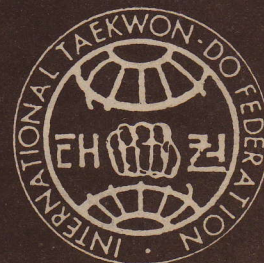


OFFICIAL MAGAZINE OF I.T.F.



RHEE KI HA
Human Weapon
Of The Year



SPECIAL
COLLECTOR'S
EDITION
OCTOBER, 1984
\$4.50

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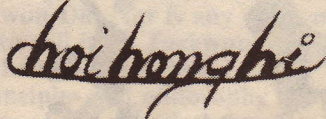
MESSAGE FROM GEN. CHOI HONG HI

Dear Taekwon-Do Practitioners,

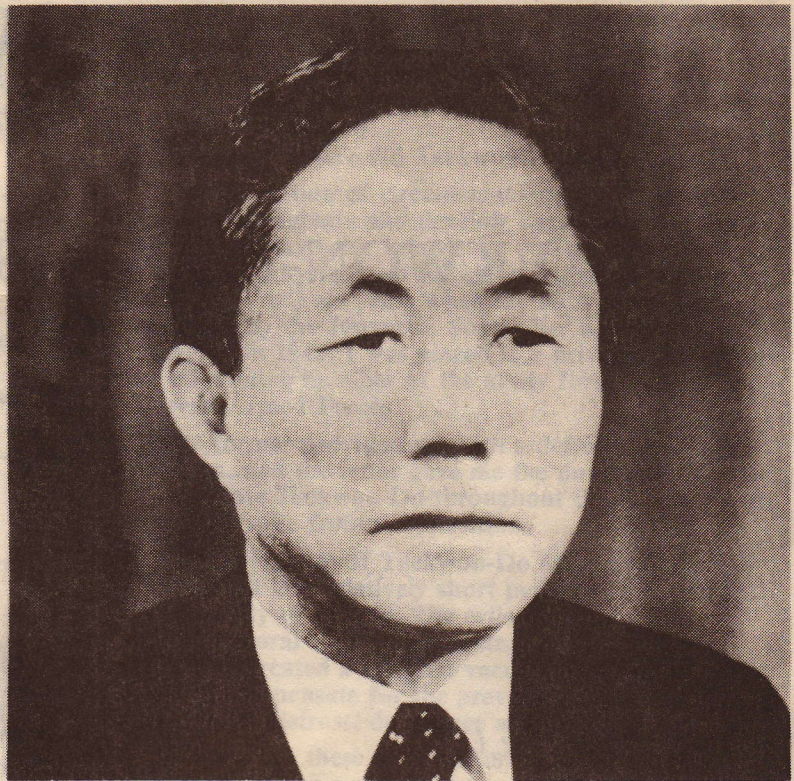
I would like to express my happy gratitude to Taekwon-Do Instructor, Kim Suk Jun, one of my most loved students. My sincere desire is to see that the magazine becomes the voice of I.T.F., and all the martial artists around the world. My wish is to be true with all people and to promote friendly relations in all countries in accordance with the spirit of Taekwon-Do. In publishing the first number of pictorial magazines about Taekwon-Do we should like to make the magazine known and read all over the world. The purpose of Taekwon-Do is to achieve Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.

Lastly, I would like to extend my wish to all readers of the magazine to support the "Human Weapon".

SINCERELY,



General Choi Hong Hi
President



GEN. CHOI HONG HI
President

International Taekwon-Do Federation

EDITOR'S MESSAGE

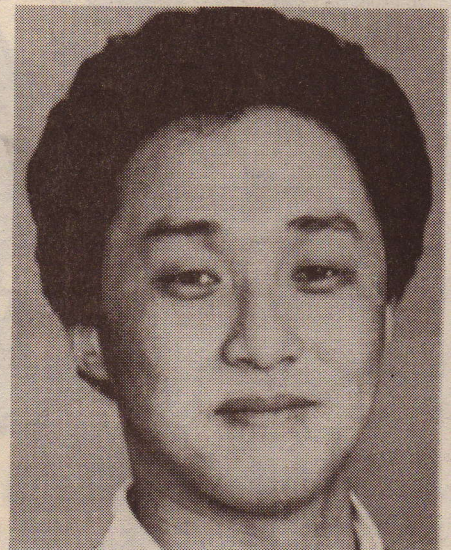
This is the second issue of Human Weapon Magazine, the first issue was printed in January, 1969 in Seoul, Korea. Today, 15 years later, it is being printed in the United States. My sincere gratitude to the International Taekwon-Do Federation for authorizing me to publish the magazine "Human Weapon". Special thanks to my teacher, Gen. Choi Hong Hi, The Founder of Taekwon-Do. This magazine, I hope, will become the magazine for true practitioners of all martial arts.

Human Weapon Today - Many things can be compared to a human weapon today. Sometimes a single word can be an incredible weapon; for a politician it can be their speech. Human Weapon can be the power of money; for a country it can be its political and economical power.

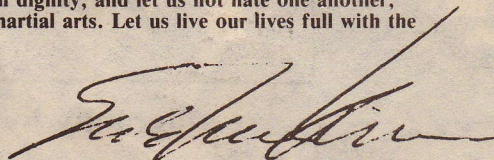
Human Weapon may be regarded as martial arts today. For this issue we will talk about Original Taekwon-Do. Why Original? So many imitators; so many foul plays are being made throughout the world. Lack of knowledge by an instructor creates wrong Taekwon-Do. Wrong Taekwon-Do catches the public eye, just like the dandelions that grow better than the grass. Original Taekwon-Do is hard to find, and when we do find it, it is so small and not very publicized, but as martial artists we know what we are supposed to do before we fulfill our own selfish needs. We must discipline ourselves in order to fight for justice, we should live for justice and die for justice.

Love among the martial artists means caring without selfishness. A true martial artist loves teachers, seniors, juniors and fellow practitioners. Indeed not for their own greediness, but to give. We give our teachers, seniors and juniors respect without jealousy, and guidance without anticipating anything in return. Teach not for the money, but for the desire and the love, which may set an example for our future generations. This will give us a way of life. Truly, I must say that the world we live in, we do not find lasting happiness. Where would happiness be without sadness, where would success be without failure. Where would the weapon be needed unless there is a need for peace. The Human Weapon today is vitally needed for peace on Earth. The weapon is not to destroy, but to fight for peace.

Human weapon today stands for unarmed martial art, which may help us in our every day life with discipline to know the righteousness, as well as bettering ourselves as human beings. My fellow practitioners, let us not be cruel to each other, let us be just, let us work hard for our goal, let our Taekwon-Do live with dignity, and let us not hate one another, and let there be no boundary lines among the martial arts. Let us live our lives full with the brotherhood of Martial Arts.



KIM, SUK JUN



THE TENETS OF TAEKWON-DO

(Taekwon-Do Jungshin)

TAEKWON-DO AIMS TO ACHIEVE

Courtesy (*Ye Ui*)

