1. Cleanliness (Chung Kyul)
The student of Tae Kwon Do is clean in person and habits. Not only does he/she attend to a neat and orderly appearance in their physical person, but also he or she strives for a pure mind in which ideas have been sifted and clarified, and extraneous thoughts emptied, leaving room only for awareness of what is happening at a given moment.
2. Truth (Jin Sil)
The Tae Kwon Do student is dedicated to searching for the essence of their being and inner reality. They are faithful to the ideals taught in martial arts and trustworthy in representing these ideals to others.
3. Humble (Kyum Son)
It has been said that to be humble is to know the truth about oneself. The student of Tae Kwon Do is modest in his or her appraisal of skills, always striving for stronger physical and mental development. They willingly submit themselves to the judgment of superiors seeking to learn from their suggestions and advice.
4. Love (Sa Rang)
Devoted attachment, goodwill
Tae Kwon Do's student has a passionate yearning to practice the art in its highest form — a work that the mind and body create together. As this enthusiasm intensifies in the student, it can manifest itself in caring for and sharing with others.
5. Spiritual Awake (Duk Do)
Awareness of the higher state of

consciousness, knowledge of the mind
The awakened mind to the Tae Kwon Do student is pointedly aware of the spiritual side of the art. Along with the mastery of physical techniques, they seek the wisdom to find the purpose of their being, their role in the role, and society.

The Relevancy of Tae Kwon Do in our Daily Routines

Through Tae Kwon Do, we learn the Tenets of Tae Kwon Do and gain personal development of self completion. As we learn Tae Kwon Do's way, we can engrave it within our lifestyles that lead to culture, betterment, and success. Woo Jin Jung is a person who exemplifies that their values align with Tae Kwon Do.

Woo Jin Jung (Publisher of Tae Kwon Do Times)

Grand Master promoted Moo Do Tae Kwon Do through the platform of Tae Kwon Do Times. Back in 2007, Woo Jin Jung invited North Korea's Tae Kwon Do Demo Team to the United States to tour significant cities, which led to North Korea's National Anthem first being introduced to the States. Grand Master Woo Jin Jung also adds cultural benefit to Cedar Rapids, Iowa by adding its first ever history Tae Kwon Do Museum. With many more significant events, his tenacious character aids in the Tae Kwon Do family's growth.

Grand Master Woo Jin Jung is among the many who believe that by living their daily values close to Tae Kwon Do, they can successfully live a life of culture, betterment, and success.



Hwang's Martial Arts
2813 N. Hurstbourne Pkwy
Louisville, KY 40223

Taekwondo Times Authors
1510 Mt Vernon Rd SE
Cedar Rapids, IA 52403

Dear Taekwondo Times Authors,

My name is Jackson Huse, an Instructor at Hwang's Martial Arts in Louisville, KY, training under Grandmaster Jung Oh Hwang. It saddens my heart to hear that Taekwondo Times is no longer printing magazines and is fully online instead. As the last issue is released this month, I look back on the magazines that I have collected and read. I have been inspired by the features in Taekwondo Times magazines and been proud of my sport because of it. I wholeheartedly wish for the best with online publications.

The oldest issue I own is from November of 1999, which is when my Grandmaster had a featured article. I was born in September of 2002, which is 3 years after the release. Because of this issue, I became interested in martial arts when my father found it years later by looking back at his time at Hwang's Martial Arts with my brother. Shortly after showing it to me, I enrolled at Hwang's summer camp program. Since then, I have grown to become a 3rd degree black belt in Taekwondo, a Brown Belt in Judo and Hapkido, HMA's SWAT Team Captain, Demo Team Captain, and an Instructor. Without seeing that magazine, I would not be where I am today and for that, I thank you. The first issue I was given as a black belt was from September 2016 about Master Mimi Hwang, Grandmaster Hwang's daughter. After I read it, I was motivated to see that one of my very own Master Instructors was able to be featured in an article.

Not only has Taekwondo Times brought inspiration to me through the releases, but also in person. In February 2020 at an Alaskan Championship, our team went on fun activities such as snowmobiling where the President of Taekwondo Times also came and enjoyed the experience with us. To me, this shows how connected we are in the world of martial arts. It is because of this connection to martial arts and to other martial artists that I have become who I am today.

