# Welcome: up to 50 words

Our club members are a diverse group of students, alumni and members of the public. Beginners and experienced black belts can train together as classes are designed for all levels of fitness and experience. In training we use fundamental techniques, sparring, strength training and cardio fitness for the purpose of learning self-defence.

Training at RMIT ITF Taekwon-Do means that you will be part of an international organisation that recognises your rank and certificates so that you can train anywhere in the world.

# ITF Taekwon-Do: up to 30 words

What is ITF Taekwon-Do? (What it means, philosophy, etc.)

Choi Hong Hi (1918-2002) created Taekwon-Do, a retired Major General in the South Korean Army and Ambassador. General Choi was a grandmaster, meaning he held a ninth degree black belt, the highest possible.

Taekwon-Do was developed whilst General Choi was a prisoner during World War II. He created this new martial art based on his experience in Tae-Kyon, a traditional Korean martial art that is over 1300 years old. He practiced this new art to keep up his morale and that of his fellow prisoners. Two days before he was due to be executed by his captors, General Choi and his friends were liberated by US forces on 16 August 1944. After this time he continued to develop his new martial art.

General Choi did not have a name for his new martial art so he put it to a committee to choose a name, and on 11 April 1955, the word ‘Taekwon-Do’ was created to represent this new martial art. As a member of the Korean Military, General Choi was able to teach Taekwon-Do to his soldiers. And after he left the military and became Korea’s first Ambassador to Malaysia, he continued teaching Taekwon-Do where he went.

Taekwon-Do continued to grow so there was need for an international organisation was needed to govern all these new black belts and on 22 March 1966 the International Taekwon-Do Federation (ITF) was founded and which we are proud to be a member of today.

## Lai Taekwon-Do: up to 50 words

Story of SM Lai and of his club

The RMIT ITF Taekwon-Do Club is affiliated to LAI Taekwon-Do, and so is under the guidance of Senior Master Robert Lai (8th degree) and his son Jason Lai (6th degree).

Senior Master Lai was born in Malaysia and after watching a demonstration by General Choi Hong Hi and his squad started Taekwon-Do at 19 years old, in 1964. The training hall was a small Buddhist temple so numbers were limited and Senior Master Lai was one of 30 students chosen to begin training. According to Senior Master Lai, Taekwon-Do was the 'in' thing to do.

Senior Master Lai achieved his black belt in 1966 and represented Malaysia in 1967, 1968 and 1971 early international tournaments. Senior Master Lai continued to represent the state of Selangor until 1973, then decided to concentrate on instructing and coaching.

# Our Dojang

## RMIT ITF Club: up to 40 words

Quick word about our club

RMIT ITF Taekwon-Do was formed in 1982. The club has outstanding reputation within the RMIT Sport Union and is known throughout other Victorian ITF clubs and communities. The club received RMIT's Vice Chancellor club of the year in 2003, 2004, 2005 and 2009. Two members have been in at an ITF world championship: Anthony Ng (2005 - represented Hong Kong in Caloundra, QLD, Australia) and Cassandra White (2009 - represented Australia in St Petersburg, Russia).

Also many of our black belts competed at the International Martial Arts Games this year and won several medals for our club.

## Instructors: up to 30 words each

### Robert Lai

Senior Master Lai received his first Black Belt in 1966 and began teaching in Malaysia and had one of the largest clubs in Selangor with over 1000 members before moving to Australia. Senior Master Lai is a retired PE teacher and the president of the All Australian ITF (the governing body for ITF Taekwon-Do in Australia).

### Jason Lai

Mr Jason Lai has been training for over 25 years, and has been a member of the club for 16 years. He achieved his 6th degree Black Belt in December 2006. He received the “Outstanding Contribution” award from RMIT University in 2009. Mr Lai was also a coach for the Australian Team for the 2010 Junior and Veterans World Championships in Minsk, Belarus.

### Cassandra White

Ms White has been training at RMIT University since 2003 and has received numerous awards in recognition of her contribution to the club. She represented Australia at the 2009 ITF Taekwon-Do World Championships in St Petersburg, Russia.