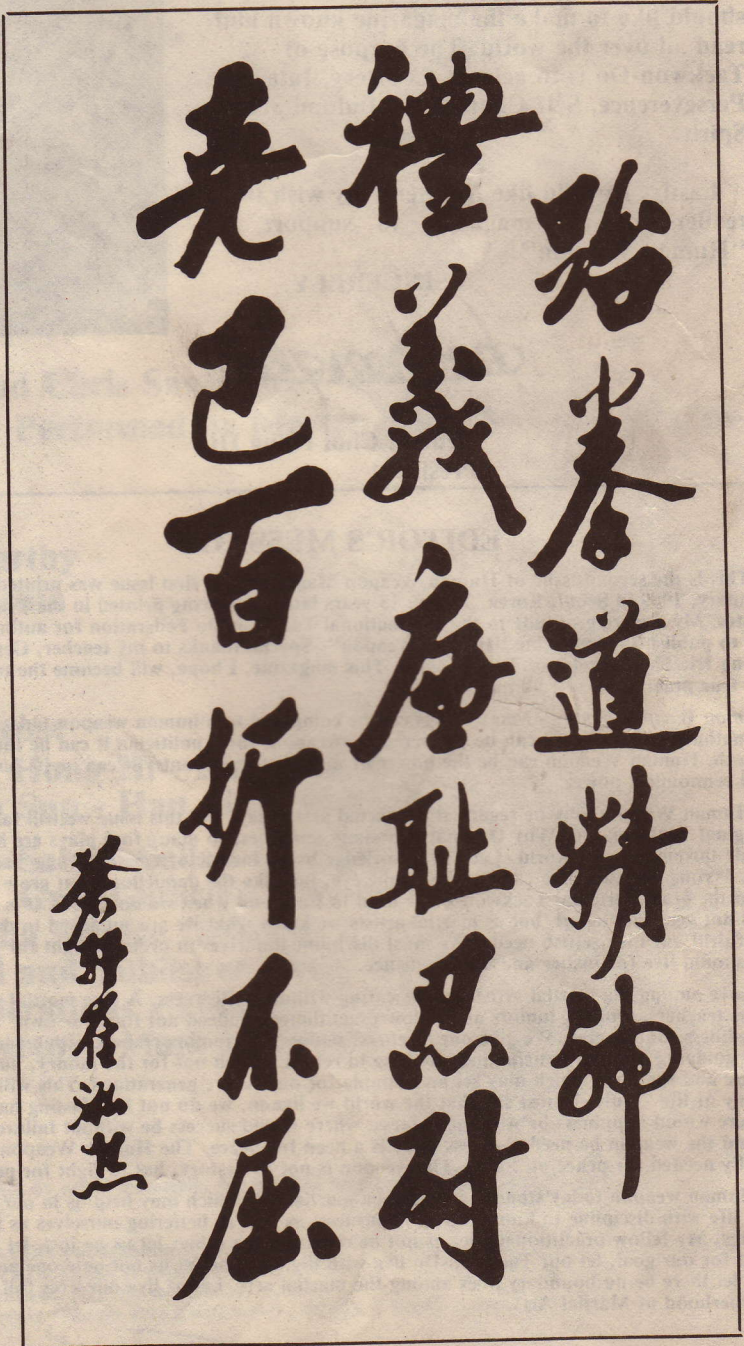
Integrity (*Yom Chi*)

Perserverance (*In Nae*)

Self-Control (*Guk Gi*)

Indomitable Spirit

(Baekjul Boolgool)



Calligraphy by Gen. Choi Hong Hi

HISTORY OF TAEKWON-DO

(Taekwon-Do Yoksa)

by Gen. Choi Hong Hi

Although the origins of the martial arts are shrouded in mystery, we consider it an undeniable fact that from time immemorial there have been physical actions involving the use of the hands and feet for purpose of self-protection.

If we were to define these physical actions as "Taekwon-Do", any country might claim credit for inventing Taekwon-Do. There is, however, scant resemblance between Taekwon-Do, as it is practiced today, and the crude forms of unarmed combat developed in the past.

Modern Taekwon-Do differs greatly from other martial arts. In fact, no other martial art is so advanced with regard to the sophistication and effectiveness of its technique or the over-all physical fitness it imparts to its practitioners.

Since the theories, terminology, techniques, systems, methods, rules, practice suit, and spiritual foundation were scientifically developed, systematized, and named by the author, it is an error to think of any physical actions employing the hand and feet for self-defense as Taekwon-Do. Nor is any other martial arts system entitled to call itself Taekwon-Do. Only those who practice the techniques based on the author's theories principles and philosophy are considered to be students of genuine Taekwon-Do.

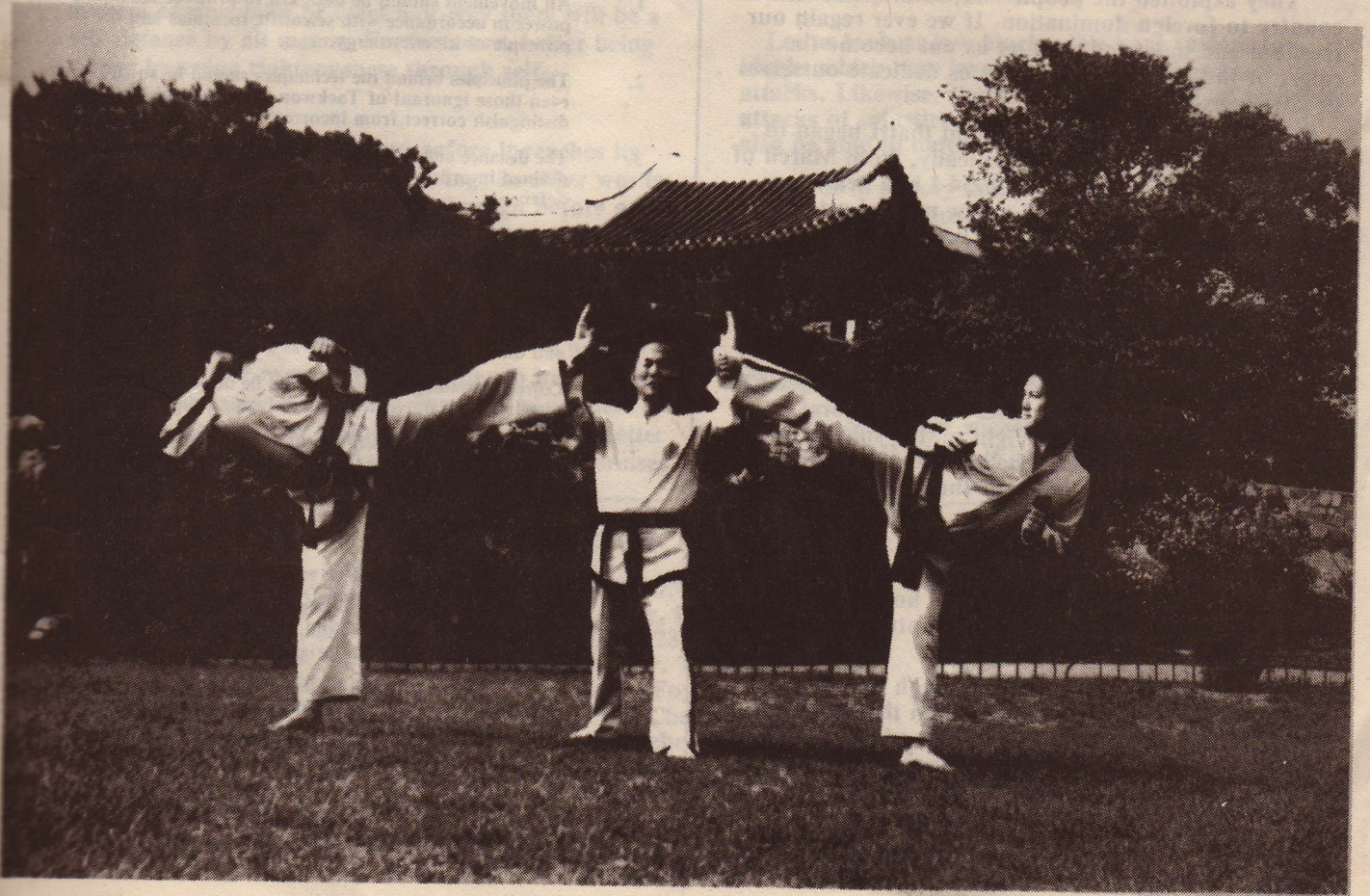
When and where did Taekwon-Do begin?

A combination of circumstances made it possible for me to originate and develop Taekwon-Do. In addition to my prior knowledge of Taek Kyon, I had an opportunity to learn Karate in Japan during the unhappy thirty-six years when my native land was occupied by the Japanese. Soon after Korea was liberated in 1945, I was placed in a privileged position as a founding member of the newly formed South Korean Armed Forces.

The former provided me with a definite sense of creation, and the latter gave me the power to disseminate Taekwon-Do throughout the entire armed forces, despite furious opposition.

The emergence of Taekwon-Do as an international martial art in a relatively short period of time was due to a variety of factors. The evils of contemporary society (moral corruption, materialism, selfishness, etc.) had created a spiritual vacuum. Taekwon-Do was able to compensate for the prevailing sense of emptiness, distrust, decadence and lack of confidence.

