

Martial Arts, Fitness & Health

WORLDWIDE COVERAGE SINCE 1980

TAE KWON DO Times

SEPTEMBER 2004
taekwondotimes.com

Grandmaster **KWANG SIK MYUNG**

"It's Hapkido for Life!"
Says this Dynamic
Cornerstone of the Art

BONG SOO HAN
Charismatic Grandmaster
Leaves a Lasting Impression
Whether on Film
or Face-to-Face

Plus
Is Sportsmanship the Loser?
Cluster Points
Training in Korea
How Not to Train for Strength
Don't Be Afraid to Change
The Purpose of Knowledge
Power of the Spirit
Doctor, Doctor!

**CHUNG DO KWAN
THRUSTING KICKS**
More Power, More Force,
More Accuracy, More Speed

SPIRIT OF THE LAKES
What Does Native American
Culture & Asian Martial Arts
Have In Common?

TOURNAMENTS
S. Henry Cho's
Final Championship?
40-Years of Unforgettable
Competition
And Many More...



GRANDMASTER

Grandmaster Kwang Sik Myung is a pillar of the Hapkido community not only in the United States but in his native Korea as well. He wrote the first Hapkido text in 1967 and has since written several more important books as well as producing a library of exceptional instructional tapes. In the early 1970's, he helped to create the World Hapkido Federation. Grandmaster Myung can still be found in his Los Angeles dojang teaching and training students when he isn't traveling the globe teaching his beloved Art to grateful martial artists around the world.

The Early Years

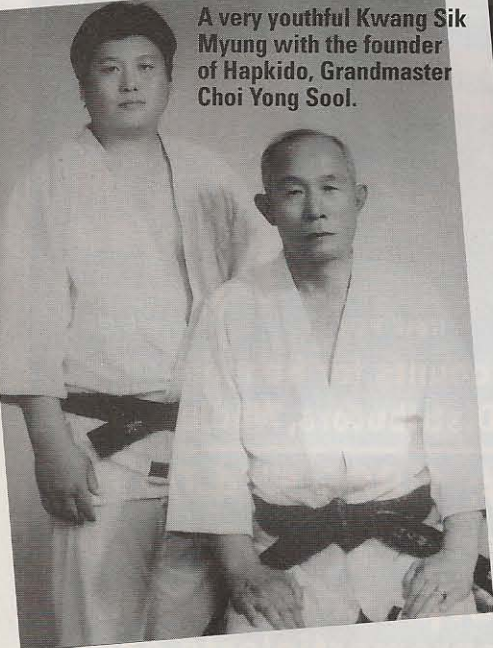
Born in North Korea before World War II, Kwang Sik Myung had an affinity for martial arts even as a youngster. His first years were spent under Japanese rule but after independence came to the Korean Peninsula at the end of the war, his family moved to Seoul. It was there that at age seven he began training under his uncle who was a third-dan in Kendo. He studied the sword throughout elementary school and added the study of Judo as a junior high student. However, because of his small stature, he felt handicapped in Judo and began training in Tang Soo Do. In addition to his schoolwork, he studied Kendo on the weekends, Judo three times a week and Tang Soo Do every afternoon after school. He earned his Tang Soo Do black belt at age twelve but did not officially receive the belt until age 15 because of the age regulations of the dojang. As a high school student, Grandmaster Myung organized martial art classes for fellow classmates. During that period in his life, he also learned acupuncture, Oriental calligraphy and Oriental India ink drawing.

As a junior in high school, Myung had his first encounter with a martial art that would influence, guide and shape the rest of his life. He was shown a strange martial art technique by one of his friends who refused to identify the martial art or where he learned it. Myung devised a plan and followed his unsuspecting friend to his daily lesson. There he found Choi, Yong Sool teaching Hap Ki Yu Sool, the martial art that later became known as Hapkido. He became a student of Master Choi—and the rest, as said, is history.

During his college days, Myung became an instructor at the headquarters of the Korean Hapkido Association under Grandmaster Choi. Upon graduation from college with a business degree, he was appointed as director of the Northern Branch Dojang Korea Hapkido Association. He served hon-

orably in the Korean military and was appointed as instructor of the bodyguard for Korea's then head-of-state, President Park Jong-Hee.

A very youthful Kwang Sik Myung with the founder of Hapkido, Grandmaster Choi Yong Sool.



KWANG SIK MYUNG

"I have spent all of my life learning Hapkido, practicing Hapkido, teaching Hapkido, and researching Hapkido. I have a much greater love, appreciation and interest in the Art than I did when I was younger and I will continue with Hapkido for the rest of my life..."

