



# ITF Headquarters

Korea the Homeland of Taekwon-Do

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## NEWSLETTER

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### 1. From the Office of the President

Dear Taekwon-Do Practitioners and Friends,

March is a significant month for the ITF community as we celebrate the formation of the International Taekwon-Do Federation, an international organization that aimed to promote and secure the growth of Taekwon-Do, a Korean Martial art founded by General Choi Hong Hi.

Although following the passing of the Founder the organization has broken into many factions, we still celebrate the unity, and hope that in the future, Taekwon-Do will become one strong organization. Our Federation, in the homeland of Taekwon-Do, is open to collaboration with anyone and work that will lead to the future unification of the ITF as one organization, under our motto: "One spirit- One Force- One ITF". We have already initiated many collaborative projects that resulted in Memoranda of Understanding, the amalgamation of other organizations with ITF HQ (GM Vega), or have planned collaborative events in Korea (GM Weiler) that have been postponed due to the COVID outbreak.

Our celebration of this significant day in Korea varies and depends on the programs we run. Very often, in March we have groups of foreign Taekwon-Do practitioners who come to Korea for our Tul Tour programs that create great opportunities to make this day an international event in the Homeland of Taekwon-Do.

Currently, during the pandemic, at this time we focus on assisting and supporting our members that have been affected significantly by the global health crisis. I am very proud that our Masters are committed to running many events for all Taekwon-Do practitioners that are free for our members. I would like to use this opportunity and thank Master Fitzgibbon, Manavaki, and Sabomnim Kent-Marrest for the recent successful seminar teaching Taekwon-Do via zoom. More seminars are planned and will be announced soon. It is very exciting to see the willingness of many Taekwon-Do practitioners to share their knowledge and passion in these difficult times.

Happy celebration of the Formation Day of the ITF, March 22. Let that day become the time that any Taekwondoists respect the Founder, and other fellow practitioners regarding affiliation. Let's share positivity and friendship, especially on this historic day when once there was the time, we were ONE.

태권 Oh Chang Jin - ITF HQ President

#### Content:

1. From the Office of the President
2. Using Zoom to Teach Taekwon-Do - Report
3. Series of "Fit & Fight" Seminars
4. Meet the President
5. Celebration of the Formation of the ITF in South Korea
6. Development of Online Umpire Course
7. First Motivational Talk HQ Chile-Uruguay
8. North America Regional/ITF HQ-USA News
9. ITF HQ Ring
10. Job Opportunity in Korea after COVID-19 Recovery – Expression of Interest.
11. Get Yourself and Your Members in Print

## 2. Using Zoom to Teach Taekwon-Do - Report



A review on the ITF HQ Zoom Seminar held on Sunday 7 March:  
A month ago, Master Zibby Kruk asked Master Shane Fitzgibbon, Master Natasha Manavaki and myself Sabum Peter Kent-Marrast to put together an online Zoom seminar with the main aim of helping instructors and other group leaders, new or experienced, to get the best out of Zoom.

Since the global COVID pandemic, most of us have embraced Zoom so that our schools could survive the multiple lockdowns that we all have been hit by. However, after one year on Zoom it has become a large part of our lives, and when the pandemic is over we will be able to use it as a great tool for our schools and clubs. This Zoom seminar was a great highlight of how to use Zoom as a tool. The majority of us have just used the basics of Zoom rather than looking to use it in an in-depth way.

We as a team, put our heads together to brainstorm, and achieved a good platform for Master Fitzgibbon to present at the seminar. Master Fitzgibbon's brilliantly professional job showed evidence of a lot of planning and preparation. Many of us, including myself and Master Manavaki, learned a lot from his presentation.

This Zoom Online Seminar has been of great value to all of us, and one year into this pandemic, any information and training skills that we can pick up are greatly appreciated.



### 3. Series of “Fit & Fight” Seminars



ITF HQ invites its members (instructors and students, alike) to attend the first of a series of “Fit & Fight” seminars with Masters S. Fitzgibbon, VII and N. Manavaki, VII.

Both instructors are advocates of having a martial arts mindset along with having a strong, and healthy body. In line with the philosophy of Yin & Yang, the 90-minute seminars will cover a balance of Mobility/Flexibility (Yin) and Strength/Fitness (Yang). Each of the Masters will take 45 minutes on one of those topics.

These seminars will suitable be for ALL GRADES, age 13+, and will contain progressions for every Level. Minimal home equipment needed –light dumbbells/kettlebells, yoga block, light resistance band, or similar. These seminars will be free of charge to ITF HQ members. You can register using the below link.

For further information, contact Master Fitzgibbon at [info@connacht-taekwondo.ie](mailto:info@connacht-taekwondo.ie)

Registration link:

<https://us02web.zoom.us/j/9687141200?pwd=ZUJlYkFkdDZkdzRlTGdScEo0eWtjZWpB>

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



## 4. Meet the President



To celebrate the birthday of Taekwon-Do on 11 April, a Zoom meeting for Grandmasters and Masters will take place with ITF HQ President, Oh Chang Jin. President Oh will talk about how and why he met with General Choi, their plans to re-introduce ITF to South Korea, obstacles and struggle with tasks, anecdotes and stories associated with these few years of hard work until the death of General Choi. The meeting is by invitation only for ITF HQ Grand Masters and Masters.



