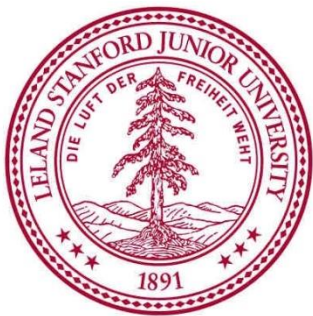




**iACT 2019:  
Overcoming the Self to Benefit the World**



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International Academic Conference for Taekwondo (iACT)

# iACT 2019

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# CONFERENCE SCHEDULE

**February 16, 2019**

**Stanford University  
Stanford, CA USA**

TIME	PRESENTERS	EVENT
09:00-09:20	Dr. Ron Dziwenka, Dr. John A. Johnson, Dr. Dafna Zur, and Mr. Tim Ghormley	Opening Ceremony

## PEDAGOGY SESSION

**Chairperson: Dr. Chien-Shing (Tom) Lee**

09:20-09:35	Franjo Prot, PhD	50 Years of Taekwondo Teaching Evolution as an Educational and Cultural Example: A Case Study from Croatia
09:35-09:50	John A. Johnson, PhD	The Development of Taekwondo's Soft Diplomacy & Peace Education
09:50-10:05	Tobias Winright, PhD	The Art of Peace (and Diplomacy) or a Killing Art?
10:05-10:20	Master Suzan Crochet	Is Fear Taekwon-Do Competitors' Friend or Foe?
10:20-10:30	Coffee Break	
10:30- 10:45	George Vitale, PhD	Abstract unavailable at time of printing.
10:45-11:00	Wojciech Cynarski, PhD	General Canon of the Philosophy of Karate and Taekwondo
11:00-11:30	<b>Panel Discussion</b>	
11:30-12:30	<b>LUNCH BREAK</b>	

## PHILOSOPHICAL THEORIES SESSION

**Chairperson: Dr. Dafna Zur**

12:30-12:45	Hyeong Seok Song, PhD	Explicating the Ideal Taekwondo Practitioner from a Virtue Ethics
12:45-13:00	Young Sun Kim, PhD	A Modern Conceptualization of Taekwondo Spirit: A Kukkiwon Research Project
13:00-13:15	Ron Dziwenka, PhD	A Grand Theory of Practice: From Process to Praxis to Intuition
13:15-13:30	Joseph Lynch, PhD	Plato and the Karate Kid: What Plato Can Teach Us About Martial Training
13:30-13:45	Allan Bäck, PhD	What Taekwondo Philosophy?
13:45-14:15	<b>Panel Discussion</b>	
14:15-14:30	Coffee Break	

## COMPETITION PHILOSOPHY SESSION

Chairperson: Master Justin Castillo

14:30-14:45	Udo Moenig, PhD	Taekwondo Philosophy and Fiction
14:45-15:00	Steven Capener, PhD	The Dismantling of a Martial Sport: How Korea Created and Then Destroyed Taekwondo
15:00-15:15	Greg Kailian, PhD	Sport Taekwondo Scoring Alternatives
15:15-15:30	Sanko Lewis, PhD	The Teleology of Free Sparring in ITF Style Taekwondo
15:30-15:45	Grandmaster Herb Perez	Abstract unavailable at time of printing.
15:45-16:15	<b>Panel Discussion</b>	
16:15-16:30	Coffee Break	

## ROUNDTABLE DISCUSSION

Chairpersons: Dr. Ron Dziwenka & Mr. Tim Ghormley

16:30-17:30	All Presenters & Attendees	Issues in Taekwondo Philosophy & Pedagogy
17:05-17:10	Dr. Ron Dziwenka & Mr. Tim Ghormley	Closing Addresses

**February 17, 2019**

**Kissick Auditorium  
Arrillaga Family Sports Center  
Stanford University**

## “SAVING KYROUGI” WORKSHOP

09:00-12:00

All Presenters & Attendees

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[www.facebook.com/iactkd](http://www.facebook.com/iactkd)

**iACT Website**

[www.iactkd.com](http://www.iactkd.com)

## “SAVING KYROUGI” WORKSHOP

Date & Time	Location
09:00-12:00 February 17, 2019	Kissick Auditorium Arrillaga Family Sports Center Stanford University 641 East Campus Drive Stanford, CA 94305

Stanford Taekwondo will host a guided participatory workshop examining the issues facing competitive (Olympic) taekwondo sparring and how to strategically address them.

It is widely recognized that current elite-level *kyorugi* (taekwondo sparring) has undergone a drastic transformation. These changes are sometimes characterized as "Old School vs. New School," but we propose that the emphasis on using controversial scoring methods in conjunction with the electronic equipment is much more serious and has eroded not only the integrity and viability of this once-dynamic martial sport and thus poses an existential threat to its popularity.

You are encouraged to participate in this hands-on, problem-solving seminar where we will do the following:

- Determine the specific problems within Olympic taekwondo sparring
- Discover the underlying causes of those problems
- Propose viable solutions
- Examine the potential drawbacks of any and all remedies
- Create a roadmap to improvement and a platform for reform

The seminar is open to all coaches, athletes, instructors, sports scientists, and researchers who would like to add their voices and expertise to the process!

# CONGRATULATORY LETTERS

**Jun Uchida, PhD**  
**Director, Center for East Asian Studies**  
**Stanford University**  
**Stanford, CA USA**



STANFORD UNIVERSITY  
CENTER FOR EAST ASIAN STUDIES

Dear Dr. Dziwenka,

On behalf of the Center for East Asian Studies, I am pleased to welcome you and other members of the Taekwondo practitioner and researcher communities to Stanford. We are honored to be able to help host, in collaboration with Stanford Athletics, this third International Academic Conference for Taekwondo (iACT), exploring the theme of "Overcoming 'the Self' and then Benefitting 'the World'".

Taekwondo has become a world-wide phenomenon, and it is heartening that the growth in practice of this martial art is also met with accompanying interest from researchers and scholars. Traditional systems of physical culture and their associated cultural and philosophical underpinnings are a rich source for analysis and contemplation, and we applaud your efforts in organizing this ambitious endeavor.

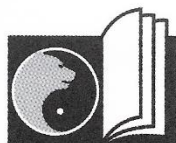
Best wishes for a thought-provoking and enlightening conference!

Warmly,

**Jun Uchida**  
Director, Center for East Asian Studies  
Associate Professor of History

**Ken Min, PhD**  
**Director, International Martial Arts Research Institution**  
**Berkeley, CA USA**

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February 15, 2019



Congratulations,

As Founding President of the United States Taekwondo Official National Governing Body of the US Olympic Committee (1974), first organizer and presenter of the 1st International Taekwondo Symposium in conjunction with the 1st International University Taekwondo Championship (1983) and Taekwondo Commissioner of the International University Sports Federation (FISU) (from 1986-2015), I would like to congratulate President Ron Dziwenka of iACT and Master Tim Ghormley of Stanford Athletic Department of Stanford University for organizing the 2019 Taekwondo Conference & Competition Workshop at Stanford University.

The philosophy of iACT is to overcome oneself and then benefit the world which is very synonymous with the 5 S's of UCMAP's teaching philosophy of self-training, self-discipline, self-confidence, self-defense and self-respect. The practice and training of "DO" is to become a contributing member of society. Scholars have turned to the past to inspire innovations of the future and initiate knowledge of better international taekwondo development which can contribute to society.

Since karate will be introduced into the 2020 Tokyo Olympics for the first time, a timely discussion of contest rules, taekwondo verses karate, is important. I had a similar experience in 1974 when I successfully separated taekwondo from karate at the US National AAU Taekwondo Convention at Washington, DC.

In closing I would like to express my sincere appreciation to all presenters, participating scholars and members of the Organizing Committee of the conference and workshop which is headed by Dr. Ron Dziwenka and Coach Tim Ghormley.

Ken Min, Director  
International Martial Arts Research Institute  
University of California, Berkeley, California



**Russell Ahn, PhD**  
**Director, University of California Berkeley Martial Arts Program**  
**University of California; Berkeley, CA USA**



University of California  
Martial Arts Program

Department of Recreational Sports

2301 Bancroft Way, 145 RSF  
Berkeley, California 94720

Phone 510/642-3268  
Fax 510/642-5730  
<http://www.ucmap.org>

Greetings from the UC Martial Arts Program!

On behalf of the UC Martial Arts Program, I would like to congratulate Dr. Ronald Dziwenka and the Organizing Committee of the International Academic Conference for Taekwondo (iACT). The main title of the third iACT is "Overcoming 'the Self' and then benefiting 'the World.'" The conference theme reminds me of 'Hong-ik-ingan' - *devotion to welfare of mankind*, the theme of establishment of Korea, over 5,000 years ago.

As practitioners of taekwondo, we not only train in various combative techniques but also cultivate self-discipline and a balance of life. We must remember to bring up educational values of taekwondo training such as character building, compassion, perseverance, self-control and respect. Practicing taekwondo and developing stronger character results in a wonderful learning experience that positively affects not only the taekwondo community but society and our country overall. As taekwondo practitioners, we must continue to preserve martial arts' action philosophy, traditions and educational values through various special events and international symposia.

As you may know, the World Taekwondo (WT) has been growing dramatically with 209 member nations of WT under President Chungwon Choue's outstanding leadership. Furthermore, on September 18, 2017, the IOC Executive Committee decided to include taekwondo as one of the 25 Olympic Core Sports and as a result, it will be in the 2024 Paris Olympics. It is such a remarkable achievement for WT and for all of you who are dedicated to promoting taekwondo whether you participate as athletes, coaches, referees, families or supporters. I believe taekwondo will continue to grow as an Olympic core sport, but we must not forget that taekwondo is also an international renowned martial art.