Retreat to the Mountains

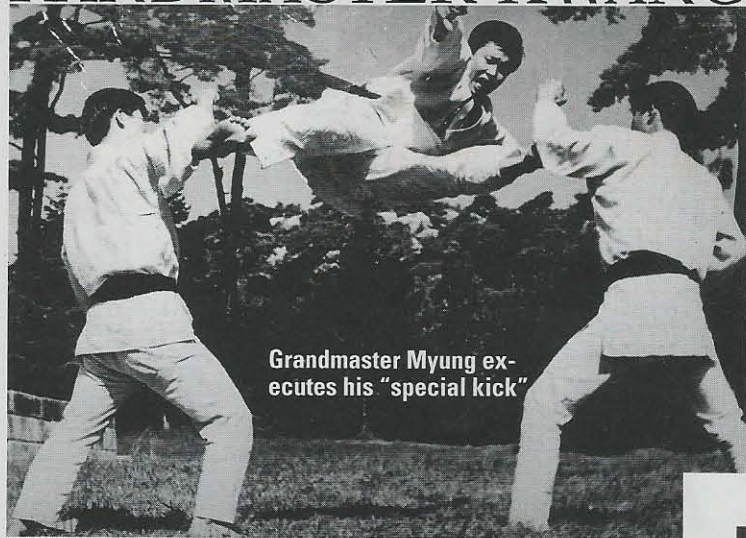
In 1962, Kwang Sik Myung had finished his military commitment and spent the next three years training in isolation on Mount Taebaek. Some of his self-devised strength training techniques included stringing a rope between trees and gradually building his strength to cover the distance using only one finger on each hand. He designed another training method to strengthen the legs and give height to his kicks. He dug a hole in the ground and practiced leaping out of it, gradually deepening the hole as he grew stronger. After three years of such intense and strenuous training, he left the mountain to open his own Hapkido dojang.

Hapkido For Life

Symbol of Hapkido

This is the original Hapkido symbol. The circle signifies the universe; inside the universe is man. The angles intersecting the circle on both sides represent man's thumb and finger indicating his action in his world, his ability to attack and defend, to be soft or hard. The intersecting angles also represent ki (power) and Um and Yang (opposites) that represent the changes that are constant in our world and balance between opposites produces harmony.

GRANDMASTER KWANG SIK MYUNG



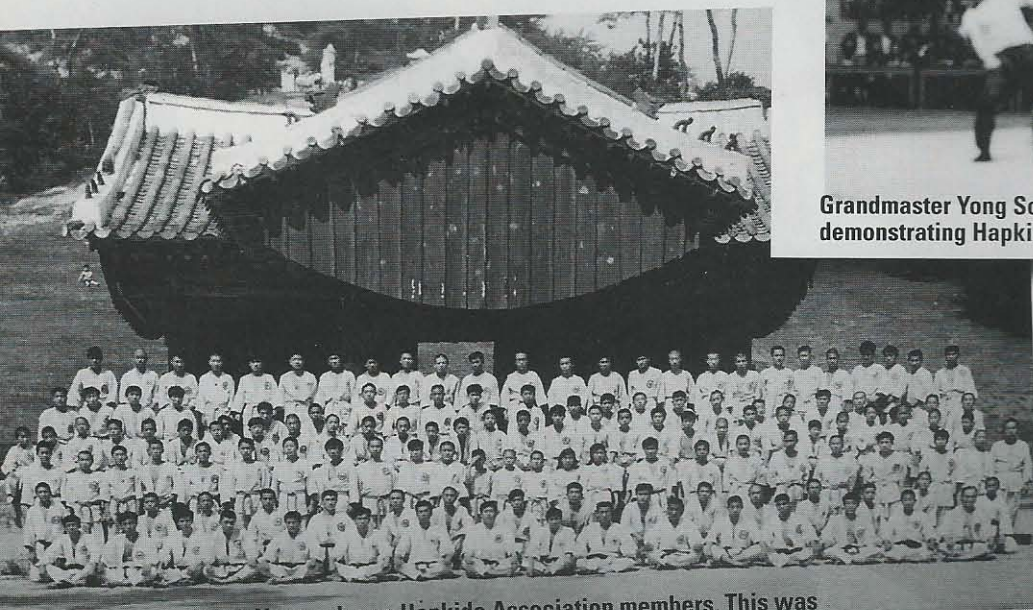
Grandmaster Myung executes his "special kick"

Vietnam and the Green Berets

In 1967, Myung traveled to Vietnam where his demonstration team introduced Hapkido to American Green Berets. He made a tremendous impression on many of the Americans that would have considerable ramifications years later. Returning to South Korea, Grandmaster Myung founded the Yhong Moo Kwang Hapkido Association and wrote his first Hapkido book. He says, "For many years, I was disappointed that there were no books or learning material about Hapkido. It was taught as it was decades ago: from teacher to student in the dojang. I decided



Grandmaster Yong Sool Choi with Master Myung demonstrating Hapkido in Seoul, 1968



