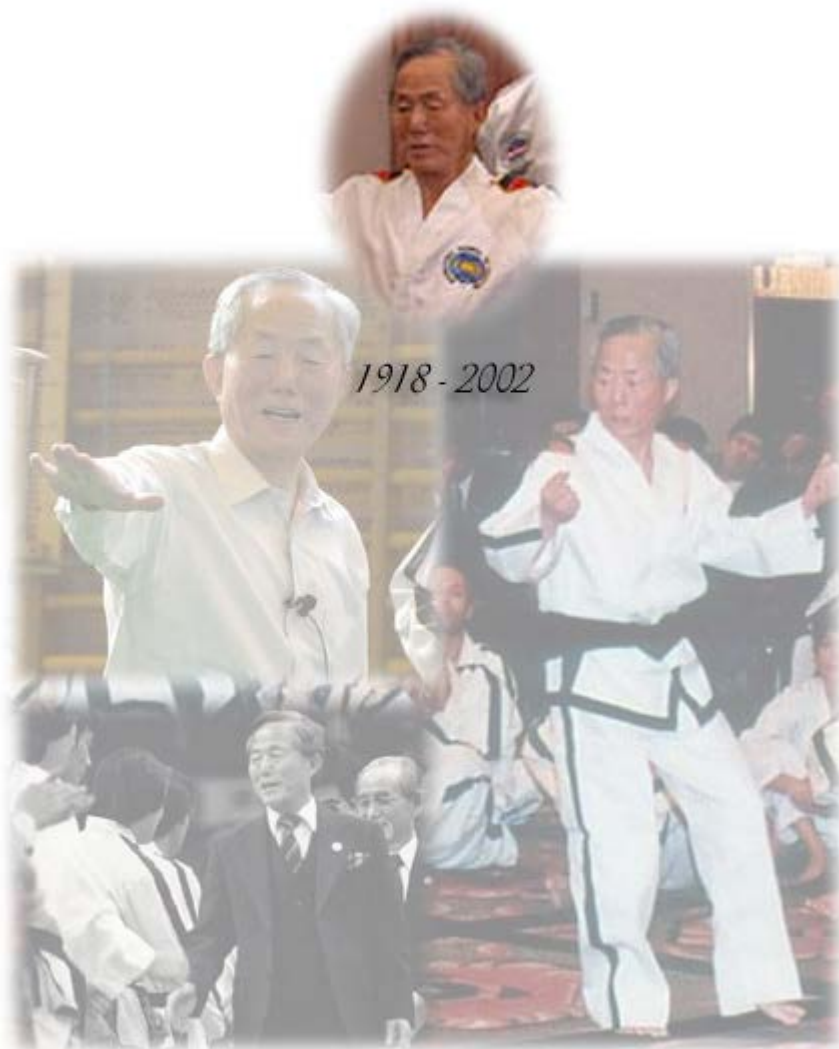




The “Ode to General Choi”

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Acknowledgements

I would like to thank my wife, Cathy (5th Degree Belt) for her support and encouragement on my Taekwon-Do journey. Together we have shared many great memories and have met many Taekwon-Do students, instructors and Masters throughout the world. We have been fortunate to learn directly from the creator of Taekwon-Do, General Choi Hong Hi, and fortunate to have been the host and organizer for the Inaugural International Instructors Course in St. John's, Newfoundland, Canada, March 16,17,18 2001.

I would also like to thank my senior Black Belt students: Mrs. Cathy Reid (4th Dan), Mrs. Joanne Collins (4th Dan), Mr. Paul Burke (3rd Dan), Mr. Paul Snow (3rd Dan), Mr. Wayne Pinsent (3rd Dan), and Ms. Alicia Beresford (3rd Dan) for their support and loyalty throughout the years.

Cover picture courtesy of ITF New Zealand: www.itfnz.org.nz

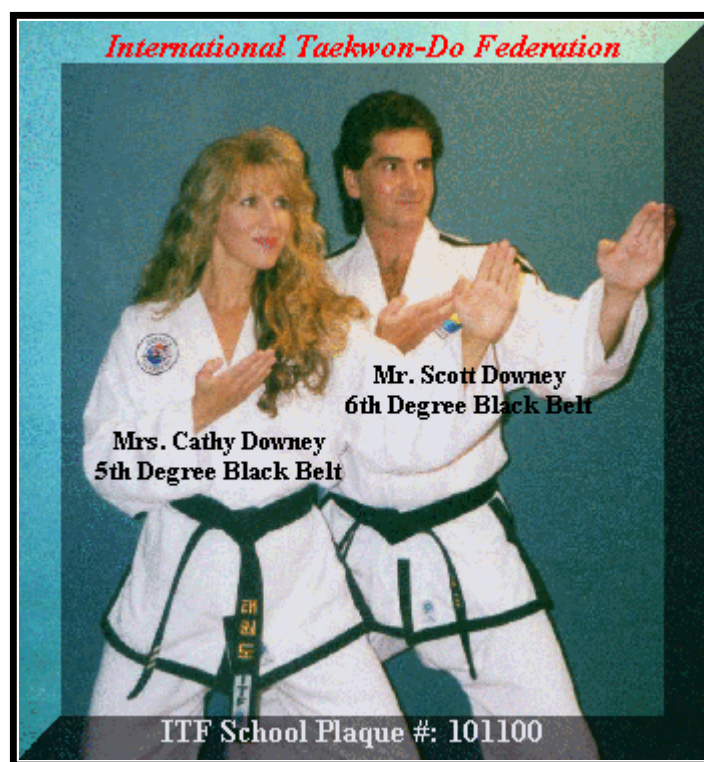


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My 1st International Instructors Course and my first encounter with General Choi:
Jamaica, November 6,7,8, 1998

I first met General Choi in a restaurant in Kingston, Jamaica on Wednesday, **November 4th, 1998**. My wife and I had traveled from Canada to Jamaica to attend our first International Instructors Course (IIC). Instead of landing in Ocho Rios, which is where we were supposed to land, we landed in Kingston. In addition to landing in the wrong part of the country we were also told that our luggage was mistakenly placed on the wrong flight and that we would have to wait another day to receive our luggage. So here we were in the wrong part of the country without any luggage and without the knowledge of how to get to Ocho Rios. Passengers on the plane told us that Jamaica was a very poor country, that Kingston had a very high crime rate, and that we should be extremely careful. Luckily, when we were exiting the Airport, we saw a female Red Belt student in an ITF Taekwon-Do Dobok. She stated that she was there to escort us to a vehicle that would take us to meet General Choi.

Ironically, General Choi had also mistakenly landed in Kingston on an earlier flight. Our host, Mr. Ryan Rampair, a 3rd Degree Black Belt, escorted us from the airport to a restaurant, where General Choi and several Jamaican instructors including Mr. Harry Chin and Mr. Peter Lu were having lunch. My wife and I were still wearing T-shirts and shorts and looked ragged after flying all the way from Newfoundland, Canada, and here we were about to meet the legendary founder of TaeKwon-Do, General Choi Hong Hi. Needless to say, we felt somewhat uncomfortable meeting General Choi under these circumstances.

We arrived at the restaurant and General Choi was sitting down talking to several Jamaican instructors. When we arrived he greeted us and we talked briefly about our trip from Newfoundland. He then proceeded to talk politics with the Jamaican instructors. As this was our first time meeting General Choi we were unsure of how to behave. However, everyone made us feel welcomed and we were soon at ease and enjoyed our meal.

We left the restaurant with Mr. Ryan Rampair and he graciously let us stay at his house. The next day Mr. Rampair drove us from Kingston to Ocho Rios via Fern Gully. This was the most terrifying ride my wife and I have ever had in our lives. The road known as "Fern Gully" is actually a dried up riverbed, which meandered from the southern part of Jamaica to the Northern part. The road was only wide enough for one small vehicle yet vehicles traveled in both directions. The driver had to blow their horn whenever they came to a turn in the road (which seemed like every 30 seconds) to signal to any possible oncoming vehicles. A frightening experience, to say the least. After about a 2-hour drive through Fern Gully we arrived at Ocho Rios with its beautiful beaches and lush forests. The hotel, Jamaica Grand, definitely lived up to its name, with quality accommodations and quality food. The seminar would be held in the hotel Ballroom.

That night we spent some time talking to the many instructors that came to the seminar including Master Pete Thibado (who was a 6th Dan at the time and is presently the vice-president of ITF-USA) and Master Earl Weiss (who continues to be loyal to Grandmaster Sereff and the USTF) and looked forward to the next morning where we would learn TaeKwon-Do directly from its founder, General Choi Hong Hi.

It was an awe-inspiring experience to see General Choi arrive at the seminar each day in such good health and with a spring in his step. He looked much younger than his age (80). At this seminar even though I was a 5th Dan I felt like I was a white belt. I had trained under Grandmaster Park Joong Soo, 9th Degree Black Belt and pioneer of Taekwon-do in Canada. He left General Choi in the early 80s and had not kept up with the changes that were taking place in Taekwon-Do technique, especially the use of the sine-wave movement. As a result, there was a lot of information to absorb and it was difficult to make changes to techniques that I have been practicing for so many years. I remember General Choi stating at the seminar, “If you practice incorrect technique for one month it will take one month to fix the problem, if you practice incorrectly for one year then one year to fix, if 10 years then you may never be able to fix”. After hearing this I felt I would probably never be able to correct my technique. General Choi stressed the importance of instructors being well informed about proper method and purpose of each technique. Despite the many bad habits that I had formed over the years I was determined to make the necessary changes and bring the information back to my students in Newfoundland. I asked many questions, took many notes, and videotaped most of the seminar for future reference.

