



INSTRUCTORS UPDATE COURSE NOTES 2018

By Master Paul McPhail

Choong-Moo Tul

Historical notes

Choong-Moo was the 2nd pattern created by General Choi in Korea, 1955 with the help of Colonel Nam Tae Hi.



Choi Hong Hi

Nam Tae Hi

The pattern is named after Admiral Yi Soon Sin. At 31 years of age he joined the army. His career flourished early on but some of his seniors became jealous and falsely accused him of desertion from the battlefield, so was stripped of his rank, imprisoned and tortured.

He was eventually released and allowed to fight as a simple enlisted soldier. He quickly rose through the ranks and became the commander of the Navel District. With war looming he started to build up the Navel through a series of reforms, one which led to the construction of the famous Kobukson.

After many famous battles, Admiral Yi was again relieved of his command due to a plot by a Japanese agent, befriending a Korean General and convincing him he would spy on Japanese operations for them. The spy informed the Korean General that the Japanese were arriving with a great fleet of ships and that Admiral Yi should ambush them. Admiral Yi refused as he knew the area was full of hidden sunken rocks and didn't trust the information he was given. When the King was told of his refusal, he was arrested, imprisoned and tortured to the point of death.

Again, he was eventually freed and worked his way up the ranks in the Navy. All in all, Admiral Yi Soon-Sin had 23 victories, but the most famous was where he engaged a fleet of 333 ships with only 13 ships of his own. With 30 ships destroyed and many more damaged, the Japanese fleet retreated. Some say this could be the reason for 30 movements in the pattern.

Admiral Yi was struck by a stray bullet, and sensing it was fatal he ordered one of his officers to impersonate him so as not to demoralise his men so that the battle could continue. He died moments later.

Technical notes

- Reverse Knifehand Strike – philtrum level
- Twin palm upward block – angle of 35 degrees, palms on chest line

Historical notes

Hwa-Rang was the 1st Taekwon-Do pattern developed, in Korean 1955 with the help of Colonel Nam Tae Hi and Sergeant Han Cho Kyo.



Choi Hong Hi

Nam Tae Hi

Han Cha Kyo

This pattern is named after the Hwa-rang - the equivalent of the Japanese Samurai (but they predate the Samurai by some 500 years).

The Hwa-Rang also had what you could consider its own Special Forces unit, akin to the famous Ninja of Japan. They were known as the “Sulsa” (Knights of the night) and specialised in intelligence gathering and assassinations. There were two sides to the Salsa training; Jung-Do or “true way” where the Sulsa would fight openly with honour, and Am-Ja or “way of darkness” which taught them trickery and deceit to accomplish their task by whatever means were necessary.

The most famous Hwa-Rang Warrior was General Kim Yoo-Sin (3rd dan pattern name). Won-Hyo was also Hwa-Rang for a brief time.

The number of movements represent the 29th Infantry Division which was formed in September 1953 on Je-Ju Island, which General Choi made his base for training. It was also known as the Fist Division. He said he wanted to make the unit “*the most righteous and desirable in the army*”.

During the day, they would practice combat training and at night they were schooled in literacy, which is very similar to the Hwa-Rang. So, General Choi modelled the 29th Infantry on the Hwa-Rang Warriors, as he must have seen his unit as similar in mode to the Hwa-Rang of old; as a military fighting force known for their courage and skills, but with morals and aims of wellbeing and unity of the country he loved.



The Unit’s emblem was on a badge the shape of Korea with General Choi’s own fist smashing the 38th Parallel to reunite Korea into one country.

Technical Notes

- Palm pushing block from in front of shoulder - no twist, breath slightly longer.
- Upward punch to chest line - same as Won-Hyo but over slightly
- Downward strike starts palms facing down – finish shoulder level, arm straight. All downward strikes are shoulder level
- Grab - body to half facing. Feet 45 degrees out. 70/30 on back foot.
- Side front block - cross at back forearms in front of solar plexus, middle finger lines up with shoulder line

Toi-Gye Tul

Historical notes

Toi-Gye tul was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.



Choi Hong Hi

Kim Bok Man

Woo Jae Lim

The pattern is named after Yi Hwang, who started to write poetry when he was twelve, and the poem he wrote at 18 years of age is admired throughout the world. This was when he first used the penname Toi-Gye.

As Buddhism went into decline in Korea, the neo-confusion philosophes of both Toi-Gye and his younger contemporary Yul-Gok became popular. He died aged 70, having been in public service for **37 years**, serving 4 Kings and holding 29 different government positions.

Technical Notes

- W-Shape block. Elbows slightly lower than shoulders, arms vertical.
- Low pushing block half way between chest and shoulder line.
- Drop hands to chest level on upward kick
- Flat fingertip Trust - forehead level.
(High punch eyes, fingertip forehead and rev KH philtrum)

Joong-Gun Tul

Historical notes

Joong-Gun was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.

