



# ITF Headquarters

Korea the Homeland of Taekwon-Do

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## NEWSLETTER



### 1. From the Office of the President

Dear Taekwon-Do Practitioners and Friends,

March and April are probably the most important months from the point of view of the history of Taekwon-Do, since they commemorate the official naming and

commencement of Taekwon-Do, and the founding of the International Taekwon-Do Federation that initiated the spread of the art globally.

Our members have put a lot of effort in the preparation of many events to commemorate these anniversaries. I would like to thank all of our seniors who work very hard to promote the legacy of General Choi Hong Hi and who share their teaching skills and knowledge. In order to let our members better understand our origins, I organized an invitational Zoom meeting with the help of our Vice-President Grand Master Sanders, for Grand Masters and Masters in our Federation. For the first time, I have publicly shared some of my stories and the reasons why I met General Choi, why I decided to work hard to re-introduce ITF to South Korea and I also shared some unforgettable and occasionally funny moments with the General.

The history of Taekwon-Do would definitely have been different if General Choi had lived longer and was granted permission to come to South Korea to be treated for his ailments. Unfortunately, many influential figures put a lot of effort to prevent this happening and to accede to the General's request.

More information has been presented in the report from the Zoom meeting (see below) and many more events such as this are being planned to educate Taekwondoists about how the ITF returned to South Korea and was inaugurated officially at the first historic World Championship in 2004 Daejeon as per the founder's dream.

Best regards and stay safe and healthy.

태권 Oh Chang Jin - ITF HQ President

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## 2. Meet the President



On the 66th Anniversary of the naming of Taekwon-Do, ITF HQ Korea organised an online meeting for its Grand Masters and Master Instructors with the President of the Body Master C J Oh. The reason for the meeting was to celebrate the return of Taekwon-Do to its homeland of Korea and for Master Oh to outline his history with the Founder and the course of the re-introduction of the Art to South Korea. Over 34 people attended the zoom meeting with participants from through the globe including Europe, the U.S.A. , Australia, and several countries in South



America.

Master Oh explained to the meeting that he was a senior member of the WTF until the early 2000's and when he was asked to run a course to train Police in New York he met Kwon Chae Hwa and was enlightened about the history of Taekwon-Do and its founder. He became determined to meet General Choi and find out for himself about the efforts of the General and on another visit to America in 2001 he decided that he would take a trip to Canada to meet with him. So he hired a car and drove to the General's house in Toronto and tried to gain an interview. This of course proved to be more difficult than he thought since of course the General had been exposed to many difficulties by the WTF and he suspected Master Oh as being a spy for the body. But after waiting for several days in his car outside the Generals house he was finally granted an audience. It was because of this interview that Master Oh realised that he needed to find out more about the techniques and history of Taekwon-Do. Once the General got to know Master Oh he could see his enthusiasm and determination and eventually urged him to take what he learnt and made him promise to re-establish Taekwon-Do in its homeland. As was the General's way he was often quite demanding of his followers, indeed on one occasion he rang Master Oh from Canada while Master Oh had returned to Korea and invited him for dinner in a couple of days. Fortunately Master Oh's sister worked for Korea Air and was able to get him a ticket to Canada the next day so he could meet the General for an couple of hours for dinner. Its widely reported that the General's final teaching was done in the US at an IIC , and this is fundamentally true. But Master Oh also spent time with the General and two others subsequent to this IIC in the Generals home with a couple of other instructors. It was this lesson that absolutely convinced Master Oh to follow the Generals wishes and bring the Art back to South Korea.

This has not been an easy task, since the WTF at that time were politically very strong under the leadership of Kim Un Yong. Indeed when Kim discovered Master Oh's plans he was summoned to a meeting which became very heated with Kim throwing an ashtray at Master Oh and threatening him. It also brought about several interviews with the Korean CIA who questioned Master Oh's loyalty and without doubt set up monitoring his activities, especially after the General passed away in North Korea. But none of this deterred Master Oh and he





determined to register the International Taekwon-Do Federation in the country and gain government recognition. So he registered all of the trade marks and logo's and gained government accreditation for the organisation equivalent to the WTF in the country.