Therefore, we must keep a balance between physical training aspects of taekwondo and academic endeavors of taekwondo's training values and philosophies in order to achieve a goal of 'Hong-ik-ingan' devotion to welfare of mankind as taekwondo practitioners.

Best wishes for a great academic experience!

Russell Ahn, Ph.D.  
Director, UC Martial Arts Program

**Franjo Prot, PhD**  
**Council Member, World Taekwondo Europe**  
**Zagreb, Croatia**



Ladies and gentlemen,

To the participants of the 3<sup>rd</sup> iACT conference “iACT 2019: Overcoming 'the self' to Benefit 'the World' ('나'를 이기고 '세상'을 이롭게 한다).”

I am very glad to see so many of us here today. It is my privilege and honor to participate in this third iACT meeting. Paraphrasing a portion on page 12 of the ICSPE Declaration on Sport that was made public in 1968, we can say that Taekwondo as a martial art and combat sport asserts itself as an essential element of contemporary culture. It initiates itself in an ethic, in a way of life, in a moral behaviour, and at the same time it brings a fresh contribution to the knowledge of oneself and of others.

It is so obvious that by its all-inclusive nature, iACT operates in the worldwide Taekwondo family under the motto “Gens una sumus,” offering to Taekwondo a common platform for the exchanging of ideas, philosophies, and technical experiences, with the goal of promoting Taekwondo globally as unity in diversity.

Taekwondo, the most dynamic contemporary martial art and Olympic combat sport today, enriches our lives by giving us opportunities to experience service and being served. Having sport in our hearts and with peace in our minds, with Taekwondo we can serve and celebrate humanity for generations to come.

In my capacity as a World Taekwondo Europe Council member I am extending you warm welcome from Mr. Athanasios Pragalos, the WTE President. At the same time we, WTE leaders, congratulate the organizers, headed by Dr. Ron Dziwenka, iACT President, for selecting the theme of this conference, which is bringing us to the edge of future.

Again, best wishes for the unforgettable moments to all of the many attendees present here at the conference.

Sincerely,

Prof. Franjo Prot, PhD

**Wojciech Cynarski (PhD)**  
**President, International Martial Arts and Combat Sports**  
**Scientific Society (IMACSSS)**  
**University of Rzeszów; Rzeszów, Poland**

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December 12, 2018

Dear Friends and Colleagues:

As president of the International Martial Arts and Combat Sport Scientific Society (IMACSSS) and the Idokan Poland Association (IPA), I congratulate Dr. Ron Dziwenka, Dr. John A. Johnson, and the rest of the organizing committee on their work to hold iACT 2019: Overcoming ‘the Self’ and then Benefitting ‘the World.’ To hold an academic event at Stanford University is a major accomplishment, and I personally wish everyone there a productive and lively conference.

Although I am a karate practitioner, I have published several articles and coauthored a book on Taekwondo. Throughout my research I have found many commonalities between our arts. I have every belief that the works presented at iACT 2019 will benefit not only the Taekwondo academic community, but the whole of martial arts research as well.

I hope everyone in attendance understands the significance of this event. By holding the conference at such an elite learning institution, iACT has legitimized and promoted Taekwondo academics specifically general and martial arts academics in general. For that, I and the rest of my colleagues in Europe are grateful.

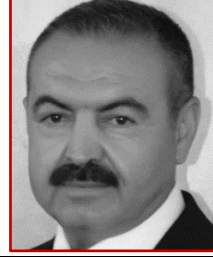
As we know well, martial arts and combat sports like Taekwondo are more than just fighting systems or ways to release stress or lose pounds. They are vehicles for culture and society to be learned and explored by others around the world. Therefore, I thank Stanford University for making the world a more educated place through martial arts research.

Finally, I suggest you considering publishing your future research articles in *Ido Movement for Culture. Journal of Martial Arts Anthropology*, the only journal indexed in Scopus and other world indexes. We would be honored to receive your submissions.

Best wishes,

Wojciech J. Cynarski, PhD  
University of Rzeszow  
Rzeszow, Poland

**Mohsen Gharsi**  
**Vice President, Tunisian Taekwondo Federation**  
**Tunis, Tunisia**



Tunisian Taekwondo Federation  
Rue ArabieSaoudite  
ImmeubleGlaxy2000 - Tour C.1002  
Tunis, Tunisia

December 26, 2018

Dear Organizing Committee and Researchers:

It gives me great pleasure to congratulate you all on your achievements and research in Taekwondo. The very fact that iACT 2019: Overcoming the Self to Benefit the World is being held at Stanford University, one of the world's finest higher education institutions, not only shows the quality of your research but its importance as well.

Taekwondo is now being taught all over the world today. Your participation and contributions in this year's conference will undoubtedly extend Taekwondo athletes' and students' knowledge and abilities.

As we all know well, Taekwondo is much more than a sport or physical activity. This conference's themes of pedagogy and philosophy are at the center of what makes Taekwondo so popular and beneficial around the world today. For that alone, I thank you for your hard work and contributions to everyone's continued growth.

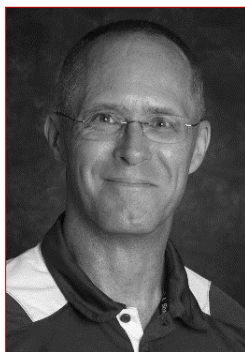
I wish everyone a successful conference. I hope that a representative of the Tunisian Taekwondo Federation can attend at a future conference.

Yours sincerely,

Mohsen Gharsi  
Vice-President  
Tunisian Taekwondo Federation

## WELCOMING ADDRESS

### Ron Dziwenka, PhD iACT President



Dear Fellow Scholar-Researchers, Taekwondoists, and Educators:

I am very pleased to welcome you all here to Stanford University in the world-famous city of Palo Alto, California. In partnership with Stanford Athletics and Stanford University's Center for East Asian Studies, the International Academic Conference for Taekwondo (iACT) has organized this, its third, conference on Taekwondo. The title, "iACT 2019: Overcoming 'the Self' to Benefit 'the World'" ('나' 를 이기고 '세상' 을 이롭게 한다), expresses the conference theme: to highlight differing views on key issues in Taekwondo history and to discuss and offer directions for the future of Taekwondo.

As President of iACT, I would like to express my sincere appreciation for the generous support and wonderful venue provided by our official co-sponsors of iACT 2019, Dr. Jun Uchida, Director of Stanford University's Center for East Asian Studies (CEAS); Mr. John Groschwitz, Associate Director of CEAS; Mr. Tim Ghormley, Program Director and Head Coach of Stanford Taekwondo, along with Stanford Athletics. Last but certainly not at all least, I am so appreciative that my long-time and very dear friend, Dr. Dafna Zur, Associate Professor of the Department of East Asian Languages and Cultures here at Stanford University.

I would like to thank our major corporate sponsor for the generous support as well; Grandmaster Woojin Jung of the Jung Family Foundation and *TaeKwonDo Times* magazine supported iACT 2016 and again here for iACT 2019. We are so thankful for our many organization and corporate donors. Olympian and Grandmaster Herb Perez of Gold Medal Martial Arts has consistently been a generous supporter of iACT; Master Jim Rennie, Jr. of Whitecourt Taekwondo in Whitecourt, Alberta, Canada, who I've known for close to 40 years, has supported iACT from its inception; Mr. Jin Song, CEO of Daedo Truescore, a long-time supporter of Stanford Taekwondo; Mr. Ali Ghafour, CEO of 2020 Armor is a generous first-time donor; Mr. James Kim of Mooto again offers his

support; and my colleague during my nine years in Las Cruces, New Mexico, Master Justin Castillo of Maximum Martial Arts and our iACT Secretary. Thanks very much also to those important but silent donors who want to remain anonymous, but who personally wanted to support iACT. Finally, we would not be here in this amazing auditorium in the world-class institution of Stanford University without the support, hard work, generosity, and kindness of Coach Ghormley.

I would like to welcome our special guests and thank them for their guidance and direction over the years: University of California at Berkeley Emeritus Professor Ken Min, founder of the University of California at Berkeley Martial Arts Program (UCMAP); Dr. Russell Ahn, current Director of UCMAP; Grandmaster Alexander Choi of Choi's Martial Arts, my very dear long-time friend, colleague, and mentor, who is an amazing scholar, philosopher, and martial artist; Master Patrick Thimangu, owner and master instructor of Arch Taekwondo in St. Louis; Professor Chien-Shing (Tom) Lee, Vice President, Society of Taiwan Taekwondo Study; and Master Prakash Thapa - Honorary Public relations representative of Nepal Ministry of Tourism and Culture. Welcome also to all the sincere Taekwondo and martial sport researchers, teachers, and students in attendance.

I am humbled and honored to welcome and introduce our esteemed scholar-researchers and educators from the USA, Croatia, Germany, South Africa, Canada, and the Republic of Korea, who have accepted our invitation to share their knowledge of and expertise in Taekwondo philosophy and pedagogy with us. Each will present for 15 minutes, which includes time for a Q&A session. There will also be a 30-minute roundtable discussion after each session for the presenters to address each other and the audience members' questions. Today's events will end with a 1-hour, open roundtable discussion on Taekwondo philosophy and pedagogy. By bringing together scholar-researchers in the fields of Taekwondo as a martial art and combat sport at the world-renowned Stanford University, we can begin to set a course going forward for the continuing development of Taekwondo into the 21<sup>st</sup> century and further valorize it as a force for international peace and diplomacy.

Taekwondo is an Olympic sport, a martial art, a system of moral and character development, and a system through which to overcome the self and benefit the world. It also offers a unique education and history, as well as self-defense and combat sport practice; fundamentally it offers a well-lived way of life. iACT is a 501(c)3 (non-profit) public charitable organization. Our mission statement includes promoting and conducting various activities related to Taekwondo research, academics, and learning. iACT dedicates its activities to Taekwondo's transformational education leaders. It aims to contribute to excellence in Taekwondo through our vision of holistic community outreach and involvement in Taekwondo education.

