



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,

The month of May in Korea is very rich in family-oriented and religious events. In spite of COVID restrictions, a lot of people celebrated Parents Day, Children's day,

Buddha's birthday and many more, following the COVID 19 guidance as set by the government. Internationally, we have had mixed news. The sad news was that the world has lost another pioneer of Taekwon-Do> He was great technician, a promoter of Taekwon-Do, and a loyal subject to General Choi Hong Hi, Grand Master Park Jun Taek. Although, I did not know him personally, I admired his technical skills and all the work he did when assisting with General Choi's Encyclopedia. My condolences go to Grand Master's Park family. May his soul R.I.P.

The positive news includes a number of activities and seminars offered to ITF HQ members and others. I am proud of our Masters and instructors who willingly share their skills with our members and other Taekwon-Do practitioners. I would like to thank Masters Hodson, Manavaki, Sokhof, Sabomnim Kaczmarek, and a very active team from South America for their dedication to helping and educating others in such challenging times. We covered a broad range of topics and target a variety of members ranging from children to adults, empowering females and educating others regarding age, affiliation, or other boundaries. I am also very pleased to welcome Grand Master Vasilis Alexandris to our ITF HQ family. I have been admiring his technical abilities, dynamicity, ideas, and performances. I am looking forward to meeting him personally soon, whether via a zoom meeting and /or personally in Korea.

I hope we will be able to initiate more personal interactions sometimes this year and I am impatiently waiting for this time to meet all of you in Korea and travel together whether with Tul Tour program or other events. Best regards and stay safe and healthy.

태권 Oh Chang Jin - ITF HQ President

Content:

1. From the Office of the President
2. A Passing of a Pioneer
3. ITF HQ Welcomes Grand Master Vassillis Alexandris
4. ITF Dan Examination – Rules and Regulations
5. Virtual Tul Tour from Korea
6. Mindfulness Meditation with Master Hodson Online
7. ITF HQ Current & Forthcoming Events
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. A Passing of a Pioneer



ITF HQ send condolences to Grand Master Park Jung Taek family - such a great loss for Taekwon-Do and the world.

Grand Master Park Jung Taek was born in Chun Nam, South Korea. He was the Promotional Chairman of the International Taekwon-Do Federation and held an eighth dan black belt.

Grand Master Park received his first dan black belt at the age of thirteen and later went on to win the National Championship in 1966, in the light-weight division.

In 1967, he joined the Army and was assigned to their Special Defence Unit. During that time, he taught Taekwon-Do to his division and the National Guard. Additionally, he instructed Taekwon-Do to the Presidential Guards of the Blue House.

He was captain of his division's competing Taekwo-Do team which held the National title for three years.

Grand Master Park promoted Taekwon-Do in more than 50 countries around the world. In 1974, he came to Canada and was involved in seminars across Canada and the United States.

In 1981, Grand Master Park went to Tokyo as a member of the demonstration team that introduced Taekwon-Do to Japan and in 1982 he introduced the sport in Russia.

He accompanied the Founder of Taekwon-Do, General Choi, Hong Hi, on two European tours (1982 and 1984) giving seminars and examinations while meeting the International Olympic Committee Officials concerning the possible future of Taekwon-Do in the Olympic games.

During the years of 1980 to 1986 Grand Master Park spent much of his time assisting the Founder in the capacity of technical advisor for the new Encyclopedia of Taekwon-Do. Master Park was the Organizing Director for ITF (1983-1986) and served as Technical Committee Chairman (1991-1994).

Grand Master Park dedicated his life to Taekwon-Do and upheld the highest standards of the arts authenticity.



3. ITF HQ Welcomes Grand Master Vassilis Alexandris to ITF HQ and C.O.M.



It is a great pleasure to welcome Grand Master Vassilis Alexandris to ITF HQ as a technical ambassador and the 9th member of the Council of Masters.