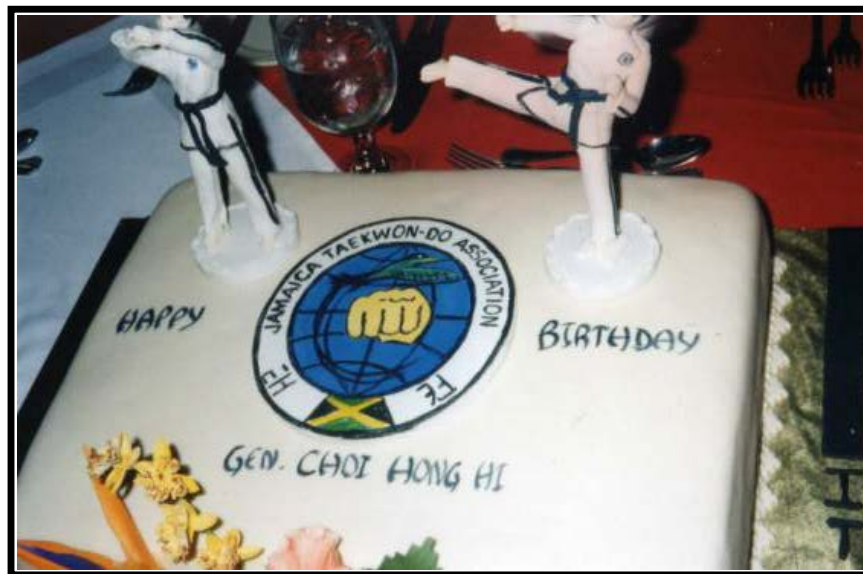
We even got a chance to eat breakfast one morning with General Choi and a few of the Jamaican instructors. We initially felt uncomfortable and were not sure of the correct protocol. However, we were soon at ease and enjoyed the meal. Everyone at the seminar was friendly and we made some great friends, especially with the Jamaican instructors and students. What stands out regarding this seminar was not only that it was our first seminar with General Choi but also that it seemed that General Choi took a liking to myself and my wife and he seemed to be always speaking directly to us when he was speaking to the group (usually sitting in a semi-circle). Maybe he realized that we were hungry for information regarding Taekwon-Do and willing to make the necessary changes to our technique. Whatever the reason, we felt honored to be in his presence. We listened and focused intently to his every word and action and I tried to capture as much information as possible by writing notes and videotaping.

Of note is that General Choi's son, Master Choi Jung Hwa, was also present at the seminar. He had arrived on a different flight. He later told me that he and his father often travel on different flights so that one would still be alive if there was ever a plane crash. It was great to see Master Choi and General Choi together and seemingly in harmony with one another. General Choi was clearly in charge of the seminar and Master Choi would be periodically asked to perform some techniques. I remember that after the seminar Master Choi signed one of my Taekwon-Do encyclopedia books with “Let's follow the same path”. This would eventually become an ironic statement, for I would not follow the same path as Master Choi.

Over 70 instructors attended the seminar. They came from the USA, Venezuela, Nicaragua, Colombia, Jamaica, and Canada. The event was particularly special because it also coincided with **General Choi's 80th birthday**, which was celebrated at the banquet. The Jamaican Taekwon-Do Association (JTA) made General Choi a beautiful birthday cake that had the JTA logo in the center of the cake and a figure (that resembled General Choi in his Dobok) in two poses (Parallel stance heavenly hands and a side piercing kick).



Mr. and Mrs. Downey with their Jamaican friends. The lady on the far right was the person who met Mr. Downey at the airport in Kingston wearing an ITF Taekwon-Do dobok. Mr. Ryan Rampair and Mr. Arthur Barrows are in center of photo.



General Choi's 80th birthday cake, at the IIC banquet in Jamaica. Too good to eat!



General Choi cutting his 80th Birthday cake.



Participants at the Jamaica Seminar. Mr. Downey is standing behind General Choi and Mrs. Downey is a row back and to the right.

I returned to Newfoundland with a strong determination to change my own technique and then change my student's techniques so that it was more in keeping with the international standard. Unfortunately, not all my students were as eager as my wife and I to change their technique to the International standard and I lost some students as a result of the changes. However, I persisted with making the changes and looked forward to attending more IIC's with General Choi.

In my notebook I had written "My goal is to attend at least 10 International Instructors Courses with General Choi before he passes away." General Choi would die from stomach cancer in just 3 ½ years but I was able to attend 6 IIC's during that time. Thank God I had the physical health and financial means to attend those seminars and that I had the desire to learn directly from the legendary founder of Taekwon-Do. To have not

learned directly from the founder would have been a great void in my Taekwon-Do career.

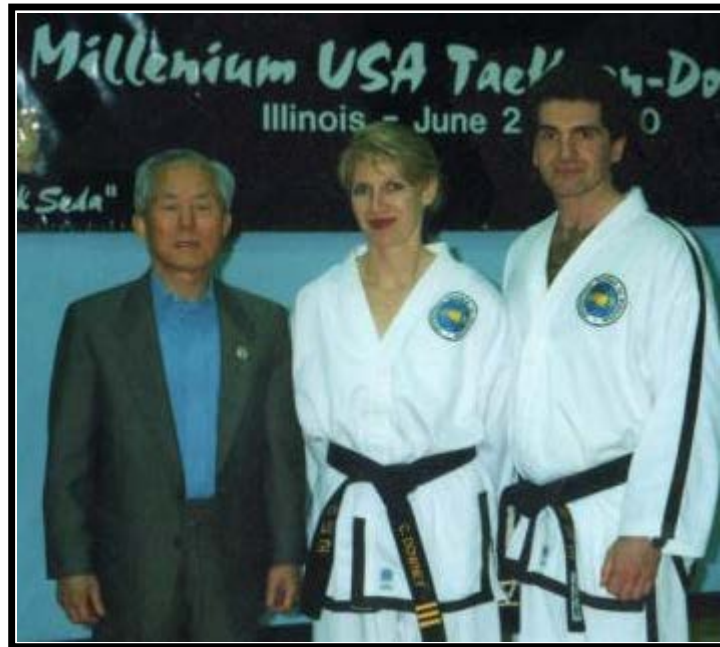
<p>My 2nd International Instructors Course with General Choi in Chicago, Illinois, USA, June 2–4, 2000. The Millenium Seminar.</p>

My wife and I attended our second IIC with General Choi June 2-4, 2000. Master Earl Weiss, who we had previously met in Jamaica, organized the seminar. It was advertised as the “Millenium” seminar because it took place in the year 2000. When we arrived at the airport in Toronto en route to the USA we met General Choi and Master Phap Lu who were getting ready to go through customs. General Choi looked very energetic and healthy and was happy to see us. I remember him showing us his picture ID card while we were in the line up. He was much younger in the picture and he seemed proud of the way he looked in his youth. I remember Master Lu saying “General, you still look young for your age” and General Choi smiling at this comment. We now felt comfortable being in the presence of General Choi and we were excited to meet him again. We then traveled from Toronto to Chicago on the same flight.

On the second day of the seminar we had a banquet in honor of General Choi. During the banquet I spoke with Master Lu and stated that I would be interested in having General Choi come to Newfoundland to conduct an IIC. General Choi had never been in Newfoundland and to have the legendary founder of Taekwon-Do in Newfoundland to conduct an IIC would be a truly amazing event. Master Lu stated that he would discuss this possibility with General Choi that evening. As you would expect I was extremely excited just to know that this dream could possibly become a reality. During the banquet General Choi visited each table and spoke with everyone. When he came to me he stated, “Mr. Downey, you have good technique. You have improved a lot since the last seminar in Jamaica.” Having this said to me by the creator of TaeKwon-Do was, to say the least, a very uplifting experience. It felt good to know that all my hard work in making changes to my technique was paying off.

The next day at the beginning of the seminar General Choi stated to the group “**Mr. Downey, I go to Newfoundland**”. My wife and I were overcome with excitement and joy knowing that General Choi, the legendary founder of Taekwon-Do, would be coming to our province. However, I quickly realized that I had just taken on a great responsibility and excitement soon changed to anxiety. However, I was determined to make the seminar in Newfoundland an enjoyable and memorable event for General Choi and everyone who attended the seminar. It was decided that the event would be held in March 2001.

Of note is that at the seminar in Chicago was the first time that I met Grandmaster Chuck Sereff who signed his name on my participation certificate and at the end of his name wrote (A-9-1) signifying that he was the 1st person from America (USA) to be promoted to 9th Dan. At the seminar I also met Master Willie Van De Mortel who was a 6th Dan at the time. He gave me a sparring tape that he had produced with Thomas Barada (multiple ITF Taekwon-Do world sparring champion) from Slovenia. The tape shows Master Mortel and Mr. Barada performing various ITF sparring drills. I also met Mr. Ray Nicolaisen, president of ITF Norway. He expressed an interest in coming to Newfoundland for the IIC in March 2001 and actually did attend the seminar.