We have assembled perhaps the most accomplished and respected scholar-researchers in the field of martial art/sport philosophy ever to present on Taekwondo, including those from both WT and ITF, to discuss the current key issues in Taekwondo philosophy and pedagogy. As they are leaders of their respective academic fields, iACT 2019 can assure wider exposure of Taekwondo as an academic discipline outside of our Taekwondo community. This is part of the mission statement of iACT, and therefore imperative to grow academic Taekwondo.

In the context of the recently emergent rapprochement between the ROK and DPRK that was surely due in no small part to Taekwondo diplomacy, just what is the (direction of the) philosophy of Taekwondo in its historical present? By bringing together scholar-researchers in the fields of Taekwondo as a martial art and combat sport at the world-renowned Stanford University, we can begin to set a course going forward for the continuing development of Taekwondo into the 21<sup>st</sup> century and further valorize it as a force for international peace and diplomacy.

We have to understand Taekwondo's historical present in the context of the vision of our early founding fathers of Taekwondo, including General Choi Hong Hi, as well as the recently emergent rapprochement not only between the ITF and WT but in consideration of the fruits of the efforts the past few years by the IOC President Thomas Bach, WT President Dr. Choue, and honorary life ITF President Dr. Chang Ung. Certainly, our hosting of iACT 2019 at Stanford University, just over one year before the 2020 Tokyo Olympics (with its entry sport of Karate), is precisely the right time for us to discuss the philosophy of Taekwondo in the modern context!

This conference would not have been possible without the energy, input, hard work, and support from my colleagues in the iACT 2019 Organizing Committee: Mr. Tim Ghormley, Drs. Dafna Zur and John Johnson, and Master Justin Castillo. I truly appreciate all our fellow Taekwondo practitioners, educators, scholar-researchers, and colleagues who have unselfishly contributed their ideas, time, and effort, both those in attendance and those who could not make it here with us today. We in the Taekwondo and education communities know how important and valuable the shared support of our colleagues is for us to achieve our projects and goals, and so we thank everyone who has contributed and will continue to do so going forward.

Welcome to "iACT 2019: Overcoming 'the Self' to Benefit 'the World.'" Let's enjoy this experience together with the spirit of learning and engaged discussion. And, please continue our discussion right here, tomorrow at 9:00 AM, in our "Saving Kyrourgi Workshop."

Sincerely,

Dr. Ron Dziwenka





## WELCOMING ADDRESS

**John A. Johnson, PhD**  
**iACT Vice President**



Hello and welcome to iACT 2019.

As you may know, the International Academic Conference for Taekwondo (iACT) started small and is committed to remaining so. Our vision was to create the little Taekwondo conference that could. Standing here today at Stanford University, I believe that vision has been realized. Consequently, I would first like to thank all of you as well as the faculty and staff of Stanford University's Center for East Asian Studies, Stanford Athletics, and the organizing committee for making this little conference not so little anymore.

Another aspect unique of iACT is its dedication to all fields of Taekwondo research. Until just a few years ago, Taekwondo research has focused primarily on Kukki-Taekwondo and its Olympic-level competition. Few works of quality or mass has been conducted on the other major player in Taekwondo, namely that of the International Taekwon-Do Federation (ITF) style of Taekwondo.

When we envisioned iACT, we felt that academic Taekwondo could not be considered a legitimate research field until all Taekwondo research was given a voice. Indeed, this is a premise of academia. To that end, iACT was the first academic conference to include both Kukki-Taekwondo and ITF-Taekwon-Do researchers specifically for that purpose. Thus, in 2015, we held our first conference at New Mexico State University and brought together many ITF researchers and scholars.

I am very proud to inform you that all those ITF researchers and scholars at the iACT conference in 2015 and 2016 have gone on to present at other academic conferences across the world. iACT 2019 marks a historic day for ITF research as well. Nearly every ITF-focused researcher in the world has come to impart their knowledge at this conference. As an ITF-researcher and practitioner, I am especially proud to stand alongside them.

Today we also have one of the progenitors of Taekwondo academics here, Professor Allan Bäck. The publications he and Professor Daesik Kim wrote helped to establish our field. Also in attendance is Professor Ken Min, who is responsible bringing academic Taekwondo to UCLA, one of the most respected learning institutions in America. Their presence and participation here today, as well as all of the other esteemed colleagues and supporters of academic Taekwondo, underscores the significance of this not-so-anymore-insignificant conference.

iACT 2019 is the highest profile event in Taekwondo academics to date. The majority of presenters today were chosen because they are publishing, teaching, and maintaining the self-imposed standards of academia. While our number is still small, we as Taekwondo scholars, both Kukki- and ITF-Taekwon-Do alike, have the power to propagate our field.

Therefore, I implore you to not make iACT 2019 an end. Just as your first degree black belts were the start of something great, let this conference be the beginning of something more for your careers, students, and academic Taekwondo. I ask all of you to step up your efforts to help raise the next generation of Taekwondo scholars by publishing more and being more active in your sub-disciplines. I especially beseech the ITF academics here to do this. Academic research is often the bedrock of organizational policy, and our voices are not heard unless we publish. So, in the words of my instructor, Master Suzan Crochet, "Make it happen!"

Thank you for listening to this soon-to-be-old man's rantings. I wish you all a wonderful weekend of both academic and personal growth in Taekwondo.

Now, let's go learn.

Thank you.

John A. Johnson, PhD

## WELCOMING ADDRESS

**Dafna Zur, PhD**  
**Professor, Department of**  
**East Asian Languages and Cultures**  
**Stanford University**



Dear iACT Participants,

Welcome to Stanford! On behalf of Center for East Asian Studies, I am honored to co-host this year's iACT conference, "Overcoming 'the Self' to Benefit 'the World,'" alongside Stanford Taekwondo's Coach Ghormley. The topics under discussion promise to provoke lively conversations and to provide crucial thinking points on a matter so close to our hearts: the future of Taekwondo.

Personally, I am indebted to Taekwondo in many ways: I left my hometown of Jerusalem for a frigid Seoul in December of 1993 with the dream of getting my black belt in Taekwondo at the Kukkiwon. I didn't know a soul, had never been to Asia, and Israel and Korea didn't even have diplomatic relations—I had to weasel my way to getting a visa! Although I later chose an academic path, one that eventually brought me to Stanford, it was Taekwondo that ignited my interest in, and lifelong dedication to, the study of Korea. I met my husband through Taekwondo, and both of my sons are dedicated practitioners.

I look forward to an invigorating conference and to productive discussions over the next two days.

Dafna Zur, PhD

# WELCOMING ADDRESS

**Tim Ghormley**  
**Director & Head Coach – Stanford Taekwondo**  
**Stanford University**



Welcome to Stanford!

On behalf of the Department of Athletics, Physical Education, and Recreation and the Stanford University Taekwondo Program, I would like to welcome all participants to the 2019 International Academic Conference for Taekwondo. Our university is pleased to have been selected to host this year's conference and recognizes the dedication and commitment necessary to plan, organize, execute, and attend an event of this magnitude. Many of you have traveled internationally for no other reason than to support this effort and contribute your knowledge and experience. For that, we are extremely appreciative and trust that you will return home with valuable new ideas and an increased sense of community through Taekwondo.

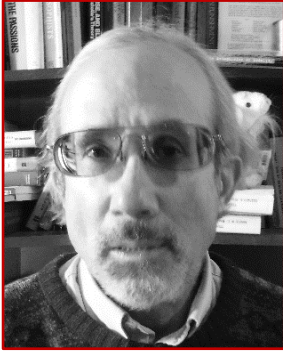
I believe it is important for our sport that we take time to critically analyze both our past and current development in order to chart a more successful future. We must continue to pursue academic analysis of every aspect of Taekwondo and apply that research to drive innovation. In that manner, we evolve in a highly systematic and effective way and avoid the pitfalls of more random methodologies. What better place to champion this process than on the campus of one of the world's leading universities, located in the center of international technology.

Once again, we are excited to have you at Stanford and hope you will return. Enjoy your visit and thank you for your support.

Tim Ghormley

## PRESENTER BIOGRAPHIES

(Alphabetical order by surname.)



**DR. ALLAN BÄCK** is a professor of Philosophy at Kutztown University in Pennsylvania. He received his BA in philosophy (Phi Beta Kappa) from Reed College, and his PhD in Philosophy is from the University of Texas at Austin. He has studied Taekwondo and Hapkido for many years. He has written many articles and three books with the late Dr. Daeshik Kim on the martial arts and now continues to do so by himself. He has also published widely in such areas as the history and philosophy of logic, ancient philosophy, medieval philosophy, comparative philosophy, and philosophy of sport. His first book received a prize from VG-Wort. In 1999, he was awarded a Forschungspreis from the Alexander von Humboldt Stiftung (Senior Humboldt Research Prize) for his research Senior Humboldt Research Prize) and has been occasionally in residence at the University of Freiburg. Professor Bäck has also taken an American Philosophical Association Fellowship for the Institute for Advanced Studies at Edinburgh University in Scotland in recognition of his scholarly work. Kutztown University has given him the Chambliss Research Lifetime Achievement Award for his research and the Wiesenerger Award for Excellence in Teaching.



**DR. STEVEN CAPENER** is an associate professor of Korean Literature at Seoul Women's University in the Republic of Korea (ROK). He earned his BA from the University of Montana in Sport Science, and his MA and first PhD in Sport Philosophy from Seoul National University. He went on to complete another PhD in modern Korean literature from Yonsei University (ROK). He has been living in the ROK since the late 1980s. He worked for the International Division of the World Taekwondo Federation (WTF) from 1989-1992. Professor Capener was a member of the US National Taekwondo Team in 1986 and 1987. He won bronze medals in the 1986 1<sup>st</sup> World University Taekwondo Championships and the 8<sup>th</sup> World Taekwondo Championships as well as a gold medal in 1987 at the 10<sup>th</sup> Pan American Games. At his current position, he teaches Korean Literature, English Literature, and Literary Translation. He is a Kukkiwon 8<sup>th</sup> degree.