In addition, these were violent times, when people felt the need for a means of protecting themselves, and the superiority of Taekwon-Do technique came to be widely recognized. My social stature, the advantage of being Taekwon-Do's founder and my God-given health also contributed to the rapid growth of Taekwon-Do all over the world.



My involvement with the martial arts did much to supplement the health that God gave me. I had been born frail and weak and was encouraged to learn Taek Kyon at the age of fifteen by my teacher of calligraphy. In 1938 a few days before I was due to leave Korea to study in Japan, I was involved in an unexpected incident that would have made it difficult to return home without risk of reprisals.

I resolved to become a black belt holder in Karate while I was in Japan.

The skills I acquired were, I felt, sufficient protection against those who might seek to do me harm. Not only was I able to return to Korea, but I subsequently initiated the national liberation movement known as the Pyongyang Student Soldier's Incident. Like so many patriots in the long course of human history, my actions aroused the wrath of those in positions of power. I was imprisoned for a time in a Japanese army jail. In January of 1946, I was commissioned as a second lieutenant in the fledgling Republic of Korea army and posted to the 4th Infantry regiment in Kwangju, Cholla Namdo Province as a company commander.

I began to teach karate to my soldiers as a means of physical and mental training. It was then that I realized that we needed to develop our own national martial art, superior in both spirit and technique to Japanese Karate. I strongly believed that teaching it throughout the country would enable me to fulfill the pledge I had made to three of my comrades, who had shared my imprisonment by the Japanese. "The reason that our people suffer in this way at the hands of the Japanese", I had said, "is that our ancestors failed to rule wisely".

"They exploited the people and, in the end, lost the country to foreign domination. If we ever regain our freedom and independence, let us not become the rulers of the people. Instead, let us dedicate ourselves to advising those who rule."

It was with this ambition in mind that I began to develop new techniques systematically, from March of that same year. By the end of 1954 I had nearly completed the foundation of a new martial art for Korea, and on April 11, 1955, it was given the name "Taekwon-Do".

On the spiritual level, Taekwon-Do is derived from the traditional, ethical and moral principles of the orient and, of course, from my personal philosophy.

Even though I am only five feet tall, I pride myself on having lived in strict accordance with my moral convictions. I have tried to fight on the side of justice without fear of any kind. I believe that this was possible for me only because of the formidable power and indomitable spirit instilled by Taekwon-Do.

The physical techniques of Taekwon-Do are based on the principles of modern science, in particular, Newtonian physics which teaches us how to generate maximum power. Military tactics of attack and defense have also been incorporated.

I wish to make it clear that although Karate and Taek Kyon were used as references in the course of my study, the fundamental theories and principles of Taekwon-Do are totally different from those of any other martial art in the world.

In March of 1959, I led the military Taekwon-Do demonstration team on a tour abroad. We visited South Vietnam and Taiwan. It was the first such visit

in the history of Korea. On this occasion, I renewed my resolution to leave my personal legacy to the world, in the form of Taekwon-Do, and I formulated the following basic ideals for the Taekwon-Do practitioners.

1. By developing an upright mind and a strong body, we will acquire the self confidence to stand on the side of justice at all times.
2. We shall unite with all men in a common brother-hood, without regard to religion, race, national or ideological boundaries.
3. We shall dedicate ourselves to building peaceful human society in which justice, morality, trust and humanism prevail.

I also resolved to dedicate myself to the world-wide propagation of Taekwon-Do, in the sincere hope that it would provide the means by which the unification of the divided halves of my fatherland would become possible.

The names of the patterns are derived from the most illustrious people to have been produced by nearly five thousand years of Korean history. A proper understanding of the pattern leads, inevitably to the realization that Taekwon-Do is a martial art to be used only for self-defense and only in the cause of justice.

The history of Korea contains not a single sample of its military forces being employed for the invasion of its neighbors or for any other purposes except national defense.

In the technical area, I created a wide variety of techniques that can be used in almost any situation. They are based on the following principles:

1. All movement should be designed to produce maximum power in accordance with scientific formulas and the principle of kinetic energy.
2. The principles behind the techniques should be so clear that even those ignorant of Taekwon-Do will be able to distinguish correct from incorrect movement.
3. The distance and angle of each movement should be exactly defined in order to achieve more efficient attack and defense.
4. The purpose and method of each movement should be clear and simple, in order to facilitate the teaching and learning process.
5. Rational teaching methods should be developed so that the benefits of Taekwon-Do can be enjoyed by everyone, young and old men and women.
6. Correct breathing methods should be devised enhancing the speed of each movement and reducing fatigue.
7. Attack should be possible against any vital spot on the body and it should be possible to defend all varieties of attack.
8. Each attacking tool should be clearly defined and soundly based on the structure of the human body.
9. Each movement should be easy to execute, enabling the student to enjoy Taekwon-Do as a sport and recreation.
10. Special consideration should be paid to promoting good health and preventing injuries.
11. Each movement should be harmonious and rhythmical so that Taekwon-Do is esthetically pleasing.
12. Each movement in a pattern must express the personality and spiritual character of the person it is named after.

Adherence to these basic principles is what makes Taekwon-Do a martial art, an aesthetic art, a science and a sport.

ORIGINAL TAEKWON-DO EQUALS LIFE

by Lim, Won Sup
7th Dan, I.T.F.
Scandinavian Taekwon-Do

As Translated From Korean

As one of the instructors of Taekwon-Do, I must express my utmost joy for the publication of "Human Weapon", the original Taekwon-Do magazine. My special congratulations to the publisher, Master Instructor Kim, Suk Jun.

In life there is good and bad. Likewise there is true and false. How interesting to watch this develop! Taekwon-Do was born April 11, 1955 by founder, Gen. Choi Hong Hi; International Taekwon-Do Federation was born March 21, 1966. There are martial arts schools established after that date, using the same name as Taekwon-Do but different than Taekwon-Do. Now I say, which is the original and the unoriginal?

Original means honest. Here we find morality, justice and truth. Furthermore, you will find history and philosophy. In original Taekwon-Do, self-defense is the use of hands and feet in blocking, attacking, piercing, thrusting, pushing, pulling, waving, breaking, jump-kicking and flying-kicking. When we say self-defense, people understand it as defending oneself with hands and feet or using certain weapons. However, self-defense may be used against immorality, injustice and untruth, and injustice is growing strong. I believe the people of original Taekwon-Do are intellectuals, therefore, when original is trying to make a compromise or meet half-way there will be a self-defense by all means. Furthermore, better being means knowing righteousness through self-consciousness.

When a seed is dropped and before it reaches its flower, there will be a long suffering. In other words, the suffering which one must go through before one becomes a black belt of the original Taekwon-Do must be recognized. Feeble - without suffering there will be a weak creation, and will have no dignity. Black belt does not necessarily mean Taekwon-Do is everything nor will it be their whole life, we need modesty and self-examination in order to live a better life, and attain good health. Because of hope there is happiness. Because of happiness there will be a better life. Better life means Taekwon-Do. The pain (bruises

and injuries) we experience while in practice teaches us not to hurt one another. At the same time, keep a close friendship knowing righteousness through self-consciousness.

The oriental translation of the word 'Politics' means language, nature, daily meals, clothing and housing which should be governed with justice. Therefore, politics means a part of every day life. Original Taekwon-Do means never to be involved in politics or campaigning, nor should it be used to promote nations on its foreign policy. Politics may be with us in our daily life, but we must do without politics in Taekwon-Do. Then there will be original Taekwon-Do.

Like flowing water, the more it flows the clearer it becomes; like history, the longer it appears, the clearer it becomes - as techniques are developed then the truth will also be revealed.

Philosophy has been with mankind for hundreds of years, and still it holds its place with dignity and identity. Taekwon-Do, an art of self-defense, has truth and untruth, where movements are truthful and untruthful, and therefore, can be practiced with integrity or without integrity. Taekwon-Do, therefore means peace on earth, better health for all mankind to make a splendid world.