I sincerely hope for the best to all Taekwondo Times editors and staff.

Thank you for everything!

Jackson Huse
Instructor
Hwang's Martial Arts



My Inspiration – Grand Master Jung

When I began my journey in TaeKwonDo, I was told about Grand Master Jung by my instructor, Mr. Tim Waddilove. I was inspired by Grand Master Jung's story, what he went through and what he wanted to accomplish in his life. I wanted to be that kind of example for others also: humble, strong, caring, hard working and honest. Living and showing all the tenets of TaeKwonDo every day, all day.

The first time I met Grand Master Jung I was so nervous. Here was the person I had heard so much about and who I wanted to be like; and I felt so unworthy to even meet him. I was a brown belt at the time and felt very intimidated. When I met him, he spoke to me and made me feel like I was an important person. I will never forget how he had time for me. This Great Man! Over the years I have gotten to know Grand Master Jung. He is the type of person who would literally do anything for you. He is always sharing his knowledge to help me better myself. He even called to check on me after my hip replacement surgery in 2014. He told me that TaeKwonDo isn't about my physical ability but my heart and spirit; teaching others "the way". He is such an inspiration to me in not only my TaeKwonDo journey but in my life as a whole. Always giving, and trying to make the world a better place for everyone. He truly has the TaeKwonDo spirit. TaeKwonDo is in his heart, and comes out in everything that he does.

Because of Grand Master Jung I have experienced things that I would never have otherwise. I attended several black belt retreat seminars at the "Eagles Nest" in Colorado with him. We worked hard, practiced TaeKwonDo, and took in the peace and beauty around us. Doing forms and kicks on the side of a mountain or heaven hands as we watched the sun come up over the mountains was awe-inspiring. Meditating in the peace of nature brings such clarity that we are just a small part of a very big plan. Realizing that through TaeKwonDo, we can help others be the best that they can be.

I have attended many different Jung's seminars over the years focusing on different aspects of our art. Grand Master Jung attends each seminar and gives his knowledge and insights into what we are learning.

I attended the black belt seminar sponsored by TaeKwonDo Times and Grand Master Jung in Cedar Rapids. Meeting many Grand Masters was overwhelming and a great honor. Hearing them speak with such humility, knowledge and encouragement was an important milestone for me. This gave me even more drive to learn as much as I can. I want to be a great example of being humble, encouraging and to help my students to always strive to be their best in both TaeKwonDo and life.

I have watched Grand Master Jung over the years work tirelessly to unite the two Korea's through TaeKwonDo. He and TaeKwonDo Times were instrumental in bringing the North Korean TaeKwonDo Demonstration team to the US to do a tour, twice. We were all united through TaeKwonDo. Very inspiring!

Grand Master Jung had a 30th Anniversary dinner for TaeKwonDo Times magazine that I was able to attend. The magazine promotes TaeKwonDo with real stories of success, strength and courage. Their articles teach or explain different techniques or styles for all who read it.

Grand Master Jung is very generous with his time and knowledge. I am very blessed to have him as an instructor and friend.

Rita Pearson, Jung's TaeKwonDo – Cherokee



GOOD BYE TKD TIMES

Written by Woon Suk Choi, 5th Dan
from Champ Martial Arts

Every story has its end, and every journey meets its final destination. Nevertheless, the essence & value learned from those stories & journeys will inspire to walk further towards a brighter future. For 41 years, TKD TIMES has influenced & inspired millions of martial artists. Regretfully, TKD TIMES is giving us its final print to the world this year.

Chief Master Sung Son Yu always told Instructors, “In fifty years, these magazines will become history books for our next generations. And in a hundred years, these magazines will be priceless artifacts that will not only teach us, but remind us of the knowledge from the heroes who dedicated their lives to change the world through martial arts.” When we read every page in the magazines we can witness, feel, and connect with all the masters & grandmasters’ achievements accomplished through their blood, sweat, and tears. To the naïve eyes, these magazines are nothing but another achievement frame of other people, but to the eyes of the wise, these magazines are irreplaceable treasures.