Mr. and Mrs. Downey at the IIC in Chicago, Illinois



Mr. and Mrs. Downey with Grandmaster Sereff, 9th Degree black Belt and President of USTF

Preparations for the International Instructors course in St. Johns, Newfoundland and the Writing of the Ode to General Choi

When I returned home I immediately began preparations for the IIC. I decided on a specific date (March 16, 17, 18 2001) and a specific location, The Delta Hotel in downtown St. John's. I then developed a poster for the event and sent out seminar information to every NGB in the world. I was becoming more competent with the use of the Internet at that time and this became a great tool for advertising, both through E-mail and web site hosting.

My biggest concern was what to give General Choi as a gift of thanks for coming to Newfoundland to conduct the IIC. I thought to myself, "What could I give General Choi that he has never received before and that would be small enough so that he could take it with him on the plane." After some thought I said to myself, "what about writing a song for General Choi?" A song that would encapsulate the life and history of General Choi and Taekwon-Do! Since I was a musician and had written songs in the past I felt that it would not be too difficult to write such a song. When I listen to the song today I still do not remember exactly how I came to develop the song. It seems like it developed spontaneously without any thought. However, I do remember reading the January 2000 issue of Taekwon-Do Times magazine where General Choi is on the cover in a parallel stance heavenly hands position. The magazine contained a detailed history of General Choi's life and the development of Taekwon-Do and the International TaeKwon-Do Federation. I remember how happy I felt that finally the Taekwon-Do community would read the "true" history and development of Taekwon-Do as told by the founder himself. Of note is that General Choi would personally sign a copy of this magazine at the IIC in Newfoundland.

I wanted the song to succinctly tell the story of General Choi and his development of Taekwon-Do and the ITF. I also wanted the music to be pleasant to the ear and complement the lyrics. I first started with the chords for the song, which were D, Em7, G and Am7. These chords produced a pleasant sounding melody. Once I had the chords established I began creating the lyrics. I realized that I could create interest in the listener by creating "Contrast" in the structure of the song. I therefore decided that I would finger pick the verses of the song and strum the chorus of the song, which consists of the same chords as the verses. Of note is that I am left handed and learned to play the guitar by turning it upside down. If you are a guitar player you will appreciate just how difficult it was for me to learn how to play this way. It's basically a mirror image of the chords. Guitar players that watch me play usually complain that I give them a headache because they are trying to visualize chord reversals as I am playing.

The Chorus was the first part of the song that I created. It emphasizes the name "General Choi" and gives thanks to General Choi for the development of TaeKwon-Do and the fact that it has been practiced by the entire human race, regardless of religious beliefs, nationality, or race.

The Chorus

*Thank you General Choi, thank you General Choi
For creating TaeKwon-Do for all to enjoy
Regardless of Religion, Nationality, or Race
You've given Taekwon-Do to the entire human race.*

The first verse came naturally and from the start of the lyrics the listener is introduced to the main character of the song, General Choi, and his early years, including his Martial Arts background and his early military career.

VERSE #1

*General Choi, General Choi
Created TaeKwon-Do for all to enjoy
He studied Karate, he studied TaeKyon
From a calligrapher known as Master Ill Dong*

*He was sent to the US in June 1949
For military training, had to leave his wife behind
He returned to Korea to fight in the war
And the "fist division" insignia he wore*

The second verse tells the story of General Choi's early military career and the development of Taekwon-Do within the military. It also states the date that Taekwon-Do was officially given its name and why the name Taekwon-Do was chosen.

VERSE #2

*He trained all his soldiers in the art of Tang Soo
But the techniques were different and that name would not do
So he created a committee to name his new Martial Art
Of which prominent citizens would be a part*

*And on April 11th, 1955
The name "TaeKwon-Do" was given its life
The name was submitted by General Choi
'cause the name resembled TaeKyon that he learned as a boy*

The third verse explains the meaning of TaeKwon-Do and the fact that it is based on scientific movement and Asian philosophy. It also states the term "Little Giant" which symbolizes General Choi's strength to influence a generation of Taekwon-Do practitioners around the world despite his small stature. The emphasis on the word "True" TaeKwon-Do is a political statement about the division between the ITF and the World TaeKwon-Do Federation (WTF), which General Choi stated was a "bastardized" version of Taekwon-Do. He often referred to WTF instructors as "phony" Taekwon-Do

instructors because of their lack of the true understanding of the correct method and purpose of the various fundamental exercises that comprise ITF Taekwon-Do.

VERSE #3

*“Tae” means to kick; “Kwon” means to punch,
 “Do” is the art that we all love so much
 Based on scientific movement and Asian philosophy
 General Choi leaves the world his ‘Legacy’”*

*And through the International Taekwon-Do Federation
 “True” Taekwon-Do was spread to every nation
 And although he had many enemies along the way
 The “Little Giant” General perseveres to this day.*

My 3rd International Instructors Course: General Choi comes to Newfoundland for an inaugural International Instructors Course (March 16,17,18 2001)

After months of planning and many conversations with Master Phap Lu to ensure a well-organized and successful event, General Choi arrived in St. John’s Newfoundland on Thursday, March 15th 2001. It was very cold and we had about 100 centimeters of snow on the ground. When you were driving it was like driving through tunnels. He would be conducting the inaugural IIC on March 16, 17, 18, 2001. I had arranged for my students (mostly children) to be at the airport to greet General Choi and welcome him to our province. We had a large banner that read “Welcome General Choi Hong Hi, Legendary founder of TaeKwon-Do”. There would be over 140 participants from 6 countries (Canada, USA, England, South Africa, Ireland, and Norway).

Of note is that there was a situation that had developed approximately 2 months prior to General Choi’s visit to Newfoundland. I first received an E-mail from Mr. Mike Morningstar, Master Choi Jung Hwa’s right hand man at the time, stating that Master Choi wanted me to cancel the IIC with General Choi. A few days later I received a call from Master Choi who stated that I should cancel the IIC because his father was “senile” and that he was making poor decisions regarding the future of the ITF. Master Choi felt that by canceling the IIC he would send a message to his father regarding his apparent poor decision-making. I told Master Choi that the information packages and application forms had already been sent to all NGB’s throughout the world and that I had already booked the hotel and purchased posters for the event. There was no way that I would let politics stop me from having the legendary founder of TaeKwon-Do come to my province. I told Master Choi that I would not cancel the event. I later received an E-mail from Mr. Morningstar stating that the instructors and students under Master Choi would not be attending the IIC in Newfoundland. Despite this set back I decided that I would continue to focus my energies on making the IIC a successful and memorable event for General Choi and for all who attended, despite the boycott by Master Choi and his followers.

General Choi arrived at 12:00 noon at St. John's International Airport, and was greeted by over 50 TaeKwon-Do students dressed in their doboks. One of my Little Dragon students, Heather Zurel (age 4) presented General Choi with a bouquet of flowers. Grandmaster Joong Soo Park, my original TaeKwon-Do instructor, and Master Phap Lu accompanied him. After introductions we then proceeded to the waiting Limo, which took General Choi, Grandmaster Park, Master Lu, and myself to the Delta Hotel in downtown St. John's.

Once we arrived in the lobby of the hotel I noticed that General Choi had wandered off. I finally found him and noticed that he was looking at the walls of the hotel and lightly hitting his fist on the wall. He stated that he was looking for a suitable wall to hit for his hand conditioning exercises. He would later find that the stairwell with its concrete walls was the perfect location for hand conditioning. At 7am he would rise and perform his exercises, including hand conditioning and front leg raises.

I escorted General Choi and the others to their room, which had an excellent view of St. John's harbor and the downtown area. General Choi was pleased with the room and immediately began unpacking his suitcase. He gave me his pants to hang in the closet and I remember how small they appeared. While in General Choi's room we briefly discussed the time line for the seminar and various planned events such as the Television interview for NTV. In the room were General Choi, Grandmaster Park, Master Lu, Mr. Craig Stanley and myself. I remember General Choi stating that whenever we went somewhere he wanted the five of us to go together. He then stated, "5 people, strong like 5 sides of a Pentagon".

That night my wife and I decided to take General Choi, Grandmaster Park, Master Lu, and Mr. Craig Stanley (5th Dan at the time) out to supper at the Battery Hotel. Mr. Stanley was involved with the production of the Legacy CD Rom, which has won many awards for its high quality and creativity in the area of multimedia. The Legacy CD Rom includes the digital reproduction of the entire 15 volumes of the Taekwon-Do Encyclopedia. It is unfortunate that Mr. Stanley would later leave General Choi and join Master Choi Jung Hwa's group. He later also left Master Choi and became a member of the International Chang Hun Taekwon-Do Federation. General Choi must have found this very hurtful because I know that he admired Mr. Stanley's work on the Legacy CD Rom.

The hotel had excellent seafood with a great view of the downtown area and St. John's Harbour. I can still vividly see General Choi sitting back in his chair, the picture of health, and a huge smile on his face. I think that he realized that he had come to an event where he would be comfortable, and one that would be well organized. Before the IIC even started Master Lu stated to me, "General Choi stated that you are a good organizer". This made me feel proud but also anxious because I had to ensure that General Choi's statement would hold true throughout his entire stay in St. John's.



Picture of the group at the Battery Hotel in St. John's, Newfoundland. The group of 5 and Mr. Downey's wife, Cathy.

