# Welcome: up to 50 words

Has to be catchy without being lame (cool-catchy), and convince people that the club is serious and awesome in just one or two paragraphs.

**Existing text for inspiration:**

The RMIT ITF Taekwon-Do Club is affiliated with the International Taekwon-Do Federation (ITF), which provides students with an internationally recognised ranking and certificate, and allows them to continue training in schools all over the world.

In training, we incorporate a version of combat designed for the purpose of self-defense. We utilise a combination of fundamental techniques, sparring, strength training and cardio exercises to increase personal fitness. We provide training for all levels of fitness and experience.

# ITF Taekwon-Do: up to 30 words

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

## Founder: up to 30 words

Who is the founder?

**Existing text** **for inspiration** (way too long, not structured and which includes info on TKD and ITF):

General Choi Hong Hi (1918 - 2002) is the founder of Taekwon-Do and the first President of the International Taekwon-Do Federation (ITF). He was a retired Major General in the South Korean Army and was the country's first ambassador to Malaysia. General Choi holds a Ninth Degree Black Belt, the highest in his chosen art. Towards the end of the Second World War, he was forced to join the Japanese Army as a student volunteer. Later, he was sentenced to seven years in jail for planning to overthrow the Japanese Military High Command. It was during this time that General Choi first started developing the movements and patterns that make up the art of Taekwon-Do. He was later sentenced to death and execution was scheduled to take place on August 18, 1944. Korea was liberated from the Japanese on August 16 and he was released.

Before he developed Taekwon-Do, General Choi originally studied the ancient art of Tae-Kyon, which was first practiced approximately 1300 years ago during the Silla Dynasty in Korea.

Taekwon-Do would not be where it is today without the effort and hard work put in by General Choi and the pioneers of Taekwon-Do, who went through great odds to introduce this art to the world. The actual words Tae Kwon Do did not exist in that form in Korean language until General Choi Hong Hi put it to a specially formed naming committee on April 11, 1955. As a soldier and later a general, he was able to introduce Taekwon-Do as a compulsory course in the military curriculum. It was through his military liaison that he was able to spread the knowledge of the art internationally. Due to General Choi's success and achievements with the popularity of Taekwon-Do, his colleagues were bitter and jealous and as a result his career in the army came to an abrupt end.

General Choi stood firm with his ideals to not use Taekwon-Do as an instrument to strength the South Korean government's dictatorship. International Taekwon-Do Federation (ITF) was formed on the 22nd of March 1966. The South Korean government in the meantime was quick to set up the rival World Taekwon-Do Federation (WTF) and since then Taekwon-Do has been split.

## Lai Taekwon-Do: up to 50 words

Story of SM Lai and of his club

**Existing text for inspiration:**

The RMIT ITF Taekwon-Do Club is affiliated to LAI Taekwon-Do, 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 started Taekwon-Do in 1964 after watching a demonstration by General Choi Hong Hi and his squad. The demonstrations given by General Choi drew hundreds to it. Master Lai was one of the lucky 30 students to be chosen to start training. Numbers were limited as the training hall was a small Buddhist temple. 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 at the first Asian ITF Tournament in Hong Kong. Malaysia emerged as the inaugural black belt team champions. In 1971 he was again selected to represent Malaysia at the second Asian ITF Tournament. Senior Master Lai continued to represent the state of Selangor until 1973, then decided to concentrate on instructing and coaching.

From 1973 to 1984 Senior Master Lai built up one of the largest number of clubs in Selangor and had more than a thousand registered and training members.

Senior Master Robert Lai is currently an 8th degree black belt and resides in Victoria, Australia, where he founded LAI Taekwon-Do.

# Our Dojang

## RMIT ITF Club: up to 40 words

Quick word about our club

**Existing text for inspiration:**

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).

## Instructors: up to 30 words each

Some info on SM Lai can be repeated from section ‘Lai Taekwon-Do’, but the idea here is to show off our instructors, not expand on their life stories.

**Existing text for inspiration:**

### Robert Lai

Senior Master Lai started training Taekwon-Do in 1964. He received his first Black Belt in 1966. Senior Master Lai began teaching in Malaysia and had one of the largest clubs in Selangor from 1973 to 1984 with over 1000 registered members. Senior Master Lai currently resides in Melbourne and is a retired PE teacher.

### Jason Lai

Mr 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 selected as 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 been awarded with the "Half Blue" for competition and administration, and the "Full Sports Blue" for representing Australia at the 2009 ITF Taekwon-Do World Championships in St Petersburg, Russia.