

The T.K.D. Flash

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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 was held at the St. Joseph's Parish Funival on August 19 in the afternoon. Thanks are in order to Mrs. Lubner, Mr. Mattias, Miss Soriano, Mrs. Graff, Mark Brudnak, Jim Pals, Harley Pals, Valerie Pals, Brian Nusslock, Casem Abulughod, Allie Mathusek, Clay Demge, Emily Demge, Anthony Mattias, and Peter Striegel.

A test was held in Sheboygan on August 18. Presiding were Mr. Jones, Mr. Mikkelson, and Mr. VH, and cornering Mrs. Karpinsky.

A trip to Great America Saturday August 4 under the supervision of Dr. Mark Brudnak and Mr. Jim Pals was a success. Kids and adults had a good time getting whirled around, dropped, zipped, zagged, zipped and zapped.

A test was held in Mequon on August 13. Mr. Mattias and Mr. VH presided and Mr. Jim Pals cornered.

The annual A.M.A.-North Carolina picnic is set for September 9 in Davidson.

A test will be held in Jackson on September 4.

Another Tournament for our schools will be held at Eastern Sun Martial Arts on September 22 at noon. A free seminar, "How to Win" will be conducted before the tournament starting at 11:00.

On September 15 the North Carolina Academies will do a demonstration for India Youth Day.

A test will be held in Mooresville on September 22.

Upcoming Events:

Sept. 28 referee course, Charlotte NC

Sept 29 tournament, Charlotte NC

Oct. 12-14 ITF International Instructor's Course, Ottawa, Choi Jung Hwa

Oct. 27, 2001 Region IV Championships in Odessa Texas

Oct. 28, Referee Course in Odessa

Nov 15-17 ITF International Instructor's Course, Gen. Choi, Ocho Rios, Jamaica

Feb. 22-24 ITF International Instructor's Course, Rhee Ki Ha, Grenada

April 6,7,8 ITF International Instructor's Course (& Black Belt test), Gen. Choi, Northglenn CO

At a test held in Mequon on August 1, Mrs. Lubner and Mr. Mattias presided. All passed, and Mr. Mattias's teaching skills are to be credited.

Note the TaeKwon-Do Combined Workout September 20 at 7:00 p.m. Flyer included with this issue. Likely to be great fun.

Land of the Morning Calm

By Mary Lubner, Second Dan, Senior Faculty Member, Academy of Martial Arts, Grafton

Korean History can be learned from the forms. To clarify this process, the writer has loosely organized the forms in chronological order. There are twenty-four (24) forms recognized by the USTF/ITF governing body. Each pattern symbolizes either a heroic figure in Korean history or an historical event. The founders of Taekwon Do have identified several individuals or specific events that represent Korean history and the characteristics of the Korean people. They have honored them by creating and naming patterns for the student of Taekwon Do.

Our journey starts with the creation of the world or the beginning of human history (**Chon-Ji**), "The Beginning". The stances and techniques performed in the form comprise the basic movements required for the correct mastery of all 24 patterns, followed by the founding of Korea when a tiger and a bear wanted to become human. Dan-Gun's father was Hwan-woong, a heavenly being that wanted to live of earth. Once on earth, he met a tiger and a bear whom wanted to be human.

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Hwan-woong told the animals to live in a cave and eat only mugwort and garlic for 100 days. The tiger did not have the patience and failed. The bear emerged from the cave as a beautiful woman. Hwang-woong married her, and the offspring of their union was **Dan-Gun**. The legend of Dan-Gun was often instrumental in reviving national unity after the 12th century in the face of continual threats of foreign domination.

As Korea (Old Choson) developed, it was influenced by China, Manchuria, and Japan. Three distinct kingdoms emerged as Choson, literally meaning "Land of the Morning Calm", developed. Old Choson, in an area that is now northwestern Korea and Southern Manchuria, was the earliest known Korean state. The Chinese occupied much of this area and coexisted with the native Korean kingdom of *Koguryo*, founded in the same area in the 1st century A.D. The 19th King of Koguryo Dynasty **Kwan-Gae-to-Wang**, regained lost territories including much of Manchuria. The pattern represents the expansion and recovery of this lost territory. Further south during the 3rd and 4th century A.D., the Kingdoms of Silla and Paekche emerged as the Chinese influence weakened. On the southern coast was a fourth state called Kaya. It had close relations with the Korean states and Japan. Kaya (Mimana) was dominated by Japan although it was a Korean entity.

Koguryo was initially the most powerful state. In the mid-6th century, Silla conquered Kaya and other areas while Paekche and Koguryo suffered territorial losses.

During this time of unrest several military leaders emerged. The Koguryo dynasty excelled militarily. **Ge-Baek** of the Paekche (Baek-Ji) dynasty, known for his strict and severe military discipline once released a young Silla commander who had been captured. This young commander later returned and killed Gae-Baek's general with a reverse turning kick. General **Yon-Gae-Som-oon** forced the Tang (Chinese) dynasty to quit its invasion of Korea after he destroyed nearly 300,000 of their troops. General **Ul-Ji Moon-Duk** was able to defend Korea against a Tang invasion of nearly a million soldiers by using hit and run guerilla tactics. This method decimated a larger percentage of the Chinese force, which led to their defeat. Silla eventually defeated Koguryo and Paekche and established the first unified Korean state. The **Hwa-Rang** youth group was a driving force in the unification of the three kingdoms. The Hwarang were leaders of military bands of the Silla Dynasty. They were young sons of the nobility. The leaders of each group were referred to as Kuk-Son. The Kuk-Son were very similar to King Arthur's Knights of the Round Table in England around 1200. Most of the great military leaders of the Silla were products of Hwarang training. The Silla dynasty lasted 1,000 years and the Code of the Hwarang endured throughout the Silla and Koryo dynasties.

Moon-moo honors the 30th king of the Silla Dynasty. He came to the throne in 661 A.D. The 61 movements in this form refer to the last figures of 661 A.D. This

form, as well as others, are very symbolic of historical events. 668 A.D. is the year credited for the unification of Korea, as Moon-Moo was finally successful in defeating the kingdom of Koguryo. General **Kim Yoo-Sin**, became a Hwarang at age 15, was a commanding general during the Silla Dynasty. He was also an accomplished swordsman and a Kuk-Son by 18 years of age. He is regarded as the most famous general in the unification wars. He lived to the age of 79 and contributed to the historical records of the Hwarang.

Many faiths or religions flourish in Korea. Perhaps this is because Korea has always had the freedom to do so. Shamanism, Taoism, Buddhism and Confucianism were major religions identified in history. Most of these were introduced to Korea from Chinese culture, literature and art. Buddhism had appeared in the peninsula, during the 4th century, to Koguryo and Paekche. Silla did not accept Buddhism until after the unification. **Won-Hyo** (617-686 A. D.) is given credit for introducing Buddhism to the Silla dynasty. He is the only religious leader who did not study in China. Won-Hyo was the most influential monk of the 7th century. He worked to unify the different sects and reduce their constant rivalries. By developing the "Pure Land" sect which did not require study of the Chinese Buddhist literature for salvation, but merely diligent prayer. This change in philosophy made religion accessible to the lower classes.

[This article by Mary Lubner will be continued in the Flash for October, 2001]