Let us look at low blocks: We have various low blocks which may be used against various kinds of attacks. Likewise, there should be a method to defend attacks of injustice, and by this method we should also be able to defend our dignity.

Justice in history and philosophy should be our lifetime friend. Finally, original Taekwon-Do should be a truthful sport; should be separated from politics. This will be the only way for Taekwon-Do to develop for the future generations. Let us defeat ourselves before we look for others to defeat. Living righteous means living a better life, therefore, original Taekwon-Do means a better life.

I give my sincere wishes for a true success of the magazine "HUMAN WEAPON".

CALENDAR OF COMING EVENTS

GENERAL CHOI'S CUP
Bergenfield, New Jersey, U.S.A.
November 17, 1984
Host: Master Kim, Suk Jun
81 N. Washington St.
Bergenfield, N.J. 07621 U.S.A.
Tele: 201-387-1811

INTERCONTINENTAL CUP
St. Foy, Quebec, Canada
May 23 thru 26, 1985
Host: Mr. Tran, Trieu Quan
Club St. Foy de Taekwon-Do
2773 Chemin St. Louis
St. Foy, Quebec, Canada GIW 1P1

EUROPEAN CHAMPIONSHIPS
Budapest, Hungary
October 20 & 21, 1984
Host: Mr. Harmat Laszlo -
Budapest, Hungary

Please send notices of major events to the editor well in advance.

HUMAN WEAPON
P.O. Box 260
Bergenfield, N.J. 07621 U.S.A.
Attn.: Associate Editor

MY THOUGHTS OF TAEKWON-DO

by Han, Sam Soo
7th Dan I.T.F.
Louisiana, U.S.A.

First of all, I would like to express my appreciation to Mr. Kim and his supporters for issuing "The Human Weapon" magazine for The International Taekwon-Do Federation. Taekwon-Do was born into this world 29 years ago, and has spread like wild fire. The founder of Taekwon-Do was General Choi. Today, more than 65% of all martial arts enthusiasts train in Taekwon-Do. The ideas I present in this article are things I have learned through my career in Taekwon-Do.

The definite purpose of Taekwon-Do gives it its immense popularity. Taekwon-Do students train to make themselves and the world a little better today than yesterday; a little better tomorrow than today. To accomplish this, all Taekwon-Do students emanate love and protection for all people in the world, regardless of national boundaries, religion, race or sex. This furthers the Taekwon-Do philosophy which is that an individual train solely to protect himself in any situation, while allowing others to be undisturbed in their freedom. This idea promotes justice and stops the continual national bickering by developing the international brotherhood of man. People train for themselves on an individual basis; however, continual learning of martial arts skills through training in Taekwon-Do ends the need to engage in personal combat.

There is development in Taekwon-Do when accepting mistakes. When someone makes a mistake, don't get upset and scold them because all humans make mistakes. Building a person's character and attitude requires that we let them build themselves by training and failing with the hope of success.

Four Principles have guided my life with Taekwon-Do:

- First: Do I have an instructor who teaches me how to deal with life in general? More than anything else, this develops my entire life.
- Second: Do I have a person who can pass my principles to coming generations? If so, then I live forever.
- Third: Do I have a friend with whom I can open my heart and mind and discuss anything? Then I am happiest.
- Fourth: Have I, during my life, contributed to the advancement of others? If so, then my life is filled with purpose and meaning.

In 1985, the TAEKWON-DO ENCYCLOPEDIA shall be published. This one work unites the over 1,600 scientifically developed techniques of Taekwon-Do. This is more than 10 times the number of techniques of any other martial art.



© Photo by Sabree Salleh
L to R - Master Lee, Suk Hi
Gen. Choi Hong Hi
Master Han, Sam Soo

Despite the tremendous advances of Taekwon-Do, there have been setbacks. The untrue Taekwon-Do organizations have caused confusion and misunderstanding in Taekwon-Do history. Though the untrue Taekwon-Doist calls himself Taekwon-Do, the history, philosophy, techniques, theory of power, principles and competition rules are different. Those who are not Taekwon-Do should merge with the true Taekwon-Do or change their names immediately to end this confusion.

Taekwon-Do should never be used for political reasons. Untrue Taekwon-Doist pretend to be the true Taekwon-Doist and report erroneous information to the International Media to gain recognition. This has caused considerable problems for Taekwon-Do in their effort to be recognized officially by the Olympic Committee, which is our big hope. The true Taekwon-Do organization is making every effort to follow the policies of the International Olympic Committee toward merging the Taekwon-Do organizations.

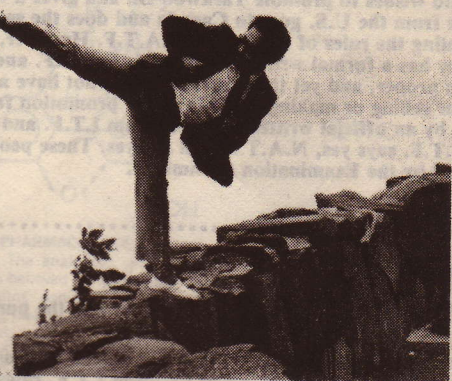
Full respect and deep appreciation to General Choi Hong Hi for opening the knowledge of Taekwon-Do which has been so valuable to me in my life; and which I have tried to share in this article.

N.A.T.F. MEETING REPORT

THE FIRST GENERAL MEETING OF THE NORTH AMERICAN TAEKWON-DO FEDERATION HELD ON SATURDAY, AUGUST 11, 1984 AT THE REGIONAL HEADQUARTERS OF INTERNATIONAL TAEKWON-DO FEDERATION, METROPOLITAN, NEW YORK



N.A.T.F. Officers Enjoy the View from Palisades Point overlooking the Hudson River
L to R - T. Welsh; Lee, Suk Hi; M. McCarthy; J. Donnelly



"The Palisades Side Kick"

Note: In a future issue of Human Weapon TAEKWON-DO IN NEW YORK

Meeting was lead by Grand Master Lee Suk Hi, President of N.A.T.F., S. J. Kim, Secretary General N.A.T.F., J. Donnelly, T. Welsh, T. Murray, M. McCarthy, H. Bonfiglio and M. Bonfiglio.

Opening speech was made by Master Lee Suk Hi.

Quote:

"I appreciate this opportunity to have this very first meeting for the North American Taekwon-Do Federation. I also wish to give a lot of credit to those who attended today, for your effort and hardship in coming here for the meeting. It is important to understand this is only the beginning of these Federation meetings. It is also important that there are some of us who are very enthusiastic about making the Federation work. After this meeting, when the other schools and instructors have been notified, I hope they will also follow the rules and regulations we define today."

"Even though there are not too many of us that are at this meeting today, again I am most certain this is the most important meeting of all since it is the first. So please do not hesitate or hold back anything you wish to suggest. If you have something on your mind concerning N.A.T.F., please speak up."

"Also, since the magazine is being published by Master Suk Jun Kim, I wish all that is said at this meeting be documented and published in the magazine."

"Thank you once again for coming to this meeting and giving support to the Secretary General of N.A.T.F., Master Suk Jun Kim.

Suk Jun Kim explained the importance of N.A.T.F. and raised the following issues:

1. There are many Taekwon-Do practitioners without any affiliation at the moment.
2. Many Taekwon-Do practitioners wish to belong to I.T.F.
3. There is a lot of political interference between International Taekwon-Do Federation and World Taekwon-Do Federation.
4. Because of #3, there are many schools, organizations and instructors that exist in the name of I.T.F. today who do not follow the rules and regulations of I.T.F. for the following reasons: money, power, etc., yet wish to be recognized as I.T.F.

Summarizing the above 4 issues, not only did the meeting make clear understanding of I.T.F., but furthermore, showed the importance of N.A.T.F.

The first topic that was discussed was "Testing Procedure". The President, Lee Suk Hi, stated that N.A.T.F. consolidates I.T.F. rules and regulations. In order to give a First degree black belt test, the examiner must be at least a Fourth degree black belt holder. In order to give a Second degree black belt test, one must be a Fifth degree black belt or higher. In order to promote a Third degree black belt one must be Sixth degree black belt or higher.

