

International Academic Conference for Taekwondo



Taekwondo as a
Martial Art & Martial Sport in 2015:
A Collaboration of Physical Training
& Academic Discourse for All



January 23-24, 2015
New Mexico State University

International Academic Conference for Taekwondo



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Martial Art & Martial Sport in 2015:
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New Mexico State University

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Dr. Chungwon Choue, President



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MARTIAL ARTS FORUM PRESENTATIONS

When: Friday, January 23, 8 AM – 4 PM
Where: O'Donnell Hall, Lecture Hall Room 111,
 New Mexico State University

| TIME | PRESENTER | TOPIC |
|------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 – 8:30 AM | NMSU College of Ed Dean Morehead, Dr. Dziwenka, & Dr. Johnson | Intro / welcome addresses / sponsors' letters of support |
| 8:30 – 8:50 AM | Marcy Shoberg | Spreading the TKD Message |
| 8:50 – 9:10 AM | Todd Huddleston | TKD as a Business |
| 9:20 – 9:45 AM | Eui Jeong Choi | A Successful Martial Arts School |
| 9:45 – 9:50 AM | BREAK | |
| 9:50 – 10:30 AM | Suzan Crochet | TKD Education & Special Needs (phys/mental/aged) |
| 10:30 – 11:10 AM | Dr. John Johnson (Kyung Hee University) | Creating a TKD Teaching Philosophy |
| 11:10 – 11:50 AM | Dr. George Vitale | TKD History (ITF & WTF) & Commonalities |
| 11:50 – 12:40 PM | LUNCH | |
| 12:45 – 1:00 PM | NMSU IBP Assoc. Provost Menking & OEA Director Chervenock | Welcome Address / Intro guests / Sponsors / Hand Out Gifts |
| 1:00 – 1:40 PM | KEYNOTE ADDRESS Prof. Yong Chin Pak (Iowa State University) | World TKD Development: Focus on University TKD Program |
| 1:40 – 2:20 PM | Dr. Ron Dziwenka (New Mexico State University) | Issai Chozan's <i>The Mysterious Technique of the Cat (Neko no myōjutsu 猫の妙術)</i> Story & the Paradigmatic Shift of Martial Art Practitioners |
| 2:20 – 2:45 PM | Richard Alaniz | Spirituality & Meditation in MA Career |
| 2:45 – 2:50 PM | BREAK | |
| 2:50 – 3:30 PM | Dr. Javier Mayén | TKD as One's Life Philosophy |
| 3:30 – 3:55 PM | Dr. Norwood Yamani | Functional Movement the Key to your Competitive Edge - Injury Avoidance and Enhanced Healing |
| 3:55 – 4:20 PM | TBA | Refereeing & Poomsae Rules |
| 4:20 – 5:00 PM | Open Discussion / Q & A | Intro Saturday Schedule & take photos |
| 6:30 – 8:00 PM | DINNER: La Posta for Dean Morehead, presenters, sponsors, and officials | |

MARTIAL ARTS HANDS-ON WORKSHOP PRESENTATIONS

When: Saturday, January 24, 8 AM – 3 PM
Where: East Gymnasium, James B. Delamater Activity Center,
 New Mexico State University

| TIME | PRESENTER FOR CHILDREN GROUP (12 and under) | PRESENTER FOR ADULT GROUP (13 and older) |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 8:00 – 8:30 AM | NMSU College of Ed Associate Dean for Research Bob Wood | Welcome Address |
| 8:30 – 9:20 AM | Byeong Cheol Kim - WTF Competition Training & Drills | Je Gyoung Kim – WTF Competition Training & Drills |
| 9:20 – 9:30 AM | BREAK | |
| 9:30 – 10:20 AM | William Howard - ITF Competition Training & Drills | Byeong Cheol Kim – WTF Competition Training & Drills |
| 10:20 – 10:30 AM | BREAK | |
| 10:30 – 11:20 AM | Je Gyoung Kim - WTF Competition Training & Drills | William Howard - ITF Competition Training & Drills |
| 11:20 – 12:30 PM LUNCHTIME | Las Cruces Mayor Pro Tem Greg Smith | Intro guests / presenters & hand out gifts |
| | Group 1 | Group 2 |
| 12:30 – 1:30 PM | Greg Jump Hapkido One Handed Defensive & Offensive Joint Locks & Take Down Techniques (Dr. John Johnson & Justin Castillo assisting) | MarkAnthony Baca Staged Fighting Techniques and Strategies |
| 1:30 – 1:40 PM | BREAK | |
| 1:40 – 2:50 PM | Chu Young Lee Poomsae Stances & Techniques & (Various) Scoring Systems | TBA |
| 2:50 – 3:00 PM | PHOTOS | |
| 3:30 – 6:00 PM | FREE TIME | |
| 6:30 – 8:00 PM | DINNER: Double Eagle with Pro Tem Mayor Smith & NMSU IBP Associate Provost Menking | |

