

Microsoft Ignite The Tour

Learn. Explore. Connect.

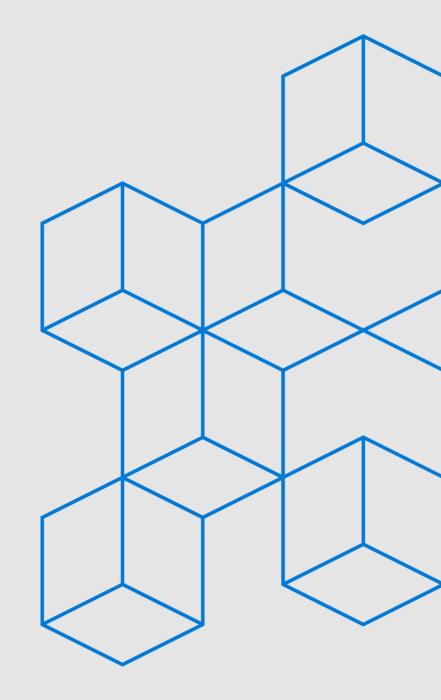
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How Taekwon-Do helped me to better understand Community

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What is Taekwon-Do?

- Korean Art of Self-Defense
- more than 2000 years old
- brought to Europe by a demo team in 1965
- Master Kwon, Jae-Hwa
- Traditional way without contact

What is Taekwon-Do?

TAE - FOOT

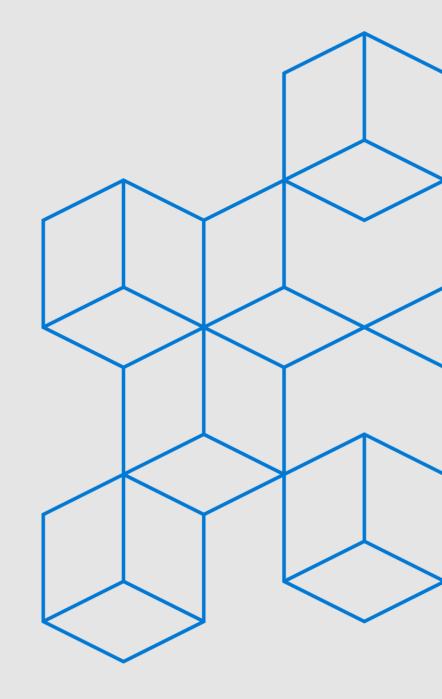
KWON – FIST or HAND

DO – PATH or WAY



Conclusion I

Use your body and your soul



Grandmaster Jae-Hwa Kwon (7. Dan)

born 1937 in Pusan – Korea

Goodwill Tour 1965 to Europe

Living in the USA right now

New York

Portland, Oregon

Extreme hard stone

Round shape (river pebble)

10.000 Newton in 1.4 seconds

10.000 Newton = 1 Ton

More than 50 years in Europe

Several 100 schools

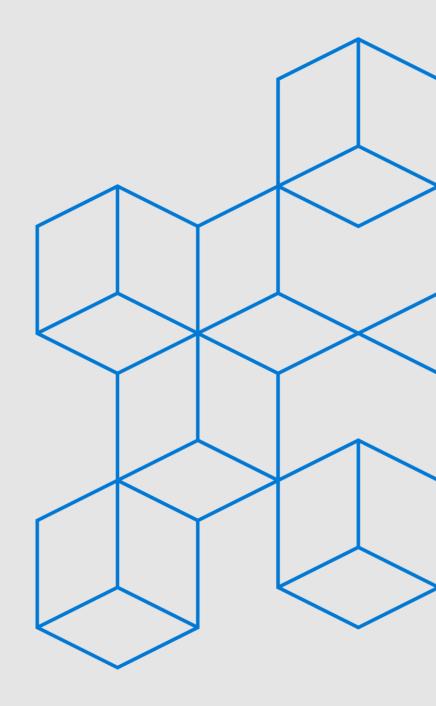
New systems grown

Still active (age of 81)



Conclusion II

Dedication is the key to success



There is only one master

Dr. med. Ralph Jörg Aman (6. Dan)