To help promote the fact that the legendary founder of TaeKwon-Do was in Newfoundland for an IIC, I contacted the local TV station (NTV). To increase the interest for the viewing audience Master Lu had organized a short demonstration. In addition, this would be a great opportunity for me to play "The Ode to General Choi" for General Choi for the first time. The interview went perfect and General Choi was happy with the media attention and with the song that I had wrote for him. When I played the song you could see him intently listening to the lyrics and smiling to himself. After the song was over he shook my hand and thanked me for the time and effort I had put into writing the song. Later that day the demonstration and the "Ode to General Choi" was seen across Newfoundland on the NTV evening news.



Mr. Downey, Mayor of the city of St. John's, Andy Wells, General Choi and Grandmaster Park at the NTV News conference at the IIC in St. John's, Newfoundland.



Dinner on Friday evening at the Magic Wok Chinese restaurant. Mr. Ray Nicolaisen, Mr. Downey, Mr. Weiss, Master Lu, General Choi, Grandmaster Park, Mr. Stanley, and an instructor from South Africa.

On Saturday evening (March 17th) I had organized a banquet for General Choi and over 100 people attended the event. This was another opportunity for me to play the “Ode to General Choi”. General Choi, Mayor Andy Wells, Grandmaster Park, and Master Lu sat at the head table, which was on the stage area of the ballroom. I sat to the left of General Choi and played the song. Having General Choi in Newfoundland and playing the song for him was a very emotional experience for me. I knew right then that even though General Choi would someday be gone his legacy would be preserved in song. Little did I know that his passing would be sooner than anyone expected. During the banquet I presented General Choi with a copy of the CD of the song and the lyrics to the song. I also gave him a Walkman so that he could listen to the song at his leisure.

At the banquet we also held a “Screech-In” which is a ceremony where non-Newfoundlanders or “come-from-aways” are inducted into Newfoundland culture by placing two peppermint candies in both cheeks, downing a shot of Screech Rum, repeating a Newfoundland phrase “Long may you’re big jib draw” and kissing a cod fish. At the end of the ceremony participants get a certificate that names them as honorary Newfoundlanders and members of the Royal Order of Screechers.



The “Screech-In” ceremony. Notice the lady with the dried salt codfish ready for kissing.

After we finished our meal and the “Screech In” General Choi came to each table for a toast. When he came to our table he said that he would like the song to be played as the official song for the opening ceremonies at the World Championships in Italy. I was honored to know that he thought so highly of the song that he would have it played at such a prestigious event.



My lovely wife Cathy, toasting General Choi. He would always test you by making sure he held his glass low, and of course, you had to go lower than him.

Later that night I took Grandmaster Park, Master Lu, and a large contingent of the seminar participants to the famous or “infamous” George Street area of downtown St. John’s. It was a cold but beautiful night. There was no wind and the snow was softly falling. The street is approximately 700 feet long and has approximately 50 nightclubs located on both sides of the street. It was St. Patrick’s Day weekend and everyone

enjoyed the traditional Newfoundland music and the hospitality and friendliness of the Newfoundland people. Many did not return to the hotel until 3am.

Another bright moment of the IIC was the official recognition of March 17th 2006 as “Taekwon-Do Day” by the City of St. John’s. The document was signed by General Choi and the mayor of the City (Mayor Andy Wells) who was also a Black Belt in TaeKwon-Do and who also attended the IIC. See **Appendix A** for a copy of this document, which is also signed by General Choi.

Of note is that I later found out that the Walkman that I gave General Choi was the first that he ever had. That night I passed by his room and the package that the Walkman came in was in the garbage can outside his room. He had opened up the package so that he could listen to the CD of the “Ode to General Choi”.

Another highlight of the event was a meeting between General Choi, Master Lu, Grandmaster Park, Dr. Meisen, (President of the University in Newfoundland and Labrador), and myself. The purpose of the meeting was to discuss the possibility of a 4-year ITF Taekwon-Do program that would result in a university degree in Taekwon-Do. At the time Dr. Meisen was willing to participate in such a discussion because he knew that General Choi had good contacts with the North Korean government and that the University would like to share their knowledge of the fishing industry with the North Koreans. General Choi stated that he would develop a 4-year University Taekwon-Do Master plan and that he wanted my input regarding the program.

Of note, is that at the IIC in Newfoundland General Choi asked me to assist him and Master Lu in correcting participant’s techniques. This was a great honor but it was also nerve wrecking because General Choi would watch me make corrections to make sure that I was teaching the techniques correctly. General Choi would make the same request at two more upcoming IIC’s (Toronto in April 2001 and British Columbia in December 2001)

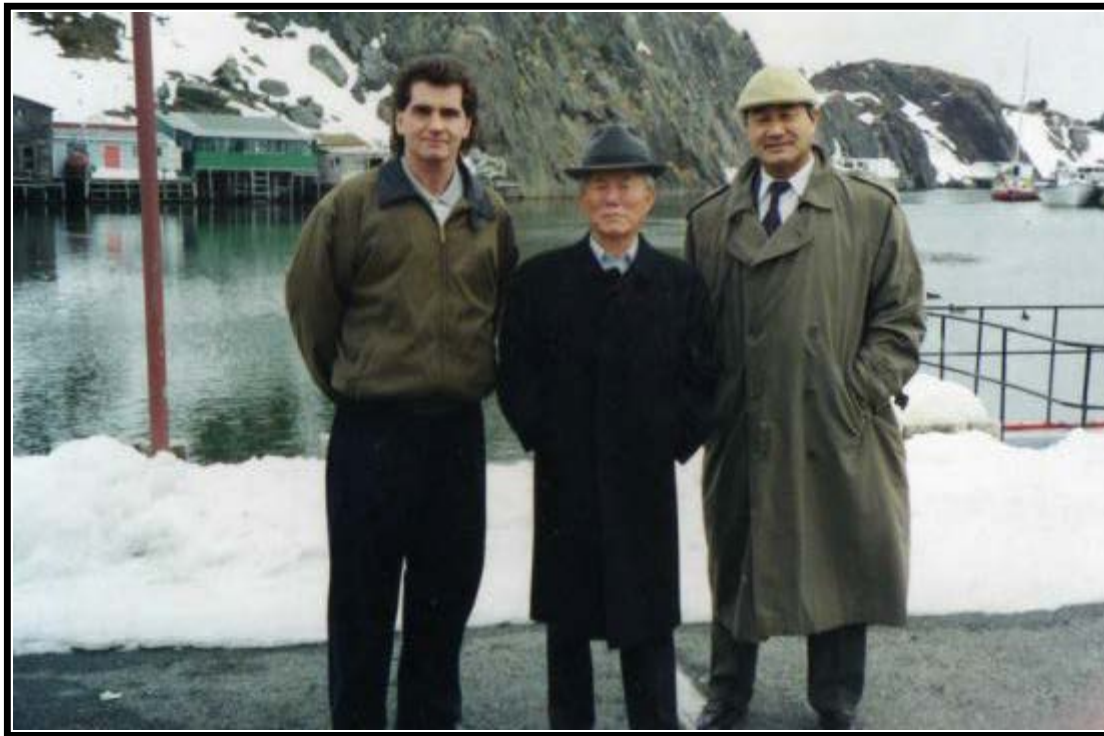


Downey's Taekwon-Do students at the IIC in St. John's, Newfoundland

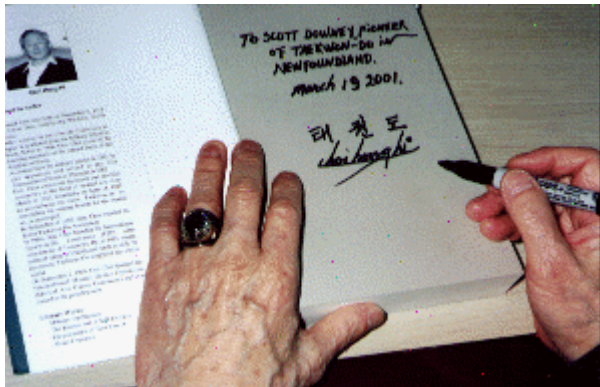
The day that General Choi was supposed to leave I decided to take him, Grandmaster Park and Master Lu to visit Cabot Tower on Signal Hill, where the first transatlantic wireless communication had taken place. Although it was sunny, it was a very cold and windy day. General Choi stepped out of the car just long enough to have his picture taken with Grandmaster Park and myself. He was wearing a black hat and long black overcoat. Master Lu took the picture. I then drove General Choi to my house to pick up my wife, Cathy, and we then drove them to the airport and said our goodbyes. It would not be too long before I would see him again in April 2001 for an IIC in Toronto, Ontario, Canada, which was being hosted by Grandmaster Joong Soo Park.



Mr. Downey, General Choi and Grandmaster Park In front of Cabot tower on Signal Hill



Mr. Downey, General Choi and Grandmaster Park at Quidi Vidi Fishing Village in St. John's, Newfoundland.