He subsequently tried to work with the Son of the Founder Master Choi Jung Hwa despite the General warning him not to before he passed away. Master Oh felt that he needed to give Master Choi the opportunity to continue the legacy of his Father and worked tirelessly at great risk to allow Master Choi to gain entry back into South Korea. He did in fact do this and organised a number of major events in South Korea including the first World Championships in South Korea in 2004. An event that almost didn't occur as a consequence of the interference of the WTF, who forced the stadium that was organised for the event to cancel the booking a month before the event. Nonetheless, Master Oh was able to organise another

venue and the event went ahead.

Master Oh also explained to the members of the online meeting that he now saw the future of the ITF in Korea growing rapidly. Now was the time to start to set up teaching courses for Korean Instructors in South Korea so that new Dojangs could be established to teach the Founders Art. He pointed out that talks had already occurred to allow other ITF organisations to work with the ITF in Korea to bring Taekwon-Do practitioners to the country to train in the homeland.

Master Oh finally explained to the members that his aim was to provide the opportunity for all Taekwon-Do practitioners to have access to high quality facilities and activities within the Homeland so they could better understand the history and culture that underpins the Art.

### 3. Grand Master Sutherland Exceptional Inspiration Award



ITF HQ are delighted to announce the 1st Ever Grand Master Sutherland Exceptional Inspiration Award. The recipient of the prestigious award is Grand Master Renee Sereff, the first ever female to be promoted to 9th Dan

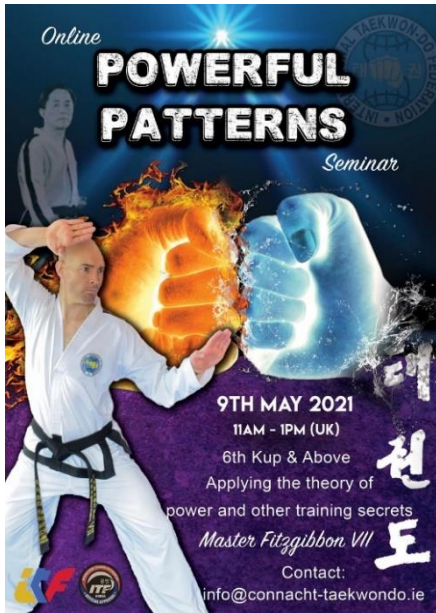
Grand Master Renee Sereff has devoted her entire life to Taekwon-Do, at the forefront of classes and working hard behind the scenes. Grand Master Sereff has inspired students throughout the world, and is a pioneer for women in Taekwon-Do. Her loyalty to General Choi and Sr Grand Master Charles Sereff is beyond admirable

We would like to thank Grand Master Sereff for her dedication to preserving General Choi's legacy and her continued hard work for the future of Taekwon-Do

Grand Master Sereff graciously accepted this award and thanked the ITF kindly for this.

In Grand Master Sutherland last days she described Grand Master Sereff as an inspiration to her from the day they met in Canada, GM Sutherland was a 4th dan, and GM Sereff was a 5th dan..

## 4. Powerful Patterns – online seminar



ITFHQ Korea are delighted to announce the “Powerful Patterns” Online Seminar with Master Shane Fitzgibbon, VII dan, from Ireland. With an emphasis on simplifying, and applying the Theory of Power, you will almost certainly learn how to harness untapped resources and take your movements to the next Level.

It will take place at 11am IRISH Time, Sunday, May 9th. Free to ITFHQ Members. Non-members are welcome, just contact Master Fitzgibbon by email before registering.

Register using the following Link. Only one registration needed per screen (i.e. three students planning to participate in same dojang, only require one registration).

<https://us02web.zoom.us/j/7tZEscu6trjkvEtKQKu8FsU12LxLCK...>

After registering, you will receive a confirmation email containing information about joining the meeting.

