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## Foreward

The Martial Arts Journal is published by the International Martial Arts Research Institute (IMARI). Established in 2002, IMARI is the academic arm of U.C. Berkeley's Martial Arts Program (UCMAP).

U.C. Berkeley's reputation for outstanding academic achievement in both the natural and social sciences draws exceptional individuals from around the world. As a result, the practitioners in its martial arts program represent a broad talent base with research experience in fields as varied as physics, engineering, computer sciences, economics, medicine, and law. The Martial Arts Journal is fortunate to be able to draw contributions from these intelligent and motivated men and women, many of whom are on the cutting edge of their respective areas of expertise. Often, these contributions originate as part of the writing requirement for black belt promotions, an obligation which is unique to UCMAP.

As Editor-in-Chief, I am deeply indebted to Managing Editor Randy Vogel and to Executive Editors Master Changseob Ahn and Dr. Norman Link, and I would like to thank all of the volunteer editors and contributors who made this volume possible. I would also

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like to state that all articles appearing in the Journal represent the authors' personal views and not necessarily those of IMARI, UCMAP, or the University of California.

As always, your feedback is appreciated and will contribute to the improvement of future publications.

Ken Min, Director  
IMARI  
UCMAP

## Preface

As is immediately obvious upon examination of this series, the UCMAP Journal of Martial Arts Studies has been a continuously evolving publication. The editorial staff of the current volume set lofty goals in attempting to exceed the standards set by the first five volumes; our hope is that the reader will find the result of our efforts to be agreeable, educational and entertaining!

That the education, training and intent of the divers authors differs substantially necessarily implies that the articles herein will cover a similarly broad range of topics, and that points of style and characteristics of expression will vary as well. Nonetheless, we have attempted to enforce consistent formatting guidelines throughout the volume.

The use (or abuse) of gendered pronouns and possessives has, for the most part, been left to the discretion of the original author. Likewise, as even expert grammarians can come to blows over *proper* comma placement, we have permitted the authors great latitude with respect to punctuation, requiring only that variations from the norm be consistently applied within any given paper.

All citations have been reformatted to modified Turabian style, and references to Internet resources have been checked and rechecked for accuracy and currency of the URL tags. For the most part, long URLs have been split across lines at the directory level; in many cases a tinyurl has been substituted for ease of use when the original exceeds 40 characters.

With respect to use of Asian languages, we regret

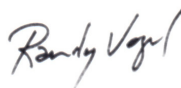
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that we were unable to properly include vowel or tone marks. When necessary, we have attempted to be faithful to the following romanization schema:

- Chinese (Mandarin): pinyin;
- Chinese (Cantonese): Meyer-Wempe;
- Korean: new Revised Romanization (for additional information, see the description posted by the Korean Ministry of Culture and Tourism at <http://tinyurl.com/4ovev>);
- Japanese: (modified) Hepburn.

All remaining inconsistencies and typographical errors are the responsibility of the Managing Editor.

Cheers!

A handwritten signature in black ink, reading "Randy Vogel". The signature is written in a cursive, flowing style.

## **Acknowledgements**

### **Editor-in-Chief**

Dr. Ken Min

### **Executive Editors**

Master Changseob Ahn

Dr. Norman Link

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## Contributors

*(listed in alphabetical order by surname)*

### **Christopher H. Barron**

Christopher H. Barron graduated from MIT in 1998 with a B.S. in Computer Science and Electrical Engineering. While working in the San Francisco Bay Area for Oracle, he trained at UCMAP in the TKD club for 4 years, starting as a red belt and earning his 1st dan in 2001. From 2001 to 2004, he also co-instructed the Oracle TKD Club with Dr. Frank Choy (3rd dan - UCMAP). In spring 2004 Chris moved to Pasadena, CA to work at Overture, an Internet advertising company, and he currently trains in taekwondo and hapkido at Chul Jin Martial Arts in San Marino, CA.



### **Rachel Bleiweiss-Sande**

Ms. Bleiweiss-Sande earned her 1<sup>st</sup> dan in taekwondo with UCMAP in the spring of 2003. She currently attends Princeton University.