The above pictures show General Choi signing his book "Taekwon-Do and I" with the words, "To Scott Downey, Pioneer of Taekwon-Do in Newfoundland, March 19 2001"

**My 4th International Instructors Course with General Choi (Toronto, Canada,
April 20, 21, 22 2001)**

Grandmaster Joong Soo Park, the pioneer of Taekwon-Do in Canada (1968), organized this seminar. Grandmaster Park had left the ITF for many years and became a member of the WTF and then became independent. However, for whatever reason, he decided to return to the ITF. Because he had been away from the ITF for so many years he had not kept up with the changes in the ITF system and this was clearly evident by his student's technique during the seminar. They did not know about sine wave movement, correct method of movement, or the correct purpose of many techniques. I felt bad for them. I knew how they felt because I had also been a student of Grandmaster Park and also had to make significant changes in my technique. Although Grandmaster Park had not kept up with the changes in technique he was still in great physical shape and had kept his flexibility and kicking ability. He is also a very soft-spoken and humble man, which contrasts with his physical size.

Unlike the other IIC's that I attended this IIC was not very well organized and there was a lot of time spent on trying to get the attending instructors involved with a "Black Belt club" which was organized by a Martial Artist that was in one of Bruce Lee's movies. I can't remember his name but he had a scare on his face in the movie. One thing I do remember is that this person was also talking about Martial Art cards that would depict famous Martial Artists such as General Choi and that these cards would become very valuable when the person dies. I found this statement to be very inappropriate and unfortunately would foreshadow what was to come. There was also a lot of time spent on demonstrations, which took away from General Choi's teaching time. Unfortunately, I did not benefit much technically from this seminar but was able to meet many high-ranking instructors and Masters from many countries including Master Trajtenberg (8th Dan) and Master Marano (8th Dan) from Argentina, who are presently members of the ITF technical committee under Master Tran. I was also asked by General Choi to once again assist with making corrections to participant's techniques. Ironically, I made some corrections of Mike Morningstar's techniques, who one month earlier was involved in the boycott of my IIC in St. John's, Newfoundland. Master Choi Jung Hwa was also present and you could feel the tension in the air.

Of note is that Master Andre Blake was also present at the IIC. He passed away just a few weeks after the seminar due to heart problems. He had been an icon in the ITF Taekwon-Do community in Canada, especially in his province of Quebec. He organized the largest ITF TaeKwon-Do nationals in Montreal in May 1999 with over 1200 competitors. I remember congratulating him on his ability to organize such a big event and he stated, "Mr. Downey, this is too big!" He was a very humble man with a lot of skill in self-defense. He is sadly missed.

A highlight for me at this particular IIC was at the banquet. During the banquet several Spanish-speaking instructors and Masters including Master Benny Rivera (Puerto Rico) and Master Van Bin (presently the president of ITF-USA), and Master Ruben Suarez (6th Dan at the time and presently the technical director for ITF-USA) started singing a song in Spanish. After the song Grandmaster Park stated, "Mr. Downey, General Choi would like for you to sing the song that you wrote for him". I did not have my guitar and I was not expecting that I would have to sing the song. I was very nervous having to sing the

song in front of so many instructors and Masters. I sang the first two verses and the chorus of the song and everyone seemed to like the lyrics, which captured the life and history of General Choi, TaeKwon-Do and the ITF. I can remember Master Trajtenberg coming to my table after I had sung the song. He said, "I had to come and shake hands with the Taekwon-Do singer". It was a great feeling to know that the song was so well liked by General Choi, and the Masters. I could sense that they felt that the words captured the spirit of General Choi and his beloved Taekwon-Do. I actually have a videotape of the seminar and banquet and me singing the song to General Choi. You can see General Choi listening intently to the lyrics and smiling to himself. I think that he felt proud that someone would actually write a song about him.

<p>My 5th International Instructors Course with General Choi (Vancouver, British Colombia, Canada, December, 7,8,9 2001).</p>
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My 5th IIC is probably the most significant for me because it was at this seminar that I was promoted to 6th Degree black belt by General Choi. It was such an honor to have the legendary founder of Taekwon-Do critique my technique and personally promote me to 6th Dan. I was so nervous during the test that when he asked me the meaning of Joong-Gun I stated "Heaven and Earth". He looked at me with an inquisitive look and I immediately realized that I had given the meaning of Chon-Ji and not Joong-Gun as he requested. I quickly rhymed off the meaning of Joong-Gun and he smiled and said, "Yes, you know". It was also significant because General Choi asked me, for the 3rd time to help him correct the participant's techniques. It was a great honor to know that he felt that my technique and knowledge was good enough to assist him with instruction. Unfortunately, I felt that I still needed feedback on my own technique and I would not get a chance to receive feedback because I would be assisting with instruction.

Of note, is that during my testing (December 7th, 2001) two Korean gentlemen arrived to meet General Choi. One of the men was Mr. Kim who had learned Tang-Soo from General Choi when he served in the Korean Army. The other was the president of the WTF for British Columbia. When they arrived they knelt down in front of General Choi and bowed to him. Both had tears in their eyes and were humbled and honored to be in the presence of General Choi. Both men sat at the grading table and watched the grading and got their pictures taken with General Choi.



Mr. Downey getting his picture taken with General Choi after his testing for 6th Degree Black Belt in British Columbia, Canada

At the banquet I sat at the head table with General Choi, Master Lu and Master Norman. There was a small demonstration and Master Clint Norman, a 6th Dan at the time, performed Ul-Ji. I had remembered seeing him perform the pattern on the Legacy CD Rom. This time I had brought my guitar with me because I knew that General Choi would want me to sing the song. This was the third time that I had sung the song in front of General Choi. While I sang the song the host of the event played a video on a large screen that depicted beautiful scenery of Vancouver and the surrounding area. After I sang the song and sat back down at the head table General Choi came over to me and said, “Mr. Downey, you are a genius”. Little did he know that I struggled in school and had to work extremely hard to remember information and was far from a genius. However, I knew what he meant and I realized how much he appreciated the song.

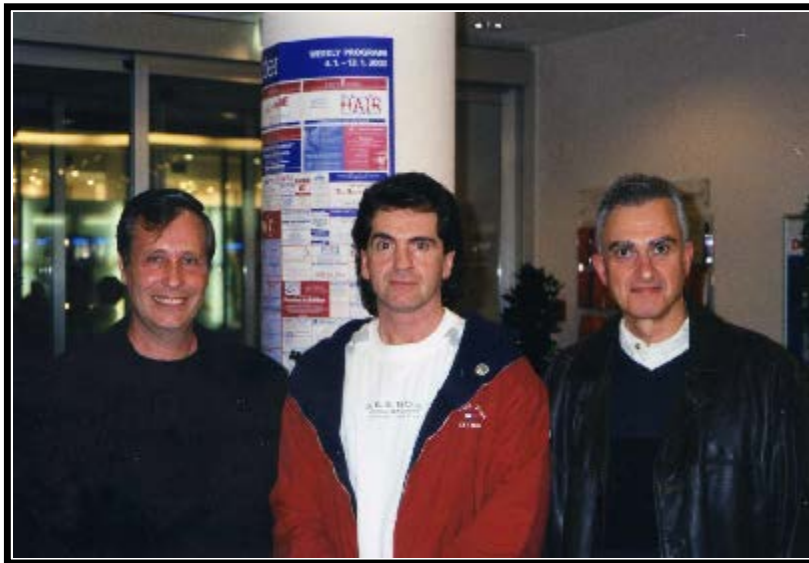
My 6th International Instructors Course (1st Masters Seminar) with General Choi (Vienna, Austria, January 11-13, 2002)

This was my final seminar with General Choi prior to his death on June 15 2002. Master Tom MacCallum and the chief instructor for the Austrian Taekwon-Do Federation organized the seminar. I received a letter from Master MacCallum that stated, “There will be a Masters Seminar conducted by General Choi for all 6th Dans and above in Vienna, Austria from the 11th –13th of January 2002.” Luckily, I had just been promoted to 6th Dan by General Choi and could therefore attend the event. The seminar would be held at the Intercity Hotel in Vienna. It was hoped that as many instructors/delegates as possible would attend the event. Although I was not a delegate I wanted to attend to show my support for General Choi and to once again learn directly from the legendary founder of Taekwon-Do. General Choi and Master Choi were at odds on the future direction of the ITF and General Choi wanted to continue his role as president of the ITF for another six-

year term, rather than have it led by his son within two years. This seminar was very stressful for everyone involved, especially General Choi.

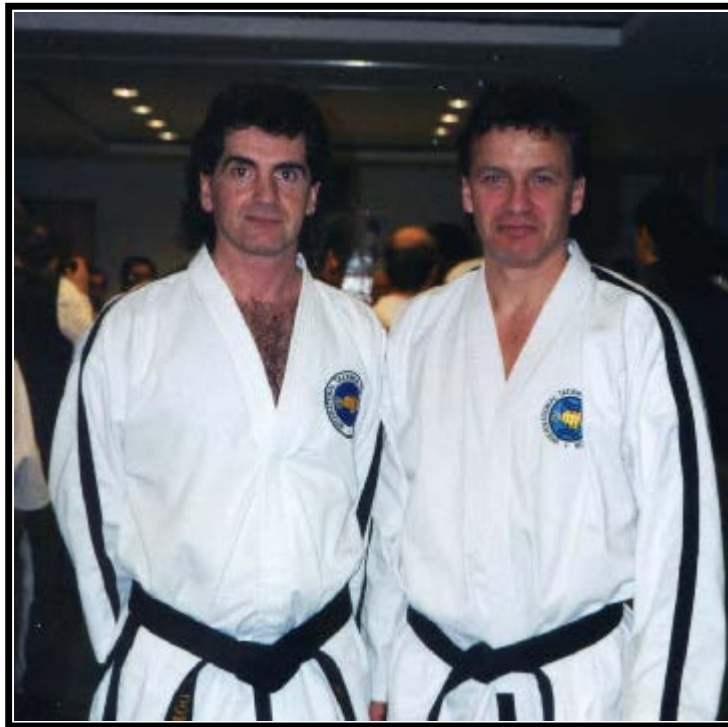
This was my first trip to Europe and I was both excited and anxious about going overseas. It was only 4 months after the September 11th attacks on the World Trade Center and there was still a lot of anxiety about air travel. Before I left, my 9-year-old son Brandon said “Dad your plane will not get blown up will it?” When I arrived at the airport in Vienna I met Master Choi and his group (Mike Morningstar, Pram Rai, Dana Johnson, Craig Stanley, and a few others). They were there to offer support to Master Choi. I had developed a dislike for this group because they had boycotted the IIC in Newfoundland and was placing a lot of pressure on General Choi. Ironically, all of these supporters of Master Choi, with the exception of Pram Rai, would eventually leave Master Choi.

