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Foreward

We struggled to publish each edition through the seventh issue of the Monograph since its first publication in May, 1992. Volumes I, II and III were entitled Monograph but the name was changed to Journal of Martial Arts Studies in Volumes IV,V, and VI. The Martial Arts Research Institute of UCMAP came back to its original name of Monograph in Vol. VII.

The Monograph is now at a stage of positive transition to meet the demands of the national and international martial arts world. Therefore, as Publisher, I would like to go back to my frame of mind when I published the first issue in 1982. Following is the Foreword of that first issue:

Since its inception over 25 years ago, the Martial Arts Program on The University of California's Berkeley campus has had a twofold mission: In addition to providing successful, quality technical instruction in all martial arts/sports, the UC Martial Arts Program also endeavors to maximize the academic resources of the university to develop martial arts/sports through research into their philosophical, spiritual, and scientific implications.

Technology influences and controls our lives more strongly as time goes by. Although the human effort has struggled to remain close to nature, contemporary society calls for a balance between "high tech" and "human touch". The yin and yang principle of equilibrium is not only practical for understanding nature, but is applicable to maintaining a healthy mind and body for longevity of life in our modern society. Following this principle,

the UC Martial Arts Program strives to promote the balanced development of technical knowledge alongside martial arts philosophy and science. For this reason, I am pleased to publish this first martial arts Monograph.

Wisdom and knowledge are difficult to perceive within the short life span of mankind. Therefore, one should not waste even a second in the ongoing challenge of understanding the truth and educational value of the martial arts. It is my hope that this Monograph, which reflects 25 years of thought on martial arts/sports will contribute to their positive development for a long time to come.

I would like to express my appreciation to Dr. Russell Ahn who is in charge of this publication as Editor-in-Chief in the midst of his other responsibilities, instructional and coaching duties. My special thanks to Mr. Randy Vogel who has diligently served as Managing Editor, other contributors to this publication and friends of the UC Martial Arts Program who supported this ongoing academic endeavor.

Ken Min,

Publisher.

Director, IMARI

September 2, 2010

Editor in Chief's Corner

The University of California Martial Arts Program (UCMAP) has provided quality Martial Arts instruction since its founding in 1969. The academic caliber of the program is reflected via our monograph series.

It is our great pleasure to present volume 8 of the Monograph. The current publication concentrates on the philosophical, psychological and pedagogical aspects of martial arts training and instruction.

The University of California Martial Arts Program is the country's premier university martial arts program. UCMAP has hosted international martial arts symposia since 1996, most recently including the prestigious International Taekwondo Symposium in 2007 and 2009. The focus of the 2007 symposium was "*The History & Spirit of Taekwondo and Strategies for Globalization.*" In 2009, the symposium centered on "*World Taekwondo Academy Curriculum Development and Curriculum Developments for Taekwondo Majors.*" The program not only hosted the symposia but also produced academic journals of the symposium proceedings.

The University of California Martial Arts Program, under the leadership of Dr. Ken Min, founding director of UCMAP and the director of International Martial Arts Research Institute (IMARI), has worked diligently to promote education in martial arts techniques and philosophies as well as to transmit traditional and martial arts values between instructors and practitioners.

In an effort to elevate the reputation of martial arts as a new form of academic discipline in many different educational settings, IMARI will continue to produce academic publications on martial arts and conduct research concerning the scientific, educational, and philosophical aspects of martial arts. In particular, IMARI will continue its endeavor to show how the practice of martial arts contributes to our daily lives through character-building experiences such as preventing teenage delinquency through martial arts training.

Future volumes of our monograph publication will be open both nationally and internationally to accept fine articles and studies on martial arts from authors outside of our program membership. Proposals, journal entries, or book reviews from various academic disciplines such as philosophy, education, sociology, history, and sports science fields, which are relevant to martial arts practice and tradition, are welcome! Interested parties may contact us via information posted on the UCMAP website at <http://www.ucmap.org/about.php>.

This volume has been made possible by the enthusiastic members of the editorial board, coordinated by Managing Editor, Randy Vogel. We appreciate your thoughtful feedback and constructive suggestions to improve future publications.