CONGRATULATORY LETTERS



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As Dean of the College of Education, it is my pleasure to welcome all of you to the "Taekwondo as a Martial Art and Martial Sport in 2015: A Collaboration of Physical Training and Academic Discourse for All" Conference in O'Donnell Hall, home of the College of Education at New Mexico State University. The iACT Organizing Committee has put together a very impressive group of Academic Forum and Physical Activity Presenters from Canada, the United States, Mexico and the Republic of Korea.

This is a wonderful opportunity for us to learn more about the history, philosophy, competitive, business and, of course, the educational aspects of the world-wide martial art/martial sport of Taekwondo, and to celebrate the enormous contribution of the Taekwondo community to excellence in education and the positive influences it has had on children and families here in the Southwest.

Taekwondo is a discipline of physical training and education that contributes to moral character and quality of health and life of its practitioners. Its ethical system connects the individual and school to the community at large. This matches with our motto here in the College of Education, "*Transforming Lives*" as well as the motto of NMSU, "*A Place of Discovery.*"

On behalf of New Mexico State University, I would like to extend my best wishes to you for a most educational and memorable conference.

Sincerely,

A handwritten signature in black ink, which appears to read "Michael Morehead". The signature is written in a cursive, flowing style.

Michael Morehead, Ed.D.
Dean, College of Education



Honors College

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Dear Conference Participants,

We are happy to welcome you to Las Cruces and our beautiful campus at New Mexico State University. I know that many have traveled from very long distances to attend the International Academic Conference for Taekwondo (iACT), and we hope that you will find this a very rewarding experience.

The steering committee that has organized this conference has spend a great deal of time ensuring that there will be many events that will be stimulating and enjoyable, and I hope it will be a great opportunity for all of you.

On behalf of the students and staff of the William Conroy Honors College, we want congratulate you for your acceptance to this prestigious conference, and to say welcome. We wish you a wonderful stay in our area.

Best wishes,

Miriam Chaiken

Miriam Chaiken, Ph.D.
Dean



November 13, 2014

Organizing Committee for the International Academic Conference for Taekwondo:

Dr. Ron Dziwenka - NMSU
Dr. John Johnson – Kyung Hee University, ROK
Master Marcy Shoberg – Gold Medal TKD (Las Cruces)
Master Justin Castillo – Maximum Martial Arts (Las Cruces)
Master Alexander Choi – Choi’s Martial Arts, California

Dear Organizers,

I would like to take a moment to congratulate you on organizing the International Academic Conference for Taekwondo (iACT), which is being held at New Mexico State University in Las Cruces on January 23-24, 2015. NMSU puts a very high priority on preparing its students for global society and efforts such as this are fully congruent with that mission. We are particularly proud to be hosting this event because of the multifaceted nature of it. Not only is it engaging our students and faculty with international ways of thinking and topics, it is also an extracurricular event, as well as an event that brings national notoriety to NMSU.

Again, we are proud to be partnering with all of the prestigious institutions and individuals involved. Congratulations on a job well done, and welcome to NMSU and Las Cruces!

Best regards.

Cornell H. Menking, Ph.D.

Associate Provost



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I would like to congratulate the International Academic Conference for Taekwondo for mobilizing toward their compelling vision: to create a holistic community outreach and engagement that bridges the gap between Taekwondo's psycho-physical impact on families and education. I cannot fully express my admiration in regards to this endeavor.

Currently, the iACT is boldly pioneering progress in a severely underdeveloped area of Taekwondo: the unwavering commitment to the local community's holistic well-being. Therefore, I am confident that iACT will inevitably be successful in setting an example of what it truly looks like to create a holistic community that engages the mind, body, and spirit and have a profound impact on children's education.

Once again, I congratulate the Conference Organizing Committee and every supporter for their hard work and dedication to truly see their vision be birthed into existence through actions like this conference and not on mere paper. In the near future, this local movement will undeniably incite countless other local movements thus improving the entire nation's well-being.