Hall of Fame “Instructor of the year”, Hall of Fame “School of the year”, and two times Cover and Featured School (May of 2014 & 2019); Chief Master Yu said it’s more than an honor to be in these magazines, and a great opportunity to share his knowledge to motivate other martial artists to improve themselves to become greater than who they were before. “One magazine neither is enough to share nor show every story.” – Chief Master Yu.

The early 19th century was the spark of the first Industrial Revolution. Now in the 21st century, we’re facing analogs becoming digitals. COVID-19 hit a lot of businesses hard but adding the digitized revolution affected a lot of Martial Art industries. Only the ones that were able to adapt & evolve survived through these difficult times. Who would’ve known that one day (which it came sooner than expected) we would be teaching martial arts through live & recorded screens? However, we evolved and started new revolutionary martial art movements by doing everything we could to change the world through martial arts.

Therefore, even if it’s a Good-Bye, we’d like to say, “See you soon TKD TIMES magazine!” From analog to digital we hope. And thank you Grandmaster Jung and TKD Times for your amazing services for the past 41 years. You have connected our hearts through an indomitable spirit of Tae Kwon Do, and we wish your spirit to continue connecting all of the martial artist hearts. As they say, “Heroes get remembered, but Legends never die.” TKD TIMES - you will always be in our hearts and live on and we believe you’ll return in a new, revolutionized way to reach all martial artists in the world.



Letter to Taekwondo Times

from Grandmaster Hee Il Cho

For over 40 years, Taekwondo Times magazine has served the global Taekwondo community with journalistic fervor and integrity. Founded by a group of four Korean masters and one doctor who had a deep love for the art, the magazine has carried out their vision of elevating and spreading the art of Taekwondo, connecting its practitioners around the world, and archiving both its traditions and its evolution over time. Students and teachers, both of Taekwondo and beyond, have immensely benefited by having a platform of their own to share their thoughts and keep each other sharpened as lifelong martial artists.

The publication is especially endearing to me, having been honored on its first cover and many more times throughout the last four decades. I will forever be grateful for all of their support.

One of the five remaining founders, Grandmaster Woojin Jung, has single handedly carried on their legacies for the last decade, investing much of his own finances, even at a loss, for the sake of documenting modern Taekwondo history. Grandmaster Jung's selfless dedication and faith in the importance of this publication is remarkable and admirable, and his invaluable contributions to the Taekwondo community should be recognized worldwide.

It is very bittersweet to hear that the Taekwondo Times is publishing its final print issue. The publication has overcome many difficult hurdles over the years, but its need is ever present as it continues to share the diverse stories of Taekwondo and connect us as a global community online.

I will continue to support their earnest work and look forward to seeing the publication flourish once again on their new digital platform.





TKD Times는 41년 동안 태권도 역사의 산 증인이었다. 그 동안 발행된 TKD Times의 소중한 기사들은 후손들에게 중요한 태권도 역사의 증거이며 학술 자료로 영원할 것입니다. TKD Times를 시작부터 지금까지 지켜온 발행인 정우진 회장님의 헌신과 사명감에 존경과 감사를 포함합니다. Forever TKD Times!

-(주)태권블록 신창섭 대표 (Shin Chang Sup (CEO of Taekwonblock Inc.))



41년간 태권도 언론의 불모지를 개척하시며 태권도 타임즈를 발행하신 정우진 회장님 존경합니다.

태권도타임즈 메가진의 폐간은 아쉬움과 새 희망이 교차하는 순간입니다.

긴 세월 지구촌 태권도계 현안과 이슈 그리고 태권도가 나갈 길을 열어 주었고 그 순간순간 역사의 기록으로 후세에게 태권도 역사를 되새기게 하며 태권도 앞날을 바로가게하는 지표였습니다.

다시 한번 태권도타임즈 메가진의 폐간은 무척 아쉽습니다 그러나 시대의 변천에 부합되게

디지털로 거듭나는 태권도타임즈는 지구촌 태권도인 들의 새로운 희망입니다

여지껏 메가진이 그렇듯이 태권도계 사실과 진실을 발빠르게 전하며 대승을 위한 디지털 태권도 타임즈를 기대합니다.



서울 세계태권도연합뉴스 이석제 발행인

Seok-je Lee knows pioneer Jung Woojin and he personally likes and respects how he performs media business as a pioneer of historical Taekwondo, and thinks he is the most influential and good at presenting Taekwondo media in the world. It is a record of history, and Tkd times is also history. Thank you.