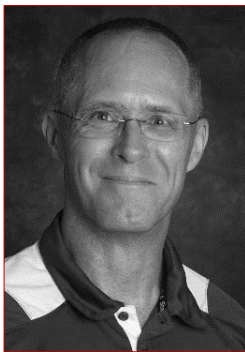
**MASTER SUZAN CROCHET** is an 8<sup>th</sup> dan (ITF) and earned a BEd and an MEd Degree in Physical Education (Perceptual Motor & Developmental Delays). She is a recently-retired public school educator (1980-2014) where she specialized in Special Needs Education. She is a highly-decorated competitor and coach, having earned multiple gold medals in International Taekwon-Do Federation (ITF) tournaments. She has earned certification at numerous international instructor courses and has umpired at international events. She is the President of the Phoenix Group (ITF INO#78). In addition, she is the ITF's Discipline and Reconciliation Committee chairperson.

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**DR. WOJCIECH J. CYNARSKI** is a full professor at the University of Rzeszow in Rzeszow, Poland. He is the Founder and President of Idokan Poland Association (IPA) and International Martial Arts and Combat Sports Scientific Society (IMACSSS) since 1993, and the editor of the *Ido Movement for Culture. Journal of Martial Arts Anthropology* since 2000, which is indexed in Scopus and other indexes. Since 2005, Professor Cynarski has been the Chair of Cultural Foundation for Physical Education, Tourism, and Recreation at University of Rzeszow. He is the current president of IMACSSS and of the IPA. He has published over 600 scientific works, including 15 books (monographs and manuals). His major scientific interests concern sociology of culture, tourism, and sport; philosophy; pedagogy; and martial arts. He is a high-ranking Karate black belt and an honorary black belt in Taekwondo.

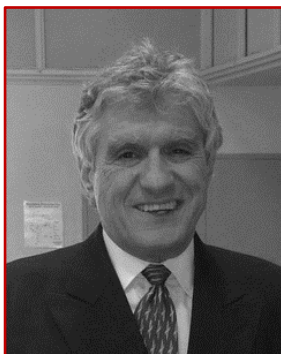
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**DR. RON DZIWENKA** (Kukkiwon 7<sup>th</sup> dan) holds a PhD in East Asian Studies from the University of Arizona. He is also a 7<sup>th</sup> dan in Changmookwan Taekwondo. He has published several papers on martial arts philosophy and has presented his research at the 1988 Seoul Olympic Scientific Congress as well as at international conferences in the Republic of China, Republic of Korea (ROK), Canada, Mexico, and the USA. During his 12 years at Yonsei University in the ROK, he was a contributing member of the World Taekwondo Federation (WTF) Research Society. He was an invited member of the WTF Scientific Research Committee (2015-2017). He is currently the Senior Study Abroad Advisor in the Center for International Education, an adjunct faculty member in the History Department at Salisbury University, and an active member of the Society for the Study of Philosophy and the Martial Arts as well as the American Philosophical Society. He is a Co-founder and the President of iACT.



**DR. JOHN A. JOHNSON** (International Taekwon-Do Federation [ITF] 6<sup>th</sup> dan, Korea Hapkido Federation [KHF] 6<sup>th</sup> dan, Kukkiwon 4<sup>th</sup> dan) is an assistant professor at the Department of Taekwondo in Keimyung University (Daegu, Korea). He is one of only a handful of foreign Taekwondo professors ever in Korea and is the first ITF practitioner to hold that distinction. He earned his PhD from Kyung Hee University and is the executive director of the International Association for Taekwondo Research (IATR). Professor Johnson has presented his research on Taekwondo international relations, pedagogy, philosophy, and history in several countries including Russia, Poland, the Czech Republic, Mexico, Portugal, and the USA. In 2015, he taught Taekwondo Etiquette and Self-defense courses for the World Taekwondo Federation/Kyung Hee University Partnership Athlete, Coach, and Youth Programs. He was the International Relations Director for the KHF and organized Hapkido demonstrations at US military bases, including the Demilitarized Zone (DMZ) between North and South Korea. Dr. Johnson was an assistant producer of the *Fight Quest – Hapkido* television show that aired on the Discovery Channel. Over the years, he has taught ITF Taekwon-Do and Hapkido classes and/or workshops in Thailand, South Korea, and the US. He has lived in South Korea since 1999 and has spent 35 years studying Korean martial arts. He is a Co-founder and Vice President of iACT.



**DR. GREG KAILIAN** holds undergraduate and graduate degrees in English and Education from Boston University, and a doctorate in International Education from the University of Southern California. In 1969, Dr. Kailian was selected as a United States Peace Corps Volunteer and assigned to the Seoul National University College of Education. Over time, he worked in Korea for approximately 10 years, while also holding a variety of World Taekwondo and USA Taekwondo positions. Retired, and living in Ventura, CA, his Taekwondo credentials include 9<sup>th</sup> dan (Kukkiwon #05001960), 1<sup>st</sup> Class Master Instructor (Kukkiwon #1647001), 1<sup>st</sup> Class Poom/Dan Promotion Test Examiner (Kukkiwon #1020001), “S” Class, World Taekwondo, and International Referee (WT IR #013-0625). He is also the author of the book *Sport Taekwondo Referee Primer*.



**DR. YOUNG SUN KIM** earned his PhD from Yonsei University (Republic of Korea). He has been a career researcher for Kukkiwon since the 1980s and has published numerous articles in the fields of Physical Education, History, and Philosophy. He is a Lecturer of Taekwondo Spirit and History for the World Taekwondo Academy at the Kukkiwon, the Primary Researcher of the 2015 Kukkiwon Taekwondo Spirit Development Project, and an editor and contributor of the 2013 and 2018 Kukkiwon Whitebooks on Taekwondo Education. Grandmaster Kim (8<sup>th</sup> dan Kukkiwon) is the Chief Instructor of the International Taekwondo Academy in Yonsei University, which he founded in 1987.

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**DR. SANKO LEWIS** has lived in Seoul, South Korea for over a decade and is an assistant professor at Sahmyook University where he teaches literature. He completed his PhD at Kyunghee University, with a research focus in martial arts and East Asian philosophy and received an award of excellence from the Graduate School of Physical Education for his PhD dissertation: “Preaching Peace, Practising War: Mohism’s Resolution of the Paradoxical Ethics of War and Self-Defence in East Asian Martial Arts.” He has given several interviews and presentations for Korean media about his life in Korea and about Taekwondo and martial arts philosophy. He is also a regular contributor to martial arts magazines and his blog that focuses on techno-philosophical topics in ITF Taekwon-Do is well regarded in the ITF community. Dr. Lewis has also been an executive member in various positions in the national governing bodies for ITF Taekwon-Do in his home country of South Africa. He practices several martial arts and teaches ITF Taekwon-Do in Seoul, Korea.

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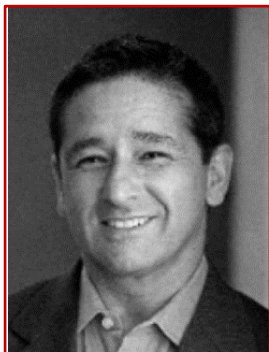


**DR. JOSEPH LYNCH** earned his PhD in Philosophy at the Claremont Graduate University in Claremont, CA in 1992. Since 2010, he has been a professor of Philosophy at California Polytechnic State University, San Luis Obispo, CA. Among other courses, he has taught Philosophical Classics, Ethics, Philosophy of Mind, Metaphysics, Philosophy of Religion, Philosophy of Cognitive Science, Asian Philosophy, and Buddhism. He is the Chief Editor and Publisher of the philosophical journal *Between the Species* and a Fellow of Oxford Centre for Animal Ethics Fall 2008 to the Present. His academic areas of specialization are Philosophy of Mind, Philosophy of Religion, and Philosophy and the Martial Arts. Dr. Lynch is also the Founder and Director of the Society for the Study of Philosophy and the Martial Arts.





**DR. UDO MOENIG** was born in Peißenberg, which is near Munich, Germany. As a young man, he studied various martial arts and began Taekwondo in 1979. During the 1980s, he was a member of the German national Taekwondo team and trained professionally for four years as a member of the German national military team, headquartered at the Sportschule in Sonthofen. In 1988, after finishing his military service, he traveled extensively in Asia and, in 1990, settled for further studies and training in Korea. After earning his BA in Asian Studies from the University of Maryland, he engaged in three terms of North Korean Studies from the Graduate School for North Korean Studies. He then earned his MA and PhD degrees in Physical Education from Keimyung University (ROK) with concentrations in Taekwondo, History, and Philosophy. In 2005, Professor Moenig was appointed by the Youngsan University Department of Taekwondo in Youngsan, ROK as the first foreigner in Korea to teach Taekwondo at the university level. He has researched, lectured, and published extensively in the field of Asian Studies, martial arts, and sports. He has authored (or co-authored) a variety of articles about Taekwondo and martial arts that have been published in various journals. His latest publication is a groundbreaking work titled *Taekwondo: From a Martial Art to a Martial Sport* (London: Routledge, 2015).