### **Laura Copenhaver**

Laura Copenhaver is a 2nd degree black belt in Hankido from U.C. Berkeley Martial Arts Program. She holds a B.F.A. in Photography from The Rhode Island School of Design, and is a certified personal trainer with the National Academy of Sports Medicine. Laura is currently preparing for personal trainer certification from the National Strength and Conditioning Association. She is a certified kickboxing instructor with the Aerobics and Fitness Association of America, and a Johnny G. certified Spinning instructor. Ms. Copenhaver has additional training in Shiatsu, acupressure, Swedish massage, Iyengar yoga, and boxing. She is currently employed as a personal trainer and group exercise instructor for Club One.



## **Victor Da Costa**

My name is Victor Manuel Da Costa, I am twenty four years old. I have been part of the UCMAP hankido program since fall of 1999. Currently, I have the rank of first degree black belt. I graduated from Berkeley in 2001 with a B.S. degree in Molecular Cell Biology and a minor in Music. After graduating, I worked full time at the Children's Hospital of Oakland research Institute (CHORI) for two years in a genetics lab devoted to improving the technology of gene therapy. In the fall of 2003, I began attending medical school at the University of California, Irvine. I am now enjoying my last summer before second year and before school becomes year round by reminding myself of all the things I used to do, such as climbing, playing the saxophone, and of course: hankido.



## **Rosalie del Rosario**

Rosalie del Rosario received her 1<sup>st</sup> dan in hankido in 1999, a 1<sup>st</sup> dan in taekwondo in 2000, both from UCMAP, and a Ph.D. in Aquatic Ecology from UC Berkeley in 2000. She works as an ecologist for the National Oceanic and Atmospheric Administration. Her primary interests include raising her son, Sutter, spending time with her husband, Bill, and training for marathons. She plans to finish an Ironman triathlon sometime before she turns 40.

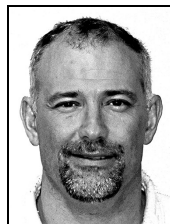
### **Nathaniel Huebsch**

Nate Huebsch is a 1<sup>st</sup> dan in hankido; performing all of his training through UCMAP, starting in 1999 as a freshman at Cal. He graduated in 2003 with a B.S. degree in Bioengineering and worked for a year at Xgene, a biotech startup focused on the development of artificial skin for cosmetics testing and grafting. In September of 2004, Nate will begin a Ph.D. program in Medical Engineering and Medical Physics through the Division of Health Sciences and Technology, a joint program between Harvard and the Massachusetts Institute of Technology, where he will pursue research interests in regenerative medicine and biotechnology. Mr. Huebsch plans to pursue an academic career in biomedical engineering, where he can continue this line of research (possibly exploring nerve regeneration) and also teach. He remarks, "My Hankido training at Berkeley was one of the most fun and rewarding aspects of my four years there (particularly during my training sessions with my black belt mentor, Steve Brown), and I plan to continue training during graduate school."



### **Norman G. Link**

Dr. Norman Link is 6<sup>th</sup> dan and head instructor of the UCMAP Hankido Club. In addition, he is currently the Administrative Director of UCMAP. Dr. Link earned his B.S. and M.S. in Computer Science and Electrical Engineering from U.C. Berkeley, a Ph.D. in Biomedical/Electrical Engineering from Carnegie-Mellon University, and most recently, an MBA from U.C. Berkeley. At various times, he has also studied iado, judo, jujitsu, kenpo and Korean karate (aka taekwondo).



## **Sandy Liu**

Sandy Liu began her training at UC Berkeley and is currently a 1<sup>st</sup> dan in the Harvard Hapkido club, an affiliate of Brown University Hapkido. Sandy is finishing a Master in Architecture at the Harvard Graduate School of Design with a thesis in housing and sustainable design: a broad topic that includes the conservation of finite materials and resources, plus the act of maintaining or improving the quality of social and environmental surroundings, with air quality as a notable component. Sandy's interest in exercise-induced asthma stems from her own battle with the disease, which is under control thanks in large part to hapkido being a regular activity that keeps her in shape, to the doctors and allergists who acknowledged the asthma, and to the emergency inhalers that are now so rarely used.