My master for 20+ years now

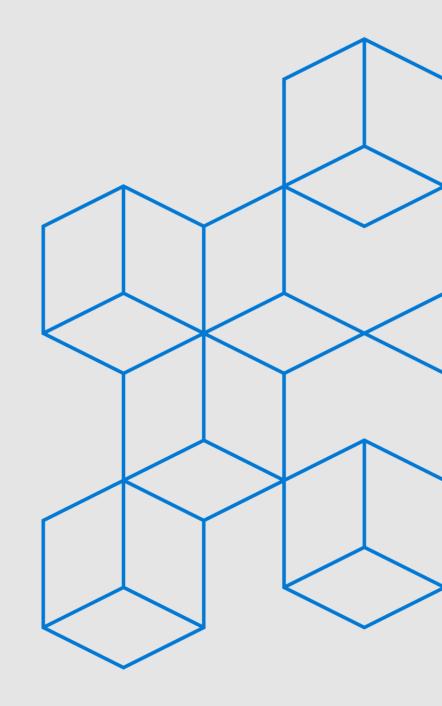
Friend, advisor, ...

Some kind of a father...



Conclusion III

A good leader



A black belt is just a white belt who never quits!

Help others to grow

Share your knowledge

Give advice and accept advice

A black belt is just a white belt who never quits!

You will learn forever

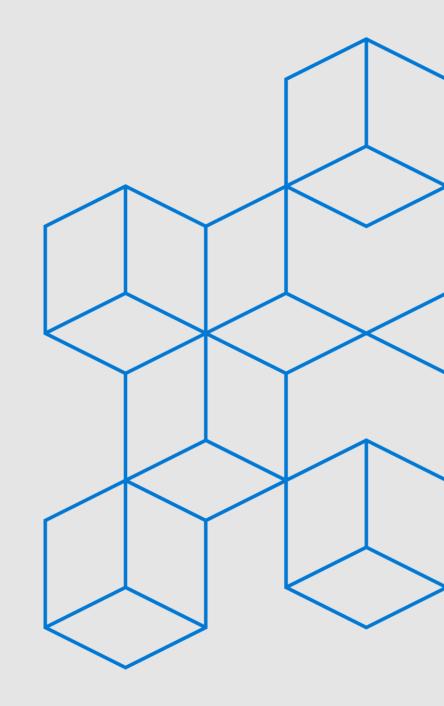
Also a master can make mistakes

Never give up



Conclusion IV

Sharing is caring and never give up



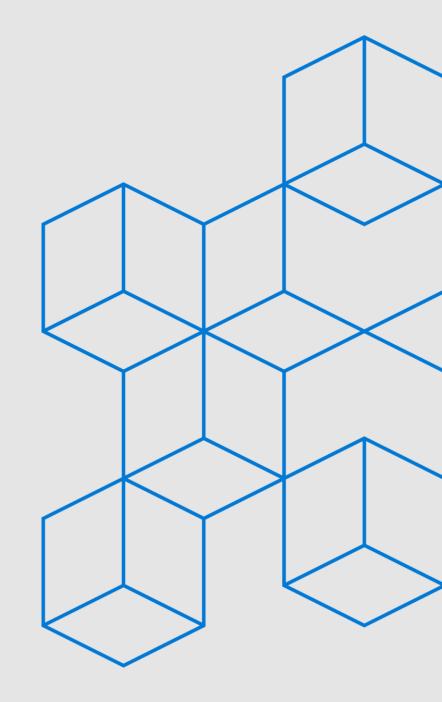
Nobody was born as a master

- 1. Dan 2007
- 2. Dan 2013
- 3. Dan 2017



Conclusion V

Have some goals (even if they are years away)



There are others - your community

More than 2.000 people doing the same stuff

Feels like Ignite

Sharing interests

There are others - your community

Friends were made

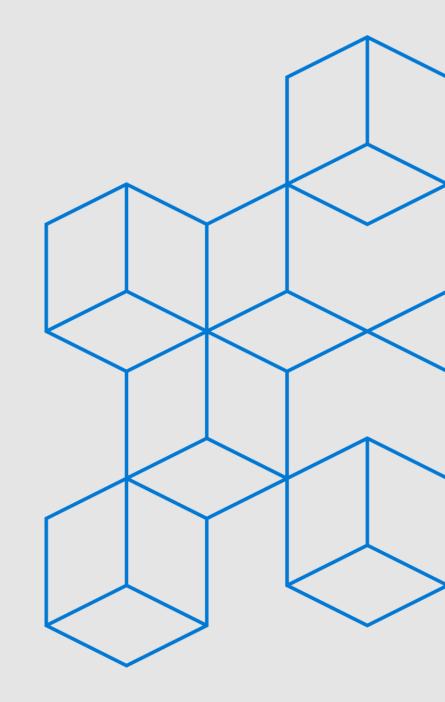
Contacts all over the world

Helping hand when required



Conclusion VI

The Community lives from the Community, and only those who join in keep her alive!