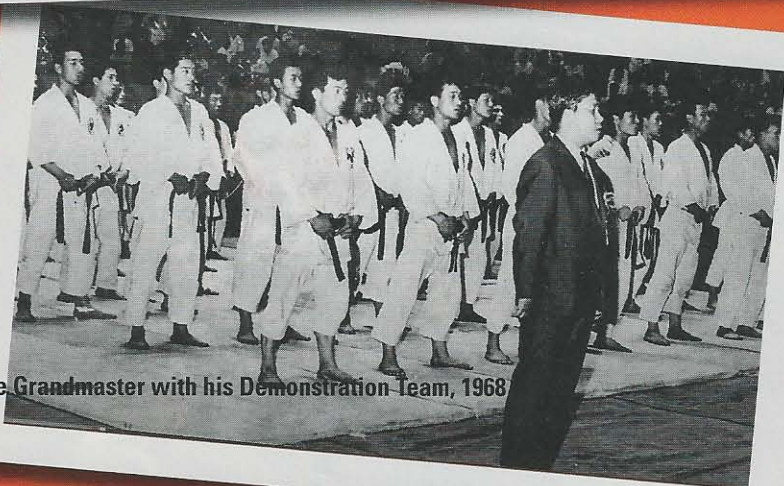
Korea Yonmookwan Hapkido Association members. This was the first organization founded by Grandmaster Myung.

to do something about this and wrote the first Hapkido text." To honor his accomplishments, he was promoted to Senior Grandmaster. (Editor's Note: Several web sites unrelated to Grandmaster Myung or his organization state that Grandmaster Myung's books are some of the best martial art texts on the market.)

As the result of his trip to Vietnam, the American government invited Master Myung to the United States to teach Hapkido to a special group of service personnel. He accepted the invitation and came to America in 1973 where he decided to stay. One of his first goals after settling in Detroit, Michigan, was to unite Hapkido instructors from Latin America, Europe, Asia, and North America by forming a Hapkido association.

The WHF

High-ranking Hapkido masters established the Association of the World Hapkido Federation on December 23, 1973. On June 23, 1974, Grandmaster Myung was elected its president at the first general meeting. In 1985, the name of the organization

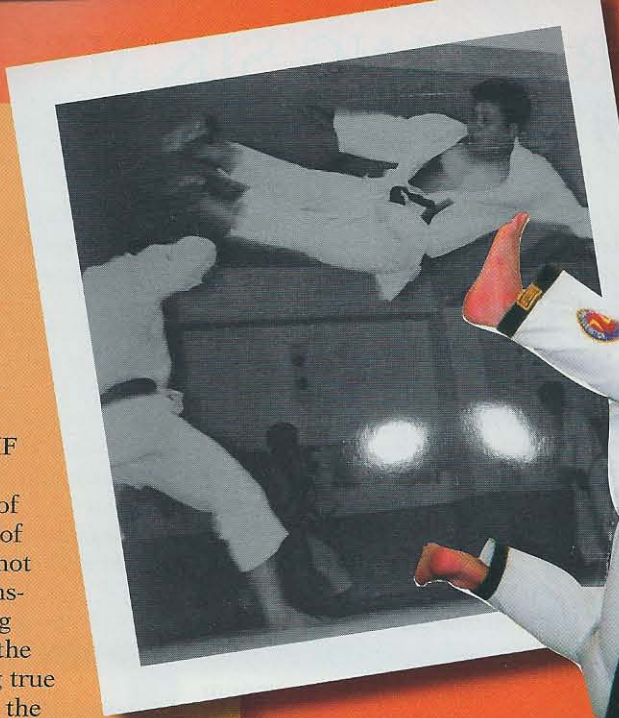


The Grandmaster with his Demonstration Team, 1968

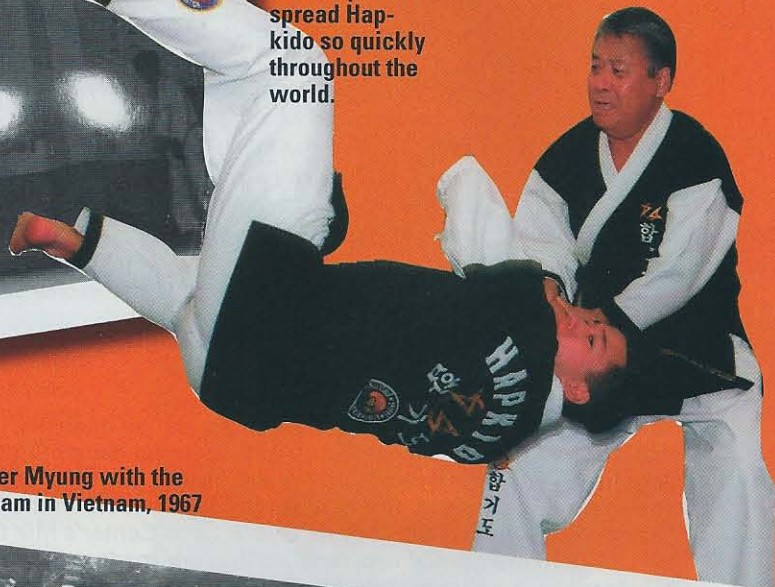
was officially changed to The World Hapkido Federation. When Master Myung moved to Los Angeles, California, in 1981, the new locale also became the headquarters for the WHF. He also transformed the WHF into a not-for-profit organization. Some of the senior members of the federation were not pleased with the transformation but Myung was adamant about the mission of spreading true Hapkido throughout the world.