Contact email: [info@connacht-taekwondo.ie](mailto:info@connacht-taekwondo.ie)

## 5. “Fit & Fight” Online Seminars – Great Success



The composition of Taekwon-Do (Taekwon-Do Goosung) teaches us that our art is composed of several separate but interrelated facets: namely fundamental movements, dallyon, patterns, sparring and self-defence techniques.

The Fit and Fight seminar led by Master Natasa Manavaki and Master Shane Fitzgibbon focused on dallyon or to use more modern parlance: strength, conditioning, flexibility and mobility. Master Manavaki gave us all a great leg work-out, focusing on those muscle groups that are so integral for good kicking techniques as well as stance stability. Master Fitzgibbon followed on with a complimentary session covering the development of (all important) core strength, before moving on to a great introduction to some of the principles of Gravity yoga and passive stretching. The latter was every bit as challenging as the earlier sessions, but left us feeling great and much looser than when we started.



These two great sessions by two expert instructors were attended by well over 100 people, with many log-ons featuring multiple participants. The range of countries involved was impressive, showing the breadth of appeal that such seminars have, and the willingness of ITF HQ Korea members to learn, improve and develop even in these difficult times. Special mention to the participants from Chile and Uruguay who got up extremely early to start their day sweating away with the rest of us. Look out for more seminars in this excellent series, and huge thanks to Master Manavaki and Master Fitzgibbon for sharing their time, knowledge and passion with us all.



## 6. Celebration of the 66<sup>th</sup> Anniversary of Taekwon-Do in Australia

The weekend of the 10th & 11th April saw Taekwon-Do practitioners in Australia come together to attend a Training Seminar and Breakfast to celebrate the 66th Anniversary of Taekwon-Do. These events were hosted by Grand Master Jamie Moore, President of Worldwide Taekwon-Do and a member of ITF HQ.



To start off the weekend, on Saturday morning, an International Grading was held followed by the training session, where each of the two Grand Masters and five Masters in attendance, ran sessions of 30-minute duration. Each of these individuals covered a different aspect of Martial Arts, with those in attendance either gaining more knowledge about Martial Arts or just reinforcing what they may already know.



On Sunday the 11th an Anniversary Breakfast was held with the Grand Masters & Masters. This gave Grand Master Moore & Grand Master Cheah the opportunity to personally issue the 2020 General Choi Hong Hi awards to Master Gary King & Master James Sheedy who were unable to attend the actual celebrations last year due to COVID19.

## 7. Second Motivational Talk HQ Chile-Uruguay



**2ª charla motivacional  
SOBRE LIDERAZGO**

11:00 am hora Uruguay - Argentina  
10:00 am hora Chile  
09:00 horas México

**EXPOSITORES**  
Sabum Nim Darío Ramírez, IV Dan, Chile  
Busabum Nim Oscar Rodríguez, II Dan, Uruguay

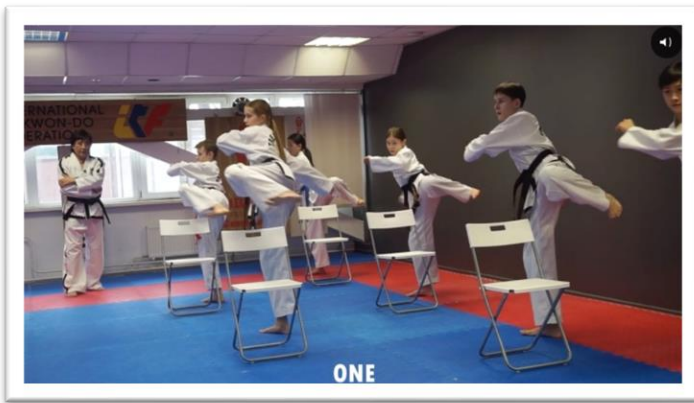
**ACTIVIDAD GRATUITA Y ABIERTA A TODA PERSONA**  
Coordinar: Sabum Nim Álvaro Peña, VI Dan, Sabum Nim Javier del Castillo, VI Dan, Uruguay  
Auspicio: TAEKWON-DO HQ URUGUAY - TAEKWON-DO HQ CHILE  
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On May 2nd, the second motivational talk will be held. Its objective is to introduce its participants to the world of leadership: to understand its purpose, the meaning of being a leader, and its characteristics, among other things.