Russell Ahn, Ph.D.
Editor in Chief
Director, U.C. Martial Arts Program

Preface

As is immediately obvious upon examination of this series, the UCMAP Monograph (formerly titled *the 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 high standards set by the first seven volumes; our hope is that the reader will find the resulting selection of papers to be agreeable, educational and entertaining!

Because this volume collects contributions from authors whose education, training and intent differ substantially from one another, the articles herein necessarily cover a broad range of topics. You will find that the style and characteristics of expression will vary considerably as well. Nonetheless, we have attempted to impose consistent stylistic formatting throughout the volume, and hope that you will find the results enlightening as well as educational.

With regards to other details of grammar, 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 (with changes made primarily to emphasize readability over compactness, and to include key identification items for those who wish to further investigate any of the given bibliographic

resources), 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 most cases a tinyurl also has been provided for ease of investigation when the original URL exceeds 40 characters.

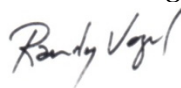
While giving authors wide latitude in drawing information from various source materials, we have nonetheless attempted to be faithful to the following romanization schema:

- 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.

Please forgive us if you find any inconsistencies!

All remaining typographical errors and irregularities are the responsibility of yours truly, the Managing Editor.

Thanks for reading!



Acknowledgements

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Robert L. Brown

Robert L. Brown is a 5th dan in yongmudo and head instructor at Temple University Yongmudo-Hapkido Club in Philadelphia, PA, where he lives with his wife and two children. He has an MA from George Washington University in International Affairs (began the now inactive GW Hapkido Club) and a PhD in Political Science from UC San Diego (began the thriving UCSD Yongmudo-Hapkido club). He is currently Assistant Professor of Political Science at Temple University and Program Director for Public Policy and Nuclear Threats at the University of California Institute on Global Conflict and Cooperation. His academic research examines the role of international organizations in international security cooperation, especially for nuclear nonproliferation. He has been teaching hapkido and yongmudo for over 15 years and has also studied taekwondo, judo, muay thai, and aikido.



Linda Chhoa

Linda Chhoa began her martial arts training in 2006 while working on her B.S. degree in Nutritional Sciences-Physiology and Metabolism at U.C. Berkeley. She is currently a 1st dan in yongmudo and is studying at U.C. San Francisco for her doctorate of dental surgery.



Nicoletta Commins

Nicoletta Commins has been training in taekwondo for eight years, earning her 1st dan from UCMAP in 2008. At various times, she has also trained in yongmudo and judo. She is now an undergraduate student at UC Berkeley, where she competes in taekwondo sparring and forms for the Berkeley competition team. Nicoletta expects to major in architecture, and plans to use her degree to build sustainable housing in the developing world. Outside of UCMAP, Nicoletta plays the violin in a string ensemble and hopes to minor in music.



Jesse Costantino

Jesse Costantino has trained in taekwondo for fifteen years and yongmudo for the past six. He is currently a doctoral candidate at UC Berkeley in English, working on a project that explores the relationship between aesthetic form (in fiction and film) and boxing. When not training in the martial arts or working busily on his dissertation, he finds time to pay the bills by teaching literature, film, and composition courses.



Roland Dong

Roland Dong, a 3rd dan black belt in taekwondo, has been studying martial arts for more than 16 years. Additionally, he's certified as an ACE Personal Trainer, Martial Arts Fitness Instructor, USA Weightlifting Sports Performance Coach, CrossFit Level 1 Coach, USA Track & Field Level 1 Coach, and Massage Therapist. Roland has also studied yongmudo for three years, where he currently holds the rank of blue belt.



Lawrence Hailey Duke

Larry Duke has been involved with taekwondo for over 37 years, having achieved the Kukkiwon rank of 7th dan. His education includes a Master Degree in Physical Education and a Bachelors in Business Administration. He has created four Taekwondo Clubs in Idaho since 1979 and currently resides in Boise, ID. He founded the Idaho Taekwondo Association and served on the USTU Board of Governors for 23 years. Larry has also successfully hosted seven Korean Martial Arts Summer Camps under the direction of Dr. Ken Min.