As a child Joong-Gun was interested in Martial Arts and marksmanship.

One of Japan's leading statesmen, Hiro-Bumi Ito, had travelled to Korea in 1905 with a letter from the Emperor of Japan to get signed. It was a "Protectorate Treaty" which was part of Japan's plan for the long-term occupation of Korea. Ito initially surrounded the Korean Emperor's Imperial Palace with Japanese troops in order to put pressure on the ministers to sign, which they eventually did. It was named the Resident-General of Korea and given total control of the Japanese forces stationed in Korea. The Treaty also gave the Japanese the right to buy land from Koreans at a cut price – and in many cases land was simply taken from them.



Joong-Gun had by this time exiled himself to Russia and joined a resistance group of about 300 men. In 1909 along with 11 others he formed an Independence group with each member cutting off their ring finger (see photo) to show their belief in their cause.

Due to the increased Japanese presence in Kando (China), Russia started to get nervous, so a meeting was arranged between Russia's finance minister and Hiro-Bumi Ito so they could calm Russia's fears.

When Ito arrived, Ahn Joong-Gun was waiting!

He slipped past the Japanese guards and shot him 3 times as he stepped off the train. He also shot and seriously wounded four other Japanese officials. As he expected, he was immediately arrested by the Russians who turned him over to the Japanese. He was jailed for 5 months, tortured then executed by hanging aged 30.

Technical Notes

- Upper elbow - no rotation, just natural backward motion
- X-fist rising block is circular (circle in front of the body)
- U-shape Block - bottom hand slight higher than elbow

Yul-Gok Tul

Historical notes

Yul-Gok tul was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.



Choi Hong Hi

Kim Bok Man

Woo Jae Lim

Yul-Gok is named after Yi I, born in 1536 and was a child prodigy. He could read Chinese scripts at just 3 years of age and by 7 had finished the Confucian classics and was writing his own poetry.

When he was 23 he visited Yi-Hwang (Toi-Gye) who was 58 at the time. Although they both developed Neo-Confucianism, Toi-Gye believed that Li (reason) controlled Chi (vital force), but Yul-Gok felt it was the opposite way around.

By the time he was 40 years old, he had become the central figure in the politics of the Kingdom and was supported by the king. In 1583 Yul-Gok proposed that the government train and equip a 100,000 man Army Reserve Corp to reinforce the regular army, but like many of his ideas at the time it was never implemented. This was highly unfortunate as just 9 years later Korea was invaded and occupied by Japan.

Yul-Gok died one year later in 1584. Even after his death, his writings continued to have a deep effect on Korea and its government. In total he wrote 193 works, in 276 publications in 6 languages. In Seoul there is a street named after him and he is featured on the 5,000 won note.

Technical Notes

- Movement 1. no crossing of the arms, a preparatory movement.
- Front elbow Strike - start with hands natural with sidefists facing down, then open palm before strike.
- Mov 36 jump is the distance of a Low Stance (not walking stance).

Won-Hyo Tul

Historical notes

Won-Hyo tul was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.

The standard definition of this pattern is very misleading. Firstly, 686 AD is the year Won-Hyo passed away. Secondly, Buddhism had already found its way into Korea 90 years before, but it remained out of reach of the ordinary people. It was Won-Hyo who was solely instrumental in bringing it to the masses.

Won-Hyo real name was Sol-Sedang and he was a child prodigy. He was a skilled horse rider and javelin thrower and also became a Hwa-Rang. Civil War between the three Kingdoms was rife at the time and it was seeing many of his fellow Hwa-Rang slaughtered that drove him to become a monk. At age 15, whilst still a Hwa-Rang, he turned his home into a temple and renounced violence. By 20 he had taken on the name Won-Hyo.

In 661 AD Won-Hyo tried to travel to China. A great storm broke out and in the darkness he sought shelter in a cave. During the night, he woke and was thirsty. He fumbled around and felt a vessel which was filled with water from the rain. He picked it up and drank from it, quenching his thirst from the refreshing water. When he awoke in the morning he realised he had drunken from a rotten skull swarming with maggots. He fell down and vomited at the sight.

Looking around he realised he was not in a cave but in a burial chamber, but had no choice but to stay there for another night. On the second night, he couldn't sleep knowing where he was. He then realised that when he thought it was a cave, he slept soundly, and when he thought it was rain water, it quenched his thirst. From this he determined "*Everything is created by the mind alone*".

In 662 AD Won-Hyo left the priesthood and travelled the country spreading Buddhism to everyone, and the whole of Silla eventually turned to Buddhism. In his lifetime, Won-Hyo authored 86 works in 240 publications, of which 23 still exist today. He had seen the unifications of Korea's three kingdoms and brought about far reaching effects in Korea, Japan and China. He passed away aged 70.

