What is Chung Do Kwan Tae Kwon Do?

Tae Kwon Do is a Korean martial art, and Chung Do Kwan is one of the sub-styles of Tae Kwon Do. Chung Do Kwan is also the oldest and one of the most traditional forms of Tae Kwon Do. Because our legs are stronger and have more reach than our arms, Tae Kwon Do emphasizes powerful kicking techniques. Chung Do Kwan has an emphasis on developing high-intensity powerful techniques. Chung Do Kwan also has an emphasis on learning practical self-defense skills.

Beginning in early times, Chung Do Kwan technique and philosophy centered on mastering basics, developing powerful technique, pinpoint accuracy in application, strong kicking, and deep appreciation for manners and etiquette. Its trademark techniques are the side kick, jumping side kick, and sliding side kick although it practices many other techniques as well—all in accordance with Chung Do Kwan principles. From the start, Lee Won Kuk wanted his students to be men of honor, only allowed upright individuals as his students, and encouraged them to live honorable lives as Chung Do Kwan students. All in an effort to restore the good reputation once held by Korean martial arts and distance itself from the notion of Taekwondo students as troublemakers.

Chung Do Kwan philosophy is that Taekwondo is a method of self-defense, self-improvement, and a Way of Life.

We, as members, train our spirits and bodies according to the strict code.
We, as members, are united in mutual friendship.
We, as members, will comply with regulations and obey instructors.

Is it good for self protection?

Yes! An important component of self protection is learning self defense skills. Other components are of course awareness, assertiveness, and safety skills. Good self defense training requires both learning how to defend against various attacks as well as learning effective attacks to disable an assailant. We learn both offensive and defensive tactics against various kinds of attacks; including grappling (i.e. choking or hand grabs) and striking techniques (punching or kicking). Techniques are designed to maximize my strength against my opponent’s weakness. We also emphasize learning to develop power in delivery of blows -- capable of incapacitating an opponent in one blow. Since an assailant is likely to be bigger and stronger than I am -- we also learn to effectively use our longest and strongest weapons against them -- our legs. With effective kicking techniques I can compete with an assailant with a longer reach and stronger upper-body. Since self protection entails more than just learning to deal with striking attacks we also learn defenses for various grappling techniques. This provides a very well-rounded base for dealing with self-defense.
What kind of physical condition do I need to be in?

Any! Tae Kwon Do is taught in such a way that everyone will develop at their own pace. You will gradually become stronger, more flexible, and have better endurance. But, this is a slow process; you start where you are at. Unlike sports, the attitude in martial arts is that everyone can train and everyone helps each other out. A Wado Kai sensei expressed it well when he said

"A Karate class is not a stage upon which the superior talent emerges and is dramatized. The Karate class is a community of mutual responsibility where the weakest are strengthened, not where the strongest are glorified. The sensei creates within the class the commitment to cooperation and responsibility, and in this atmosphere is the greatest learning made possible"

Sadaharu Kurobane

What are the instructor’s qualifications?

- **Mr. White**, 2nd degree black belt, and has been doing martial arts for over 5 years. He has won tournaments at the state and national level, and qualified for the Junior Olympic trials as a teenager.

- **Mr. Stout**, 2nd degree black belt, and has been practicing martial arts for several years now. He is extremely knowledgeable when it comes to the traditions and meanings behind all that we do in Tae Kwon Do. His discipline and attention to detail are essential to our program.

- **Mr. Travis**, 1st degree black belt in Tae Kwon Do, and has a black belt in Wado Ryu Karate. He has been practicing martial arts for several years as well.

All paid instructors are required to be certified in First Aid and CPR. Our instructors also have knowledge of various other martial arts styles, so don’t be afraid to ask questions!

Is it safe?

Yes! We emphasize control in all elements of learning, especially working with a partner. Because, the techniques we learn are potentially very dangerous we utilize ways of practicing to make it safe. One example is "no-contact" sparring. Because I can't practice techniques full out on a partner (without hurting them) -- we practice full-out techniques that stop just before the intended target. If I have sufficient accuracy to hit a precise target -- I'll have accuracy to miss that target by a given margin. So we practice full power, full speed techniques with intentional missing. As we advance in skill the speed and power increases, while the distance of the blows decreases. The end result is realistic training in fighting – seldom with injuries and usually only minor in nature.

Want to know more? Check out some of these websites online, or ask a black belt.

http://www.cgd.ucar.edu/~erik/ncar_tkd/FAQ.shtml
http://www.chungdokwantkd.com
www.itf-information.com/information15.htm

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