Darwin E. Farrar

Darwin Farrar has studied martial arts for almost 40 years and been a member of the UCMAP for more than 30 of those years. As a UCMAP team member, he has competed in and won state, national, and world championships in taekwondo. Mr. Farrar has earned his 3rd Dan in taekwondo, 2nd Dan in yongmudo, Juris Doctorate, Masters in Public Policy, and Bachelors in Psychology from U.C. Berkeley. He lives in Oakland and works as an Administrative Law Judge in San Francisco.



Erin Freeman

Erin Freeman is Associate Conductor of the Richmond (VA) Symphony, where she conducts classical, pops, education, and outreach concerts, serves as Artistic Director of the Symphony's Youth Orchestra Program, and directs the 130-voice Richmond Symphony Chorus. She holds a BMus in Vocal Performance from Northwestern University, a MM in Conducting from Boston University, and a DMA in Orchestral Conducting from Peabody Conservatory. As a practitioner of taekwondo, Dr. Freeman studies at the George Washington University club with Master Brian Wright and is an assistant instructor with the Virginia Commonwealth University taekwondo program.



Chris Ivanoff

Chris Ivanoff has been a patrol deputy with the Park County Sheriff's Office in Cody, Wyoming for the last 13 years. Chris is a Custody & Control instructor and has been a member of the Park County SWAT team for the last 11 years. He has also operated Lone Wolf Taekwondo through the Powell Recreation District and Northwest College in Powell, Wyoming for the past 25 years.



Doug Kim

Doug Kim is 50-ish and walks with a gait that evidences 35+ years training. He has studied judo, taekwondo and yongmudo/ hapkido. He holds black belts in the latter two arts. He continues to enjoy the journey and the occasional pause along the *do*. The highlight of Doug's martial arts career (so far) is a "barrier roll" over Yo-Yo Ma at the 2002 Smithsonian Folklife Festival. Doug looks forward to having his twin children join him and wife Bonnie as Black Belts in their local club. He's fond of saying, "*The older I get, the better I was.*"



Coleen Naseem

Colleen has an undergraduate degree in Psychology from the Loyola University Chicago, and a law degree from the George Washington University Law School. She began training under Master Brian Wright when she began law school, and took her 1st dan test and the Virginia Bar Exam in the same two weeks. Consequently, with years of training her mind and body, she became a lawyer and a black belt at essentially the same time. After Colleen was the only person to intervene when a man began attacking a woman at bar, she began to wonder what made her different from the other patrons. Thus, began the research for her paper.



Melanie A. So

Melanie graduated from the U.C. Berkeley Haas School of Business, and currently works as an auditor in San Francisco. Her primary interests include Yongmudo, baking, and laughing. As of the date of this publication, Melanie has been in the Yongmudo club for five years. What she values most from Yongmudo are the friendships, the guidance, and the *do* perspective. She sincerely hopes you enjoy reading these research papers and thanks everyone for their countless hours working on this monograph.



Ting Vogel

Ting Vogel is a 3rd dan in taekwondo and a 2nd dan in yongmudo. She holds a B.S. degree in Mechanical Engineering from Rensselaer Polytechnic Institute, but her career path has taken her into Information Technology. Currently, Ting is the Director of Network and Communications at San Francisco State University. Besides spending much of her spare time on the mat practicing martial arts, Ting also snowboards, hikes, bikes, and still finds time to enjoy some good jazz and blues (but does not always get a lot of sleep). She says *"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."* Her motto is *"Live life! Have fun! Die happy!"*



Dong Won Yook

After earning an M.A. in Biomechanics at Purdue University and Ph.D. in Motor Control and Learning from Louisiana State University at Baton Rouge, Dong Won Yook returned to his alma mater, Yonsei University to take an appointment as Assistant Professor in the Department of Physical Education where he has continued his research into sports psychology and learning. In addition to his work with martial artists, Prof. Yook has studied athletes in golf, figure skating, table-tennis, bowling and ice-hockey.



Health & Medicine



Philosophy & Psychology



Instruction & Techniques



Social & Cultural Issues