Technical Notes

- Movement 3 not called a side punch according to the definition.
- No extra sinewave (knee spring) before drop into circular block.

Historical notes

Do-San was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.

Email from Do-San's Grandson 2012.

Hi Paul,

I had one of the best times of my life in NZ. great country and good people. Found out how rugby was really played there. I played front row.

Dosan was born in 1878 in the Pyongyang area of what is North Korea today. In Dosan's day it was one Korea. 1897 maybe be a miscalculation of the Lunar calendar age. We have Dosan's own writings stating 1878.

My mom was only around Dosan off and on because Dosan was traveling the world fighting the Japanese Imperialists and Japan's attempt to obliterate Korean culture. She always thought he was gentle and peaceful. She got the kindhearted Dosan because she was a girl.

One time my mom's cousin Jimmy stopped by. He grew up in Shanghai and Dosan lived at his family's house while he worked for the Korean Provisional Government. He said Dosan was a disciplinarian when people did not behave properly. So, we're sitting in our living room listening to Jimmy tell Dosan stories.

One day Dosan was practicing a form of martial arts using two big knives or small swords. While Dosan was going through some moves he slipped and cut one of his fingers. Jimmy was watching and started laughing. Jimmy was about 10 years old and this was around 1930. Jimmy said Dosan came over and gave him a good shut up smack. Jimmy also said Dosan disciplined him one day when Dosan caught Jimmy making graffiti on the wall outside with chalk.

If Dosan had two knives/swords I wonder what he was practicing, This would be in China. I think Kumdo the Korean version of Kendo is a later development for single swords.

The pic is in 300 dpi. If you want me to verify any info feel free to ask. I don't know it all but I know quite a bit about Dosan's history.

Thanks for your interest in Dosan and his legacy.

Best,

Flip



The email above came about when I was trying to find out Ahn Chang-Ho's true birthdate. So, it seems the date in General Choi's books (1876) are incorrect, as he was born in 1878. Interesting also that his family also refer to him as Do-San rather than Ahn Chang-Ho.

At age 24 Do-san emigrated to San Francisco to gain a western education, so that in turn he could help educate Koreans. He was shocked at the lives of Korean Americans and travelled from house to house, helping them with chores, and teaching them how to have more pride in their personal lives.

At age 29 he returned to Korea and later travelled to China. Whilst in Shanghai he was arrested following bombings by a Korean patriot. The Police had rounded up any Korean independence activists that they thought could have been involved. He was sent back to Korea and sentenced to 4 years imprisonment, but was paroled after 2 years.

In 1937 he was arrested again due to his Anti-Japanese activities, and despite his age was imprisoned and tortured. He was eventually released on bail to hospital where he died a national hero.

Do-San's first child (Philip Ahn) was born in America - the first American citizen born to Korean parents in the USA. Many will remember him as Master Kan in the TV series "Kung-Fu".

Technical Notes

- Backfist strike starts from the ribcage (as others on walking and X-stance)

Dan-Gun Tul

Historical notes

Dan-Gun was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.

The legend of Dan-Gun goes that God Hwanin sent his son Hwang-Ung to the East to build a new country. Hwang-Ung settled on Paektu Mountain, where Lake Choni-Ji is located.

One day, a tiger and a bear appeared in front of Hwang-Ung and asked if they could be human. Hwang-Ung said he would grant them their wish if they had the patience to retire from the sunlight for 21 days. The tiger couldn't endure the cave and left, but the bear had more faith and patience and stayed in the cave for the full 21 days so was transformed into a beautiful woman.

She married Hwang-Ung and gave birth to their son who they named Dan-Gun. This son gave rise to the first Korean Dynasty in 2333 BC.

Technical Notes

- Twin forearm starts from the chest on the same side as the direction of the block.

Chon-Ji Tul

Historical notes

Chon-Ji was developed in Malaysia between 1962 and 1964 with the help of Master Kim Bok Man and Master Woo Jae Lim.

“Chon” means heaven and “Ji” means earth. However when combined together Chon-Ji means “heavenly lake”. Legend has it that Lake Chon-Ji was where Dan-Gun first lived and is the highest peak in Korea, often referred to as the “Roof of Korea”.

With Chon-Ji being seen as the birthplace of the Korean nation, it is no wonder that General Choi choose it to be the first of the patterns, despite not actually being the first pattern designed.

Technical Notes

- Create the backward motion when you rise up in the sinewave
- Emphasis the downward part of the sinewave
- Ball of the foot controls balance

*Historical facts used with permission” Anslow, Stuart. **From creation to unification: the complete histories behind the ch'ang hon patterns.** Checkpoint Press - 2013