It was therefore established there should be a person in charge of the Examination Committee for N.A.T.F.

Primary Function of Examination Committee is as follows:

- To keep proper records of examinations being held in the United States and Canada. (For Black Belts Only).
- To make sure that juniors do not get a higher rank than his senior, which means all the I.T.F. schools in the United States and Canada must notify the Chairman of Examination Committee for N.A.T.F., of their testing schedules. (Black Belt Testing).

Thomas Welsh, Fifth degree black belt of I.T.F. was nominated as Chairman of the Examination Committee.

The following was pointed out by Master Lee Suk Hi:

If an instructor is a Canadian Instructor who comes to the United States and wishes to promote Taekwon-Do and gives a test, or someone from the U.S. goes to Canada and does the same thing, they are violating the rules of I.T.F. and N.A.T.F. However, if this instructor has a formal written proposal from I.T.F. and N.A.T.F., then it is proper, and yet that instructor does not have a right to any buying or selling or making a profit out of promotion fees. It can only be done by an official written proposal from I.T.F. and N.A.T.F., but before I.T.F. says yes, N.A.T.F. will say yes. These people must be controlled by the Examination Committee.

PURPOSE OF N.A.T.F.

During the meeting J. Donnelly asked what was the purpose of N.A.T.F. Suk Jun Kim explained:

“Originally it all started with A.T.A. which was supposed to be like N.A.T.F. However, A.T.A. never followed I.T.F. rules. A.T.A. became only one person’s interest. Now we have N.A.T.F. which is the governing organization of all I.T.F. organizations within the United States and Canada.”

J. Donnelly asked if N.A.T.F. was “Professional or Business?” Master Lee Suk Hi stated “Purely Professional” (for future generations).

CHAMPIONSHIPS

“There should be guidelines for everyone to follow. A local tournament before long becomes a major tournament, and so you bring people from all over a region and therefore, we go to the person in charge of this specific region and ask for approval.”

S. J. Kim explained:

“We have a problem with championships. Canadian championships, U.S. championships, Open championships, International championships; it is necessary for N.A.T.F. to control these championships in order to know which ones are official.”

STUDY OF CHAMPIONSHIP RULES

At this meeting championship rules were discussed for the following reasons:

When you have championships around the U.S., Canada and Puerto Rico, and are I.T.F., but all have different rules, this is wrong. What we are trying to say is one person wants to be in I.T.F. but will not follow the rules. This cannot be done. For the color belts, in a sparring match, we can make changes, but for the black belts (we are only interested in black belt championships) we would like to follow the I.T.F. point system.

Score sheets, time keeper, center referee and four (4) corner judges with score cards are absolutely necessary for an I.T.F. sparring match. Also, a jury must be a part of championship for black belt sparring. There should be a jury at each ring and this person should also be high ranking.

AGREED CONTACT RULES FOR N.A.T.F.

- A + Excessive Contact: An intentional, malicious, fully executed technique (particularly while charging); the result of which include (but not limited to) a knockout or temporary unconsciousness, an injury involving bleeding and/or any debilitating effect preventing the opponent to continue the match.
- A Hard Contact: A penetrating technique, not considered the be intentional and/or malicious, however does cause a minor disability to the opponent which includes (but not limited to) a loss of air, dizziness and/or the opponent being knocked to the floor.
- B Contact: A well executed technique displaying sufficient power, with the immediate recharger or withdrawal of the attacking tool that makes contact with the opponent which in all aspects is controlled AND does not create any disability of any kind.
NOTE: A technique as described above, when executed to a specific area such as the solar plexus may result in a momentary loss of air but should still be considered a “B” technique.
- C + Touch: A well executed technique displaying sufficient power, with the immediate recharger or withdrawal of the attacking tool that makes nothing more than a mere touch with the opponent. More specifically, any technique causing a movement of the opponent’s head or body and/or redness, discoloration or marking of the opponent shall be considered contact.
- C No Contact: A well executed technique displaying sufficient power, with the immediate recharger or withdrawal of the attacking tool that does not touch or contact the opponent in any way or manner, however, is focused to within 2 cm of an appropriate target area.

SUGGESTED APPLICATION OF CATEGORIES

P = Point W = Warning D = Disqualification

	A +	A	B	C +	
Mini Pee Wee, Pee Wee, Junior Beg. and Int., Women Beg. and Int., Men Beg.	D	D	W	P	P
Junior Advanced, Women Advanced, Men. Int. and Red	D	D	W	P	
Black - Men and Women	D	W	P		

S.J. Kim states: “We have considered types of contact in championships. Some championships allow certain hits and others don’t, therefore, there is a lot of disagreement. Now we will make sure all black belts know the level of contact.

At the conclusion of the meeting Master Lee addressed the Officers and thanked them for their efforts on behalf of Taekwon-Do.

MEDICINE: Dealing With Pain by Human Weapon

PAINFUL FOOT INJURIES REPRESENT A DISRUPTION OF HARMONY. TIMING AND CONTROL MINIMIZE DEADLY BLOWS IN TAEKWON-DO.

Practitioners of Taekwon-Do strive for the unity of body, mind and spirit through the development of strength, speed and coordination. This highly disciplined sport, which evolved from the fighting techniques of ancient warrior knights, differs from other martial arts in its emphasis on foot maneuvers. Although experience and control reduce the risk of serious bodily damage, almost 20% of Taekwon-Do injuries involve the foot.

Minor foot injuries include jammed toes, usually incurred during sparring, that become contused, dislocated or fractured. Ice or cold water compresses, splinting and immobilization would be appropriate therapy. An incorrectly blocked kick can result in a more serious injury such as a fracture of the metatarsals. Non-displaced fractures can be treated by casting, but internal fixation may be required for angulated injuries.

ONE OF THE AVAILABLE MEDICINES FOR PAIN IS - EMPIRIN CODEINE

No matter when sprains, strains or fractures occur, you can trust EMPIRIN CODEINE to provide potent, reliable pain relief. Aspirin and codeine, two classic pain relievers, offer well-tolerated, additive analgesia for a variety of injuries. EMPIRIN CODEINE is available in three convenient dosage strengths that individualize therapy for your patients with mild, moderate or moderate-to-severe pain.

Each tablet contains: aspirin 325 mg. plus codeine phosphate in one of the following strengths: No. 2 - 15 mg. No. 3 - 30 mg. and No. 4 - 60 mg. (Warning - may be habit-forming).

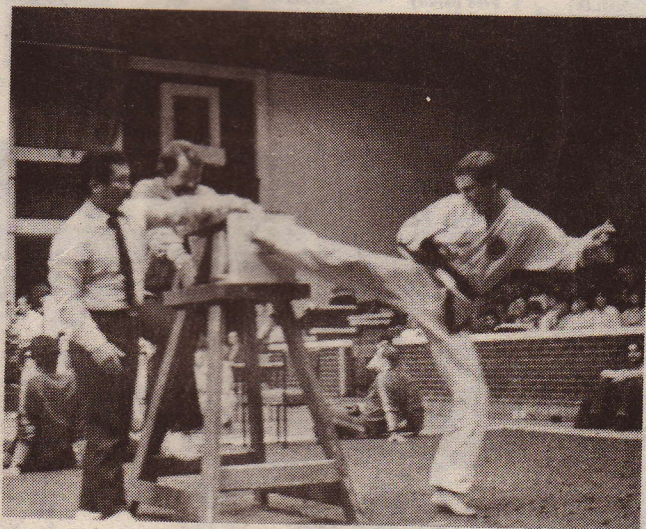


Photo by Greg Geracie

EMPIRIN[™] with Codeine Tablets

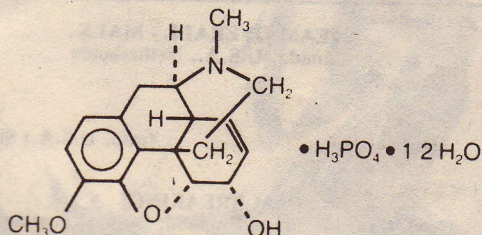
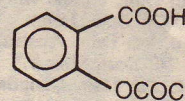


DESCRIPTION: Empirin with Codeine is supplied in tablet form for oral administration. Each tablet contains aspirin (acetylsalicylic acid) 325 mg. plus codeine phosphate in one of the following strengths: No. 2-15 mg., No. 3-30 mg., and No. 4-60 mg. (Warning — may be habit-forming.)