Worldwide Seminar Circuit

In 1987, Grandmaster Myung began to travel the world to spread his martial art of Hapkido. To date, he has participated in approximately 2,300 seminars in cities across North America, Central America, South America, Europe, Asia, Africa, and Australia. In one year, he may travel 100,000 miles—grueling pace for a man in his sixty-fourth year. However, not even a serious automobile accident several years ago that caused lingering injury could deter Kwang Sik Myung from his travels. He states: "I welcome any martial artist from any association—instructors, students, anyone interested in Hapkido—to contact me at any time. I hope that we can work together for the development and success of Hapkido."



Left: It was the talent, skill and ability of Grandmaster Myung that helped to spread Hapkido so quickly throughout the world.



Grandmaster Myung with the Hapkido Team in Vietnam, 1967



Grandmaster Myung's martial skill was so respected in South Korea that he was appointed an instructor of the Korean President's bodyguards. Here he is photographed in 1963 with his students and President Park Jung-Hee.

GRANDMASTER KWANG SIK MYUNG:

Historical Background of Hapkido

By Grandmaster Kwang Sik Myung

Hapkido was introduced to Korea along with Buddhism. Hapkido techniques were originally known and handed-down through the hierarchy of monks, ruling families and royal officials as a means of self-protection and personal safety. Therefore, it wasn't known among the common classes. Often the origin of Hapkido is misunderstood and thought to be a form of a Chinese or Japanese martial art.

The more completely recorded history of Hapkido dates back as early as Sam Kuk Sidae (The Era of Three Kingdoms 3 A. D.). Buddhism arrived in China from India at the Hu Han Mal (Late Han Period 67 B.C.) and was introduced to Korea in 372 A.D.

Buddhism and Hapkido together became popular throughout the country among the upper class and royal court. The evidence of this fact can be found in various wall paintings. One of the three kingdoms, Silla, formed a special youth group called Hwa Rang Do. For their physical fitness and mental discipline, Hapkido techniques were taught. Historical evidence of this can be found on stone wall sculpture in caves and carvings in ancient temples.

The three kingdoms united and became the Koryo Dynasty. (It was during this period) that Hapkido experts were brought into the palace and performed demonstrations of the martial arts. This was the beginning of Hapkido as a royal martial art.

In the history of Hapkido, a monk named Grandmaster Su-San taught Hapkido to other monks and fought against

Hapkido Family

It is said that martial arts is more than just an exercise, it is a way of life. Physical development becomes personal development, personal development becomes community development, and, in the end, perhaps the world as a whole becomes better. This type of integration of body and mind, practice and intent, is particularly evident in the World Hapkido Federation's founder, Grandmaster Kwang Sik Myung, and in Enso Center's Mix family.

Unlike many martial arts families that are made up of the descendants of a single master, the Mix family is a collaboration of individuals who balance and complement one another. The family started studying Tae Kwon Do in 1982. Initially, it was a chance to work out and spend time together ("The family that kicks together, sticks together."), but soon it became something more.

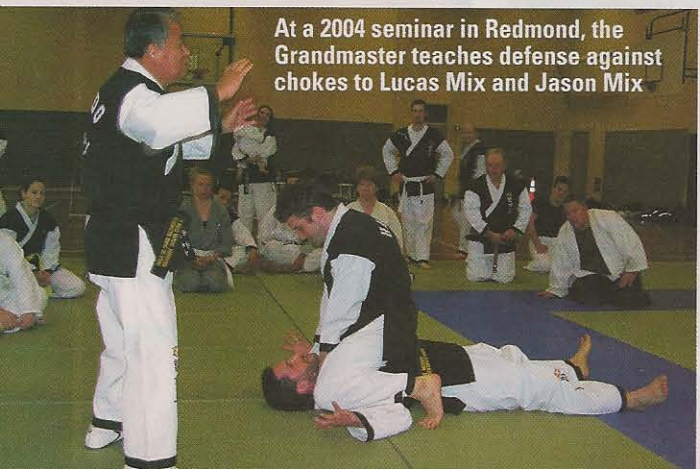
Each person discovered something they found exciting and important, something that made martial arts special to them, individually.

Twenty-two years later, the Mixes run ten schools across the United States, teaching Hapkido, Tae Kwon Do, Aikido, and Tai Chi. Each of the five adult Mixes; Bill, Susan, Jason, Sabrina, and Lucas, has run a school and has black belt students. Each

of them still finds martial arts fascinating and enjoyable. All of them make martial arts part of daily life.