On behalf of American Taekwondo United, we are confident that the iACT will be successful in their outreach and ultimately transforming each local community's lives.

Grandmaster Taek Sung Cho
American Taekwondo United President

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January 1, 2015

Dr. Dziwenka,

I would like to congratulate you on your pioneer educational event for January of 2015 with the **International Academic Conference for Taekwondo (iACT) - Taekwondo as a Martial Art and Martial Sport**.

With the support of renown world Taekwondo leaders, **Dr. Chungwon Choue** *President, World Taekwondo Federation* and **Dr. Ken Min**, *Professor Emeritus at the University of California at Berkeley and founder of the University of California at Berkeley Martial Arts Program (UCMAP)*, along with the volunteered support of many educational Directors and Deans, Professors, Olympians, Masters, Grandmasters, Researchers, and Participants, your event will make a significant historical impact for the benefit of all involved.

I am especially pleased to see that your event encompasses so many aspects of Taekwondo; such as the historical, cultural, business, sport, martial art, and spiritual benefits that add life long value.

I'm sure your event will serve to enrich the local, state, and regional Taekwondo members, as well as your local Las Cruces community.

Dana Lynn Hee,

1988 Olympic Gold Medalist,
Women's Lightweight - USA
(Seoul, Korea - Demonstration Sport)



ADDENDUM TO SCHEDULE

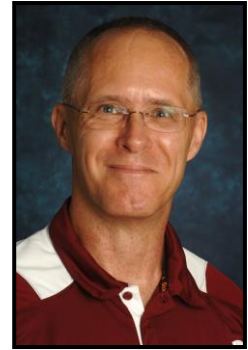
It is with deep regret that we announce Dr. Ken Min, Emeritus Professor of University of California at Berkeley and one of the preeminent academics in the world Taekwondo community, was unable to attend our conference due to circumstances beyond his control. Dr. Min was originally scheduled as the Keynote Speaker for this conference, and we are grateful for recommending Professor Yong Chin Pak as his replacement. The iACT Organizing Committee is deeply indebted for Dr. Min's continued contributions and support.

WELCOMING ADDRESS

Ron Dziwenka, Ph. D.

Dear Fellow Taekwondoists and Martial Artists,

I am very pleased to welcome you all to participate in our iACT conference on Taekwondo and martial arts, here on New Mexico State University campus in Las Cruces, New Mexico. Our theme, “Taekwondo as a Martial Art and Martial Sport in 2015: A Collaboration of Physical Training and Academic Discourse for All,” reflects the purpose of our conference; to celebrate both the contribution of our Taekwondo community to excellence in education and Taekwondo’s significant impact on children and families here in the Southwest. Thank you for what you have done for your students, our communities, and Taekwondo.



As Chair of the Organizing Committee of our fledgling organization, International Academic Conference for Taekwondo (iACT), I would like to take this opportunity to express my sincere appreciation to our Keynote Speaker, Professor Yong Chin Pak of Iowa State University and long-time President of the US National Collegiate Taekwondo Association, Dr. George Vitale, internationally renowned researcher of Taekwondo, and the many distinguished Taekwondo and martial art researchers, Grandmasters, and Masters, who will offer us insights into their varied areas of expertise.

I am deeply indebted to the support we have received from Dr. Ken Min, Emeritus Professor of University of California at Berkeley, and at NMSU from Dean Michael Morehead of the College of Education, Dean Miriam Chaiken of the Honors College, Associate Provost Cornell Menking of the Office of International and Border Programs, and Director Kristian Chervenock of the Office of Education Abroad. Of course, this would not at have been possible without the energy, input, hard work, and support from my Co-Organizers; Dr. John Johnson from Kyung Hee University, Master Marcy Shoberg and Master Justin Castillo from Las Cruces, and Master Alexander Choi from California. Finally, I would like to thank all the unselfish, diligent volunteers who have contributed their time and effort. We in the Taekwondo and education communities know how very important and valuable volunteer support is for us to achieve our projects and goals.