My Memories of TaeKwon-Do

*ROY MARSDEN - interview by Philip Hawkins in
United Kingdom (Hung Moo Do Association)*

I first met Roy Marsden in the 1980's when he began training with a good friend of mine, Edmund Chow, who at that time was teaching TaeKwon-Do in Sevenoaks Kent. What I immediately liked about Roy was his enthusiastic, no-nonsense approach to training. He just got on with it, but was always the first to impart and share his immense knowledge with others.

The more I got to know Roy, the more it became apparent that he not only had an in-depth knowledge of TaeKwon-Do, but that he had also played an integral part in laying the foundations of TaeKwon-Do in the UK; together with other RAF personnel.

Roy's career in the RAF began in the 1950's. In early 1965 he was posted to RAF Changi in Singapore. This, together with his postings around the world, allowed Roy to indulge his passion for TaeKwon-Do. He was also fortunate enough to train with many of the pioneering Grandmasters when they were in their prime.

HISTORY

The origins of UK TaeKwon-Do are predominantly laid in Singapore and Malaysia. The original instructors in Singapore were Grandmasters Kim Bok Man and Woo Jae Lim, who had arrived there in 1963. General Choi Hong Hi had been the Korean Ambassador to Malaysia.

Grandmaster Kim Bok Man eventually left Singapore and travelled throughout the region spreading the art to Hong Kong, Brunei.

In November 1964, Grandmaster Rhee Ki Ha and C K Choi arrived from Korea being the first to bear the mark 'Tae Kwon-Do Instructor' on their passports.

Grandmaster C K Choi went to teach in Pen Nang in Malaysia, whilst Grandmaster Rhee Ki Ha went to Singapore and began teaching at the Gay World Stadium.

It was at this time that Ivor Morgan (who was also based at

RAF Changi and had developed an interest in martial arts) went to see Grandmaster Rhee, after which he asked him to perform a demonstration at the Corporals Club at RAF Changi. This went down so well that Ivor Morgan offered Grandmaster Rhee the chance to teach at RAF Changi on a regular basis, which he accepted.

MEMORIES

Grandmaster Rhee, although teaching full time, commenced teaching RAF personnel every Wednesday and Saturday afternoon in the RAF station gym.

I was intrigued as to how the class itself was structured. I also enquired as to whether Chon-Ji and Dan-Gun Tul were taught at this time. "Oh yes," said Roy, who added that the actual syllabus was pretty much the same as today.

Grandmaster Rhee was impressive to watch as he was obviously in his prime. He did most of his teaching by demonstrating as he spoke only a little English, whilst we spoke no Korean; however, one of his favorite phrases was "one more time" - which really meant, again until it's correct.

Grandmaster Rhee was a talented practitioner of TaeKwon-Do but also much bigger than most of the other Korean instructors Roy was to train with. Roy added that these sessions were intensive and hard as he believed it should be, we practiced the basics endlessly. TaeKwon-Do at this time was scarcely known and I had no idea how it would flourish worldwide in the years to come, emphasized Roy.



*First British
Taekwon-
Do champion
1970 Oxford*



*General Choi visited RAF Changi Singapore
1960's accompanied by GM Nam Tae Hi,
GM Rhee Ki Ha, being welcomed by Ivor
Morgan RAF. Roy to left in back row*



*Group photo of General Choi Hong Hi visit to RAF Changi, Singapore
1960's Roy Marsden standing to the left in back row*



*Roy
Marsden
breaking
brick RAF
Changi
Singapore
1960's*

The club itself was popular with personnel on the RAF base, so much so that the BBC recorded a programme about TaeKwon-Do. "I seem to remember a cameraman following Grandmaster Rhee up and down the hall as he performed one kick after another. He also performed a breaking demo," explained Roy. The kup/belts were somewhat different to today's as at this time. 8/7 kups were white

belts, 6/5 kups were blue belts and 4/1 kups were brown belts; however, the gradings themselves were very similar with Tul's 3 step, 1 step and free sparring being required together with breaking techniques for the higher kup grades.