LEFT: The extended Mix family: Sabrina and Jason (kicking), Bill and Susan with grandchildren Jasper and Aria, and Lucas

This dedication to training shows up not only in their abilities and their relationships with one another, but has become a way of community development for the larger organization they helped to found. Enso Center for International Arts is the result of their commitment to martial arts as a way of life. Enso, open circle, is an ancient, international symbol of inner strength, harmony, com-



At a 2004 seminar in Redmond, the Grandmaster teaches defense against chokes to Lucas Mix and Jason Mix

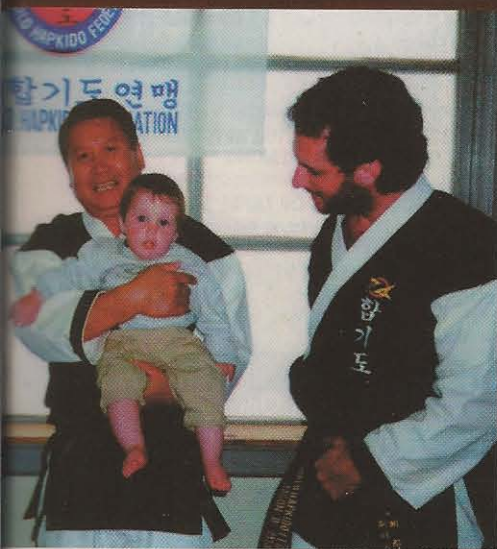
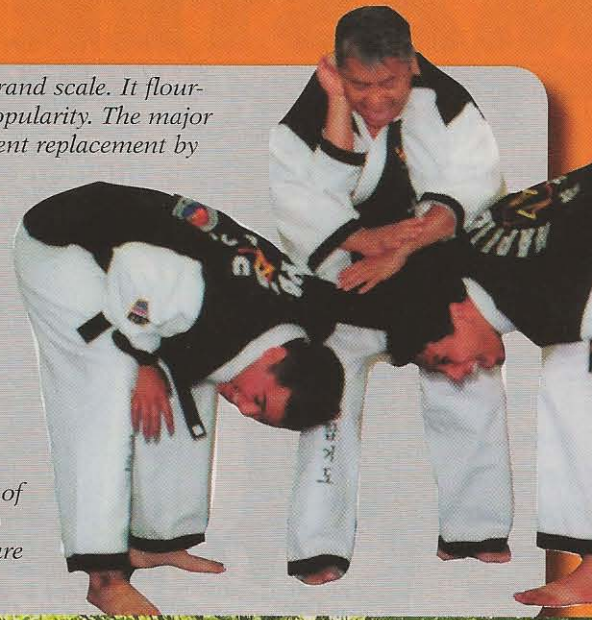
RIGHT: Jasper Mix (age 5) blocks a sword strike from his father, Jason.



the Japanese invasion. This was a prime example of Hapkido applied on a grand scale. It flourished through several dynasties up to the Lee Dynasty. At that time, it lost popularity. The major reason for its loss of popularity is the collapse of Buddhism and its subsequent replacement by Confucianism.

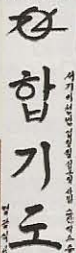
Yong Sool Choi (1904-1986) brought Hapkido to light in the twentieth century. Yong Sool Choi had studied deep in Korea's mountains since age nine. By the time he returned to the world, Korea had been liberated from Japanese colonial rule. Choi taught all the techniques to a few outstanding disciples. In turn, these disciples were in the process of popularizing Hapkido techniques during the Korean conflict. Hapkido spread quickly throughout the peninsula after the Korean War. Within a few years, Hapkido had been popularized internationally with a tempo unseen in its history. Top masters in various countries throughout the world accomplished this through their superior demonstrations of Hapkido.

Among many countries throughout the world there is a solid foundation of Hapkido schools today. This rapid spread and popularization is attributed to the unceasing efforts of master instructors and the superior and unique nature of Hapkido itself.



Grm. Myung holds Jasper as parents, Jason and Sabrina, look on.

Grm. Myung's calligraphy scroll hand painted for the Mix family.

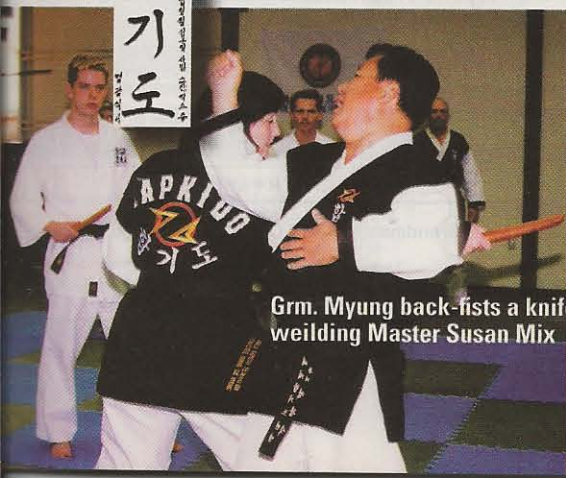


munity and peace. It symbolizes commitment to personal growth through body and mind balance, discipline, and practice. Its headquarters in Redmond, Washington, attracts students from seven continents, and branches of Enso Center can be found around Washington State, as well as Alaska, Massachusetts and Minnesota. Together the Mixes have produced over 150 black belts in Tae Kwon Do, Hapkido (the core program), and Aikido. Through years of hard work and personal reflection, many of them have become important teachers and colleagues.

