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Foreward

The University of California Martial Arts Program (UCMAP) maintains an ideal environment in which martial arts practitioners can train in both technical and academic research capacities, balancing *mu* (“martial”) and *mun* (“scholar”). Dr. Ken Min, the founder and former director of UCMAP, and UCMAP members have been working hard to develop martial arts techniques and philosophies and also to provide traditional and educational martial arts values to instructors and practitioners. It is our great pleasure to present volume 7 of the Monograph series.

Moreover, the International Martial Arts Research Institute (IMARI) has been diligently hosting numerous martial arts symposiums and publications under the supervision of Director Emeritus Dr. Ken Min. As a part of these endeavors, and 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 journals on martial arts and conduct research concerning the scientific, educational, and philosophical aspects of martial arts. These activities will provide valuable character-building experiences for both instructors and their students. On behalf of UCMAP, we assure that martial arts training and research will enrich the understanding of human performance in terms of maximum physical performance. It also cultivates positive attitude and self-confidence, which improve the quality of life.

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 of UC 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 standards set by the first six 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 assorted authors differ 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 stylistic 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 most 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

that we are 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!



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(listed in alphabetical order by surname)

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Steven E.F. Brown has been studying martial arts at U.C. Berkeley since 1990.



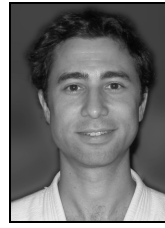
Laura Copenhaver

Laura Copenhaver started her martial arts training with Brown University's Hapkido club in Providence, RI. Shortly thereafter she moved to the Bay Area where she continued her training at U.C. Berkeley. She has been a loyal member of the U.C. Martial Arts Program for over ten years. During that time she has given martial arts demonstrations at the Smithsonian Institution in Washington D.C., become a certified personal trainer and received her third dan black belt. She plans to continue with her training for as long as "god and gravity" will allow.



Jesse Costantino

Jesse Costantino has trained in taekwondo for twelve years and yongmudo for the past three. He is currently a doctoral candidate at UC Berkeley in English, working on a project that explores the relationship between realism (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.



Adriana Espinosa

Adriana Espinosa began practicing martial arts 4.5 years ago at the University of California Berkeley, while working on a PhD in Economics. She began taking Korean self-defense physical education classes under the instruction of Dr. Ur and Dr. Min. Having realized their benefit, she then joined the Yongmudo Club, and earned her 1st dan in January of 2007. Adriana's long term goals are to expand her repertoire of realistic techniques towards self defense by training within diverse arts, with weapons and against multiple attackers. Most importantly, she wishes to inspire and teach women how to fight back.



Gaidi Faraj

Gaidi Faraj is a 1st dan in yongmudo; training with UCMAP from 2001 through 2004 while also competing for the Cal Boxing Club. Gaidi earned his B.A. in Sociology from Morehouse College and M.A. degrees in Teaching from Troy State University and African American Studies at UC Berkeley. Gaidi is currently conducting dissertation research on the Black Panthers and the underground. He is interested in revolutionary movements and their connections via the African diaspora.



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Richard L. Lemaster is a 5th dan in yongmudo from U.C. Berkeley Martial Arts Program. Rick began his martial arts training at U.C. Berkeley while working as a researcher at the U.C. Forest Products Laboratory. He has a Ph.D. in Wood Science and is currently a Research Professor in the Department of Wood and Paper Science at North Carolina State University. He has both youth and adult yongmudo programs at the Apex Community Center in Apex, North Carolina near where he lives.



Norman G. Link

Dr. Norman Link is 6th dan and head instructor of the UCMAP Yongmudo 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 iaido, judo, jujitsu, kenpo and Korean karate (aka taekwondo).



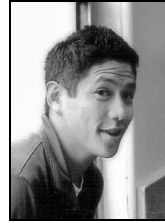
Alex Sushkov

Alex Sushkov began training in yongmudo in 2003, earning his 1st dan in the summer of 2006. He is presently working on a Ph.D. in Physics.



