

A.C.T.A. KIM'S ACADEMY

NEWSLETTER

TAE KWON DO • A WAY TO SUCCESS

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KIM RA DO: LINKING THE ACTA'S PAST AND FUTURE

By Master Alan Kinsella, 6th Dan Black, Chief Editor

When you think of Tae Kwon Do's 1,300-year history, many images come to mind: The Shilla Dynasty and its illustrious kings; the seminal work of the Hwa Rang Do youth group and its Buddhist teachers as they lay the groundwork for the martial art that evolved into modern Tae Kwon Do; great battles fought, won and lost, in which legendary Hwa Rang Do warriors played pivotal roles; and the beliefs, techniques and weapons of the martial art that were pioneered and refined over the centuries.

Yet with all of these rich legends and traditions, have you ever wondered about your own place in the history of this martial art—your own link to its celebrated past?

For decades Grand Master In Mook Kim, founder and president of the ACTA, has explored answers to this question. He has personally conducted thousands of hours of research into Korean history, the history of Tae Kwon Do and the Kim family, and the links that connect them. His intent was to gain a fuller understanding of the roots of Tae Kwon Do, the ACTA and the Kim family, and through that knowledge to enrich the martial arts legacy that is passed down to future generations of the Kim family and to ACTA members.

During this journey, he has transformed the methods by which modern Tae Kwon Do is taught. Innovations include the all-new forms, 1-step and 3-step sparring techniques, and breakaway techniques that not only better reflect the history of Tae Kwon Do as the "Kicking Art," but also celebrate key figures in Korean history that influenced the Art.

This journey also compelled Grand Master Kim to confirm his own family's unique ties to Tae Kwon Do and Korean history. The Kim family has long traced its roots to Al Jie and the legend of Kae Lim—the rooster in the woods (see "The Legends of Kae Lim and Kim Ra Do" on page 2).

The culmination of this journey will take place in 2005 when Kim's Tae Kwon Do will officially become "Kim Ra Do"—"Shining Gold Way." Grand Master Kim believes that 2005, the 35th anniversary of Kim's Academy, is a fitting time to take the final step in the transformation of the way we teach, practice and live Tae Kwon Do.

"For many years, we have demonstrated that Tae Kwon Do is a way to success," Grand Master Kim says. "By referring to ourselves as Kim Ra Do, we will acknowledge the role of history in our success and openly celebrate our links to our past as time goes on. Every member of our association can be proud of his or her own part in carrying on the legacy of Kim Ra Do—a legacy that for us began with Al Jie."

Grand Master Kim is in the process of planning events that will celebrate the 35th anniversary in 2005. More details will be available soon.

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The Legends of Kae Lim and Kim Ra Do

As legend has it, a Shilla king's servants were performing chores one day when they heard a rooster crowing from deep in the woods that adjoined the king's residence. After hearing the rooster crow continuously through the early part of the day, they summoned the king, who searched out the noisy rooster.

Instead, what the king found was a small golden box containing a child. The king, moved by the sight, took the child in, named him Al Jie, and adopted him as his own child. Although Al Jie was never king, he did grow up to be a respected member of the royal family.

Al Jie's descendants included at least one king, Mi Chu, and other famous freedom fighters up through the 20th century. Grand Master Kim's grandfather, Kim Duk Won, was one of these. He rebelled against the Japanese during their occupation of Korea in the early 1900s, and is still widely regarded in Korea for his bravery and the methods by which he fought the Japanese.

Two names emerged from this long and rich history, still significant today:

- "Kim" means "Gold" in Korean. It commemorates the golden box in which Al Jie was discovered and the value that Koreans—particularly in the Shilla Dynasty—placed the metal for its beauty and enduring quality. "Kim Ra" means "Shining Gold," and the "Ra" also refers to the Shilla Dynasty. Add the "Do" (Way of Life) at the end, and the name aptly describes the effect that Grand Master Kim's innovations have had on Tae Kwon Do in the past 40 years.
- "Kae Lim" survives to this day as a tribute to the events surrounding Al Jie's discovery. Literally meaning "rooster in the woods," Kae Lim is prominently in Kim family lore, symbolizing the birth of a long line of respected rulers and warriors.