Instead of going with Master Choi’s group I went with the organizer of the event, Master Tom MacCallum, secretary general of the ITF, Master Trajtenberg and Master Marano, who would eventually become members of the technical committee for the ITF under president Master Tran. The Masters were very friendly to me and Master Trajtenberg remembered me as the “Taekwon-Do singer” that he met at the IIC in Toronto. When we arrived at the Hotel I took advantage of the moment to get my picture taken with Master Marano and Master Trajtenberg.



Mr. Downey with Master Trajtenberg and Master Marano at hotel in Vienna

I shared a room with Master Norman, president of CTFI. It was a small room as compared to North American standards but it was clean and comfortable. On most nights it was difficult for both of us to fall asleep and we often shared stories of our earlier years and our families. Some people have said that we look like brothers and he often jokes that he is the younger more handsome brother. However, I am the younger. You can decide on who is most handsome (smiles).



Mr. Downey and Master Norman at Masters Seminar in Vienna

It was at this seminar that Master Choi kicked a camera out of Master MacCallum's hand and the police had to be called to escort Master Choi and his group out of the building. This was very stressful for General Choi and he had to be moved to another hotel for fear of his son and his group of supporters. I remember General Choi at the seminar stating, "Choi Jung Hwa is no longer my son". This incident was witnessed by the seminar participants (high ranking instructors, Masters, and Grandmasters) and it definitely created a negative image of Master Choi. Most could not believe what had happened. I do not know what drove Master Choi to behave in such a way but his display of lack of self-control in such a high profile situation eroded his credibility as a leader.

The seminar was attended by 3 grandmasters: Grandmaster Rhee Kee Ha from the United Kingdom, Grandmaster Park Jong Soo from Canada, and Grandmaster Hwang from the USA. There were also many Masters and high ranking instructors from around the world. Including Master Lu and Master Tran (Canada), Master Marano and Master Trajtenberg (Argentina), Master Wheatley and Master Renee Sereff (USA), Master Sutherland (Scotland), Master Benny Rivera (Puerto Rico), Master Bos (Italy), Master Paul Weiler (Germany), Master Javier Dacak (Paraguay), and many others. It was an amazing experience to be in the same room with such talented and well known instructors, Masters and Grandmasters and I am sure that General Choi was pleased with the amount of support that he had from his instructors from around the world.



Mr. Downey (back right corner) just behind the only two female participants, Master Sheena Sutherland and Master Renee Sereff.

Despite all the turmoil the seminar and the congress went ahead as planned and General Choi was nominated to continue with his presidency for a six-year term rather than have Master Choi taking over the ITF within two years.

There were two highlights to this seminar. First, General Choi requested that Master MacCallum play the “Ode to General Choi” CD on his laptop computer while the instructors and Masters sat on the floor of the training hall. After the song was played he stated that the leaders of the various NGB’s should contact me for a copy of the CD so that it could be played at ITF events. I had a few copies with me at the time and gave them to several Masters. A second highlight of the seminar was that General Choi called my name during the seminar and handed me a handwritten copy of the “4 Year University TaeKwon-Do Master Plan”, which was first discussed at the IIC in Newfoundland. See **Appendix E** for a typewritten copy of the cover page and first page of the program, and **Appendix D** for a copy of the handwritten notes for the first page of the document, written by General Choi, which were given to me by General Choi. He stated that he wanted me to add my own ideas to the program and to send him a typewritten copy of the program. The handwritten notes were done in pen and done freehand with the use of a ruler to create tables. There are several pages where General Choi used white out to erase errors. What is significant about this document is that the “4 year University Master Plan” was General Choi’s final contribution to Taekwon-Do and I was fortunate enough to have been involved with the project and still have his handwritten notes.

Despite the conflict between General Choi and his son, the Masters seminar turned out to be a very successful and memorable event. Master MacCallum took Master Lu, Master Norman, Grandmaster Park, Master Tran, Master Marano, Master Trajtenberg, Mr. Russell McClellan (Senior Vice President of the ITF at the time), two Masters from

Malaysia, and myself, on a tour of Vienna, including a trip to an opera house to listen to some classical music. I remember missing my wife greatly at that time and wished that she were there to share in the experience. Vienna is a beautiful city with amazing architecture.



Master Trajtenberg, Master Norman, Master Tran, Master Marano, Master Lu, Mr. Russell McClellan, Master Tom MacCallum, Master ? from Malaysia, and Mr. Downey

I spent most of my leisure time with Master Willie Van De Mortel (6th Dan at the time) and a group of European instructors, including Master Wim Bos from Italy, Mr. Tapilatu (6th Dan) from the Netherlands and Mr. Gordon Wallace from Scotland. Maybe I felt comfortable with the Europeans because my ancestors were from Europe (Ireland). They were a fun group to be with. Master Bos had previously supported Master Choi but apologized to General Choi at the seminar and was accepted back into the ITF. He was a great asset to the ITF because of his exceptional knowledge and organizational skills regarding ITF TaeKwon-Do competitions. We were all very happy to have him back with us and he received many hugs and tremendous applause. I also remember walking with a few Masters from Malaysia. They were wearing light jackets and were having a very difficult time adjusting to the cold. We would often go into a store and stand by the heaters to get warm. There was no snow in Vienna but the air was very damp and cold, a climate that the Malaysian Masters were not accustomed.



Mr. Downey with the Europeans.

The Masters seminar was also significant because I would get the chance to have the final pattern of the ITF curriculum, Tong-Il, critiqued by General Choi. As usual, General Choi would ask participants to perform a pattern and he would offer feedback and make corrections to your technique. There were several instructors who went up and performed lower level patterns such as Joong-Gun or Po-Eun. I had never seen General Choi give corrections for pattern Tong-Il and this was a perfect time for me to make sure that I was performing this pattern correctly. When General Choi said, "Who would like to go next" I raised my hand. He said "OK Mr. Downey you go next. What pattern will you perform". I said "Tong-Il, sir". He said, "What?" Then I repeated "Tong-Il sir" and, with an inquisitive look said "Tong-Il?" I guess senior instructors don't volunteer to perform Tong-Il in front of General Choi for fear that they would not perform well. However, I was not concerned; I knew I needed corrections and who better to make corrections than General Choi. Learning the 24th pattern from General Choi was an amazing experience and I can still clearly hear his voice and see him watching my technique whenever I perform this pattern. Of note is that I also performed the pattern PO-Eun and when I did fore fist pressing block he stated, "Mr. Downey, are you sure?" I stated, "Yes Sir" and he then kicked me lightly in the private area. I then realized the importance of one of the 9 training secrets, "To understanding the correct method and purpose of each movement clearly". My fist was too far in front of me and therefore could not stop the kick from reaching its target. A funny but enlightening memory.

Of note is that throughout the seminar General Choi did not show any signs of sickness or frailty and as far as I know no one knew that he was sick. Ironically, he had only 5 more months to live.

Back at home in St. John's, Newfoundland. A Call from General Choi!

In February 2002 I received a call from General Choi at my home in St. John's, Newfoundland. My wife put him on hold and shouted, "Scottie, General Choi is on the phone, hurry!" I answered the phone and General Choi stated "Hello Mr. Downey, I am calling to see if you have completed the Master Plan for the 4 year University TaeKwon-Do program?" I told General Choi that I had been very busy with my job as a Psychologist at the Janeway Children's Hospital and in my private practice but that I should have the manual completed in a few days. He thanked me for my efforts and stated that he was looking forward to receiving the manual in the mail. A few days later I had the program completed and sent it to General Choi. A few days after that I received another call from General Choi stating that he received the manual and that he was pleased with the result. He stated that he would send it to Vienna and request that a copy be sent to all the leaders of the National Governing Bodies (NGB's) for the ITF. Of note is that for the longest time our phone caller ID showed "Choi Hong Hi". Little did I know that this would be the last time that I would be talking to General Choi. I did not know that he was sick and would die of stomach cancer within four months.

General Choi is sick, and dying from stomach Cancer

I remember seeing pictures on the Internet of General Choi's last IIC at the IIC in Colorado, USA just prior to his death. He was in a wheelchair and was fed through a tube that was inserted in his nose.