I would like to thank our sponsors. I am humbled and honored to have received the support of World Taekwondo Federation President, Dr. Chungwon Choue. As a platinum-level sponsor, President Choue and the WTF are officially recognizing our iACT conference as a WTF-sponsored event. I thank our other platinum-level sponsors; the NMSU College of Education (Dean Morehead), American Taekwondo United (President Taek Sun Cho), the World Taekwondo Federation (President Chungwon Choue), Best Martial Arts Supply | MOOTO USA (James Kim), and La Posta de Mesilla Restaurant. Thank you also to our gold-level sponsors; the NMSU Honors College (Dean Chaiken), La Quinta Inn & Suites, and Double Eagle Restaurant. Of course, thanks also to our silver-level sponsors; TMK Trophies and Plaques (Master Chavez), Wrapture Wear Screen Printing, Mountain View Market Co-op, and some individual sponsors who want to remain anonymous but who personally want to support our conference, its purpose, and Taekwondo.

I am so honored by the amazing group of presenters that have accepted the invitation to share their knowledge and expertise with us. We truly have a unique conference format. Today's Academic Forum has 12 researchers presenting papers on various topics on Taekwondo as a martial art and a marital sport. In tomorrow's Physical Activity Workshops, we will enjoy various aspects of Taekwondo training, competition techniques, patterns (poomsae), as well as Hapkido. Collectively, they will show us that Taekwondo is an Olympic sport, a martial art, a system of moral & character development, and a philosophical system, as well as education, history, business, self-defense, and a life well-lived.

NMSU is a land-grant university, so we are obligated to reach out to the local community in our endeavors. This is why our conference will include both the physical training in and academic discourse on "traditional Taekwondo" (as a martial art) and "modern Taekwondo" (as a competitive and world-wide Olympic sport), both as important aspects of Korean culture. The conference's holistic combination of the academic and the physical combines the breadth of what Taekwondo and martial arts are in the United States today with the historical development of Taekwondo and martial arts over time. Through this celebration of the breadth of what Taekwondo is, we are also celebrating and enriching the local, state, and regional Taekwondo as well as martial art communities by including everyone in the academic discourse and physical training.

I am very pleased to share with you our vision of holistic community outreach and engagement. Let's enjoy this experience together in a spirit of learning, of engaged discussion and training, and of community.

Sincerely,

Master Ron Dziwenka, Ph. D.

WELCOMING ADDRESS

John A. Johnson, Ph.D.

Hello, and welcome to iACT.

I'd be amiss if I do not first thank my new best friends in Taekwondo: Ron, Marcy, and Justin. The work you've done to get this conference to this point is amazing. Also, my thanks to the administration, faculty, and staff members here at New Mexico State University for supporting this conference. Thanks especially to our sponsors, without whom this conference would not be possible. I would also like to personally thank Dr. George Vitale, Master Suzan Crochet, and Master William Howard for helping me represent the International Taekwon-Do Federation this weekend.



I next need to ask you a question: Why are we here?

Let me begin answering that question by stating iACT was conceived as a new outlet for Taekwondo research. Recently, the 8th International Taekwondo Symposium was held at the Taekwondowon in Muju, South Korea. In May, the International Association for Taekwondo Research, or IATR, will hold its 5th international symposium in Russia in conjunction with the 2015 WTF World Championships. The IATR, which is headquartered at Kyung Hee University in South Korea, also just published the second issue of its academic journal. There are other conferences and groups related to martial arts academics in Europe, such as those run by the Institute of Martial Arts and Science, but none here in North America. iACT was conceived in part to fill this void.

Now, please indulge me as I go on a personal tangent. As we can see right here right now, WTF and ITF researchers are standing side-by-side, but not as equals on a political or financial or even ego level. We stand here only as researchers of Taekwondo. We stand here as what we are: academic martial artists who love Taekwondo.

The WTF and ITF should not compete over who is better, bigger, or right. We should not argue over the best way to perform Taekwondo. We should, however, hold open dialogues and learn from each other's strengths and weaknesses. After all, we are simply martial art brothers who share the same parent. As siblings, the WTF and ITF have grown up differently. We have chosen different careers and focuses for our lives. In that process, we have moved away from each other. And that is natural for brothers to do.

I believe the WTF and ITF should come together for the same two goals: first, to enhance our knowledge of Taekwondo, and, second, to facilitate our methods for the self-cultivation of human character through Taekwondo. Like all family members, we need to come back together in an atmosphere of respect and love.

I believe this will happen through the medium of academics, and not through the sharing of YouTube videos, conversations in chatrooms, or meetings of organizational leaders. Academic Taekwondo is a perfect vehicle for constructive dialogue, since researchers must rise above the pettiness and mudslinging that has plagued Taekwondo in recent decades.

The WTF and ITF may never merge, and that is okay. We each have our individual paths to follow. We will probably never see eye-to-eye, but that's for the best. How will we continue to grow if we always agree on everything?