Recently, while attending the Kim family's annual gathering in Korea, Grand Master Kim received high honor when Kim Family members from across Korea, led by his elder brother, bestowed on him the title of "Kim Ra Do." In doing so, the Kim family showed their appreciation to Grand Master Kim for his commitment to documenting the family's history and his dedication to extending the family name through Tae Kwon Do. In 2005, Grand Master Kim will share the honor by bestowing the name "Kim Ra Do" on Kim's Academy, the organization he founded in 1970.



JUMPING TO NEW HEIGHTS

When Grand Master Kim arrived in the United States in 1968, he inspired awe in students and demonstration audiences alike with his lightning fast and laser-accurate techniques. But few things wowed people more than his jumping techniques.

He performed obstacle jumps in which he easily broke boards after clearing six bent-over adults, and he leaped high enough to kick *eight feet* in the air!

Impossible feats for the average student? Not according to Grand Master Kim. "As with board breaking, some people make jumping look very easy," he says. "Those people appear to be 'natural' jumpers. But every student of Tae Kwon Do can jump well if he or she works hard to develop the technique."

Here are tips from Grand Master Kim for putting more "wow" into your jumping ability:

- Work on flexibility—this is important both for take-offs and landings, helping you achieve greater height and distance while protecting your joints and muscles from injury. Flexibility is especially important as you age and your joints no longer have the "cushion" that they used to.
- Practice squats—start with no weights, then gradually add resistance by holding dumbbells or other types of weights on your shoulders, working your way up to 10 extra pounds on each shoulder.
- Practice squatting jumps—start modestly by wearing tennis shoes or boots to add a couple of pounds, then work up to about 10 extra pounds on each shoulder. Be careful not to strain your knees and ankles.
- Jump over chairs—turn one chair sideways and practice jumping over the seat. Then turn it 90 degrees and jump over the back of it. When that's comfortable, put two chairs side-by-side, again jumping over the seats, taking a short running start. Then turn them 90 degrees and jump over the backs of the chairs. Keep adding chairs. If you can jump over the backs of five chairs, you'll be able to jump five or six bent-over people with no problems.

It's important to combine the jumping practice with the weight training to achieve the best results. In addition to helping you develop the physical skills necessary for strong jumping, these exercises will help build your mental strength and confidence. The success you achieve in your practice, in turn, will lead to spiritual development—the happiness that comes with triumphing over gravity.



TENETS OF TAE KWON DO: INTEGRITY

Second in a series by
Grand Master James M. Brockway, Ph.D.
8th Dan (Burlington, IA)
Vice President, ACTA

Each of the Five Tenets of Tae Kwon Do has a “Self-Orientation” (egoistic) and an “Orientation Toward Others” (altruistic) component. Within each of these two components, we also find the mental, physical and spiritual elements of Tae Kwon Do philosophy.

Integrity: Self-Orientation

Mental Element

The single most important *mental element for the Self-Orientation of Integrity* is genuine and consistent honesty. Clinical psychologists and researchers have long reported that the most important factor affecting how a person is accepted and respected in a group or culture is his/her ability to be believed. If your peers hold you in high-esteem, they no doubt have a high degree of respect and trust for you. The level of esteem that people hold for you is directly associated with the level of honesty they perceive in you.

Physical Elements

The five *physical elements for the Self-Orientation of Integrity* involve an honest assessment of your:

- Cardiovascular and respiratory system strength
- Endurance and stamina
- Physical flexibility
- Muscle strength
- Technical skills

You can accurately evaluate these physical elements by:

- Recording the amount rest and relaxation you receive daily—normally 8-9 hours for adults and 10-12 hours for children
- Measuring your daily calorie intake—a balanced diet includes approximately 1,500 calories for males and 1,200 calories for females, depending on the level of your physical activity
- Recording the details of your exercise sessions 4-5 times per week, 20-60 minutes per session

After honestly and accurately assessing your level of physical fitness, you must activate a physical-oriented “eating-resting-exercise plan” to ensure that you achieve optimal health and physical fitness.