Central to their success and development as martial artists has been Grandmaster Kwang Sik Myung. Grandmaster Myung visits Enso Centers regularly to give seminars and has, in many ways become part of the family. The Mixes have discovered in Grandmaster Myung an amazing connection to the larger community of martial artists, both historically and globally. Grandmaster Myung is one of the original students of Choi Yong Sool, the founder of Hapkido, and he maintains the traditions of teaching practical, efficient, and direct martial technique. Grandmaster Myung is also the head of the World Hapkido Federation, an international association of schools devoted to teaching Hapkido in a traditional manner. The World Hapkido Federation was formed in 1973 with headquarters in Los Angeles, California. The WHF has spread Hapkido history, philosophy, and techniques in cities across North America, Central and South America, Europe, Asia, Africa, and Australia.



Recent photo of the Mix family and their Grandmaster. Clockwise: Sabrina, Master Jason, Lucas, Bill, Grm. Myung, Master Susan, and Jasper



Grm. Myung back-fists a knife wielding Master Susan Mix



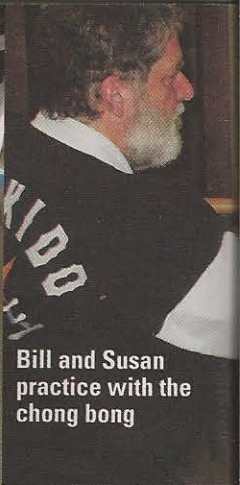
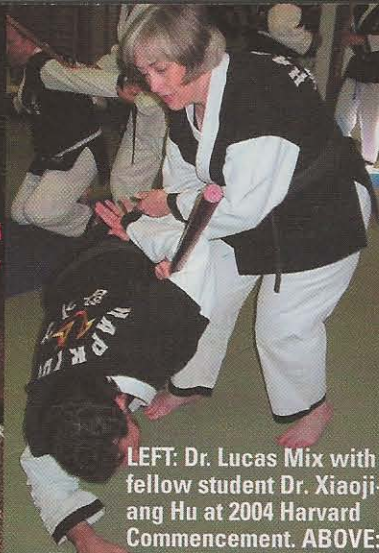
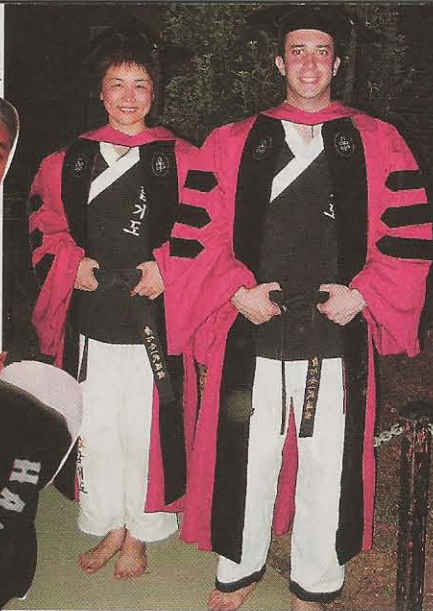
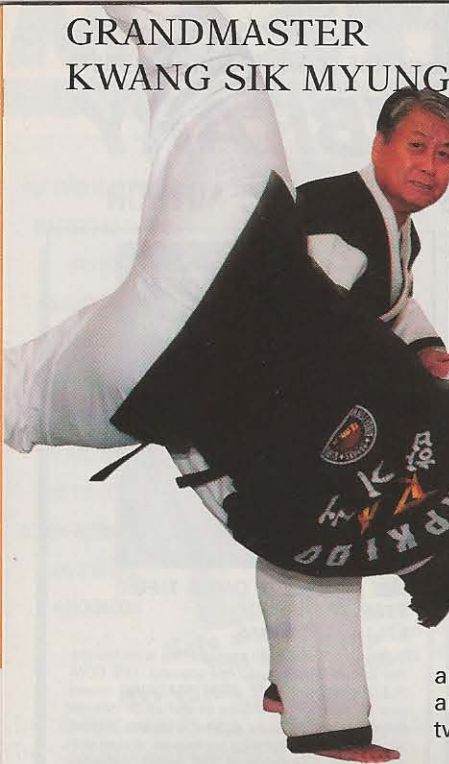
Left: An older photo of Jason and Sabrina practicing with the bong.

Right: Jason Mix jumps high for Grandmaster Myung!



taekwon

GRANDMASTER KWANG SIK MYUNG



LEFT: Dr. Lucas Mix with fellow student Dr. Xiaojiang Hu at 2004 Harvard Commencement. **ABOVE:** Master Susan Mix throws son Lucas with a chong bong (long staff).