What matters is that we must never forget our values as Taekwondo students, instructors, and masters. We must continue to pass on and improve upon the skills and knowledge our teachers imparted to us. By working together, the WTF and ITF can increase our individual skills and knowledge, yet uphold the standards of those who came before us. Together, through academic research, we can forge the future of Taekwondo for today's practitioners, so they become the best masters possible for tomorrow's students.

That is why we created iACT. And, that is what all of us are here to do today.

I congratulate every presenter, instructor, and participant for coming to this truly groundbreaking conference. I am proud to get on the mat with all of you.

Now, let's go learn.

Thank you.

Yours sincerely,

John A. Johnson, Ph.D.

PRESENTER AND INSTRUCTOR INFORMATION

(Presented in alphabetical order by surname.)

Richard Alaniz (Principal Master *Guro* of Balík Kali Silát) – He earned B.A. in Psychology from California State University at Long Beach, Certified by Dan Inosanto (Kali/Silát), Bob Bremer and Pete Jacobs (Jun Fan/JKD) original students of Bruce Lee, and by Grandmaster Jose Mena (Arnis) & Pendekar Herman Suwanda (Pencak Silát Hari Mau). He is an author, shaman, and meditation teacher.

MarkAnthony Baca (6th dan Chung Do Kwon) – He is the owner and instructor of “Owns 8 TKD Studios.” He is also the CEO of Guardian Anti-Bullying Campaign, Inc. and the owner of (and performer in) his *Ninja Turtles Live Show*, which he performs throughout the country with his colleagues. He has been involved with movie stunts for the past 20 years. His areas of expertise are fight choreography, fire burns, high falls, and, now, wire work. He has worked on films such as *Divergent* and on the TV show *Defiance*. He is currently working with famous stars such as Ernie Reyes Jr., Cynthia Rothrock, and Dana Hee among others.

Eui Jeong (Alexander) Choi (WTF 8th dan) – He earned a B.A. in Philosophy at Yonsei University (ROK). He was President of the Yonsei Alumni Association of California. He is Special Advisor to the President of American Taekwondo United, and has operated two Taekwondo schools in California for over 20 years.

Suzan Crochet (ITF 7th dan) – She has a B.Sc. (P.E.), an M.Sc. Degree in Physical Education (Perceptual Motor & Developmental Delays), and recently retired from a career as a public school educator (1980-2014). She is a highly-decorated competitor and coach, having earned multiple Gold Medals in international ITF tournaments. She has earned certification at numerous international instructor courses and has umpired at international events. She currently holds the esteemed positions of Chief Operating Officer, Midwest Regional Director, and senior member Promotion Board Member of the Phoenix Group. In addition, she is the Chairman of the Discipline and Reconciliation Committee for the ITF.

Ron Dziwenka (WTF 7th dan) – He holds a Ph.D. in East Asian Studies from the University of Arizona and an M.A. from Yonsei University. 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 conferences in the Republic of China, Canada, Mexico, and the USA. During his 12 years in the ROK, he was a contributing member of the Kukkiwon Research Society. He is currently on the Editorial Board of the International Association of Taekwondo Research, a member of the Society for the Study of Philosophy and the Martial Arts as well as the American Philosophical Society, and Media Representative for American Taekwondo United (ATU).

William Howard (ITF 7th dan) – He competed in amateur Golden Gloves and kickboxing for three years. He began training in Taekwondo when he was 12 and began instructing at age 16. He has attended International Instructors Courses with Grandmaster Park Jung Tae and Grandmaster Choi Jung Hwa as well as trained with both at numerous seminars and masters classes. He has also trained with boxing coaches and attended a seminar with Bill "Superfoot" Wallace. He has attended an IIC with General Choi Hong Hi, the founder of TaeKwon-Do, and has trained under Grand Master John Tompkins for 31 years. Master Howard has had a successful competitive career, both individually and on US Teams. He has earned gold medals in patterns, sparring, and power breaking. Master Howard has also coached his students to gold medals in sparring, power breaking, and breaking.

Todd Huddleston (WTF 6 dan) – He earned a B.Sc. in Mathematics from Northwestern State University and did graduate level mathematics study at University of North Texas. He began his Taekwondo training in 1978. During his 8 years in ROK training with elite TKD teams, he was an Ambassador's Cup Taekwondo Gold Medalist (Seoul, ROK) in 1992, 1993, 1995, and 1996. He has been running his Yonsei Martial Arts school in New Orleans for over 15 years.