Spiritual Element

The principal *spiritual element for the Self-Orientation of Integrity* is the enjoyment and appreciation that comes from being recognized as a good and honest person. We can operationalize this element by making sure that we approach all the aspects of our lives with sincere and wholesome honesty. Significant peace of mind and

personal fulfillment comes from fully executing your integrity in all your daily thoughts, beliefs, values and behaviors.

Integrity: Orientation Toward Others

Mental Element

The single most important *mental element for the Altruistic Orientation of Integrity* is the strong and active example you become for others when you are consistently honest. *This orientation is contagious, because it promotes such positive responses from all parties involved.* For example, honest dealings with others can simplify complex and difficult negotiations. Conflicts still occur, but anxiety and stress levels are greatly reduced when all parties employ honesty as the basis for their attitudes and behaviors.

Physical Element

When you care strongly about the physical well being of others, you fully utilize the *physical element for the Altruistic Orientation of Integrity*. Tae Kwon Do Instructors, for example, must be sincere and straightforward about discussing their students’ physical fitness and technical skills. It’s easier to avoid saying anything negative about students’ attitudes and behaviors toward their physical condition. But because their self-view may be different than what others see, it is important to be observant and honest. If you care for them and they are not in top physical shape, then always attempt to discuss your concerns, possible resolutions, and suggestion for a plan of activities to improve their physical well being.

Spiritual Element

The principal *spiritual element for the Altruistic Orientation of Integrity* is the ability to create an open and honest environment for all activities within a family, group, organization, culture or society. Honesty breeds insights and wisdom that can only be observed from a personal spiritual orientation that promotes integrity and honesty. *Success, spiritual power, full personal engagement and personal fulfillment all begin with the simple concept of integrity.* Without the basic concept of honesty, all other philosophical advancements cannot proceed!

Our ability to be consistently honest in “word and deed” becomes the quintessential element in our search for personal happiness and fulfillment. When honesty and character are present, all human goals are attainable with the proper amount of time, talent and human performance.



TEST YOUR EYES—AND YOUR VOCABULARY!

Tae Kwon Do “Find-A-Word”

Editor's Note: Thanks again to **Charles Allen**, 2D Black Belt from Burlington, Iowa, for creating this game.

(Answers on page 7)

V Y Q S P Z W U N W E R C H O N J I S X
N Y U M H V G H U D S J K P W F A S W O
K U K R M E L C G K X W O N K W A N G J
K L S O B F F I N Y G S C O B C N Y D D
O S U F N V F M A U I N O T Q V C H N T
T H N K I P A P D N E J A G N R K S R V
D I D N A L J I E G E K J H Q N A T N V
C N U A H K U P U S D M H A C S T O Q G
C Y K R F T J J R H T Q C D Y N W J N R
S I D T W T K O V I J T I M B K A O T H
T F S L D Z J A L N A X N H U H J W C P
N N W E J Z C J M H I G Q D W E S H K R
R I X B N U B R Y P S K X M A A I M U T
G N A S A H C U A W X X M T A N R A Z I
R X F B H U N N K V R N Q N H T F A G W
F L X C I G B M P Q M Y L U V N Q R N M
W X D Q S F T C K U Z P N Q V V U C X G
A L L I H S S E N A W G Q G M V C E E P
L I H T U A G M Z E L J I E Y J A P S O
H L J H H Y U W O N H Y O L M Q L U F J

Word Find List:

ACTA HYUNGS

BELT RANK FORMS

CHON JI

CHA SANG

DAN GUN

SHILLA

WON HYO

WON KWANG

AL JIE

MI CHU

HWA RANG

KWAN CHANG

CHING HUNG

DUK WON

MUN MU

SUN DUK

TAE JONG

YUL SHIN

EL JIE

KYUNG SHIN

HIGHLIGHTS FROM THE LOUISVILLE-AREA TOURNAMENT

Editor's note: Thanks to Master Pat Smith and Junior Master Bob Barnes for the following commentary.