Despite his illness and frailty he still wanted to participate in what he knew would be his final IIC. He looked frail and I knew that he likely only had weeks to live. Shortly thereafter he went to North Korea where he died on June 15 2002. I remember reading on the Internet that General Choi had passed away and the terrible loss that I felt. My wife, Cathy, and I felt very close to General Choi despite knowing him for just 4 short years. He was like a father figure, and he had a profound impact on our lives. We were looking forward to attending our 2nd seminar in Jamaica with General Choi and therefore did not attend the seminar in Colorado, not knowing that this would be his last. Maybe it was best that we did not see him in such a frail condition, as it would have been difficult to bear. My memories of him are ones of strength and vitality (push-ups on the knuckles, hand conditioning on the walls, graceful and coordinated techniques, and high twisting kicks to Master Lu's head). My wife and I were very fortunate to have known and learned from the legendary founder of Taekwon-Do. He was gone but would never be forgotten. Luckily we have many photos and video footage from the six IIC's that we attended.

Attending the Funeral for General Choi

The “little giant” General was gone but I would make sure that his memory would live on through his Taekwon-Do and through the song “The Ode to General Choi”. The first time that I performed the song after General Choi’s passing was at General Choi’s funeral in Toronto, Canada. It was difficult to “keep it together” at times but I managed to get through the song. Present at the funeral were many legendary Masters, his son, Master Choi Jung Hwa, his wife, and his daughters. Although I was aware of the conflict between Master Choi and General Choi prior to his death I felt that attending the event and performing the song was the right thing to do. I remember that it was raining before I began to sing the song but as soon as I began to sing the clouds parted and the sun began to shine.



Mr. Downey performing the Ode to General Choi at General Choi’s funeral service in Toronto, Canada

The use of the song after General Choi’s passing

Since General Choi’s death I have performed the “Ode to General Choi” at the following events:

- Funeral Service in Toronto, Canada
- 1st General Choi Memorial Cup, Ottawa
- 2nd General Choi Memorial Cup, Ottawa
- 1st Atlantic Canadian Championship in Newfoundland
- Pan-American Championship in Quebec (2002)
- Junior World Championship in Honduras (July, 2006)

The CD of the song has also been played at the World Senior Championships in Italy and Germany and has been played for National events in Argentina and other countries throughout the world. Many students, instructors and Masters have listened to the song on my website at www.kick.nf.net and have requested to copy and paste the song on their web sites, which I always say “yes”. The more people that hear the song the better, for it will just enhance the memory of General Choi and reinforce his legacy as the “creator” of Taekwon-Do.

It is my sincere wish that the song be heard by all Taekwon-Do practitioners throughout the world and played at various Taekwon-Do events, including National championships and World Championships. The song will ensure that the memory of General Choi will live forever in the music and lyrics of the “Ode to General Choi”. A song that I hope captures the true spirit of Taekwon-Do and its creator.

Permission for the ITF under Master Tran Trieu Quan to use the song the “Ode to General Choi” as the “Official” song for the ITF.

It is my sincere wish that the ITF make the “Ode to General Choi” the official song of the ITF and that it will be played at all major ITF events. It is also my wish that the song be written in other languages so that people from all nationalities are able to appreciate the content of the lyrics. I hereby give my permission to the ITF under the presidency of Master Tran Trieu Quan to place the song on their web site www.itf-tkd.org and to play the song at various ITF Taekwon-Do events including National and World Championship events.

I look forward to performing the Ode to General Choi at the upcoming 9th Junior and 15th Senior World ITF Taekwon-Do Championship, which will be held in Quebec City, Canada, from May 31st to June 3, 2007. This will be a very exciting time for me since I am hoping to be an umpire at the event as well as test for my 7th Dan.

There has been tremendous stress placed on the ITF leaders and its members since the passing of General Choi. However, we have weathered the storm. Prior to his death I know that General Choi wanted the ITF to be governed “democratically”. Through the perseverance and indomitable spirit of our President, Master Tran Trieu Quan and the ITF technical committee (Master Bos, Master Marano, and Master Trajtenberg) the ITF has developed into a service oriented, technically sound, and democratic organization. Within this past year, I have attended the 1st ITF Taekwon-Do Leadership Training camp in Honduras (July 9-13, 2006) and the 22nd IIC in Halifax, Nova Scotia (December 1, 2, 3 2006) and I am thankful for the knowledge and professionalism of the ITF Technical Committee. It is no easy task to take on the responsibility of the continued development and promotion of the ITF without the presence of General Choi. However, Master Tran and the ITF Technical Committee have taken on the challenge and have performed extremely well in the face of adversity. General Choi would be proud.



Mr. Downey (far right) at the 1st ITF Taekwon-Do leadership training camp, Honduras.

I would like to end this thesis with the Chorus of the “Ode to General Choi” and the 2nd part of the last verse.

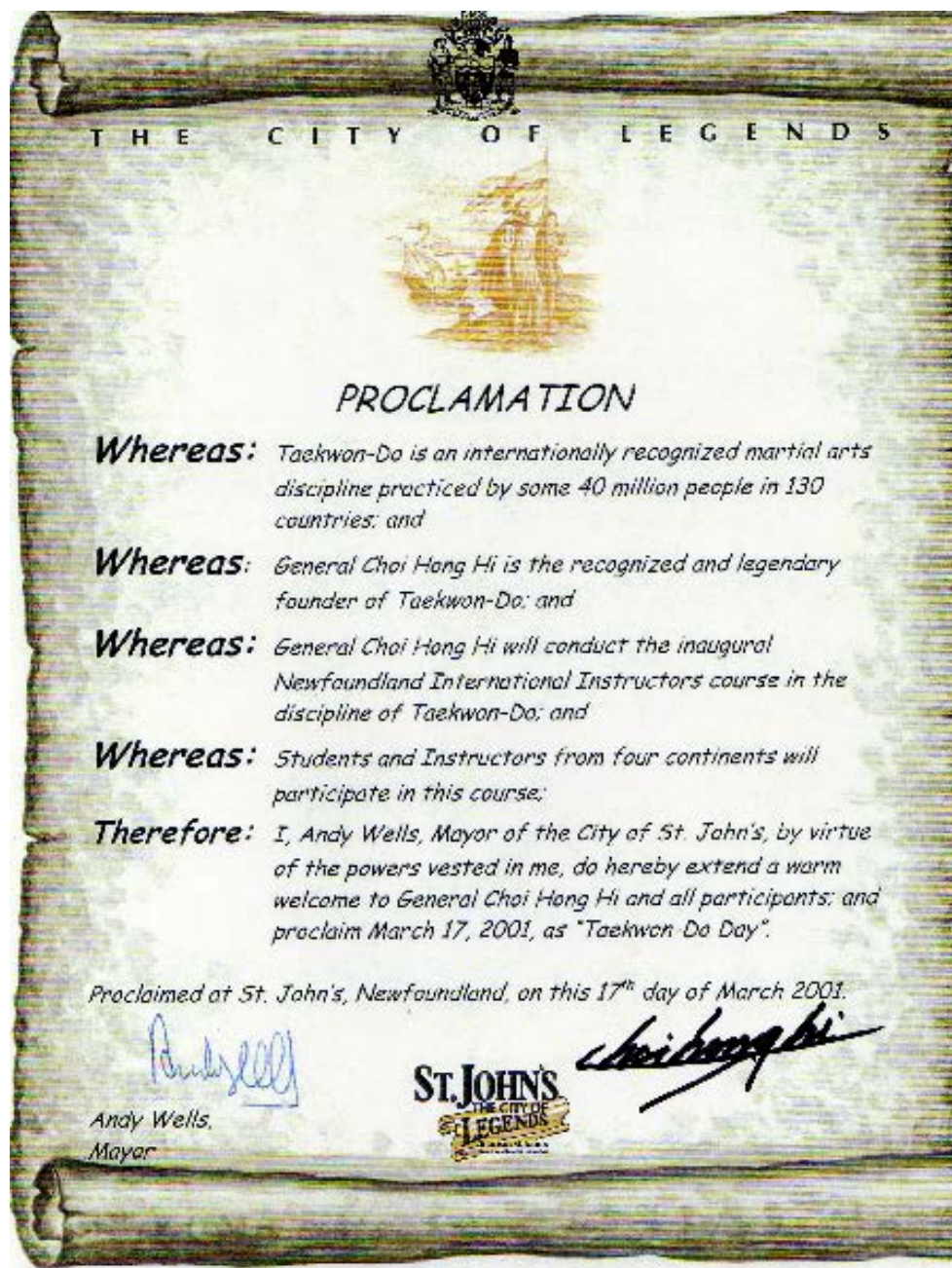
*Thank you General Choi, thank you General Choi
For creating TaeKwon-Do for all to enjoy
Regardless of Religion, Nationality, or Race
You’ve given Taekwon-Do to the entire human race.*

*And through the International Taekwon-Do Federation
“True” Taekwon-Do was spread to every nation
And although he had many enemies along the way
The “Little Giant” General perseveres to this day.*

Scott Downey, M.Ed, R.Psych
6th Dan (C-6-19)
Instructor plaque # 101100
President, ITF Newfoundland and Labrador (ITFNL)

Appendix A

The proclamation of March 17th, 2001 as "Taekwon-Do Day" signed by mayor Andy Wells and General Choi Hong Hi



Appendix B


The signed poster of the IIC held in Newfoundland, March 16, 17, 18, 2001

Newfoundland


INTERNATIONAL INSTRUCTORS COURSE

Conducted by the "Creator" of True and Original TaeKwon-Do

General Choi Hong Hi




태권도



국제태권도연맹

태권도



INTERNATIONAL
TAEKWON-DO
FEDERATION


choi hong hi

Come to where the mountains meet the sea.