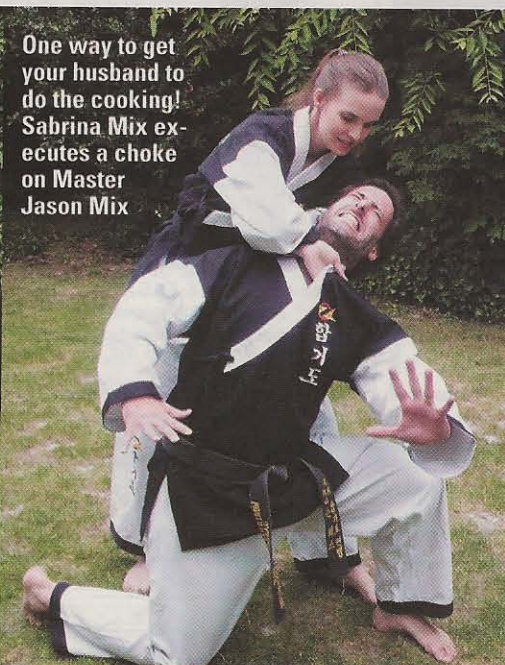
Grandmaster Myung and the Mix family are united by a common love of martial arts. The Mixes have diverse interests and teaching styles. The family consists of Bill and Susan Mix, their sons, Jason and Lucas, as well as Jason's wife, Sabrina, and their two children, Jasper and Aria.

Bill Mix is a social worker for the state of Washington who is fascinated by breathing and meditation techniques. He sees martial arts as a way to promote emotional health and conflict resolution. Bill ran a martial arts school in Bellevue for several years and now focuses on community center teaching and helping at risk youth. Susan, the mother of the family, left her job running the Seattle City Government Cable Television Channel to open a full time martial arts school in 1985. She has specialized in teaching people with physical limitations. Susan now devotes most of her time to teaching and supervising classes at several locations in the Seattle area in addition to teaching at the Redmond headquarters. In addition to Hapkido and Tae Kwon Do, she teaches Tai Ch'i Chuan. Susan has been the one of the primary forces behind the development of Enso Center and its programs. She is well known in the Pacific Northwest for her ability to run tournaments and seminars as well as explain complex concepts to beginners. She is president of Enso Center. Susan and her son, Jason, are the ranking martial artists in the family and together run the organization.

Jason Mix started martial arts at the age of twelve and shortly found it to be his life's calling. By fifteen Jason was teaching regularly. After high school, Jason began teaching 15-20 classes per week. Jason primarily focuses on martial arts research and development. He devotes more than sixty-hours each week to study and practice, and is qualified to teach Hapkido, Tae Kwon Do, Aikido, and Tai Chi, as well as being conversant in Judo, Jujitsu and Eskrima. Jason recently translated several patterns from the *Muye Dobu Tongji*, a seventeenth century Korean text on royal court martial arts, into English and continuously works to improve the curricula for Enso Center's various programs. He is the program director for the Center. Sabrina Mix joined the family in 1991. After meeting Jason, she survived a year of training with her mother-in-law (whose school was closer to her house), and soon became a major contributor to the family and the organization. Sabrina is a graphic designer, whose



Aria (age 1) throws 'Dada', Jason



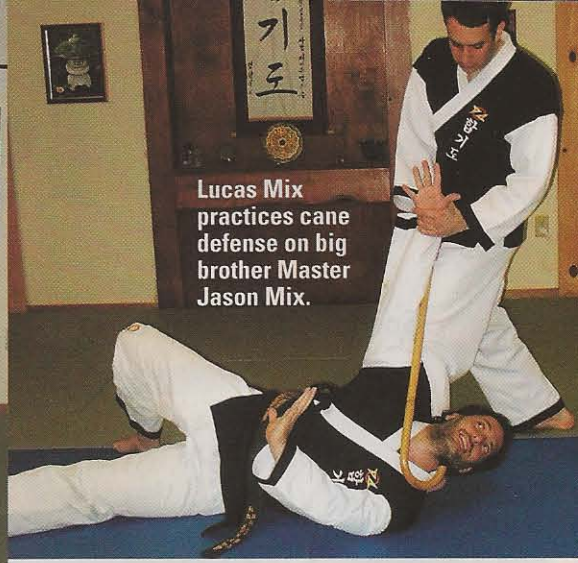
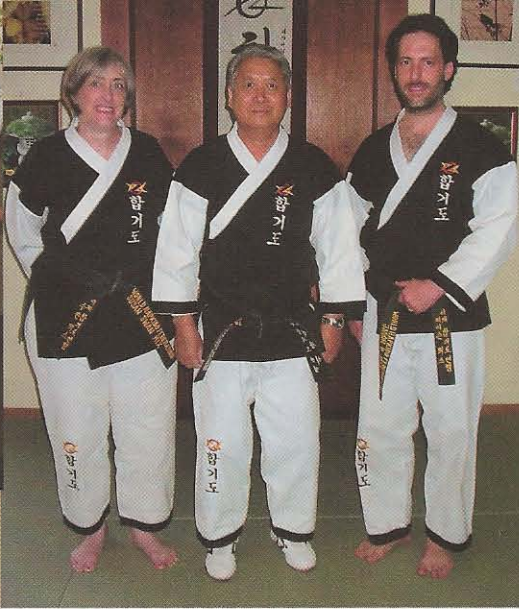
One way to get your husband to do the cooking! Sabrina Mix executes a choke on Master Jason Mix



