

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

Volume XIII, Number 6. The Flash is published by the Academy of Martial Arts, Inc. Your letters, contributions and articles are welcome. Offices at 752 Lake Shore Road, Grafton WI 53024. E-Mail address: fmvh@execpc.com. Check out our website at <http://geocities.com/amatkd/>.

Remember that Grand Master Charles E. Sereff will be in Wisconsin on December 8 for Black Belt tests and a major address to be given at an awards banquet that evening. Since this is scheduled in early December, put aside that date now to avoid conflicts.

A demonstration is planned again this year at Concordia College for Family Fun Night, June 8. All schools are invited. Call or email Mr. VH for details.

A Testing was conducted in Charlotte on May 20.

A test will be held in Sheboygan on June 3 (or has been held, depending on when you receive this).

On May 19 the Charlotte and Mooresville schools participated in a demonstration at Freedom Park.

The Charlotte and Mooresville schools have had outings to see the Charlotte Knights baseball game and to see the Kannapolis Intimidators play the Macon Braves.

A Test was held in Mooresville on May 19.

The following article, written by Chodan Dwight Drescher, was submitted as a Black Belt requirement.

Gen Choi, Hong Hi: Early Years

—by Dwight Drescher

When I first received the assignment of writing an essay on a Tae Kwon Do related topic one idea made the most sense, the founder of modern day Tae Kwon Do, General Choi Hong Hi. Obviously I cannot fit his entire life to date with all his accomplishments into a short paper so thought I should concentrate on the part that interests me the most, the beginning.

Choi Hong Hi was born on November 9th, 1918 in the area of Hwa-Dae, Myong Chun district of North Korea. Choi not only grew up in a harsh area of Korea, but also had to endure a difficult time in Korea's history; of course I'm referring to the Japanese occupation of Korea.

Choi was not the depiction of health when he was young, but his strength came from his spirit and his pride of being Korean. This spirit of course did not sit well with the Japanese authorities and as a result he was expelled from school at the age of twelve; I suppose this was meant to either break his spirit or just "keep him to dumb" to cause trouble. This move may have had the reverse effect of what the Japanese intended because he became involved in the Kwang Ju Students' Independence Movement.

As it turns out this drastic chain of events worked out for all of us studying Tae Kwon Do for they were the catalyst to get it all started. Since Choi needed to continue his education his father sent him to Mr. Han Il Dong, a famous calligrapher in Korea. Along with teaching Choi the art of calligraphy he began to teach his

frail student the ancient Korean martial art Taek Kyon, which was illegal to study at the time due to Japanese law.

In 1937 Choi had two events happen in his life that helped propel his career in the martial arts; he had his life threatened by a professional Korean wrestler and he also moved to Japan to continue his education. Of course being threatened gave him a desire to learn how to defend himself. While in Kyoto he got his chance when he met fellow Korean and Karate instructor Mr. Kim. After two years of studying under Mr. Kim General Choi earned the rank of first degree black belt and eventually second degree, at which time he began to instruct karate at the local YMCA. I find this most interesting because when people claim that modern Tae Kwon Do is strictly a Korean martial art they deny General Choi the respect I feel he deserves for successfully merging Taek Kyon and karate.

During his time in Japan he also finished his preparatory school and high school education and then enrolled into the University of Tokyo.

When World War II began General Choi (who was not a general at the time) was forced to join the Japanese army and was stationed in Pyongyang, North Korea. While at his station the Japanese government accused him of being a part of the Korean Independence Movement and placed him in prison while they conducted an eight month investigation into the matter.

To keep in shape during his incarceration Choi would practice his art in his cell. This confinement allowed him concentrate on furthering the blending of his

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knowledge of karate and Taek Kyon. This caught the eyes of his cellmate and his jailor, who both became students. Eventually the art caught on through out the prison and he found himself teaching in the prison courtyard to prisoner and jailor alike. I consider this an early look at General Choi's belief that Tae Kwon Do is for everyone who wants to learn regardless of race or political views, which is a very unique and selfless way of thinking that all of us could possibly learn from.

The unique atmosphere of the prison allowed him to not only work on his personal technique and growth but also develop training methods for a student body unlike any Dojang. The range of physical ability and variety of mental and emotional capacities must have been frustrating at times to say the least. I feel this may explain why Tae Kwon Do is so popular through out the world; the system has been developed to reach a diverse range of people.

1945 marked the end of World War II and General Choi's release from prison. The following year Choi was promoted to second lieutenant in the South Korean army and was stationed in Kwang-Ju. He took this opportunity to begin teaching his company. After receiving another promotion he was transferred to Tae Jon. This new post allowed him to not only teach the Korean soldiers but also introduce the American soldiers that were stationed there to the art.

The next several years are filled with many achievements. He was moved to Seoul and began to instruct at the American Military Police School there, thus furthering the spread of his art. This is

impressive but pales slightly in comparison to visiting the United States and introducing the American public to Tae Kwon Do in 1945 while he was attending Fort Riley Ground General School.

During the early 1950's General Choi's military career really began to soar. In 1953 he wrote the first book on military intelligence in Korea and also organized the 29th Infantry Division. The Oh Do Kwan (Gym of My Way) was opened and he began to train instructors that would eventually teach the entire South Korean military.

1955 marked a great step for General Choi for this was the year his art became a formally recognized style in Korea and received it's new name "Tae Kwon Do".

[Yes, Jodi Marcus's Laundry Tips for soiled doboks was merely the tip of the Flash's practicality iceberg!]:

This is a breakfast dish which can either be a main dish served alone (with toast, juice and coffee) or as a "side" to a fuller array including cut fruit and so on. It is time-consuming but, on the other hand, uses up leftovers. The recipe is flexible and lends itself to liberal substitution of ingredients. Thus, you can use more than one type of potato, more than one type of onion, etc. and enhance the recipe.

The night before you actually prepare the dish, take five medium to small potatoes, wash them, pat dry, and rub the skins with oil, butter or oleo. Place in the microwave just long enough to raise their internal temperature throughout but not so long as to bake them or break down the solid character of their innards. Leave them on the counter overnight to cool.

The next morning, melt oleo or

butter in a large frypan on low heat. Take three medium onions and coarsely chop. Throw them into the frypan, raise heat to medium and fry the onions until they are just turning light golden brown. While they are frying, dice the potatoes for frying, leaving the skins on. If you correctly heated them the previous evening, they should dice up with little starchy residue (unlike a totally raw potato) and not be mushy or granular (unlike a baked potato). Add butter or oleo and as soon as it melts, throw in the potatoes. While you await the browning of the potatoes, dice up half of a fresh green pepper, a complete leafy stalk of celery including the leaves, and two medium carrots. Keep stirring the potato/onion mixture until the potatoes are very lightly browned, add more butter or oleo as required, and throw in the carrots.

In a separate pan you can fry up "loose ends" of meat at the same time: leftover bacon, cut up sausage, pepperoni, diced hot dogs--almost anything works but beef and fish. Don't overdo quantity; the equivalent of one diced up dog is adequate.

Keep stirring, and as the carrots begin to heat up add the pepper and the celery. Throw in the meat.

About five minutes before serving, whip up one egg as though for an omelet and drizzle it into the pan over the vegetable mix, wait a minute or two and then continue to stir the contents of the pan.

Total time "in the pan" will be about thirty-five minutes, but follow your instincts because different ingredients and burners make a big difference. The end effect is that the onions should be entirely cooked, the potatoes entirely cooked firm, the carrots and some of the celery still a bit crunchy.

Serve with toast, coffee, and a flower in a bud vase to your significant other in bed.

-Anonymouvh8