Everybody can do this

Practice, practice, practice

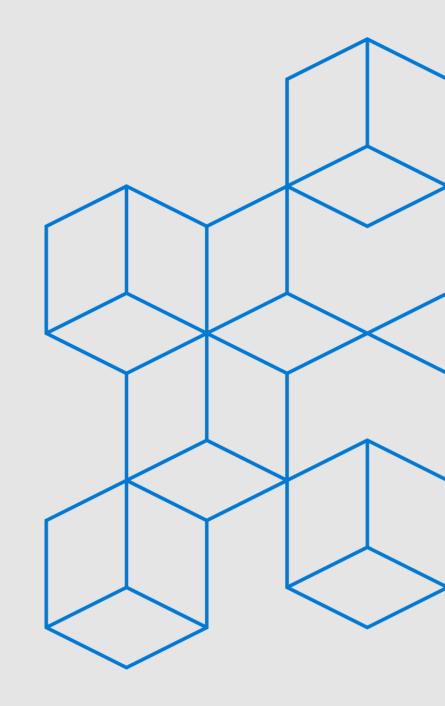
Be proud of what you achieved

Feel free to show it



Conclusion VII

Have courage, trust yourself, and be proud of it.



The strong helps the weak

Book – Zen Kunst der Selbstverteidigung

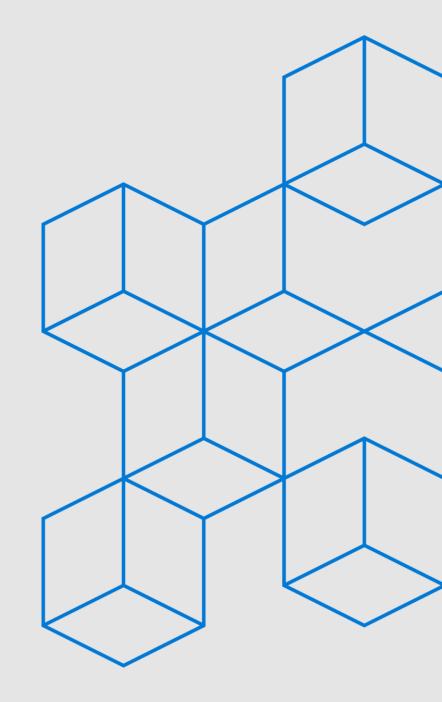
All revenues were donated

More than 20.000 €



Conclusion VIII

Money should not be the main reason



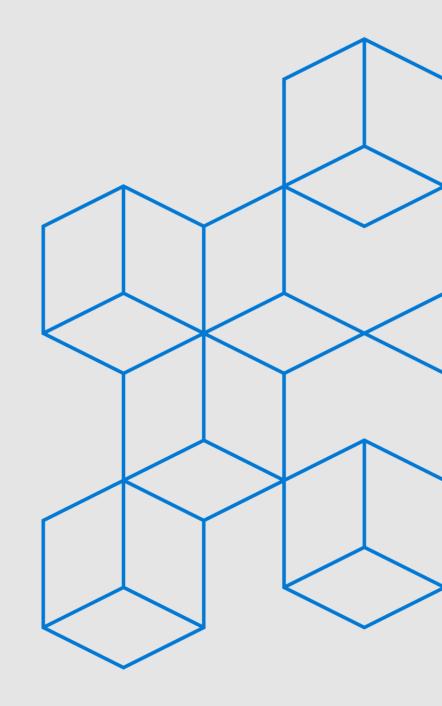
Virtues of Taekwon-Do

- Ye-Ui courtesy (Höflichkeit)
- Yom-Chi integrity (Integrität)
- Inne patience (Geduld)
- In-Nae endurance (Durchhaltevermögen)
- Guk-Gi self discipline (Selbstdisziplin)
- Beakjul-bool-gul invincibility (Unbezwingbarkeit)
- Hullyung-ham fairness (Fairness)
- •



Conclusion IX

Code of Conducts are good



Q & A