**GRANDMASTER HERB PEREZ** is a former US Olympian in Taekwondo and politician. He was a gold medalist in the 1992 Barcelona Olympics. He competed at both the 1987 and 1991 World Taekwondo Federation (WTF) World Taekwondo Championships, winning the bronze medal each time. He also became the first American to beat Korea at the 1987 World Cup Championships in Helsinki, Finland to become the WTF World Champion. He starred as himself (with the nickname "Olympus") on the 1995-1997 martial arts TV series WMAC Masters. He also served as Chairman for the WTF Education Committee and Vice Chair of the WTF Technical Committee along with Dr. Steven Capener. Together they created and implemented the multi-tiered scoring system in place today along with the video review protocol. Master Perez became a prominent critic of electronic scoring in the 2016 Summer Olympic Taekwondo competition. Outside of Taekwondo, he was a City Councilman and Mayor for Foster City, CA. Master Perez is now the Vice Mayor of Foster City, CA.

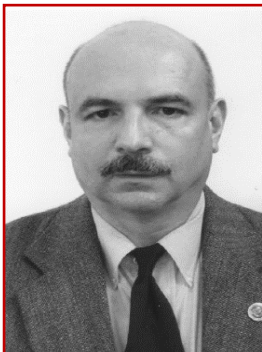
**DR. FRANJO PROT** is a World Taekwondo Europe (WTE) Council Member and Vice President of the Croatian Taekwondo Federation. He is a full tenured professor at the University of Zagreb, now affiliated with the Science and Research Centre of Koper, Slovenia. Dr. Prot's scientific work can be divided in four main disciplines: kinesiology, data analysis, psychology, and biological anthropology. He has presented and published his contributions since 1981. He is an active member of various national and international scientific and professional associations. He has been President of the Program Committee of the 3<sup>rd</sup> to 7<sup>th</sup> International Conference on Kinesiology, organized by the Faculty of Kinesiology at the University of Zagreb. He was a member of the Program Committee of the International Scientific and Expert Symposium "Child in Motion," organized by the Faculty of Education at the University of Ljubljana and Faculty of Education and Applied Kinesiology in the University of Primorska, Koper. He is a regularly invited speaker and lecturer at the Postgraduate Studies Department at the University of Zagreb and Ljubljana. Dr. Prot is a former national team competitor (2<sup>nd</sup> World Taekwondo Federation World Championships in Seoul in 1975, European Championships in Stuttgart in 1975, and European Championships in Rotterdam in 1976), and is an active sports official (4-term Croatian Taekwondo Federation President) and National Team Leader for Taekwondo sport events. Since 1986, Dr. Prot has continuously headed most of the national teams participating in official international Taekwondo events, namely the World Taekwondo Championships, World Taekwondo Cups, European Taekwondo Championships, FISU Universiades, and University World Taekwondo Championships. Under his leadership, the Croatian Taekwondo competitors have won numerous World and European medals and titles; among them two bronze medals in the 2008 Beijing Olympic Games, one bronze medal in the 2012 London Olympic Games, and four medals in the 2015 European Games. For the Universiade 2019 at Napoli, Italy, he is the World Taekwondo technical delegate (TD) for the Taekwondo event.





**DR. HYEONGSEOK SONG** (Kukkiwon 4<sup>th</sup> dan) has been a Professor at the Department of Taekwondo, Keimyung University in Daegu, Korea since 1999. He earned his PhD in 1995 at the Deutsche Sporthochschule zu in Koeln, Germany. He is now the President of the Korean Society for the Philosophy of Sport, Dance, and Martial Arts, the Vice President of the Society of Korean Sport Philosophy, and the Chairperson of the Korea Taekwondo Center in Keimyung University. His research interests are in historical and philosophical problems of Taekwondo and sport from a humanistic perspective, and he has published extensively in these fields. Professor Song has contributed to several articles to international journals and presented at numerous academic conferences worldwide on Taekwondo.

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**DR. GEORGE VITALE** (International Taekwon-Do Federation [ITF] 8<sup>th</sup> dan) started training in Taekwon-Do as a martial art in the early 1970s. Currently, he is only the seventh American-born practitioner to achieve the level of 8<sup>th</sup> dan in ITF Taekwon-Do. He spent 24 years with the New York State Police and now draws upon that investigative training and experience to aid in researching the history of Taekwon-Do. Among his four undergraduate degrees is a BA in History, and he has earned an MA from the City University of New York (CUNY). After attending CUNY's Graduate School and University Center's Doctoral Program for two years, he enrolled in an international program administered in part through the Pyongyang government in the Democratic People's Republic of Korea (DPRK). In 2011, he earned his doctorate from their State Commission on Academic Degrees and Titles, becoming the first American to do so. His training, studies, and research have led him to over 70 countries around their world, often teaching during his extensive travels. Dr. Vitale's utilization of Taekwon-Do as a tool of soft diplomacy has resulted in a long-term active engagement with the people of the DPRK to establish peace between the ROK and DPRK. His various activities toward this goal lead to his membership in the National Committee on North Korea in Washington, D.C. He continues to present and publish research articles on Taekwon-Do. His work has earned him recognition from numerous organizations, as well as appreciation not only from the US government but also from the governments of both the ROK and the DPRK.



**DR. TOBIAS WINRIGHT** was formerly a law enforcement officer (initially corrections, then some reserve policing, and as an academy ethics instructor) and a lay ecclesial minister (in campus, parish, and youth ministry). Now, Dr. Winright is currently the Hubert Mäder Endowed Associate Professor in Health Care Ethics and an Associate Professor of Theological Ethics at Saint Louis University in St. Louis, Missouri. He has a PhD in Christian Ethics/Moral Theology from the University of Notre Dame, an MDiv. from Duke University Divinity School, a BA in Political Science from the University of South Florida-St. Petersburg, and an AA is from St. Petersburg Junior College. He has coauthored, edited, and coedited five books, and has authored numerous journal articles and book chapters on theological ethics and just war, pacifism, just policing, capital punishment, ecology, and bioethics. He is currently writing a book on *Just and Unjust Policing* and another book on gun rights and regulations, as well as editing the T&T Clark Companion to Christian Ethics, which contains over 50 essays by international contributors on a wide variety of ethical topics. He is an Associate Editor for Health Care Ethics USA, was coeditor of the *Journal of the Society of Christian Ethics* from 2012 to 2017, and from 2010 to 2015 he was book review editor for the international journal *Political Theology*. He practices Taekwondo at Arch Taekwondo with Master Patrick Thimangu in St. Louis, Missouri.

# ABSTRACTS

(Alphabetical order by surname)

ALLAN BÄCK, PhD

Kutztown University; Kutztown, Pennsylvania USA

## What Taekwondo Philosophy?

### Abstract

There has been a lot of attention paid to Taekwondo philosophy in Taekwondo circles. Some want to promote Taekwondo philosophy as *an accepted academic field of study outside of our typical Taekwondo community*. Here I consider what characteristics Taekwondo philosophy would have to qualify as philosophy in a normal, academic sense. Listing various tenets, virtues, and goals for Taekwondo does not suffice. A philosophical approach also has to provide criteria for those characteristics as well as a theoretical justification for why those characteristics should be pursued. So far as I can tell, what is offered in current Taekwondo philosophy mostly fails to provide these criteria and meet those goals. Hence, I am still waiting for a Taekwondo philosophy.

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STEVEN CAPENER, PhD  
Seoul Women's University; Seoul, Republic of Korea

## The Dismantling of a Martial Sport: How Korea Created and Then Destroyed Taekwondo

### Abstract

As has been well established by scholarly research, Japanese Karate was imported into Korea in the late 1940s and early 1950s by Koreans who had learned it from various instructors in Japan. For the first ten to fifteen years, the various schools that came to be known as *Gwans* all found their legitimacy in their various Japanese lineages. As Karate's popularity in Korea increased, the need to Koreanize it began to be felt. This proceeded in two ways. One was that leaders like Choi Hong Hi and Lee Chong Woo fabricated myths about Taekwondo having, at least partially, its origins in Korean physical culture. The problem was that what was being practiced was identical to Japanese Karate. The other way was that Taekwondo underwent a process of development as a sport with rules that radically differentiated it from Karate. This was promoted by Lee Chong Woo of the Jidokwan and opposed by Choi Hong Hi of the Odokwan. The design of the rules allowed Korean Karate to evolve into a wholly new and original combat sport the likes of which the world had never seen, something Korea could call its own and be truly proud of. Millions of people across the world fell in love with the beauty and dynamism of this martial sport propelling it to acceptance as an official Olympic sport.

However, while Taekwondo had evolved into an extremely sophisticated technical system, it remained dependent on outdated, premodern Karate philosophies which, themselves, were never well articulated but relied on tenuous references to Zen Buddhism or self-defense credos. The so-called five tenets of Taekwondo were meant to provide an axiological basis for Taekwondo but were vague slogans just as applicable to any difficult task like being a policeman or building a bridge as to martial arts.

This lack of a philosophical foundation for Taekwondo was all too evident in the chronic corruption in the form of match fixing and manipulation of game results that plagued virtually every major (and most minor) Taekwondo contests officiated by Koreans. This culture of malfeasance reached its apotheosis at the 2000 Olympic Games when the match fixing was on display for all to see. The result was the admission by the World Taekwondo Federation that it could not trust its own officials to officiate the sport and so that duty was handed over to an electronic scoring system. The result of that decision has been the nearly complete disintegration (in only several years) of the technical system of sport Taekwondo that took forty years to evolve. This paper will discuss how this disintegration came about and what its implications are for the combat sport of Taekwondo.