Roy graded under both Grandmaster Nam Tae Hi and Grandmaster Rhee Ki Ha; eventually taking his black belt along with Tony Quigley and Graham Forrester in 1967 under Grandmaster Nam Tae Hi. We were the first RAF personnel to be promoted to black belt; their certificates at this time were issued by the Singapore TaeKwon-Do Association. The grading was held just before Grandmaster Rhee left for the UK. Arriving 2nd July 1967, a date enshrined in UK TaeKwon-Do history.

During his posting, Roy recalls training with Grandmaster C.K.Choi who was teaching in

Penang, Malaysia. "He used to spar with you until you couldn't move anymore. After his sessions, you really couldn't move your legs. He had quite a reputation for sparring and again set a high standard. Each of the Korean masters I trained with at this time, I believe were in their prime. They taught differently but I learned something from each of them".

One of the memories that sticks in Roy's mind was "watching Grandmaster Rhee grade for his 4th degree under Grandmaster Nam Tae Hi. It was a hard grading and I remember Grandmaster Rhee sparring for a full hour against both Korean instructors and Singapore nationals. It was both impressive and inspiring to watch. He was an exceptional exponent of TaeKwon-Do," added Roy.

"Another recollection was the visit of General Choi Hong Hi - TaeKwon-Do's founder to RAF Changi in 1966 to oversee a grading, teach, update and coordinate the Korean instructors in both Malaysia and Singapore. This was about the time that the ITF was founded," stated Roy.

In July 1967, Mr Rhee left for the UK as RAF personnel including Ivor Morgan, Helmut Hutchinson, Graham Forrester, Wally Wallace, Brain O'toole, Dave Creffield, Tony Quigley and eventually Roy himself. They had all returned home from Singapore and expressed a desire to carry on with their training and therefore wished to continue with Grandmaster Rhee as their instructor. This was arranged by Dick Harmen, who himself had recently returned to the UK from RAF Changi and now resided in Coventry. Grandmaster Rhee initially lived with Mr Harmen and his family upon arriving in the UK.



*Group photo UKTA demonstration
1970's with Grandmaster Rhee
Ki Ha, Roy Marsden front*



Group photo Singapore black belt grading RAF Changi, Roy Marsden front left, Tony Quigley centre both RAF

Roy, along with many others who were still stationed at RAF Changi, wished to carry on their own training. So, Grandmaster Lee Byong Moo arrived from Korea to replace Grandmaster Rhee who had in fact sent him his air ticket.

In 1968, Roy Marsden's 3-year stay in Singapore was over. He returned to the UK where he was posted to RAF Gaydon near Warwick. He helped establish a new TaeKwon-Do club. Grandmaster Rhee was living nearby in Coventry so would undertake both gradings and conduct seminars at RAF Gaydon. "On one occasion, the Korean Ambassador to the UK was present; many of the early students from the Coventry area would also train at Gaydon. We would also give demonstrations on RAF open days," recalled Roy.

"At this time, TaeKwon-Do was just establishing itself in the UK with most of the clubs situated on RAF bases. Roy and others tried to get TaeKwon-Do recognized by the RAF as Judo had been, but was unsuccessful. Roy himself was writing articles for Karate and Oriental arts magazine by way of promoting TaeKwon-Do and the UKTA.

1970 saw Roy along with Tong Quigley, become the first UKTA students graded to 2nd Degree by Grandmaster Rhee at RAF Gaydon. This grading was also significant as Bob Howe was promoted to black belt; therefore, becoming the UK's first ever home grown black belt. In October 1970, the UKTA held their first tournament in Oxford where Roy won the sparring division and the overall trophy for best competitor.



Roy Marsden side kick break Singapore



Group photo UKTA demonstration 1970's Grandmaster Rhee Ki Ha centre, Roy Marsden, next to Grandmaster Rhee Ki Ha, next to Roy Marsden, Bert Callender RAF

July 1, 1973, Roy's next posting took him to RAF Finningley near Doncaster, South Yorkshire, where he continued both his training and promotion of TaeKwon-Do. One of the many demonstrations was at RAF Finningley open day.

For the next 12 years, Roy's posting took him abroad where he continued to train in: Hong Kong with Grandmaster Kim Bok Man, the USA with Grandmaster Jhoon Rhee and Germany, where Roy started a club at RAF Gatow Berlin. In July 1977, Roy performed a demonstration to celebrate the Queen's Silver Jubilee. A club was started at Rheindahlen in Germany, where numerous demonstrations were performed to promote TaeKwon-Do. The students' grading was conducted by Grandmaster Kim Kwang Il, who also graded Roy at this time.