Grand Master Vassilis Alexandris was born in Thessaloniki on 9/29/1958. He started Taekwon Do in 1972 under the guidance of Stefanos Gaidartzakis (2nd Dan then). In May 1975 participated in the first Pan-European ITF Tournament in Stuttgart, Germany organized by Master Kim Kwang Il. 7th Dan. In 1975, he took his 1st Dan exam in Rome, Italy from the Master Park San Jae 7th Dan, the same month he founded his first club with his brother Alexandros Alexandris 1st Dan. In 1978 he took

his 2nd Dan from the Masters Kim Kwang Il, Song Sang Ho 6th Dan, Kwan Kum Sik 6th Dan and Chang Kwang Miung 6th Dan. In 1978 he served at the Parachute Special Forces as a Taekwon Do Chief Instructor where he taught the special forces the art of TKD conducting demonstrations to high-ranking officers of the Greek and foreign army.

In 1980 at the Pan-European Championships which took place in London where he participated and won 4 medals (3rd place in sparring, 3rd place in special techniques, 3rd place in Tul and 2nd place in team sparring). In 1981 he took his 3rd Dan from Grandmaster Kwon Jae Hwa and the same year from General Chi Hong Hi and Grandmaster Ree Ki Ha for his ITF degree. In 1982, at the European Championship in Italy, he took 1st place in Tul. From that year and for the next ten years, he followed Grandmaster Kwon Jae Hwa because the Greek ITF was integrated with the Hellenic Federation of TKD, which represented the WTF. In this decade with Grand Kwon he conducted numerous demonstrations in various countries as well as many seminars. In 1984 he was promoted to the 4th dan from Master Kwon and in 1992 to 5th Dan.

In 1992, together with other former instructors, he decided to reorganize the ITF as they established the ITF coaching association where he was unanimously elected President. That same year, General Choi Hong Hi promoted him to his 5th Dan. In 1993 he took over the National Team as a coach and from 1995 to 2003 he was a member of the Hellenic Federation of Taekwon Do, as General Secretary and Chairman of the Technical Committee. He formed the National Instructor Demonstration Team.

He worked as a member organizer of championships in Panhellenic, European and World Championships and accompanied the National Team as mission leader in the championships until 2006.

In 2006 he was elected General Secretary and Chairman of the Technical Committee of Hellenic Taekwon Do Federation.

GM Alexandris conducted seminars in Greece as well in Italy, G. Britain, Belgium, Australia, Germany, Netherlands, Albania, Algeria, Serbia, Austria, Russia, Ireland, and Bulgaria. Today he is still the Technical Director of the International Taekwon Do Masters Society ITMS and he conducts since 1996 and every summer the International Taekwon Do Summer Camp in Greece with Taekwon Do practitioners from all over the world and all the federations.



4. ITF Dan examination – rules and regulations

There are rules and regulations regarding the requirements for Dan certifications set up originally by the founder General Choi Hong Hi. This includes the age of the candidate, a minimal time between testing, thesis (required only for higher ranks) and finally the actual performance at the testing. Those who claim to follow the orthodox Taekwon-Do must follow these rules. This secures the high value of ITF certifications and the standard.

Unfortunately, following the death of the Founder and fractionation of the ITF, many of the groups do not follow the ITF rules and award Dan certificates to very young practitioners who are not ready mentally to handle a black belt responsibility. Some even award Dan certificates much in advance of what is described in the ITF rules.

This procedure causes the value of ITF certification to diminish and encourages some dishonest members to upgrade their ranks by joining another federation that permit them to receive a higher rank in spite of the original rules. Such federations focus mostly on the numbers of members and their own financial benefit. Unfortunately, this is a quite common procedure these days.





ITF HQ has a strict policy regarding this matter and provides a detailed rank recognition process for practitioners free of charge if they decide to become certified members of our Federation. It is a very considered process but secures the high value and a good reputation of the ITF certification. We strongly believe in fairness and do not provide preferential treatment regardless whether it is a grade or a rank.

Recently, we have been receiving many applications from members of various federations who after being tested by their own examiners, also request certification from the ITF HQ. Sadly, many of these "successful" applicants have been tested much in advance of the minimum required time and they cannot provide a reason why when we request an explanation. Some very high-ranking promotions to a Grand Master title (even if they do not apply an 8-year minimal period between the 8 and 9 Dan) have been awarded very prematurely because these candidates have not been even eligible for their 8 Dan credentials. We have had some applications from our own high-ranking members requesting 1 Dan certificates for very young practitioners.

Therefore, the purpose of this segment is to review, educate and emphasize the guidance for Dan testing as per ITF rules that ITF HQ follows.