Additionally, we wish to provide tools for them to be able to make decisions, to lead groups, but also to lead themselves. Through this talk, we aim to make people see that anyone can be a leader: that there are leaders who are born, but a person can be trained to become one.

This talk is organized by Chile and Uruguay. Its speakers are Sabum Nim Darío Ramírez from Chile and Busabum Nim Oscar Rodríguez from Uruguay.

## 8. Kicking seminar by G M Rudolf Kang



Grand Master Rudolf Kang (Chair of the ITF HQ Technical Committee), assisted by his daughter Alexandra Kang recently (4-18<sup>th</sup> April) ran a series of online workshops to assist instructors and students in how to perform particular kicks. The course was attended by participants from Canada, United Kingdom, Armenia, United States of America and Lima. Master Kang used ten of his own students to demonstrate the correct execution of kicks with emphasis on speed development, application, and power enhancement using sine wave. The course was

made up of a number video and online lessons that covered front snap kick (Ap Cha Busigi), Turning Kick (Dollyo Chagi), Side Kick in its various forms (Yop Chagi) and several other basic kicks. As shown in the photo, G M Kang uses props such as chairs in specific ways to assist in the correct execution of techniques. Much of what G M Kang taught can be found in his excellent book “The Way to Teach Taekwon-Do” that can be purchased through the site [www.tkdbook.info](http://www.tkdbook.info) and he supplements the book by offering these supporting courses.

## 9. ITF HQ Ring

Rings have been used throughout history and seem to be a universally understood symbol that carries respect, high esteem, whether that be wealth or power in spite of what the particular symbol or meaning might be. Rings have more symbolism in some cultures than others. Some cultures may have certain classes of people who wear rings while others do not. Another use of rings is to signify the fact that one belongs to a certain group or fraternity. In order to honor the founder of Taekwon-Do, General Choi Hong Hi, ITF HQ Korea has introduced rings analogous to the one worn by the founder, as an





optional part of the ITF Dan certification system. Four individually designed ring types will be available for ITF practitioners, Instructors, Masters and Grandmasters (I - IX Dan) who are ITF HQ Korea members or mentors. Rings are also available for non-ITF HQ members. The recent "Ring" promotion has resulted in a number of applications and since the rings are hand made by a small merchant, the waiting time may even be a month. Therefore, we ask that you please be patient and we will update every single applicant with a time frame for production and delivery. For those who would like to order an ITF HQ ring please do it online following the link: <https://www.itfofficial.org/ring-form/>. The price is \$250 USD for ITF HQ members + postage and \$350 USD + postage for non-members.

## **10. Job Opportunity in Korea after COVID-19 Recovery – Expression of Interest.**



Teaching Taekwon-Do in English in South Korea.

The International Taekwon-Do Federation Headquarters in Korea is looking for young, energetic and experienced Taekwon-Do instructors (males or females), who are native English speakers and would like to come to Korea and test their teaching skills utilizing a

Taekwon-Do curriculum and a specially designed English language program. The essential criteria are: 1/ being a native English speaker, 2/ a minimum 1 Dan in Taekwon-Do ITF, 3/ experience in conducting classes for children and teenagers.

For more information, please contact via email: [korea@itfmail.org](mailto:korea@itfmail.org). The position(s) will be available as soon as the government regulation allow group activities to be conducted and COVID-19 restrictions eased.

## **11. Get Yourself and Your Members in Print**

If you're an ITF HQ member and have news, updates or events you'd like to have published in our newsletter please send us a brief (1 paragraph) submission with photos to [korea@itfmail.org](mailto:korea@itfmail.org). Please note your club news should stay within your club but anything else, we'd love to share with the Taekwon-Do community. You've worked hard to build your club and your students. Let ITF HQ help recognize your outstanding accomplishments along with your members.