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**MASTER SUZAN CROCHET**

**President, Phoenix Group (International Taekwon-Do Federation INO #78);  
Overland Park, Kansas USA**

## **Is Fear Taekwon-Do Competitors' Friend or Foe?**

### **Abstract**

Understanding the role fear plays in the performance of an athlete is one that coaches, parents, and trainers have mulled for a long time. In his encyclopedia, General Choi Hong Hi, states that a black belt implies the wearer is imperviousness to fear. Does that mean Taekwon-Do practice prevents fear? To answer that question, we must first answer "What is fear?" Fear is a physiological response to a stimulus. The brain receives a stimulus causing a fear response and immediately sends the information to the sympathetic nervous system and the adrenal cortical system, which causes the body to release over 30 hormones which tense and prepare the muscles for the fight or flight response. Fear informs us when something in our environment is wrong, when our safety is in danger, and when something needs to be avoided. It is what helps us analyze the safety of a situation. On the other hand, due to the chemical dump being released into the body, one physical reaction to fear is to freeze temporarily. Thus, fear can be a detriment to our performance, especially when we are not truly in a life-threatening situation, such as when in a Taekwondo sparring competition. Therefore, fear is both friend and foe depending on a athlete's response. This paper aims to help the reader develop a better understanding of the fear response, to better understand what General Choi meant when he stated that a black belt implies the wearer's imperviousness to fear, and how we can help our students overcome their fears in classes and competition.

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## General Canon of the Philosophy of Karate and Taekwondo

### Abstract

The broad humanistic and socio-cultural theoretical perspectives applied in this study provides a foundation for the Humanistic Theory of Martial Arts, General Theory of Fighting Arts, and a philosophical-anthropological approach to martial arts. Hence, conceptual language has been adopted for this investigation. The aim of the current study is to assess and identify the ethical values and axiology that create a general canon of Karate and Taekwondo philosophy. Specifically, this paper seeks to identify the values which are most often emphasized and prioritized in the two martial arts. The discussion is based on an analysis of a comprehensive review of scientific and specialist literature. The author uses here a method of a long-term (over 40 years) participant observation in the Karate, Taekwondo, and other martial arts environment, and a method of qualitative analysis of the content of the related literature. The analysis also uses a deduction method and a comparative method. Motivations of trainees are significantly varied. While young people are interested in sport as a way to compete, for some individuals the practice of Karate or Taekwondo means mainly a search for values transcending the world of sport. In the multiform ways of Karate and Taekwondo, which continue to change in a number of directions (trends), it is not easy to determine a common or basic axiological canon. The essential values presumably include the utilitarian gains; i.e., combat skills, and—indirectly—the sense of security. There are also social gains: teacher’s authority, attitude of respect for tradition and for another human being, courage, and responsibility; self-realization gains: self-discipline and perseverance, emotional self-control, humility, and perfectionism; as well as vital gains: development of positive health potential and psychophysical competence. The aesthetic values appear to have been added to these martial arts only in the 20<sup>th</sup> century, the times of martial arts movies and presentations of technical forms. Jointly, this is a set of generally accepted universal values.

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**DR. RON DZIWENKA**

**Salisbury University; Salisbury, Maryland USA**

## **A Grand Theory of Practice: From Process to Praxis to Intuition**

### **Abstract**

The purpose of this paper is to elucidate the concept of practice in the context of martial arts, with Taekwondo as the representative martial art being studied, by explicating how fundamental aspects of paradigms of practice in martial arts, physical education, bodily awareness, East Asian philosophy, and meditation might align with each other. Paradigms of practice in each of these fields hold intuition as a goal of practice, realized through praxis: the reflection and action directed at the structures to be transformed. In each of these paradigms, *right practice* includes rigorous discipline, repetition of (patterns of) ideal forms, focused concentration, and bodily and cognitive awareness, toward what might allow for (the development of) intuition. However, there is not a clear and universally accepted definition of *practice* as distinguished from *training*. The concept of *practice* commonly refers to physical exercise to improve the body mechanical movements, while the concept of *training* commonly refers to the mind or mental aspect(s) of improving one's spiritual acuity or strength. Also influencing our understanding of practice vs. training is the difference between procedural knowledge (knowing how to practice techniques) and propositional knowledge (knowing why they practice). To address this issue, I modify the sudden awakening, gradual cultivation (SA/GC, 頓悟漸修) paradigm of practice asserted by the 13<sup>th</sup> century Korean Goryeo Dynasty Korean monk Jinul (知訥; 1150-1210). I assert that this modified paradigm is not only applicable to the practice of the type of activities referred to as martial arts/martial sports (MA/MS), it offers a grand theory of the soteriology of practice, from process to praxis to intuition.

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**JOHN A. JOHNSON, PhD**  
Keimyung University; Daegu, Republic of Korea

## **The Development of Taekwondo's Soft Diplomacy & Peace Education**

### **Abstract**

Almost since its inception in 1955, Taekwondo has been used as form of soft diplomacy for the Republic of Korea (ROK) and then later by the Democratic People's Republic of Korea (DPRK). Yet, how and why it has been so have yet to be addressed. Thus, this research addresses two questions: 1) What efforts early in taekwondo's history facilitated its soft diplomacy efforts today? 2) What are the interests and values within taekwondo that play roles in its soft diplomacy efforts? Literature reviews of Taekwondo philosophy and systematic historical analyses were conducted, and elite interviews were conducted with those directly involved within Taekwondo diplomatic efforts to determine when and how the Taekwondo soft diplomacy tactics were initiated. This qualitative study elucidates that early taekwondo pioneers' efforts were focused on soft diplomacy and peace efforts, and that their past efforts play an ongoing role in today's current political climate between the ROK and DPRK. It also highlights the fact that Taekwondo diplomacy has occurred at the governmental, organizational, and grassroots levels of soft diplomacy; thus, it may be the only soft diplomacy tactic used at all three levels. Finally, this research lays the groundwork for forthcoming studies on Taekwondo soft diplomacy and guides future taekwondo organizations' diplomacy efforts.

### **Funding Details**

This research was supported by the Keimyung University research grant of 20180269.

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## Sport Taekwondo Scoring Alternatives

### Abstract

In addition to simple impact strength on an opponent's electronic protector, the awarding of sport Taekwondo points should take into consideration affective factors such as technique, strategy, tactics, delivery, accuracy, control, power, recovery, and follow-up. Like the counting of coup, a firm kick to the face executed with skill and speed, accompanied by a follow-up technique, is far more impressive, and difficult to accomplish, than a massive knockout-blow delivered with overwhelming force. Therefore, strikes registered by the electronic protector (EP) should not be used solely to determine point totals in competitive free sparring. The scoring model, below, proposes that both the EP and ring officials should score all kicks and punches:

- A. During rounds using corner judges and the EP, recognize all points scored by the corner judges; however, if the EP point-count is lower than the corner judges' scores, document the EP score, but use the corner judges' scores.

**Explanation:** This policy recognizes situations where the EP hit-level may not have been reached, but the corner judges agreed that points should be awarded. For example, in a match where one competitor significantly outsizes another, the judges might award points to the smaller fighter even though that fighter's impact strength did not activate the EP sensor.

- B. If the EP point count is higher than the corner-judge point scores, use the EP results unless the referee/judges determine that an EP-recorded point should be considered invalid; for example, in situations where a point scored when out-of-bounds, or when penalties are in order.

**Explanation:** In situations where the competition action is too fast or complex for corner judges to accurately record, trust the results of the EP, and use the EP score, since legal points may have been scored that the corner judges might have missed.

Gradually, as system reliability increases, World Taekwondo (WT) could reduce the number of corner judges in EP matches from three (3) to two (2), with one (1) center referee; however, the role of the center referee in active scoring remains unresolved, so referees could participate, or not, according to the situation. Therefore, a possible scoring model might give points on the basis of:

- a. Input by two (2) judges and the center referee, with the EP,
- b. Input by two (2) judges and the EP, or
- c. Input by one (1) judge with confirmation by the EP.

Additional possibilities:

- A "golden point" might be awarded if the corner judges and the EP give points.
- Allow weight classes to mix in an open division; either with or without the EP.

- Reintroduce point ceilings and/or point gaps.
- Decrease the round/match time.
- Most extreme: Create a division with modified rules, allowing take-downs, grappling, and limited striking, similar to current mixed martial arts (MMA) bouts. Victory would be achieved by knock-out tap, chokes, points, referee's decision, or other criteria.

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## A Modern Conceptualization of Taekwondo Spirit: A Kukkiwon Research Project

### Abstract

The purpose of this study is to propose an alternative to the Kukkiwon's (the World Taekwondo Headquarters) *official Taekwondo spirit* that practitioners of Taekwondo can sympathize with. By establishing the most appropriate conceptualization of spirit for Taekwondo among its practitioners, standardized knowledge can be produced and incorporated into the Kukkiwon Taekwondo textbooks.

To do so, the following research methods and procedures were implemented. First, we explored the existing research on the Taekwondo spirit and solicited empirical recognition and opinions of leaders within Taekwondo. Second, we clearly defined the terminology concerning the concept of Taekwondo spirit various Taekwondo individuals. Third, we set up six principles as the criteria for establishing a widely-accepted conceptualization of Taekwondo spirit. Fourth, compiled a draft after numerous discussions, including 10 meetings organized by the Kukkiwon Research Center (KRC). Fifth, the KRC held an interim presentation and discussion meeting to invite experts and researchers related to this topic. Finally, the conclusions were established through revisions based on points raised during open discussions.

The spirit of Taekwondo was initially defined as simply the core spiritual value that practitioners of Taekwondo should pursue. As a result, two key phases (*to overcome one's self*, which refers to the inner willpower of Taekwondo, and *to benefit the world*, which includes enacting Korea's own intrinsic values and ideals) have been adopted as an official alternative to the preexisting conceptualization of Taekwondo spirit.