The ACTA South Central Championships were held in Louisville on March 20, 2004. Competitors came from the four Louisville-area ACTA clubs, the Burlington, Iowa, ACTA program, Morning Calm Tae Kwon Do in Cincinnati, Ohio, and Just Kicking Tae Kwon Do in Casey County, KY. The Black Belt demonstration was a big hit with awesome demonstrations of basic form, forms, sparring and board breaking by Masters Lichvar and Bowman, several 5th and 4th Degree Black Belts and many 3rd, 2nd and 1st Degree Black Belts, including Mr. Howard Kim from San Antonio.

All of the out-of-town clubs expressed appreciation for how well run the tournament was and indicated that they will be back again next year. Later that evening Grandmaster Kim and Mr. Howard Kim joined Masters Smith, Lichvar, Bowman, Junior Masters Bowman and Barnes, and several other students for a dinner at 2 Hans Mongolian Grill.



Junior Master Darryl Sutton, 5th Dan Black Belt from the U of L Tae Kwon Do Club, demonstrates "highly" developed skill at the ACTA South Central Championships in March.



Tae Kwon Do "Find-A-Word" Answers

Created by: Charles Allen, 2D Black Belt (Burlington, Iowa)

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. . . S . . . U N . . . C H O N J I . .
. Y . M . . . H U . . . . . . . . . .
. U . R . . . C G K . W O N K W A N G .
. L S O . . . I N Y G . . . . . . . . .
. S U F . . . M A U . N . . . . . . . .
. H N K . . . . D N . . A . . . . . . .
. I D N A L J I E G . . . H . . . . N .
. N U A . . . . S . . . A C . . O . G
. . K R . . . . H . . C . . N W . N .
. . . T . . . . I . T . . . K A O . .
. . . L . . . . N A . . H U . J W C .
. . . E . . . . H . . . D W E . H K .
. . . B . . . . Y . . . . A A I . . .
G N A S A H C U . . . . . T . N R . . .
. . . . . N . . . . . H . . A . .
. . . . . G . . . M . U . . . . N .
. . . . S . . . . U . . N . . . . . G
A L L I H S . . N . . G . . . . . . .
. . . . . M . E L J I E . . . . . .
. . . . . U W O N H Y O . . . . . .

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2004 CALENDAR OF ACTA EVENTS

May

- 8 San Antonio board breaking clinic, all ranks
- 14 San Antonio Instructor clinic
- 15 San Antonio regional testing, white-black
- 15 Clinton regional testing, white-brown

June

- 4 Kentucky regional testing, white-3R black
- 5 Kentucky regional clinic, all ranks
- 12 Minnesota regional testing, white-brown
- 24-27 *Iowa, 2004 ACTA Summer Camp*

July

- 10 Burlington regional clinic and testing, white-black
- 17 San Antonio board breaking clinic, all ranks
- 23 San Antonio Instructor clinic
- 24 San Antonio regional testing, white-brown

August

- 14 Clinton regional testing, white-brown

September

- 10 Kentucky regional testing, white-3R black
- 11 Kentucky regional clinic, all ranks
- 18 San Antonio board breaking clinic, all ranks
- 24 San Antonio, Instructor clinic
- 25 San Antonio regional testing, white-black

October

- 2 Minnesota regional clinic and testing, white-black
- 10 Burlington regional testing, white-3R black

November

- 6 *American TKD Championships, San Antonio*
- 13 San Antonio board breaking clinic, all ranks
- 19 San Antonio, Instructor clinic
- 20 San Antonio regional testing, white-brown
- 20 Clinton regional testing, white-brown

December

- 3 Kentucky regional testing, white-black
- 4 Kentucky clinic, all ranks
- 11 Minnesota regional test, white-brown



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