



## KOREA/USA SIMMUDO ASSOCIATION

MARTIAL ART FITNESS CENTERS, INC.  
2849 S. Broadway • Rochester, MN 55904  
Phn 507-281-4335 • Fax 507-536-9020

### FALL NEWS - 2009



#### KNOW YOUR HISTORY

I feel it is important to know at least a little on the history of the martial art(s) you practice. This article is going to focus on our style of Tae Kwon Do but may be of interest to others.

First off, there are a few different spellings that are seen; **Tae Kwon Do, Taekwon-do, and Taekwondo** are all of these are proper spellings of the term. The first is generally used by people practicing the old style forms or hyung. The second spelling is usually used when describing the International Taekwon-do Federation Taekwon-do which uses a different set of forms or tul. The final spelling is most often used to describe World Taekwondo Federation Taekwondo which is the style represented in the Olympics and uses yet another set of forms or poomsae.

Our style is of the old style Tae Kwon Do. **The original name used was Kong Soo Do, "Way of the Empty Hand,"** before attempts to unify the various Kwans resulted in the use of the term Tae Kwon Do. The Kwan that the majority of our forms come from is the Chang Moo Kwan although we have added some forms from a sister art, Tang Soo Do, "Way of the China Hand."

**The Chang Moo Kwan was originally called the YMCA Kwon Bup Bu and was founded by Yoon, Byung In.** Yoon taught along with Chun, Sang Sup of the Choson Yun Moo Kwan (became Ji Do Kwan) at the YMCA in Jong Ro, Seoul. Yoon, Byung In spent his youth in Manchuria where he learned a Chinese martial art, "Joo An Pa." Before Korea's independence from the Japanese Occupation he studied at Nihon University in Japan. While in Japan he learned Shudokan Karate from Toyama, Kanken earning the rank of 5th Dan. Because of the close connections with

Yoon, Byung In and Chun, San Sup the Chang Moo Kwan and Ji Do Kwan were considered brother Kwans.

During the Korean War Yoon, Byung In disappeared. After the war his students Lee, Nam Suk and Kim, Soon Bae **reopened the YMCA Kwon Bup Bu under the name Chang Moo Kwan,** there are claims that Yoon used this name before his disappearance, and used the term Kong Soo Do to describe the art they taught.

**How are these styles represented now?** Over the years in South Korea the push has been toward the new forms represented within the the World Taekwondo Federation. The style represented by the International Taekwon-do Federation is found across the globe, but has little to no presence in South Korea, and is considered by some a more traditional form of Taekwon-do compared to the sport oriented World Taekwondo Federation. The people practicing the old style forms are fewer and usually represented by people practicing Tang Soo Do.



One of the incarnations of the Chang Moo Kwan logo.

What does this have to do with your training? Absolutely nothing beyond knowing a little about where your art comes from. Is one style going to be better than another? Maybe, it depends on what your looking for. **But you should try to find what it is you are looking for and commit yourself fully to get the maximum benefit from your training.**

*Take care,*

*Kirby Strissel*

*Administrator - Korea/USA Simmudo Association*

#### RESOURCES ON THE HISTORY OF Tae Kwon Do - Tang Soo Do - Kong Soo Do

[http://martialartsresource.com/anonftp/pub/the\\_dojang/digests/history.html](http://martialartsresource.com/anonftp/pub/the_dojang/digests/history.html)

**Taekwondo: Traditions, Philosophy, Technique** by Marc Tedeschi

**Complete Tang Soo Do Manual Volumes 1 & 2** by Ho Sik Pak

**Tang Soo Do: The Ultimate Guide to the Korean Martial Art** by Kang Uk Lee