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Foreword

We struggled to publish each edition through the seventh issue of the Monograph since its first publication in May 1994. 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 1994. 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 since Volume 6 with a consistent format, other contributors to this publication and friends of the UC Martial Arts Program who supported this ongoing academic endeavor.

Ken Min,
Publisher.
Director, IMARI
January 9, 2019

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. The year of the golden boar, 2019 is such a meaningful year that we get to celebrate our 50th anniversary of excellent martial arts educational services with our campus, the community, the country and the global martial arts community.

It is our great pleasure to present volume 9 of the Monograph. The current publication concentrates on the philosophical 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. In 2009 UCMAP also organized the Pan Am Taekwondo Instructor Development Symposium "Instructor Developments for Taekwondo in Pan Am Region." Moreover, UCMAP cohosted the following international taekwondo symposiums at UC Berkeley campus and at Taekwondowon in Muju, Korea:

- 2010: The 4th International Taekwondo Symposium "Educational Value of Taekwondo & University Taekwondo's Future Direction" at University of California at Berkeley, USA
- 2011: The 5th International Taekwondo Symposium "Women in Taekwondo and Para-Taekwondo Movement" at University of California at Berkeley, USA
- 2012: The 6th International Taekwondo Symposium on "Olympic Spirit and Taekwondo" at Olympic Parktel Seoul, Korea.
- 2013: The 7th International Taekwondo Symposium on "Future Roles and Directions of Taekwondowon" at Muju Taekwondowon, Chullabukdo, Korea
- 2014: The 8th International Taekwondo Symposium on "The Promotion of Health through Taekwondo Training" at Muju Taekwondowon, Chullabukdo, Korea

Under the leadership of the founding director of UCMAP and the director of International Martial Arts Research Institute (IMARI), Dr. Ken Min has worked diligently to promote educational values in martial arts training and philosophies as well as to uphold 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.

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, UC Martial Arts Program

Preface

Although this 9th edition of the UCMAP Monograph has been a long time in coming, we hope the reader will concede that that the wait was worthwhile and find the resulting selection of papers to be agreeable, educational and entertaining!

As this volume compiles 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 voicing and characteristics of expression vary considerably as well. While we have attempted to impose consistent stylistic formatting throughout the volume, please forgive us if you note occasional eccentricities or variances between chapters.

Regarding points 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 given in modified Turabian style (with our changes made primarily to emphasize readability over compactness, and to include key identification data for those who wish to further investigate any of the given bibliographic resources); all references to Internet resources have been checked and rechecked for accuracy and currency of the URL tags.

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 typographical errors and irregularities present
are the fault of yours truly, the Managing Editor.

Thanks for reading!



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Patrick is a 2nd dan in Yongmudo at UC Berkeley. For his day job, he researches sustainable agriculture and food systems. Patrick earned his PhD in Environmental Science, Policy, and Management from UC Berkeley in 2016 and his BA in Environmental Science and Public Policy from Harvard University in 2007. Prior to graduate school, he worked in Washington, DC as a research associate at the The National Academy of Sciences. He lives in Oakland with his wife and daughter.



Barbara Brand

Barbara Brand, Master Instructor of Sacramento Taekwondo Club, has trained diligently to become a skilled practitioner and teacher. She began martial arts study in kenpo in 1974, taekwondo in 1979, judo in 1980, and escrima in 1999. In 2015, she received the rank of 7th and in taekwondo after promoting under Professor Zambetti at CSU Hayward and Dr. Ken Min at UC Berkeley.



Daphne Chan

Daphne is an optometrist and the Associate Chief of Optometry at UCSF. A San Francisco native, she loves learning languages, planning events, taking pictures of people taking pictures (of people taking pictures), Marvel movies, hanging out with her extensive family, laughing, braiding hair, singing loudly, and eating. She earned her first dan in taekwondo with UCMAP in 2010 between her first and second years of optometry school. Her favorite kicks are spin-hook and side-kick.



Andrew Chang

By day, Andrew is a software engineer working to save trees. By night, an adventure seeker, backpacker, video game enthusiast, animal ally, and avid reader. Andrew has studied immunology, computer science, martial arts, and cooking, and holds a BA from UC Berkeley. He earned his first dan in yongmudo at Cal in 2013.



Robert Hunt

Robert began his training in Greybull, WY in 1986. Since that time, Robert has continued training in taekwondo and other martial arts. He received his 1st Dan in 1995. While studying to be a high school English teacher, he taught taekwondo for Black Hills State University in Spearfish, SD from 1996 to 1998. Before he earned his 4th Dan and became the head instructor for Bighorn Martial Arts Academy in Lovell, WY, he volunteered as an instructor for Lonewolf Taekwondo in Powell, WY. In addition to teaching martial arts, Robert holds a MA in Theatre from Central Washington University and teaches English, Speech, and Theatre courses through Powell High School and Northwest College. When he is not teaching martial arts or language arts, Robert enjoys spending time in the Bighorn Mountains and relaxing with his wife and two teenage sons.



Evan Jackson

Evan Jackson has been training in yongmudo/hapkido and various other martial arts since 2006, reaching her 3rd degree black belt in 2018. She additionally trains in Brazilian jiu-jitsu, boxing, and Muay Thai kickboxing when time permits. Off the mats, her time is consumed with her residency in emergency medicine in Chicago and desperately trying to avoid the cold.



Erin McCormick

Erin McCormick has studied yongmudo/hapkido and taekwondo, and achieved a 1st dan black belt and a 1st poom in these arts, respectively. She currently lives in Pittsburgh, PA and is pursuing a PhD in Behavioral Decision Research. One of her favorite moments in martial arts training (and dance, another long-standing interest) is that brief instance of flow where everything in a movement lines up: the period of calm in airfall before one "attacks the ground," the point at which you take control of an opponent's center of balance in a throw. The amount of complex physical and mental work to reach that moment is astonishing when you think about it, but in the instant it all feels so beautifully simple.



Rick Vierra

Rick Vierra is a 4th dan in taekwondo, and 1st dan in yongmudo with UCMAP. Rick began martial arts training at UC Berkeley under Dr. Ken Min while working towards a BA in Political Economies of Industrial Societies (P.E.I.S). Rick completed an MBA at CSU East Bay and has worked in software and technology sales in the San Francisco bay area/Silicon Valley high-tech area since.



Randy Vogel

Randy Vogel is a 3rd dan in yongmudo with UCMAP, where he has trained since 2001. He holds a B.S. in Physics and an M.A. in Education from Stanford, and an M.S. in Mathematics from the California State University at Hayward. Currently, Randy works as an independent business consultant, helping California public charter schools with financial reporting and fiscal compliance.



Joseph Zimmerman

(no statement submitted)

History & Philosophy



Health & Medicine



Instruction & Techniques