Empirin with Codeine has analgesic, antipyretic and anti-inflammatory effects.

The components of Empirin with Codeine have the following chemical names and structural formulae:

- a. Aspirin (acetylsalicylic acid):
2-(acetyloxy)benzoic acid
- b. Codeine phosphate U. S. P.:
7,8-didehydro-4,5 α -epoxy-3-methoxy-17-methylmorphinan-6 α -ol phosphate (1:1) (salt) hemihydrate



CLINICAL PHARMACOLOGY:

Aspirin: The analgesic, anti-inflammatory and antipyretic effects of aspirin are believed to result from inhibition of the synthesis of certain prostaglandins. Aspirin interferes with clotting mechanisms primarily by diminishing platelet aggregation; at high doses prothrombin synthesis can be inhibited.

Aspirin in solution is rapidly absorbed from the stomach and from the upper small intestine. About 50 percent of an oral dose is absorbed in 30 minutes and peak plasma concentrations are reached in about 40 minutes. Higher than normal stomach pH or the presence of food slightly delays absorption.

Once absorbed, aspirin is mainly hydrolyzed to salicylic acid and distributed to all body tissues and fluids, including fetal tissue, breast milk and the central nervous system (CNS). Highest concentrations are found in plasma, liver, renal cortex, heart and lung.

From 50 to 80 percent of the salicylic acid and its metabolites in plasma are loosely bound to proteins. The plasma half-life of total salicylate is about 3.0 hours, with a 650 mg dose. Higher doses of aspirin cause increases in plasma salicylate half-life. Metabolism occurs primarily in the hepatocytes. The major metabolites are salicylic acid (75%), the phenolic and acyl glucuronides of salicylate (15%), and gentisic and gentisuric acid (< 1%).

Almost all of a therapeutic dose of aspirin is excreted through the kidneys, either as salicylic acid or the above-mentioned metabolic products. Renal clearance of salicylates is greatly augmented by an alkaline urine, as is produced by concurrent administration of sodium bicarbonate or potassium citrate.

Toxic salicylate blood levels are usually above 30 mg/100 ml. The single lethal dose of aspirin in normal adults is approximately 25-30 g, but patients have recovered from much larger doses with appropriate treatment.

Codeine: Codeine probably exerts its analgesic effect through actions on opiate receptors in the CNS.

Codeine is readily absorbed from the gastrointestinal tract, and a therapeutic dose reaches peak analgesic effectiveness in about 2 hours and persists for 4 to 6 hours. Oral codeine (60 mg) given to healthy males has been shown to achieve peak blood levels of 0.016 mg/100 ml at approximately one hour post-dose. The codeine plasma half-life for a 60 mg oral dose is about 2.9 hours. Blood levels causing CNS depression being at 0.05-0.19 mg/100 ml. The single lethal dose of codeine in adults is estimated to be approximately 0.5-1.0 g.

Codeine is rapidly distributed from blood to body tissues and taken up preferentially by parenchymatous organs such as liver, spleen and kidney. It passes the blood-brain barrier and is found in fetal tissue and breast milk.

The drug is not bound by plasma proteins nor is it accumulated in body tissues. Codeine is metabolized in liver to morphine and norcodeine, each representing about 10 percent of the administered dose of codeine. About 90 percent of the dose is excreted within 24 hours, primarily through the kidneys. Urinary excretion products are free and glucuronide-conjugated codeine (about 70%), free and conjugated norcodeine (about 10%), free and conjugated morphine (about 10%), normorphine (under 4%) and hydrocodone (< 1%). The remainder of the dose appears in the feces.

WORLD CHAMPIONSHIPS
Kelvin Hall Arena, Glasgow, United Kingdom
APRIL 20th thru 23rd, 1984
Presented by MASTER RHEE KI HA, President - United Kingdom
Taekwon-Do Federation & All Europe Taekwon-Do Federation
GUEST OF HONOR - GENERAL CHOI HONG HI,
Founder of Taekwon-Do, President I.T.F.

Noted Master Instructors in Attendance:

Lee, Suk Hi, 8th Dan, Canada	Lee, Ki Young, 7th Dan, Germany
Rhee, Ki Ha, 8th Dan, United Kingdom	C.E. Serreff, 7th Dan, U.S.A.
Park, Jung Tae, 8th Dan, Japan	Chung, Kwang Duk, 7th Dan, Argentina
Yun, Young Kyu, 8th Dan, Australia	Kim, Suk Jun, 6th Dan, U.S.A.
Han, Sam Soo, 7th Dan, U.S.A.	Lim, Ching Sing, 6th Dan, Canada
Park, Jung Taek, 7th Dan, Canada	Sabree Salleh, 6th Dan, U.S.A.
Lim, Won Sup, 7th Dan, Sweden	Andre Blake, 6th Dan, Canada

PARTICIPATING COUNTRIES

Argentina	Hungary	Puerto Rico
Canada	Ireland	Scotland
England	Italy	Sweden
Germany	Japan	U.S.A.
Greece	Malaysia	Wales
Guatemala	Netherlands	Yugoslavia
Honduras	Norway	

TEAM OVERALL - MALE
 Canada, U.S.A., Netherlands

TEAM OVERALL - FEMALE
 England, Yugoslavia, Canada

TEAM PATTERN
 Gold, U.S.A.; Silver, Canada; Bronze, Puerto Rico

TEAM BREAKING
 Gold, Canada; Silver, England; Bronze, Scotland

TEAM SPARRING
 Gold, Netherlands; Silver, Yugoslavia; Bronze, Canada

INDIVIDUAL PATTERN

FEMALE

FIRST DIVISION

GOLD	Mary Hulick	U.S.A.
SILVER	France Fournier	Canada
BRONZE	Kristin A. Riise	Norway
BRONZE	Curk Davorka	Yugoslavia

SECOND DIVISION

GOLD	Jean Brown	U.S.A.
SILVER	Ester Nardizzi	England
BRONZE	Tham Ying Au	England
BRONZE	Nella Sapulette	Netherlands

THIRD DIVISION

GOLD	Trude Hoff Leirvik	Norway
SILVER	Nancy Birkett	U.S.A.
BRONZE	Lucie Beaulieu	Canada
BRONZE	Aniko Kill	Hungary

MALE

TO 64 KG.

GOLD	Phap Lu	Canada
SILVER	Alain Fallon	Canada
BRONZE	Miklos Patakfalvy	Hungary
BRONZE	Richard Lajeunesse	Canada

64 TO 70 KG.

GOLD	Rim Song Hack	Canada
SILVER	Mike Winegar	U.S.A.
BRONZE	Jae B-Chung	U.S.A.
BRONZE	Reidar Brekke	Norway

70 TO 76 KG.

GOLD	Basri Ersoy	Germany
SILVER	David Walker	Scotland
BRONZE	Enrique Franceschi	Puerto Rico
BRONZE	Wolter Boon	Netherlands

76 TO 82 KG.

GOLD	Keith Otto	U.S.A.
SILVER	Stefano Favero	Italy
BRONZE	Orello Ellis	England
BRONZE	Serge LaBerge	Canada

OVER 82 KG.

GOLD	Fred Barkley	Canada
SILVER	Rick Parris	Canada
BRONZE	Greg Geracie	U.S.A.
BRONZE	Mario Bellerino	Italy

INDIVIDUAL SPARRING

FEMALE

FIRST DIVISION

GOLD	Mona Tentva	Netherlands
SILVER	Mireille Goffroy	Canada
BRONZE	Curk Davorka	Yugoslavia
BRONZE	Maria Engrich	Hungary

SECOND DIVISION

GOLD	Nella Sapulette	Netherlands
SILVER	France Peltier	Canada
BRONZE	Tham Ying Au	England
BRONZE	Ester Nardizzi	England

THIRD DIVISION

GOLD	Nancy Birkett	U.S.A.
SILVER	Ljiljana Kuaya	Yugoslavia
BRONZE	Mary Lendor	England
BRONZE	Marian Welten	Netherlands

MALE

TO 64 KG.