David Tran

David Tran is an instructor with the University of California Martial Arts Program and 2nd dan in taekwondo. David joined UCMAP in 2003, when he moved to Berkeley to pursue his undergraduate degree in Integrative Biology. Outside of UCMAP, David is involved with the Biology Scholar's Program, is an advocate for the Amyotrophic Lateral Sclerosis Association, and works as a care attendant for people with disabilities. He is a fourth year student at UC Berkeley and plans to use his degree to pursue a career in medicine.



Randy Vogel

Randy Vogel is a 2nd dan in yongmudo with UCMAP. 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 budgeting and strategic planning during their initial operational planning and startup.





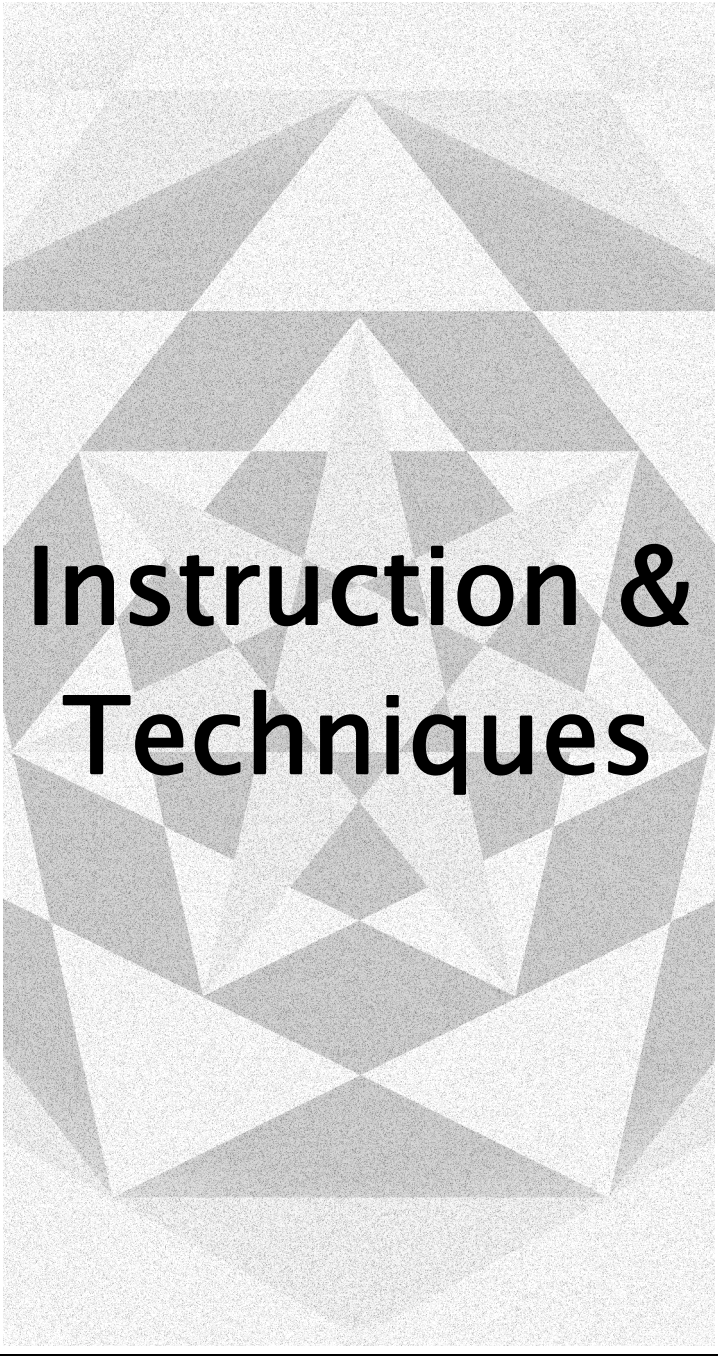
History & Tradition



Culture & Sociology



Health & Medicine



Instruction & Techniques