John A. Johnson (ITF 5th dan, WTF 4th dan, KHF 6th dan) – He holds a Ph.D. in Taekwondo Philosophy from Kyung Hee University and currently teaches for that university's Humanitas College. His research focuses on Taekwondo Philosophy and Education. He is also the Member-at-Large (Asia) for the International Association for Taekwondo Research (www.jiatr.org) as well as the copy editor for that organization's journal. He has lived in South Korea since 1999 and has spent over three decades studying Korean martial arts. He has held numerous positions for the Korea Hapkido Federation (KHF), including its International Relations Director. He has also organized demonstrations at military bases in South Korea, including the DMZ, worked at an associate producer of *Fight Quest – Hapkido*, and has published articles on martial arts for *Time* magazine.

Greg Jump (HYW 9th dan) – He began his training in Hapkido in 1974 at the age of 13 in New Mexico. He has been teaching Hapkido since the early 1980s in Texas and New Mexico. Currently, he is the Grandmaster and President of the Hwa Yu Won (HYW) Hapkido Association.

Byung Cheol Kim (WTF 7th dan) – He is a 5-time world champion, including the 1992 feather weight division Olympic Gold Medal winner. He opened his school in Portland in 1996, and since then he has been teaching over 500 students in three locations. He has developed seven 4th degree black belts. He holds seminars of sparring drills for instructors that are designed to get students interested in Olympic-style sparring and character development through training.

Je Gyoung Kim (WTF 7th dan) – He received his B.A. at Dong-A University in Pusan, Korea in 1991. He was a Korean National Team Member from 1991-2000. In 1999, he was selected as a member of the 2000 Olympic Team in Sydney at the trials in Croatia. In the 2000 Sydney Games he was the Korean Olympic Team Captain. He won the Heavyweight Gold Medal in the 1993 World Taekwondo Championships, the 1992 Barcelona Olympic Games, and the 1995 World Taekwondo Championships.

Chu Young Lee (WTF 9th dan) – He has trained in Taekwondo since 1964, and is a WTF International Referee and Executive Member of American Taekwondo United (ATU). He was Korean Junior National Champion in 1969-1972 and the 1978-1979 U.S. Open Taekwondo Champion. He began teaching Taekwondo under his father, Grandmaster Kwan Sung Lee, at the University of Louisville, and has been teaching Taekwondo in the North Palm Beach area for over 30 years. In addition to positively affecting his students' lives through teaching, he has made significant efforts to help the community, including organizing countless fundraisers for the Florida Easter Society, Children's Miracle Network, and Leukemia Society.

Javier Mayén Mena (WTF 7th dan) – He earned a Ph. D. in Gestalt Psychology, an MBA, and an M.A. in Public Administration. He is a 2-time Pan American Taekwondo Championships Gold Medalist and Bronze Medal in the 5th World Championships in Guayaquil, Ecuador. He was also a member of the Mexican National Team at the 1988 Seoul Olympic Games and is a proud member of the Taekwondo Hall of Fame. He studies the mechanisms of sustainable local development and the environment protection.

Yong Chin Pak (WTF 8th dan) – He was a faculty member of the Health and Human Performance Department at Iowa State University from 1973 to his retirement a few years ago. Starting in 1986, he was also the President of the US National Collegiate Taekwondo Association (NCTA) for more than 20 years. Professor Pak was the official US representative at most of the World University Taekwondo Championships as well as at most of the FISU Summer Universiades during his tenure as President of the US NCTA. He had graduated from the famous Yong In University (former Korean Judo college) and served as a Korean secret service self-defense instructor before coming to the USA.

Marcy Shoberg (WTF 5th dan) – She has a B.Sc. Degree in Chemistry and is a graduate of the Kukkiwon Foreign Instructor Training Course, a former WTF IR, a certified FAST (Fear Adrenal Stress Training) Instructor, a co-author of the forthcoming *Marketing and Advertising Martial Arts, Fighting Sport, and Self Defense*, and a future instructor of START Women's Empowerment courses at RMCAT.