GOLD	Joachim Weibhardt	Germany
SILVER	Carlos Otero	Puerto Rico
BRONZE	Psetray Leonardo	Yugoslavia
BRONZE	Mauricio DeLaRosa	Columbia

64 TO 70 KG.

GOLD	Paul Germain	Canada
SILVER	Eddie Mas	Puerto Rico
BRONZE	David Garcia	U.S.A.
BRONZE	Edgar Borilla	Puerto Rico

70 TO 76 KG.

GOLD	Tony Tefke	Sweden
SILVER	Enrique Franceschi	Puerto Rico
BRONZE	Dino Henning	Canada
BRONZE	Peter Harkess	Scotland

76 TO 82 KG.

GOLD	Chris Hoffman	Netherlands
SILVER	Ebel Barat	Argentina
BRONZE	Peter Sniehotta	Germany
BRONZE	T. Tsalouchidis	Greece

OVER 82 KG.

GOLD	Kosmoglou Dimitris	Greece
SILVER	Rick Parris	Canada
BRONZE	Hank Meyer	Netherlands
BRONZE	Keith Ward	Sweden

BREAKING TECHNIQUES

FEMALE

Knife-Hand
Turning Kick
Reverse Turning Kick
Flying Reverse Turning Kick
Side Fist
Elbow
Side Kick
Flying Side Kick

Aniko Kili
Trude Hoff Leirvick
Dierdre Phelan
Deborah Wynne
Curk Davorka
Jeaninne Law
Lee Soon Eng
Nella Sapulette

Hungary
Norway
Ireland
England
Yugoslavia
England
Malaysia
Netherlands

MALE

Forefist
Turning Kick
Flying Reverse Turning Kick
Back Fist
Reverse Knife-Hand
Knife-Hand
Reverse Turning Kick
Side Kick
Flying Turning Kick
Flying High Kick
Flying Side Kick
Free Kick

Rim Song Hack
Serge LaBerge
John Williamson
Christopher Fagan
Gordon Wallace
C. Rombout
Gerard Martin
Andy Yuen
Henk Meyer
R. Gonzalez-Peltier
Paul Doumbia
Gary Colley

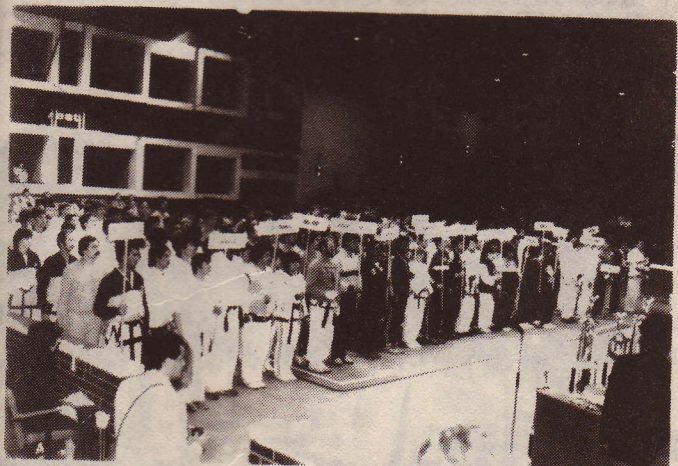
Canada
Canada
Scotland
Ireland
Scotland
Netherlands
Ireland
Malaysia
Netherlands
Sweden
U.S.A.



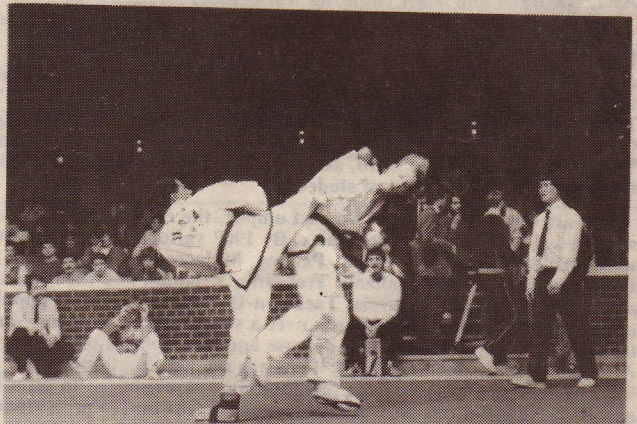
RHEE KI HA



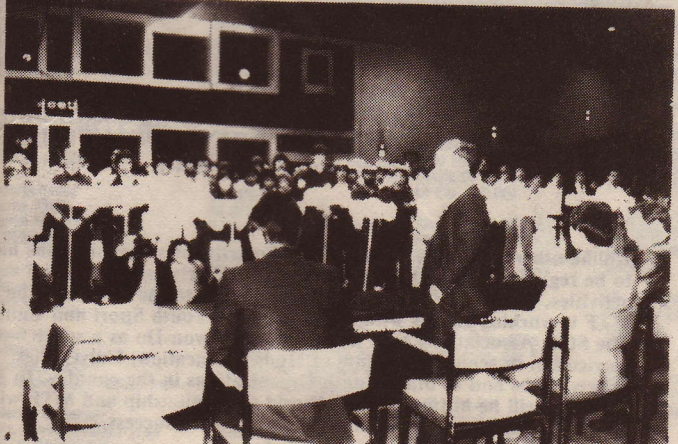
Noted Master Instructors with Team U.S.A.



Opening Ceremonies
© Photo by Sabree Salleh



Action in Middleweight Sparring



Gen. Choi gives Opening Address
© Photo by Sabree Salleh



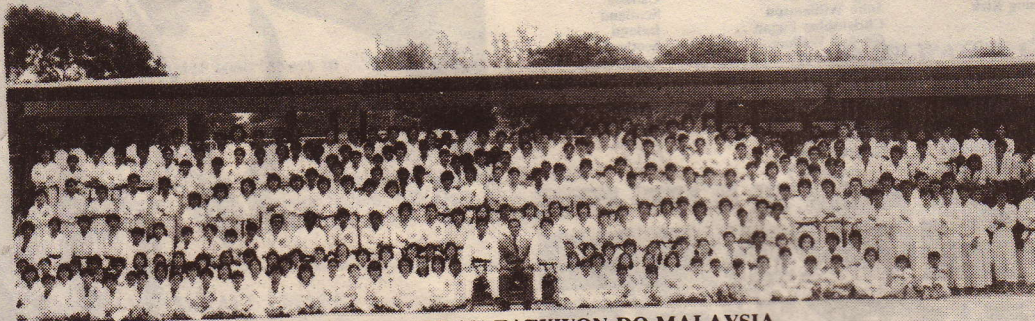
Coach of Team U.S.A. at work with Nancy Birkett

TAEKWON-DO IN MALAYSIA

By Sabree Salleh

6th Dan I.T.F.
California, U.S.A.

EDITOR'S NOTE: MALAYSIA is going to be the hosting country for the 5th World Championship in 1986. We, at Human Weapon, thought it would be an interesting subject to know when Taekwon-Do was developed in Malaysia.