Upon his return to the UK, he attended the Sevenoaks Club run by Edmund Chow. It was with Roy's help and friendship with Grandmaster Kim Bok Man that he visited the UK to undertake 2 seminars. One in Bromley, London and the other in Bedfordshire. Roy was also at this time promoted to 5th degree by Grandmaster Kim Bok Man.

Roy Marsden had a lifetime's journey in TaeKwon-Do and has been an ambassador for the art wherever he has trained and taught. It has been a pleasure to have met and trained with Roy, a true gentleman and a credit to the RAF and TaeKwon-Do.



Grandmaster Rhee Ki Ha Singapore, Roy Marsden's TaeKwon-Do instructor

My Dear Readers and Fellow Martial Artists,

May God bless you always and especially during these challenging times.

Last year, we were all hit with an unexpected storm that became a global pandemic.

This has been the worst time for so many of us. Schools are shut down. Businesses are closed. Teachers are having difficult times. Students are suffering.



The oceans are dying. Texas was hit with the worst snow storm in their history that is bringing chaos, suffering and death.

Even as all of these terrible things are happening, this is what they say: **After the storm, always the sun will rise.**

This is a New Year, a New Beginning.

This is the Year of the Ox in the lunar calendar. What does that mean for us?



Year of the Ox

The year of the Metal Ox will have many challenges that could bring about stress, emotions and the inability to concentrate, but it will also be a year of hard work, determination and rebuilding to make way for something better.

The ox is a diligent, reliable and hardworking animal that signifies movement.

Preserve your energy and spirit. Keep calm and carry on in your life as best you can. Hold off on making major moves if possible.

The metal environment is clean, pristine, and shiny like metal. Clean your home, reduce clutter and maintain this throughout the year. Especially focus on a clean bedroom as hardworking oxen do best after peaceful sleep.

I always say that the greatest strength we have in Taekwondo is that we don't need weapons or equipment. We can train anywhere, everywhere! Do your best!

You can practice even in the shower! That's what I do. Even if your school is shut down, keep training. Stay focused. Never let go of that martial art spirit that you have been growing and nurturing inside of you.



A New World is happening all around us.



This is the Circle of Life. The old gives way to the new. Just like the yin-yang symbol shows us the cycle of increase and decrease. Always know that there is a new beginning coming.

So many legends are now gone. I, and many of us who are still living, within a few years, I know we will all go, too. So, let's not waste any more time.

What will you do? Set your goal. Don't let this pandemic steal your dreams away.

May your life be filled with gratitude and full of love. Fill your life with Jesus' love. Fill your being with Hope and Dreams. Share your Love with the most important people in your life. There is no more time to waste.

Don't be lazy. Don't waste time. This is your life. Make the most out of every second.

Celebrate Every Living Breath as if it were your Last!

Let's make this year your Break Through to Awesome Year!

With much love and prayers,
From my heart to your hearts,

Handwritten signature of Tae Yun Kim in blue ink. The signature is stylized and cursive.

Great Grandmaster Tae Yun Kim
Founder of the Art of Jung SuWon
He Can Do, She Can Do, Why Not Me!



ABOUT GREAT GRANDMASTER KIM:

Dr. Tae Yun Kim is a Great Grandmaster. A Pioneer. The first and highest-ranked Korean female martial artist in the world. In 1978, she coached the U.S. Women's Taekwondo Team at the First Pre-World Games at the Kukkiwon in Seoul, Korea, bringing back Gold, Silver and Bronze medals. She was inducted into the Official Taekwondo Hall of Fame in 2009 and was the first female to receive the Lifetime Achievement Award from the U.S. Taekwondo Grandmasters Society in 2019.

She is the Founder and CEO of Silicon Valley high-tech company, Lighthouse Worldwide Solutions which is committed to improving our environments through science and human technology.

An international best-selling author, motivational speaker, life coach, and much more, Great Grandmaster Kim uses her motto "He Can Do, She Can Do, Why Not Me" to inspire people of all ages to Break Through to Awesome!

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