George Vitale (ITF 8th dan) – He earned an M.A. from John Jay College of Criminal Justice and was awarded his Ph. D. by the National Scholarly Degree Award Committee of the Democratic People’s Republic of Korea (North Korea) in 2011. In 2013, he became a US Taekwondo Grandmasters Society Inductee and is a lifelong researcher of Taekwondo

Norwood Yamini (Taekwondo 3rd dan – 1964, Aikibujutsu 2nd dan – 2014) – He earned a D.C. and has been a chiropractor since 1981. He holds advanced certifications in multiple movement disciplines including applied kinesiology and the Egoscue method. He is the author of the *Musicians Survival Guide* series and creator of the Movement Alignment Technique. Dr. Yamini currently has an active movement therapy and healing practice in Las Cruces, NM.

PRESENTATION ABSTRACTS

(Presented in alphabetical order by surname.)

Richard Alaniz

Healing Aspect of Meditation Related to Jeet Kune Do and Other Martial Arts Training

Meditation, when used properly connects mind, body, and spirit as the mind has the potential to not only reach a higher level of consciousness, but also as a healing process when one channels Chi life force energy mentally to a selected area of the body. This process, in conjunction with dynamic breathing cycles, can promote and generate healing to injuries related to martial arts practice. Within the philosophy of Bruce Lee's Jeet Kune Do (JKD) is the function of relaxation while in combat to increase reaction time and speed through a non-thought process. JKD combat training produces speed and power which is achieved through a relaxed meditative state with emphasis on whipping motion in hand and leg strikes as one is relaxed before and immediately after the strike is delivered. One may achieve this by a constant practice of meditation. Through many years of martial arts and meditation practice Guro Alaniz developed Balík Meditation, a dynamic Chi channeling meditation which includes Mindful Meditation and dynamic breathing cycles using mental imaging for physiological and psychological healing as well as spiritual awareness to enhance a higher spiritual consciousness.

Alexander Choi

Building and Running a Successful Martial Arts School

Even with the downfall of the economy, some Taekwondo schools are becoming more successful. This presentation aims to ascertain their formula for success through case studies of some successful schools. This proven formula will help those who want to excel in their school operation and will ultimately contribute to the development of the local area community and its families through the running of successful Taekwondo schools.

Suzan Crochet

Special Needs Taekwondo for the Mentally-, Physically-, & Aged-challenged

Who are special needs students? As instructors, should we serve them? If we do serve them, how do we do it? What do most special needs students have in common? How are various special needs categories different from each other and the general population? This seminar will answer these questions and more. We will discuss methods for working with special needs students, areas to focus on and areas of concern.

Ron Dziwenka

Issai Chozan's The Mysterious Technique of the Cat (Neko no myōjutsu, 猫の妙術) Story & the Paradigmatic Shift of Martial Artists

I apply Issai Chozan's *The Mysterious Technique of the Cat (Neko no myōjutsu, 猫の妙術)* story to introduce the sudden awakening, gradual cultivation (SA/GC, 頓悟漸修, 돈오점수, dono jeomsu) paradigm of Buddhist spiritual practice. The Goryeo-era Buddhist monk Jinul (Zhina 知訥, 지눌, 1158-1210 C.E.) valorized the SA/GC paradigm as definitive form of spiritual practice by applying the then prevalent view of Korean Seon (선, Chan/Zen 禪, meditative contemplation) to his understanding of the study of Chinese Chan. Based on my qualitative research findings garnered through interviews of long-time practitioners of martial arts/martial sports (MA/MS), I assert that these practitioners support my thesis that the soteriology of this SA/GC paradigm of practice is not only applicable to contemporary MA/MS practice but it is being applied by them. The practice toward syncretism of śīla (戒 jie, 계 gye, prātimokṣa, knowledge and learning of technique), samādhi (三昧 sanmei, or 定 ding, 정 jeong, focused concentration), and prajñā (智慧 zhihui, 지혜 jihye, the continuous development of understanding and wisdom based on and in (the enactment of) śīla) appears central to the potential for a practitioner to experience an instance of sudden understanding awakening (SA/UA); the experiencing of a śīla/samādhi/prajñā simultaneity, and this experience includes a paradigmatic shift that informs subsequent practice.

Todd Huddleston

Operating a Successful Martial Arts School

This presentation will discuss several no nonsense suggestions on how to operate a successful martial arts school. It will deal with a range of topics including: What books you should be reading, what statistics you should be keeping, what the most important single rule for success is, improving your financial IQ, and practical ideas for retention.