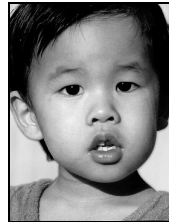
## **Dawn Newton**

Ms. Newton earned her 2<sup>nd</sup> dan in hapkido with UCMAP in 1998. She currently resides in Redwood City, CA.



## **Hien Nguyen**

Hien Ngoc Nguyen is a 2<sup>nd</sup> dan in hankido with UCMAP. He joined UCMAP in 1997; his paper was originally written in 1999 in partial fulfillment of his first dan testing requirements. Hien graduated from the U.C. Berkeley College of Letters & Science, in 2000 with a B.A. in Integrative Biology. He currently attends U.C. Berkeley School of Law, and anticipates earning his J.D. in 2005.



### **Joshua Schwartz**

Joshua Schwartz is a graduate student at the University of Wyoming in Geology and Geophysics. His research focuses on tectonic and geochemical processes of crustal formation in the Indian and Atlantic oceans. He earned his B.A. and M.S. in geology from Brown University. He holds the rank of 1<sup>st</sup> dan in hankido, and is affiliated with the Brown University hankido club under the direction of Mark Abbott. He has also studied aikido, Brazilian jujitsu, kung-fu, and Goju-ryu karate. He currently studies Seiyo Shorin-ryu karate under Soke Dan Hausel at the University of Wyoming.



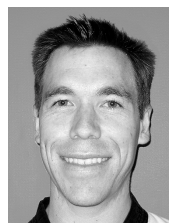
### **Alexander Shearer**

Alexander Shearer is a first dan in hankido. He graduated from the University of California at Berkeley in 1999, and has just received his Ph.D. in Biology from UCSD, where he studied a novel mechanism of regulated protein degradation that plays a key role in how the body manages cholesterol and which may also have implications for treating neurodegenerative and other noncardiovascular disorders. While at UCSD he participated in hapkido, Brazilian jiu-jitsu and Universal Fighting, of which he states, "All three were valuable experiences with their own distinctive approaches to self defense."



### **Steve Sulack**

Steve Sulack is pursuing a Master's degree in Mechanical Engineering at UC Berkeley, after completing a B.S. in M.E. there in May, 2003. Steve earned his 1<sup>st</sup> dan in taekwondo in May, 2003, after four years of practicing at UCMAP. Presently, he is working at the Lawrence Berkeley Lab on the SNAP (Supernova/Acceleration Probe) doing satellite modeling and simulation.



## **Peter Vail**

Peter Vail is a member of the UCMAP Hankido Club, where he earned the rank of fourth dan. He holds a Ph.D. in Anthropology from Cornell University, and is currently working towards a second Ph.D. in Linguistics at Georgetown. Most of his research is conducted in Thailand, where he is affiliated with anthropologists at Ubon Ratchathani University. His research interests include the nature of language and power in mainland Southeast Asia; issues of identity, class and the empowerment of politically marginalized groups in Thailand; and sociocultural aspects of muay thai. Peter aims to settle in a warm climate, preferably near a beach, so he can improve his surfing.



## **Ting Vogel**

Ting Vogel is a 2<sup>nd</sup> dan in taekwondo and a 1<sup>st</sup> dan in hankido, both with UCMAP. She holds a B.S. in Mechanical Engineering from Rensselaer Polytechnic Institute, but her career path has taken her into Information Technology and Operations. Currently, Ting works as the Threat Operations Center Manager for Ironport Systems in San Bruno, doing her part to fight computer viruses. Besides spending much of her spare time on the mat practicing Martial Arts, Ting also does archery, plays roller hockey, snowboards, skates (inline, roller, and ice), hikes, bikes, and still finds time to enjoy some good jazz and blues (but does not always get a lot of sleep). Ting's Philosophy: "Martial Arts means courtesy, integrity, perseverance, self-control, and an indomitable spirit. Martial Arts is a way of life. It's an attitude and an approach to living that permeates all that I do. It defines who I am." and Ting's Goal in Life: "Live life! Have fun! Die happy!"









# History & Overview

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# Culture & Sociology

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# Health & Medicine

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# **Instruction & Techniques**

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