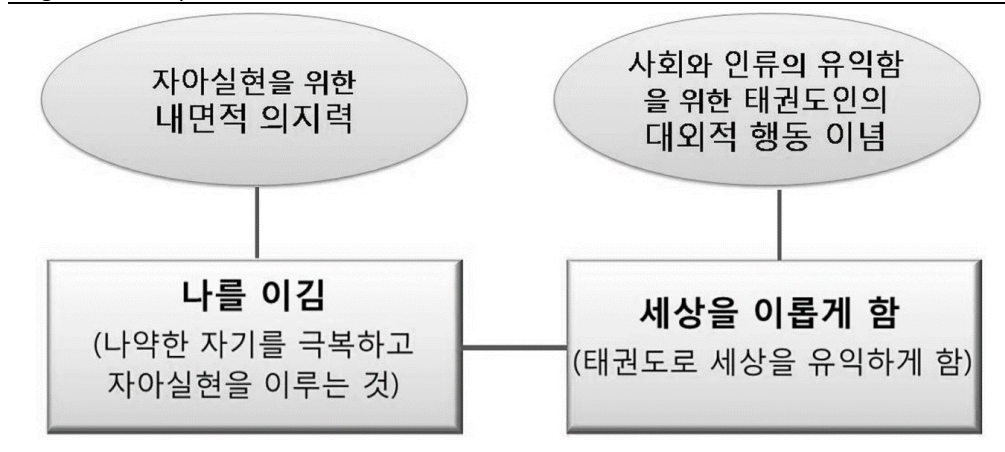
If one explores the meaning *to overcome oneself*, this phase means that mental focus and willpower are needed during Taekwondo training to overcome a weak mind. Practitioners seek self-fulfillment or self-realization to achieve their person goals by overcoming their own self-doubt. *To benefit the world* means *if something is good for the world, it is good for you*. This concept comes from the idea of *Hongik Ingan* (弘益人間) which is translated as *to broadly benefit humanity* or *the devotion to human welfare*. The idea of *Hongik Ingan* was framed in the Republic of Korea's (ROK) Framework Act on Education in 2015 as the educational ideology that values co-

prosperity, which has been championed since the foundation of the ROK. Combining these two concepts in the Taekwondo context forms the phase *overcoming oneself and benefiting the world through Taekwondo*.

*Overcoming oneself and benefiting the world* is the conceptualization of the essential spirit of Taekwondo, and *benefiting the world through Taekwondo* is a desirable external behavior to strive for. In other words, *I have overcome* is an internal component of an individual's ability to achieve and *to benefit the world* is an external component that develops activities beneficial to society as a whole. This not only implies personal growth and achievement through Taekwondo training but also corresponds to the purpose of training Taekwondo, which is to foster practitioners of Taekwondo into productive members of society. In addition to meeting the practitioner's personal goals and achievements, it can also serve as a driving force for optimism for the people and world around the individual.

The proper method of Taekwondo training and the true spirit of all practitioners of Taekwondo is to achieve personal goals based on the perception of *overcoming oneself* and to become a person who *benefits the world*. To strive to live a positive and beneficial life exemplifies the major ideology of Taekwondo. The spirit of Taekwondo can be expressed in Figure 1.

Figure 1. The spirit of Taekwondo.



Top left circle: Internal willpower for self-realization.

Top right circle: Taekwondo's external behavioral ideology for the benefit of society and humanity.

Bottom left square: Overcoming one's challenges and achieving self-realization.

Bottom right square: Making the world a better place through Taekwondo.

Translated from Korean.

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## The Teleology of Free Sparring in ITF Style Taekwondo

### Abstract

The Korean term for sparring in the International Taekwon-Do Federation (ITF) is *matseogi*, which denotes opposing or standing up against an adversary. This is different from the term *gyeorugi* (i.e., from the Korean *gyeoruda*, meaning to compete) that is used in WT/Kukki Taekwondo or the older term *daeryeon* (fighting) that was used in the early development of Taekwondo. *Matseogi* in ITF-style Taekwondo ought to be understood as part of its teleology as a *Korean martial art of self-defense*. Towards that goal, the ITF pedagogy guides the practitioner through various types of *matseogi* (from pre-arranged to unrestricted sparring), which are supposed to prepare the practitioner sequentially for the teleology of self-defense. It is very difficult to prepare for a real-life self-defense situation, because reality is often chaotic with many unpredictable variables. Consequently, ITF pedagogy offers *yaksok matseogi* (pre-arranged sparring), which reduces the chaos of self-defense so that the practitioner can focus on and hone appropriate skills for specific variables. Progressively more variables are introduced until the practitioner finally practices *jayu matseogi* (i.e., free or unrestricted sparring), which is supposed to allow for the inclusion of as many variables as possible to mimic the chaos of a real-life self-defense encounter. This type of training is often referred to as *reality based training*. However, the term *jayu matseogi* has been appropriated for competition sparring at ITF tournaments. Because competition sparring is bound by numerous sparring rules, this type of sparring still has too many reduced variables to reflect the very high variable situation of a real self-defense encounter. Since for many ITF schools competition sparring is considered *jayu matseogi*, their pedagogic teleology is never achieved, as there is no ultimate reality based training that mimics the unpredictability of a real self-defense encounter. It is my proposal that ITF competition sparring should be renamed, because the current misapplied use of the term *jayu matseogi* effectively erases the true definition and purpose of *jayu matseogi* in the ITF pedagogy. Instead of *jayu matseogi*, the term *gyeorugi* is an appropriate designation for competition sparring. Furthermore, actual reality based *jayu matseogi* needs to be reintroduced in schools where it is not trained, in order for ITF Taekwondo to achieve its pedagogic teleology as a Korean martial art of self-defense.

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## Plato and the Karate Kid: What Plato Can Teach Us About Martial Training

### Abstract

Plato seems an unlikely source for understanding the nature of training and teaching in the martial arts. Still, I argue that while he is rightly considered the source of the Western intellectual tradition, his insights in *The Republic* about how to train warriors to defend his ideal city are instructive for practitioners of Asian martial arts as well. Plato, himself a wrestler and well familiar with Pankration, the ancient Greek version of MMA, specifically urges that the intense physical training he recommends is itself a training of the soul. Thus, the physical exercises themselves, if properly engaged in, have the effect of creating a harmonious psychological condition. The intellectual narrative portions of the training orient the prospective warrior to the community in constructive ways as well. While Plato's metaphysics and epistemology run counter to the Daoist, Confucian, and Buddhist traditions that have largely informed the Asian martial arts, his particular account of the psychological outcomes of proper training are amenable to those traditions and shed light on the goals of martial arts training generally.

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## Taekwondo Philosophy and Fiction

### Abstract

So-called *Taekwondo philosophy* has always been only vaguely defined, but the discourse has been dominated by certain popular themes and topics. In addition, Taekwondo philosophy has always been connected to certain historical narratives and traditions. During Taekwondo's formative years after Korea's liberation (1945) from Japanese colonial rule until the 1960s, Taekwondo closely resembled Karate, with an emphasis on the practical purpose of martial arts; namely, self-defense training. Although leading Karate instructors, such as Funakoshi Gichin, strongly emphasized the Zen aspect and the Shaolin tradition, the narrative was not adopted by Taekwondo leaders. On the other hand, similar to Kanō Jigorō (the Judo founder) and Funakoshi, Taekwondo leaders, such as Choi Hong Hi and Hwang Kee, emphasized a Confucian-based, ethical education, and moral code, while also stressing the pseudo-scientific aspects of martial arts, which was a reflection of the modernization process of the East Asian nations. Moreover, the nationalism and militarism, which featured strongly in the Japanese martial arts of Imperial Japan (1868-1945), were also embraced by the Taekwondo leaders under the evolving authoritarian regimes of South Korea's post-colonial period, directly contradicting the nature of the supposedly *peaceful* purpose of Judo, Karate, and Taekwondo.

With ever growing nationalism after Korea's liberation, many Taekwondo leaders adopted the *hwarang spirit* narrative, which featured strongly in the South Korean, nationalistic ideology of the military at that time. Historically, however, there exists no evidence that the *hwarang* had been any kind of warrior group or organization. Instead, the idea of *hwarang-do* (花郎道) or the *way of the hwarang* had been invented and modeled after the nationalistic Japanese *bushidō* (武士道, the way of the warrior; Korean: *musado*) ideology of the Japanese imperial era. In fact, early Korean literature mentions the term *hwarang-do* (花郎徒), which translates, however, to *fellows of the hwarang*. But, in Korean post-liberation publications, the last character *do* (徒, fellows or group) had been often replaced, deliberately or by accident, with the character for *way* (道), which bears the common pronunciation of *do*. Subsequently, in modern times, the idea of the 'hwarang spirit' morphed into the notion of the so-called 'taekwondo spirit,' which struggles, however, with precise definitions and a rationale.

During the 1960s, Taekwondo philosophy started to emphasize more native Korean ideologies. For example, the newly invented beginner forms for Taekwondo training were named *Taegŭk P'umsae* after popular, mythical, cosmological (Chinese-based) principles, related to religion, divination, and also nationalism. The South Korean flag, the *T'aegŭk-ki*, which resembles the *T'aegŭk* (the Supreme Ultimate; Chinese: Taiji) in the center, surrounded by a simplified *P'algwae* (eight elements; Chinese: Bagua), represented a rallying symbol for Korean nationalists

throughout the twentieth century; at first, as a symbol of resistance against Japanese aggression, and after Korea's liberation, as an antipode to the Communist North. Moreover, these popular ideologies and symbols were connected by Taekwondo leaders to Korea's nationalistic foundation myth and other obscure metaphysical concepts and narratives.

In more recent times, Taekwondo leaders shifted away from this presentation toward retro-association with values such as *peace* and *sportsmanship*, as a means of validating Taekwondo's value to the Olympics. Yet, many of the former narratives linger on in the historical and philosophical presentation of Taekwondo, such as the today's current emphasis on the so-called *Taekwondo spirit*. Moreover, common East Asian cultural traditions and behavioral values, such as Confucian norms, are portrayed as Taekwondo-specific, philosophical, and educational aspirations. Last but not least, the principal aspect of Korean nationalism in Taekwondo presentation has never faded away and has remained an enduring element in the ideological portrayal of Taekwondo.