Achieving a Dan is not a competition. It's an educational process that requires steps which cannot be overtaken and maturity to handle the achieved rank with a dignity and responsibility.

Table. 1. The minimal age and time requirements for Dan tests in ITF.

Dan (from → to)	Minimum time (years)	Minimum age (years)
White belt → 1 Dan	x	9 ³
1 Dan → 2 Dan	1.5	14.5
2 Dan → 3 Dan	2	16.5
3 Dan → 4 Dan	3	19.5
4 Dan → 5 Dan	4	23.5
5 Dan → 6 Dan	5	28.5
6 Dan → 7 Dan	6	34.5
7 Dan → 8 Dan	7	41.5
8 Dan → 9 Dan ²	8	49.5

Notes: ⁽¹⁾ The above requirements have been set by the Founder and followed through the entire time when the Founder was alive.

⁽²⁾ There was no time between the 8 and 9 Dan specified in the rules, however, historically, these highest ranks in the ITF were awarded to pioneers and dedicated practitioners after many years of service and based on their contribution to the ITF. ITF HQ applies the minimal age of 8 years as the rule.

⁽³⁾ These days many students begin their Taekwon-Do journey in a very young age. Therefore, in an ITF Newsletter General Choi Hong Hi prescribed the minimum age of 9 that a child can receive a Junior Black Belt. Following this mandate, one will see that no matter when they earned the I Dan Jr. BB, they were not eligible for II Dan until 14.5 years of age, 16.5 years for III Dan and 19.5 years for IV Dan. Additionally they established higher age minimums for International Instructors and Class A Umpires.

⁽⁴⁾ A request for time reduction can be applied once in a life time if the candidate completed an International Instructor Course or other activities as required by the Federation.

5. Virtual Tul Tour from Korea



Tul Tour programs designed by the International Taekwon-Do Federation HQ Korea aim to explore the roots of patterns (TUL) created by the founder of Taekwon-Do, General Choi Hong Hi. The programs strive to provide its participants with technical instruction and theoretical lectures on patterns

and give the opportunity to practice them in the locations around Korea that are associated with TUL history. These epic tours take its participants to the historic places that inspired General Choi to create the TULs. The participants get a chance feel the spirit of the Korean ancestors and feel enriched by practicing TULS amongst beautiful Korean scenery. The “TUL TOUR®” programs involve a blend of practical training combined with a cultural experience that will allow participants to develop a better understanding of Korean history, culture, life and consequently Taekwon-Do.

ITF HQ Korea has been providing this program successfully since 2011. There is substantial interest in Tul Tour's and we have 5 different groups that would like to experience the program towards the end of this year. For some it would be the 4th time. Unfortunately, due to the pandemic, travel restriction and social distancing, at present, such a program cannot take place in its original form. Therefore, ITF HQ plans to provide a virtual version of the program during these challenging times.



Master Zibby Kruk, who is the program initiator, designer, instructor, guide, lecturer and international coordinator is working hard to make this program available as soon as possible. However, it requires a lot of time as reviewing so many programs over the years, thousands of pictures, videos, interviews, testimonial etc. takes significant time and effort and to ensure a high-quality experience, cannot be rushed.

The first program, when ready, will cover the following:

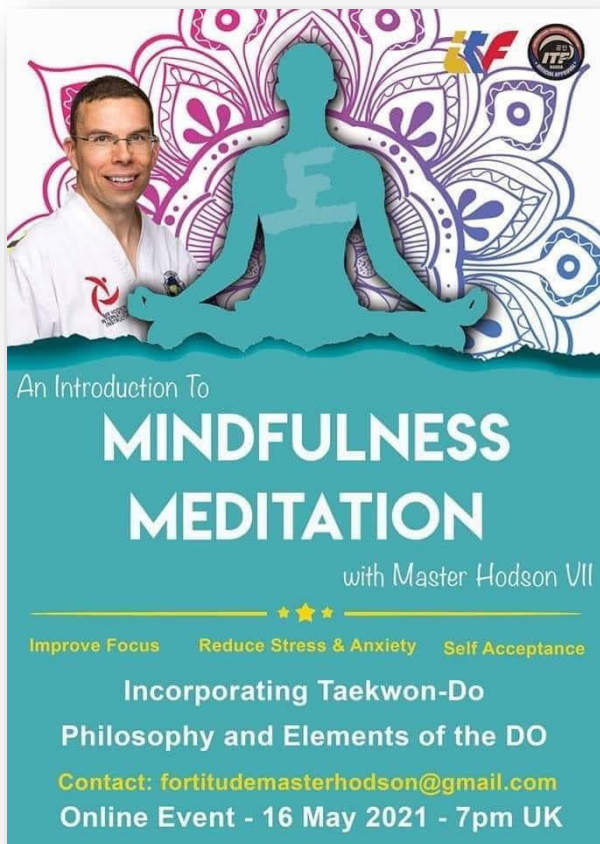
- A: Saju Jirugi, Saju Magki and patterns Chon Ji Tul and Dan Gun Tul,
- B: PPT presentations related to history, philosophy, meaning of the relevant patterns,
- C: Presentation of locations in Korea associated with the relevant patterns,
- D: Accompanying events that help the participants to experience Korean culture and life,



E: Discuss techniques and their execution of the relevant patterns of the program, and experience Tul Tour program components that actually took place. Each participant will receive a digital certificate confirming the completion of the program.

Individuals and groups interested in participating in this program can send a message to korea@itfmail.org. The program will be available to any ITF practitioners or groups should they desire to have it run for their own team or Federation. Please use the term “VTT1” in the email subject line so your message can be directed effectively to the correct recipient.

6. Mindfulness Meditation with Master Hodson



Sunday 16th May 7pm Introduction to Mindfulness Meditation with Master David Hodson VII

After the introduction and definition of Mindfulness Meditation, Master Hodson lead the group with a diaphragmatic breathing exercise. This helped everyone to settle in and appreciate the significance of the breath in regards to how we experience our emotions.

Advice was then given on how to meditate and what to expect and what not to expect from the exercise.

This was followed by a short introductory guided mindfulness meditation.

Master Hodson then introduced the participants to another part of mindfulness called Mindfulness of Movement. The participants went through several gentle flowing Chi Kung movements which helped everyone to feel grounded in the present moment. Further discussion was on the influence of Lao Tzu in TaeKwon-Do philosophy and an ancient Taoist story was explored.

The session concluded with a 30 minute guided body scan which included sound meditation with the use of an Authentic Nepalese Singing Bowl.

Throughout the session explanations were given about the relevance of meditation and Taekwon-Do training, and how

mindfulness helps us to be in the “flow”. It is when we are in the “flow” that we perform to our fullest potential in Taekwon-Do.

Part of Taekwon-Do’s moral culture training is for us to return to our basic nature, of which inner peace is one aspect, mindfulness meditation helps us to do this by allowing us to experience the present moment and realize that in this moment nothing is lacking.

Master Hodson was delighted with the response with over 300 registered on the Zoom meeting. “I would like to thank everyone who came to the session and for their participation”. There were many great comments from participants from all over the World who tuned in and enjoyed the session.

Due to the high interest level Master Hodson plans to have a 60 min monthly class available on Zoom in the near future, look out for updates. For more information please contact Master Hodson on fortitudemasterhodson@gmail.com

7. Current & Forthcoming Events

Online ITF Woman Masterclass



ITF HQ is delighted to announce out first Online ITF Women Masterclass on Sunday 30th May,

- First warming up by Sabums Connolly & Cameron
- Then Master Stokhof kicking techniques and sparring drills
- Break-out rooms for color belts with the Sabums, 10' break ,
- Speech about women's violence by advocate/criminologist who specializes in terrorism and black belt itf Alvanou Maria
- Master Manavaki will teach self-defense for women.
- Meet & Greet

This seminar will be conducted by Master Stokhof VII and Master Manavaki VII, they will also be assisted by Ireland's Sabum Connolly and Scotland's Sabum Cameron

Book your space today
hwarang_itf@hotmail.be

Sparring Drill seminar



Master David Hodson has teamed up with your very own Sabum Kaczmarek will contact an online sparring drills seminar on the 19th June at 3pm UK time.