March 16, 17, 18, 2001

Delta Hotel, Salon 'A'

St. John's, Newfoundland, CANADA



Contact Information

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Appendix C

A signed copy of The Ode to General Choi lyrics

"THE ODE TO GENERAL CHOI"

LYRICS WRITTEN BY MR. SCOTT DOWNEY, VTH DAN (C-5-33)
PRESIDENT OF ITF NEWFOUNDLAND, CANADA
© JULY 13TH/2000

(VERSE #1)
GENERAL CHOI, GENERAL CHOI
CREATED TAEKWON-DO FOR ALL TO ENJOY.
HE STUDIED KARATE, HE STUDIED TAEKYON
FROM A CALLIGRAPHER KNOWN AS MASTER ILL DONG

(VERSE #2)
HE WAS SENT TO THE U.S. IN JUNE 1949
FOR MILITARY TRAINING, HAD TO LEAVE HIS WIFE BEHIND.
HE RETURNED TO KOREA, TO FIGHT IN THE WAR,
AND THE "FIST DIVISION" INSIGNIA HE WORE.

(CHORUS)
THANK YOU GENERAL CHOI, THANK YOU GENERAL CHOI,
FOR CREATING TAEKWON-DO FOR ALL TO ENJOY.
REGARDLESS OF RELIGION, NATIONALITY, OR RACE,
YOU'VE GIVEN TAEKWON-DO TO THE ENTIRE HUMAN RACE.

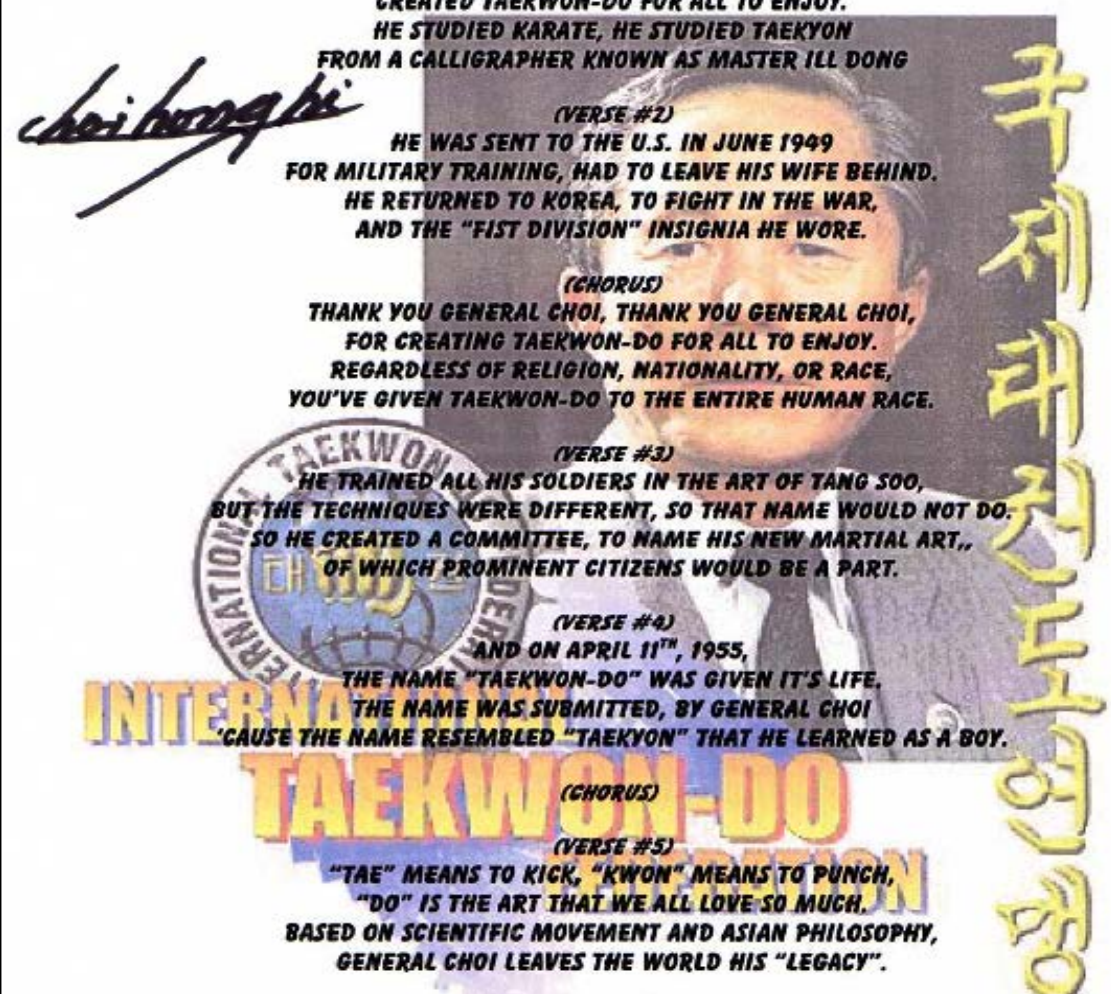
(VERSE #3)
HE TRAINED ALL HIS SOLDIERS IN THE ART OF TANG SOO,
BUT THE TECHNIQUES WERE DIFFERENT, SO THAT NAME WOULD NOT DO.
SO HE CREATED A COMMITTEE, TO NAME HIS NEW MARTIAL ART,,
OF WHICH PROMINENT CITIZENS WOULD BE A PART.

(VERSE #4)
AND ON APRIL 11TH, 1955,
THE NAME "TAEKWON-DO" WAS GIVEN IT'S LIFE.
THE NAME WAS SUBMITTED, BY GENERAL CHOI
'CAUSE THE NAME RESEMBLED "TAEKYON" THAT HE LEARNED AS A BOY.

(CHORUS)
(VERSE #5)
"TAE" MEANS TO KICK, "KWON" MEANS TO PUNCH,
"DO" IS THE ART THAT WE ALL LOVE SO MUCH.
BASED ON SCIENTIFIC MOVEMENT AND ASIAN PHILOSOPHY,
GENERAL CHOI LEAVES THE WORLD HIS "LEGACY".

(VERSE #6)
AND THROUGH THE INTERNATIONAL TAEKWON-DO FEDERATION,
"TRUE" TAEKWON-DO WAS SPREAD TO EVERY NATION.
AND ALTHOUGH HE HAD MANY ENEMIES ALONG THE WAY,
THE "LITTLE GIANT" GENERAL PERSEVERES TO THIS DAY.

(CHORUS) TWICE



choi hong hi

국제태권도연맹

INTERNATIONAL TAEKWON-DO FEDERATION

Appendix D

General Choi's handwriting: The first page of the 4-year University Master Plan.

MASTER PLAN FOR UNIVERSITY			
YEAR	PATTERN	SPARRING	REFERENCE
1 ST YEAR	9 PATTERNS	PREARRANGED	ENCYCLOPEDIA OF THE KWONDO
		SEMI-FREE	
		FREE	
		RELEASING TECHNIQUE	
2 ND YEAR	3 PATTERNS	PREARRANGED	ENCYCLOPEDIA
		FREE	C.D. ROM
		FOOT	
3 RD YEAR	3 PATTERNS	FREE	ENCYCLOPEDIA
		PREARRANGED - TREE	C.D. ROM
		THROWING AND FALLING TECHNIQUE	
		MODEL	ENCYCLOPEDIA
4 TH YEAR	3 PATTERNS	SELF-DEFENCE TECHNIQUE	C.D. ROM
		CLASS LEADING PROCEDURE	TRAINING FILM

Appendix E



4-Year University Taekwon-Do Program

Master Plan

Created by:

General Choi Hong Hi, Legendary Founder of Taekwon-Do
And

Mr. Scott Downey, VI Dan., B.Sc (Hons), M.Ed, Registered
Psychologist, International Instructor/Examiner, and
President ITF Newfoundland

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Appendix F (first page of master plan typed version)

<i>YEAR</i>	<i>PATTERN</i>	<i>SPARRING</i>	<i>REFERENCE</i>
1st Year	9 patterns	Prearranged	Encyclopaedia of Taekwon-Do
		Semi-Free	
		Free	CD ROM
			Training Videos
			Book of Moral Culture
		Releasing Techniques	Taekwon-Do And I
2nd Year	3 Patterns	Prearranged	Encyclopaedia of Taekwon-Do
		Free	
		Foot	CD ROM
			Training Videos
			Book of Moral Culture
			Taekwon-Do And I
3rd Year	3 Patterns	Free	Encyclopaedia of Taekwon-Do
		Prearranged – Free	
		Throwing and Falling Techniques	CD ROM
			Training Videos
			Book of Moral Culture
			Taekwon-Do And I
4th Year	3 Patterns	Model	Encyclopaedia of Taekwon-Do
		Self-Defence Techniques	
		Class Leading Procedure	CD ROM
			Training Videos
			Book of Moral Culture
			Taekwon-Do And I