Since Taekwondo philosophy has always been rooted in fictional, historical narratives, the philosophies connected to these fictional narratives appear fanciful and hollow. In reality, individual martial arts practitioners tend to divine their own values and philosophies in accordance with their needs and personal goals when practicing martial arts. They do not require mythic philosophies and fictional narratives presented by an out of touch corporate establishment. Lastly, the people who created these fictional narratives were (and are) usually followers of so-called *traditional Taekwondo*; and, these individuals seem to hold Taekwondo philosophy and education hostage with outdated views and training priorities (i.e., forms training), in opposition to more practical, sports-based, rational concepts, research, and discussion.

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## 50 YEARS OF TAEKWONDO TEACHING EVOLUTION AS AN EDUCATIONAL AND CULTURAL EXAMPLE: A CASE STUDY FROM CROATIA

### Abstract

Taekwondo entered Croatian sport culture when Korean Master Park Sun Jae performed a public Taekwondo demonstration on May 28, 1968. On the event's 50<sup>th</sup> anniversary (May 28, 2018), the City of Zagreb commemorated the event with a memorial plaque on the spot in Zagreb's Gornji Grad (Upper Town). From that event on traditional Taekwondo teaching methods were introduced in Croatia. Taekwondo pioneers and enthusiasts adopted the newly-introduced instructional methods that improved their abilities and developed their knowledge and skills. Traditional methods recorded in Taekwondo textbooks and promoted by Taekwondo instructors were supplemented by advanced sport methodology that already existed in other sports in all parts of Europe as well. The dominant frontal method of presentation was replaced with smaller homogeneous groups and the individualistic approach. More specific methods of athletes' sport preparations were also developed and introduced. Georgi Draganov's book *Are you Ready for this Sport?* Introduced a new era of Taekwondo training began 17 DVDs were presented. Taekwondo became an artistic inspiration as well, as can be seen in the works of sculptor and Taekwondo pioneer Nikola Pečko. Finally, Neven Trbojević (Karlovac, Croatia) produced the independent movie *Taekwondo Banija Pandas Team*.

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## Explicating the Ideal Taekwondo Practitioner from a Virtue Ethics

### Abstract

The purpose of this study was to describe the ideal image of Taekwondo practitioners from MacIntyre's Virtue Ethics. In order to accomplish this purpose, firstly the characteristics of Taekwondo as a kind of human activity were identified. Secondly, I suggested five virtues of Taekwondo practitioners. The suggested virtues were then also reviewed to determine if they satisfy the condition of MacIntyre's sense of virtue. Thirdly, the image of a Taekwondo practitioner as a person with such virtues was described. The result of this review is summarized as follows. Taekwondo is a kind of *practice* in the sense of MacIntyre. Accordingly, a practice means "any coherent and complex form of socially established cooperative human activity through which goods internal to that form of activity are realized in the course of trying to achieving those standards of excellence which are appropriate to, and partially definitive of, that form of activity, with the result that human powers to achieve excellence, and human conceptions of the ends and goods involved, are systematically extended"(MacIntyre, 1984). The four tendencies, which I suggest as the virtues of Taekwondo practitioners, are courage, fortitude, courtesy, and justice. These tendencies satisfy all preconditions of virtue which MacIntyre mentioned. As a result, I can say that the ideal Taekwondo practitioner should be a person who practices Taekwondo with passion, a person who is going to expand his/her possibilities while overcoming various difficulties and suffering experienced in the training process through courage and perseverance, a well-mannered person who does not abuse the powers of body and mind gained through Taekwondo practice, and a righteous person who treats all others fairly and who serves and sacrifices for the common good of humanity.

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## The Art of Peace (and Diplomacy) or a Killing Art?

### Abstract

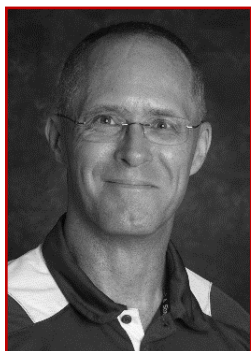
As a theological ethicist who has taught and written extensively on peace and violence-related issues, one area about which I have yet to give serious attention is the martial arts, a curious omission given my on-and-off practice of Taekwondo for over three decades. In recent years, a number of prominent religious leaders, including Pope Francis, have emphasized nonviolence over, or instead of, armed force for preventing and addressing international, intranational, and interpersonal conflict. In other words, with regard to the use of force, the ethics of pacifism is being encouraged, whereas the ethics of just war, just policing, and just self-defense is discouraged. I have argued that the latter, however, should not be supplanted for a number of reasons, and that it too is aimed at a just peace.

In this presentation I begin to conduct a comparative analysis between the aforementioned ethics of the use of force with the philosophical ethics of the martial arts, and especially, Taekwondo. Why? Although Morihei Ueshiba (1883-1969) “detested fighting, war, and any kind of violence,” and was the founder of Aikido, which can be translated *The Art of Peace*, it is still called a *martial art* rather than a *peaceful art*. Likewise, although Taekwondo recently has been called “a killing art,” *TaeKwonDo Times* magazine has emphasized that General Choi Hong Hi’s “ultimate goal” through Taekwondo is to “build a more peaceful world,” and the Korean Broadcast System (KBS) aired a special during the 2018 Winter Olympics on “Peace through Taekwondo” in order to promote peace on the Korean peninsula. Although Taekwondo is a martial art, it is also aimed at peace. While that may seem contradictory, I will highlight how in doing so it is similar to Western justified use of force ethics.

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### President



**DR. RON DZIWENKA** (Kukkiwon 7th dan) holds an M.A. and a PhD in East Asian Studies from the University of Arizona and an M.A. from Yonsei University. He is also a 7th dan in Changmookwan Taekwondo. He has published several papers on martial arts philosophy and has presented his research at the 1988 Seoul Olympic Scientific Congress as well as at international conferences in the Republic of China, Republic of Korea (ROK), Canada, Mexico and the USA. During his 12 years at Yonsei University in the ROK, he was a contributing member of the World Taekwondo Federation (WTF) Research Society. He is currently Senior Advisor in the Center for International Education as well as an Adjunct Instructor in the Department of History at Salisbury University, USA. He is on the Editorial Board of the International Association of Taekwondo Research, a Reviewer for *Ido Movement for Culture. Journal of Martial Arts Anthropology*, and an active member of the Society for the Study of Philosophy and the Martial Arts as well as the American Philosophical Association. He is a Co-founder and the President of iACT.

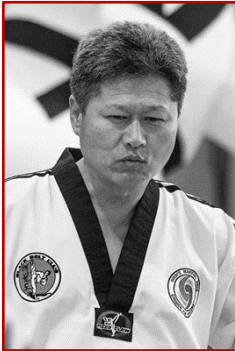
### Vice President



**DR. JOHN A. JOHNSON** (International Taekwon-Do Federation [ITF] 6<sup>th</sup> dan, Korea Hapkido Federation [KHF] 6<sup>th</sup> dan, Kukkiwon 4<sup>th</sup> dan) is a professor at the Department of Taekwondo in Keimyung University (Daegu, Korea). He is one of only a handful of foreign Taekwondo professors ever in Korea and is the first ITF practitioner to hold that distinction. He earned his PhD from Kyung Hee University, is the vice president of iACT, and the executive director of the International Association for Taekwondo Research (IATR). Professor Johnson has presented his research on Taekwondo international relations, pedagogy, philosophy, and history in several countries including Russia, Poland, the Czech Republic, Mexico, and the USA. In 2015, he taught Taekwondo Etiquette and Self-defense courses for the World Taekwondo Federation/Kyung Hee University Partnership Athlete, Coach, and Youth Programs. Over the years, he has taught ITF Taekwon-Do and Hapkido classes and/or workshops in Thailand, South Korea, and the United States. He has lived in South Korea since 1999 and has spent 35 years studying Korean martial arts. He is a Co-founder and Vice President of iACT.

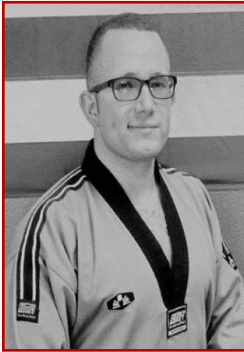


### Treasurer



**Alexander (Eui Jeong) Choi** (Kukkiwon 8<sup>th</sup> dan) earned a B.A. in Philosophy at Yonsei University (ROK). He was President of the Yonsei Alumni Association of California. He was Special Advisor to the President of American Taekwondo United. Grandmaster Choi taught Taekwondo and martial arts in France for many years before coming to the USA. He has been operating two Taekwondo schools in California for over 20 years. He is a Co-founder and Treasurer of iACT and was Co-chair of the iACT 2016 Organizing Committee.

### Secretary



**JUSTIN CASTILLO** Justin Castillo (Chungdokwan Taekwondo 6<sup>th</sup> dan, 5<sup>th</sup> dan World Kido Federation [Hapkido], Kukkiwon 4<sup>th</sup> dan) has spent 26 years training and teaching multiple martial art disciplines, including Taekwondo, Hapkido, Kickboxing, Krav Maga, and Kali. He currently serves as the New Mexico and El Paso Regional Director for the World Kido Federation. Master Castillo was the lead Hand-to-Hand Combat Instructor for the rebuilt Iraqi Army and Iraqi Police for the Kirkuk Region of Iraq from December 2003 to March 2005, serving with the 25<sup>th</sup> Infantry Division (Light). He also served as the lead Hand-to-Hand Combat Instructor for 1<sup>st</sup> Bn, 27<sup>th</sup> IN, 2<sup>nd</sup> Brigade, 25<sup>th</sup> Infantry Division (Light) from March 2000 to May 2005. He currently oversees all training at his Taekwondo school in New Mexico and gives international support to his satellite school in Nepal. Master Castillo was also recently cast as background boxer in *Creed II*. He is a Co-Founder and Secretary of iACT.

# iACT 2019

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## NOTES

## NOTES