PERSEKUTUAN TAEKWON-DO MALAYSIA

AN EXAMPLE OF THE SIZE OF THE CLASSES IN MALAYSIA

© Photo by Sabree Salleh

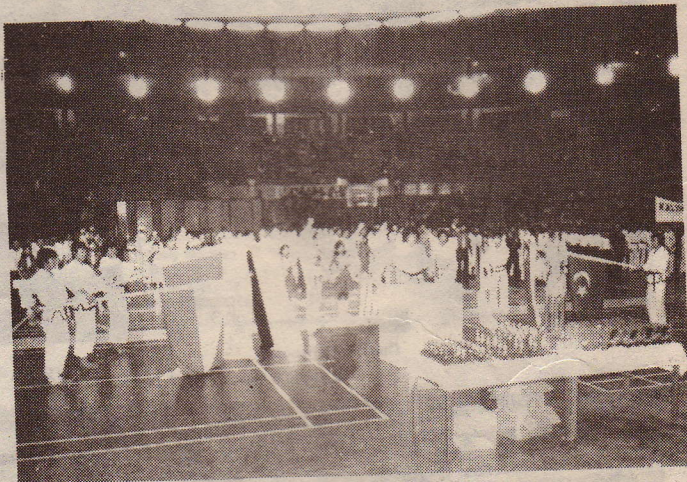
It has been 22 years since Taekwon-Do was introduced to Malaysia by Gen. Choi Hong Hi (The Founder of Taekwon-Do). Being one of the first organizations to adopt Taekwon-Do and as one of the largest Taekwon-Do organizations in the world, the Malaysian Taekwon-Do Federation (MTF) which is an affiliate to I.T.F. is a very active organization to this date boasting over 60,000 registered active members. Taekwon-Do under M.T.F. has grown rapidly and now is a very popular sport just like football in the United States. Many of the Malaysian senior black belts are promoting Taekwon-Do in Europe, Asia, Australia and other countries world-wide.

Taekwon-Do was first introduced to Malaysia in 1963 when the Korean Ambassador to Malaysia, Gen. Choi Hong Hi was commissioned by the Taekwon-Do Association in Korea to propagate the art. With the request by the First Prime Minister of Malaysia Tengku Abd. Rahman to promote the art to the army and public, Gen. Choi then brought many other instructors; to name a few like, Nam, Tae Hi; Kim, Bok Man; Woo, Jea Lim; Yun, Young Kyn and Choi, Chan Keun to teach the local students.

The art was first taught in Kuala Lumpur, the capital of Malaysia and gradually spread to other states. By 1967 various training centers were opened in Selangor, Perak, Penang, Malacca, Johore, Kedah, Perlis, Negri Sembilan, Pahang, Tregganu, Kelantan and then to Sabah and Sarawak in East Malaysia. Taekwon-Do becoming such a popular art compared to other martial arts over a short span of time was due to its practical approach to self defense and its emphasis on leg work. Although it grew phenomenally, there was no coordination among training centers and there were few tournaments organized to promote and foster a semblance of fraternity among Taekwon-Do practitioners throughout the countries. There was no serious effort to develop it as a sport activity in this country. Even though there was a Malaysian Association formed in 1963, it was not properly run. The upshot of this lack of coordination and direction saw the rise of protracted discrepancy and chaos that lasted between 1967 and 1974. A few of the avaricious black belt holders began to capitalize on the art, and then tried to make as much money as possible from their teaching. Some even went ahead to set up their own clubs without the Association's approval to consolidate their monetary pursuits.

The first National tournament was held on January 12, 1969 at Stadium Negara in Kuala Lumpur (Malaysia National Stadium) with the message from Prime Minister Tengku Abdul Rahman and also from Encik Mohammad Khir Johari, Vice President I.T.F. In 1971 from the 19th to 21st of March, the second Asian Taekwon-Do Tournament was held in Kuala Lumpur, Malaysia (the first was in Hong Kong in 1969) with the presence at the opening ceremony by the Prime Minister and at the closing ceremony by His Majesty, The Yang Di-Pertuan Agong (The King). The National Malaysian Tournament was held in Penang on September 24, 1972 and other tournaments were held yearly by the local Taekwon-Do Associations.

The proper Malaysian National Organization was set up in 1975 with the formation of the Malaysian Taekwon-Do Federation (MTF). The Malaysian Taekwon-Do Federation consists of thirteen (13) State Associations in Malaysia. It is run by local Malaysian born black belts. The first MTF National tournament was held on October 18, 1975 with the support of all 13 State Associations, with over 16,000 spectators filling up the national stadium which has now become a yearly national event.



THE OPENING CEREMONY OF MALAYSIAN TAEKWON-DO FEDERATION CHAMPIONSHIP AT THE NATIONAL STADIUM

© Photo by Sabree Salleh

Unlike other countries, in Malaysia all martial arts organizations have to be registered to the Register of Society. Yearly, all reports of activities, meetings, etc., have to be submitted to the Register. The MTF is working closely with the Ministry of Youth Sport and Culture. The State Associations have introduced Taekwon-Do as a sport curriculum to schools, Institute of Higher Education, Universities, Sports Clubs and to other Youth Organizations in the country. In 1986 Malaysia will be hosting the 5th World Championship and MTF will play a leading role to make this championship a success.

LETTERS TO THE EDITOR

Dear Sir,

Thank you very much for contacting me in regard to suggestions for your new martial arts magazine "Human Weapon".

I am happy to hear that we have yet some resourceful people who have the courage to take enterprise of creating I.T.F. Taekwon-Do magazine (considering the fact that many other Taekwon-Do magazines folded out.)

I finally came to the conclusion that instead of giving you my personal suggestions, I decided that the best for the magazine would be to look for the contents and material advertisements, etc., all other material in form Taekwon-Do magazines such as:

"Taekwon-Do Digest", "Taekwon-Do Journal", "Official Taekwon", "Traditional Taekwon-Do" and "Taekwon-Do Times".

Also would be good idea to scrutinize other martial art magazines, especially "Black Belt" and "Inside Kung Fu". Hoping that this little suggestion will be of some help to you.

When your magazine is available, please let me know as far as subscriptions are concerned. Thank You.

Sincerely,
E. Humesky
Ann Arbor, Michigan U.S.A.

Dear Mr. Humesky,

Thank you for your suggestions. We are well aware of all the martial art magazines on the market today. Thank You.

Human Weapon

Dear Sir,

Recently I received your letter with the news about "Human Weapon", official magazine of the I.T.F. I am very pleased to hear from you on this matter. I am looking forward to giving you my contribution in any way that it is necessary to benefit I.T.F. and my school.

I would like to send a few movements of my school, recently accomplished: Example:

T.I.A. tournaments in which we have participated and achieved prizes in patterns and free sparring.

Public demonstration of Taekwon-Do techniques and philosophy.

Picnic with more than 200 people attending.

We do have pictures of all of these events, and I would like to show my school in the Original Taekwon-Do magazine directory. I would like to have more information about when and how I should send this information to appear in this magazine, and with unlimited support from the Cancelliere Taekwon-Do Studio.

Sincerely,
M. Cancelliere
Philadelphia, PA. U.S.A.

Dear Cancelliere Taekwon-Do Studio,

Thank you for desire to contribute to I.T.F. Indeed your pictures and articles are always welcome.

Human Weapon

Dear Sir,

Thank you for your letter of June 4, 1984 concerning the official magazine of the I.T.F., "Human Weapon". I am honored to be informed.

I am writing to ask for further information concerning subscriptions as well as other aspects.

Your prompt response will be greatly appreciated. Your efforts in the promotion of Taekwon-Do is greatly respected and supported by me and my students.

Yours sincerely,
C.H. Chan M.D.
Taiwan, Rep. of China

Dear Doctor Chan,

Thank you for your best wishes.

Human Weapon

Dear Sir,

It gave us great pleasure to receive your letter and to be informed about the publication of an official magazine for our honored federation I.T.F.

We had some problems here in organizing Taekwon-Do, but I think very soon everything will be well organized. We will indeed do our best for "Human Weapon".

We wish you all the best for your magazine.

Please sir, accept all our respect.

M.F. Ghraoui
Brussels, Belgium

Dear Mr. Ghaoui,

Thank you for your best wishes. Also we give you our best for your successful Taekwon-Do organization. Thank You.

Human Weapon

Dear Sir,

Thank you for your letter about "Human Weapon". It is high time that I.T.F. should publish its own magazine which would serve as a forum for the members and for exchange of information.

I would take particular interest in the events and activities in Sarawak which are suitable for publication.

Meanwhile, I would like to subscribe to your magazine and also wish you every success in your undertaking.

Yours Sincerely
Tan In Kok
Sarawak Taekwon-Do Association,
Malaysia

Dear Mr. Tan In Kok,

Thank you for your response. We are always open for your articles and events in Sarawak.

Human Weapon

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Norberto Puello
Av. 27 De Febrero #501
Ens. Mirador, Santo Domingo
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