This seminar will cover Taekwon-Do sparring drills over two 45 minute sessions - please note that you should only participate if you are fit and well and if you choose to attend this seminar you are taking part voluntarily

For more information contact Master Hodson
fortitudemasterhodson@gmail.com

South America – International Children Class

On April 28th, the first International training for children of America was held, organized by



Uruguay and Chile. This activity included countries like Mexico, Argentina, Uruguay and Chile, with the participation of 160 students and more. The class was conducted by Sabum Nim Alejandra Poblete from Chile, Busabum Nim Oscar Rodríguez and Busabum Nim Cristian Peña, both from Uruguay, who in a playful way included combat techniques, fundamental movements and mindfulness too. The children were grateful and happy for the work of the professionals.

Due to the success of this event, on June 22th 2021, the second International class for children will be held, this time organized by Mexico, Chile, Uruguay and Argentina. We are expecting even a higher participation. It is great to see that the involvement of children in Taekwon-Do has increased in spite of these challenging times.

8. North America Regional/ITF HQ-USA News



Korean Martial Art Festival (KMAF) - Over 100 participants from all over the USA partook in the three-day Korean Martial Art Festival (KMAF) held in Crestview, Florida. Seminars on sword cutting, knife defense, rope techniques, joint locks, fans, striking, martial art fitness, and more. With over 15 presenters, ITF-HQ was well represented by ITF-HQ North American Regional Director Master Michael Munyon, KMAF host, Master Thomas Gordon and Mr. Jeremy Morgan. Other presenters were Grandmasters Kenneth MacKenzie, Inwan Kim, Jimm McMurray, Kevin Janisse, Jim Faralli, Will Widmeyer, Dickson Kunz, and Joe Cayer along with Master instructors Calvin Longton, Chris DuFour, Alain Burrese, Nikolai Lee and Kuksunim Terri DuFour and Mary Young. Next year's event is scheduled for April 22-24, 2022. More information can be found at www.KMAF.info, FB, or contacting Master Munyon.



ITF HQ instructors teach police and security personnel -

Master Michael Munyon was invited by Police Sergeant Al Doorlag to conduct a 3-hour seminar for Police cadets at the Kalamazoo Valley Community College. This seminar was focusing on

subject control and weapon disarming techniques. The cadets were honored and thrilled to learn new techniques to help them become safer and more confident while performing their law enforcement and community service duties.

Law Enforcement, Military and Security Professionals. Mark your calendar. We will be conducting a Defensive Tactics Instructor course June 7th-9th. This will be located at 1127 Centre St. Traverse City, MI. This course is MCOLES and LED approved. Contact me for more information at munyonselfdefense@yahoo.com



College Bound Self-Defense program - One of the ways we can keep our communities safe is by offering what Master Munyon calls his College Bound Self-Defense program. This seminar is for high school kids who are about to move away for college, trade school, or employment away from their friends and families. For over four years now, the Alcona Community Schools have hosted Master Munyon to aid in the safety of their young adults. Master Munyon and his wife Kelly run high school kids through a series of potential incidents they could encounter while in a college setting.

Martial Arts Business Owner Strategies 101 - Many martial artists upon earning a particular black belt rank wish to eventually become a martial arts school or club owner.

However, within 5 years they go out of business. Why is this the case? Simply put, let us say they are a 4th Dan in Taekwon-Do. Many people confuse how good they are with their martial arts skills and training verses how good they are at martial arts business practices. They might be a 4th Dan in Taekwon-Do but merely a Yellow Belt in business. One way to ensure club owners have a fighting chance to succeed in the martial arts business industry is to find a successful martial arts business mentor. Business mentors can help you avoid mistakes that they made and can lead you onto a successful business plan. If they charge you money for their services, pay it! It's cheaper than you constantly trying to struggle to stay afloat.



ITF HQ-USA/ITF the Americas Wedding Announcement - Kenneth and Jacqueline (Rendon) Daugherty were married on May 8th, 2021 at the majestic site of Moran Point, Grand Canyon, AZ. It was an intimate ceremony with very few close friends/family as attendees. They would like to thank everyone for their love as they start this new journey at their home in Mobile, Alabama, USA. Sabumnim Kenny Daugherty is our ITF HQ-USA Alabama State Representative and is the Secretary General for the ITF The Americas (ITF-A). He holds a 6th Dan and is a student of Grandmaster Orlando Vega.



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. 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. 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.