Bill Mix locks his eldest son, Jason



RIGHT: Master Susan Mix, Grandmaster Myung and Master Jason Mix

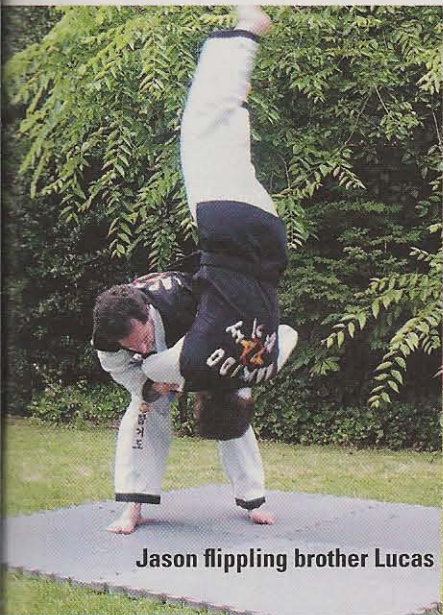


Lucas Mix practices cane defense on big brother Master Jason Mix.

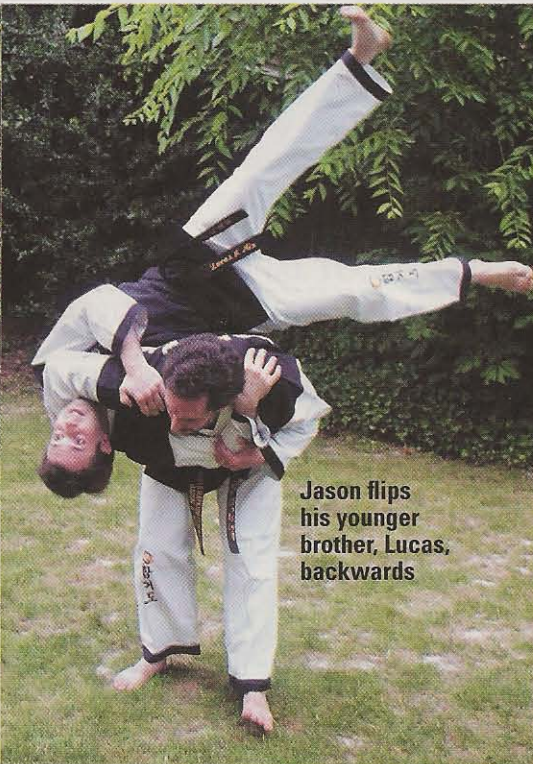
art has been displayed around the world. In addition to running art shows, however, she is an expert in Hapkido and Tae Kwon Do, and proficient in Aikido. Sabrina specializes in sword work and is known for the efficiency of her movement. Sabrina ran a school in Bellevue, Washington, for several years, and now teaches at the Redmond School with Jason. In addition to being the vice president of Enso Center, she does all of the design work for the organization including the website. Sabrina and Jason have two children, Jasper (age 5) and Aria (age 1). Jasper has already tested for his yellow belt, and is proficient at kiaps. Aria favors throws.

Lucas Mix began martial arts at age seven, and achieved black belt at age 11. He is a hopeless academic who has a BA in comparative religion from the University of Washington and a Ph.D. in evolutionary biology from Harvard. Lucas is going on to study divinity at CDSP in Berkeley, California, and hopes, one day to be an Episcopalian priest. He has taught classes in martial arts at Harvard, the University of Washington, and the University of Maryland. Lucas enjoys studying comparative martial arts and martial arts for spiritual development. He specializes in Hapkido and Aikido.

As a whole, the Mix family is continually inspired by their instructor, Grandmaster Myung. His unparalleled ability to teach difficult and dangerous techniques to beginners as well as his willingness to share knowledge without ego or politics are abilities to which the Mix family aspire. This dedication to his art of Hapkido manifests in the treatment of his students. Through awareness of each student's individual strengths and weaknesses, Grandmaster Myung is capable of bringing out the best martial artist in everyone he trains. The Mixes' loyalty to him is a response to his deeply felt joy in practicing and sharing Hapkido, as well as his intense interest in the details that make both students and techniques what they are. Grandmaster Myung expresses a constant level of dedication to his art through the documentation and organization of Hapkido through books, videotapes and seminars. He has taken the training of his youth and systemized it in a way that allows students of various ages and physical abilities to practice without injury. The intensity he brings to practice, as well as his incredible ability to control his surroundings make seminars with Grandmaster Myung both safe and educational. The Mix family and their students are fortunate to have had the opportunity to grow with such a powerful proponent of Hapkido, allowing them to expand both internally and externally. Grandmaster Myung is one of the cornerstones of the Hapkido tradition. ●



Jason flipping brother Lucas



Jason flips his younger brother, Lucas, backwards



Master Susan Mix throws sons Lucas and Jason