John A. Johnson

From Technique to Way: The Pedagogical Hierarchy of Taekwondo

This presentation introduces the practice of writing a personal teaching philosophy (PTP) to Taekwondo (TKD) in order to help raise TKD education standards to the level of professional educators. We present a plan for writing a TPTP for all TKD instructors regardless of their knowledge of pedagogical practices or purpose for teaching the martial art. TPTPs enable instructors to identify what and how their students should learn within the unique educational setting of a TKD school. The results of this study therefore indicate a TPTP will not only strengthen instructors' abilities to teach but improve every level of TKD from student to teacher or organization. TPTPs can therefore provide positive improvements to the TKD instruction, but only if TKD organizations impose and enforce them as part of their instructor training.

Javier Mayén*Taekwondo as One's Life Philosophy*

All individuals have basic ideas, and correct or erroneous beliefs are reflected in their way of acting. The martial artist in general and Taekwondo practitioners in particular can be considered as philosophers, though not in an academic way. Rather, they are philosophers without knowing it, as with the practice of Taekwondo comes experiences that allow you to develop a holistic, autonomous, philosophical, spiritual, and experiential knowledge. For the Taekwondoin, recognizing that the Human Being is capable of having an orientation of life, constant practice is a reminder that awareness has always been useful. It also allows one to integrate a sense of belonging in a society and create a connection with our surroundings and nature.

Yong Chin Pak*World Taekwondo Development: Focus on University TKD Program*

This presentation will be on the historical and current situation of the Taekwondo in the Universiade and other international (collegiate) events. It will include a summary of the current university Taekwondo programs, what schools have a Taekwondo degree program, what types of Taekwondo programs are there in colleges in the USA and North America, and the future of Taekwondo in colleges in the USA, North America, and throughout the world.

Marcy Shoberg*Spreading the Taekwondo Message*

We all want more class members! Instructors, dojang owners, and all Taekwondo practitioners desire to bring new members into Taekwondo classes. But, we often waste money, time, and energy with our advertising and marketing efforts. Your efforts to encourage others to study Taekwondo will be improved with a greater understand of marketing, knowledge of how to use various advertising tools, and (for *dojang* owners) a method by which you can determine the advertising tools that work for you.

George Vitale*Taekwondo History & the Commonalities among the WTF & ITF Organizations*

Rather than emphasizing the historical (and political) differences that have contributed to the separation of the two international Taekwondo organizations, we should instead focus on their similarities in direction and ideology. A fundamental fact to keep in mind is that the majority of those that initiated the WTF had had their training in the kwans, including the precursor to the ITF, so both organizations have been grounded in a common ideological base.

Norwood Yamini, D.C.

Functional Movement as the Key to Your Competitive Edge - Injury Avoidance and Enhanced Healing

This presentation will be informative, experiential, and interactive. We will explore together the principles of correct alignment (misleadingly called posture) and their application. This includes alignment, neurology and the “invincible defense;” the effect of joint centricity on technique speed, injury avoidance and healing; using alignment for improved balance and stability; why chronic injuries linger. If you are looking for a competitive edge, to heal from a chronic injury or wish to practice Taekwondo in health for the rest of your life, you will receive something to assist you in this presentation.

WORKSHOP TRAINING SESSIONS

(Presented in alphabetical order by surname.)

MarkAnthony Baca

Staged Fighting Techniques and Strategies

This workshop is based on Master Baca's career doing movie stunts for the past 20 years. It will focus on fight choreography. The techniques and theory of presentation may be applied to individual and team creative forms competition.

William Howard

ITF-style Competition Training and Drills

This workshop will cover strategies and techniques proven in international-level ITF-style tournaments.

Greg Jump

One-handed Defensive & Offensive Hapkido Joint Locks & Take-Down Techniques

The purpose of this workshop on the practical applications of one-handed defensive and offensive Hapkido joint locks & take-down techniques is to demonstrate that a trained Hapkidoist has access to effective defensive and offensive techniques even when she/he is either injured or has physical challenges.

Byeong Cheol Kim

WTF-style Competition Training and Drills

This workshop will cover strategies and techniques proven in international-level WTF-style tournaments.

Je Gyoung Kim

WTF-style Competition Training and Drills

This workshop will cover strategies and techniques proven in international-level WTF-style tournaments.

Chu Young Lee

Various Poomsae (Patterns) Scoring Systems and Rules

This workshop is based on the various (and varying) poomsae rules and scoring systems. The practitioner should understand the different rules and scoring systems in poomsae for belt and dan promotion, traditional forms competition, individual creative forms competition, and creative team forms competition. Successful performance of poomsae for each of these activities includes knowledge and understanding of the scoring system applied.