## 5. Celebration of the Formation of the ITF in South Korea



Members of tul tour program point towards the Chosun hotel where ITF was formed

ITF HQ always has been celebrating important anniversaries such as General Choi's birthday, Taekwon-Do's birthday or the anniversary of the formation of International Taekwon-Do Federation. They are a part of ITF HQ's schedule in Korea.

The formation of the ITF took place in Seoul, at the Chosun hotel, in the Rose room in 1966. The hotel is still functioning as an exclusive accommodation place in the heart of Seoul, although it has been refurbished significantly and looks very different to how it was on the 22nd March 1966 when the members of Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, the Arab Republic of Egypt and Korea officially registered the ITF.

Our members and international guests celebrate this special day by wearing Korean traditional outfits known as Hanboks, attending concerts of Korean traditional music, signing declarations or memorandums, and practicing Taekwon-Do in nearby locations or visit the Rose room, the place where the ITF was formed. We hope that we will be able to continue this tradition in the future when COVID is over. Happy ITF Formation Day!



Signing a memorandum on the 22 March, commemorating the formation of ITF

## 6. Development of Online Umpire Course

As many of you will be aware, ITF HQ now has a series of online quizzes for the rules of competition as determined by ITF HQ. These can be found by registering on the ITF HQ website at [www.itfofficial.org](http://www.itfofficial.org) under the members tab. This is the first step to the development of a series of online courses to accredit umpires for our national and international competitions. However, the development of such courses using an online medium requires the acquisition of high quality video footage of Tul (Patterns), Sparring, and Pre-arranged sparring. These videos should be taken from the location of the jury table such that both competitors can be clearly seen throughout the footage. It is not necessary for the competitors to be of a high standard, since the footage will

be used to explore how to award scores and determine errors. As you can imagine it is not an easy task to run such courses using an online medium and assessing umpire candidates for competency will also be challenging. Nonetheless, in preparation for a time soon, when we can run in person events we need to be generating skilled umpires. It would be terrific if our members could help out with this program. We will of course acknowledge all contributions. Please send your footage to the Chair of the Umpire and Tournament committee, Master Steve Weston, at [steve@southernitf.com](mailto:steve@southernitf.com) or provide a link via Youtube so we can use it. Thank you in anticipation of your assistance.



## 7. First Motivational Talk HQ Chile-Uruguay



Chile and Uruguay coordinated to hold a motivational talk called "Leaving your comfort zone and how to face new challenges" in order to accompany the instructors in these times of change, providing a space for reflection and practical tools to face the difficult moments in life and Taekwon Do.

This talk was conducted by the Chilean Sociologist Pamela Campos, facilitator of socio-emotional learning in adults and by the Uruguayan psychologist and instructor Álvaro Peña. It had a high attendance, both from Chilean and Uruguayan Instructors, who showed great interest in acquiring these tools and a genuine appreciation for the possibility of participating in this type of space.

In later comments after the event they made it known that the talk really fulfilled the objective because today they can look at this process of change, as an opportunity for growth and strengthening their commitment to these new challenges.

## 8. North America Regional/ITF HQ-USA News



**Self-Defense and Sparring Tactical Concept:** When it comes applying self-defense techniques (Hosin Sul) and while sparring, a tactical concept to apply is as followed. "When one hand is attacking the other hand is defending." Always keep your guard up and limit weaknesses in your defenses by protecting likely targets your

opponent(s) will seek to attack.





**ITF HQ-USA Proudly Recognizes International Women's Month and Wishes to Highlight the Following Women in Taekwon-Do:** Sabumnim Amanda Howard, ITF HQ V Dan out of Florida. Ms. Amanda Howard moved to Crestview, Florida, in the early '90s and started martial arts at eight years old. In 2006, while in Korea, Ms. Howard competed at the World Championship tournament and successfully tested for third-degree in front of Grand Master Rudy Timmerman and a Master-level instructor panel. In 2017, she tested for fourth-degree and completed the first North American ITF-HQ IIC course in April 2019. Over the last few years, she's earned black belts in Combat Jujitsu and HapKiDo. From student to instructor to the Program Director, she took Gordon Martial Arts from 90ish students to over 200 students.



Sabumnim Castello, ITF HQ Premium Member out of New York. Ms Chloe Costello is a 5th Dan at Master Gorino's Tae Kwon-Do and has been training for 20 years. She's also tested under Grand Master Park Jong Soo (Toronto, Can.) for 4th and 5th Dan ranks. She is a senior instructor at the Dojang as well as a weapons instructor. Her favorite part of training is helping students prepare for their Black Belt test and coordinating the schools' demonstration team. She has competed in hundreds of tournaments including traditional ITF and Open events, often bring home the gold.

**Master Munyon Mentorship Moment:** It's my job to help you become successful. Your job is to make it easy for me to help make you successful. We grow our successes internally and then from outside sources. This is done by ensuring we are physically, mentally, socially and spiritually fit. Also, we produce great students not just as martial artists, but as human beings. We must expose yourselves and our students to every martial arts training opportunity when available. We must make sacrifices and know that many of the sacrifices we make will pay us back and with dividends. As General Choi told us, "A good student can learn anytime and anywhere." Make sure you grow yourself, your students and your organization so that we can continue our successes together into the future. "In a crisis we do not rise to the occasion....we simply fall to the level of our training."

## 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.

