

Martial Arts, Fitness & Health

WORLDWIDE COVERAGE SINCE 1980

TAE KWON DO TIMES

GRANDMASTER HAN CHA KYO

Once Famous for Knocking Over Bulls With
His High Flying Kicks, His Inspired Research
and Inventions now have The Medical
Community Knocking on His Door

SHOULD YOU LEAVE YOUR MASTER?

To Break Away Or Not—
Here Is The Answer

HO SIN SOOL SURVIVAL TECHNIQUES

Beyond The Martial Arts

MIND CONTROL

Metaphysical Self-Defense
Is No Longer A Myth!

IRON PALM CHI KUNG

How Water & Sitting
Can Make You
a Powerhouse

KNIFE DEFENSE

Expect To Get Cut
But You'll Get Out Alive!

MAKE A FIST

You May Not
Really Know How

Han Cha Kyo

Han Min Kyo



Grandmaster HAN CHA KYO

The Humble Giant

BY ANDREW B. SPIEGEL

Grandmaster Han, along with his brother, Grandmaster Han Min Kyo, have developed a new system of exercise and breathing that has the medical community knocking on their door.

Right: Grandmaster Han Cha Kyo, left, with his younger brother, Grandmaster Han Min Kyo. Both brothers prefer their names be written in the Korean style with the last name written first.

"He was my Master," Master Han replied to my question about Nam's Tae Kwon Do. It was July 1982 and I was looking for a school to begin my Tae Kwon Do training. I was expecting some other answer; a criticism of the school; a negative comment about the instructors. Instead, Master Han gave me his humble reply.

There are only a few ninth dan masters in the world. Han Cha Kyo is one of the great ones.

Despite his international reputation and world renowned achievements, Master Han remains a

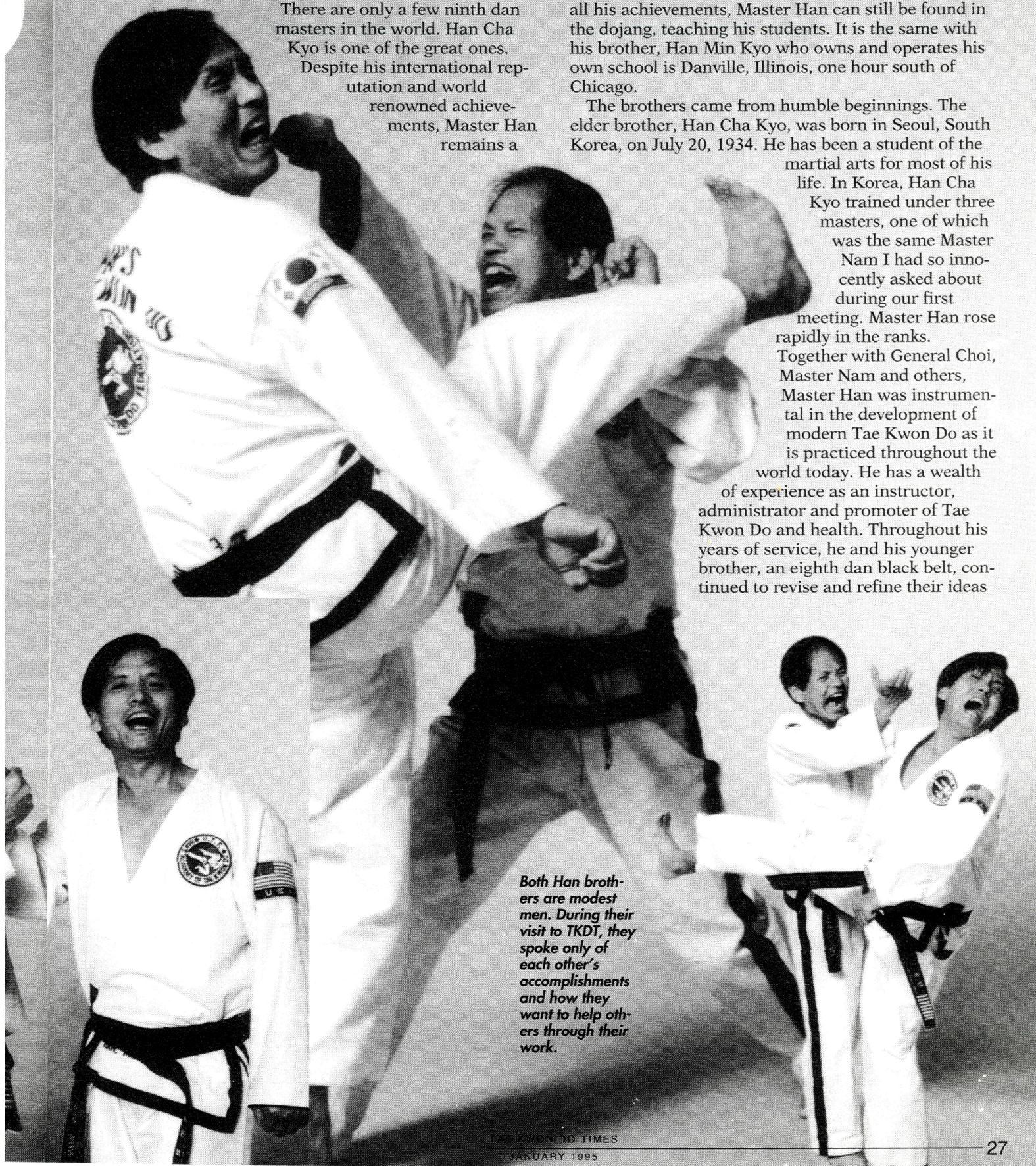
humble teacher. He can be found most days in the dojang, teaching Chung Do Kwan, traditional Tae Kwon Do, to his students.

I decided to begin training with Master Han after that meeting. Now, 12 years later, I relish attending black belt class at 6:30 AM on Saturday morning, driving nearly 30 miles, to train with Master Han. Despite all his achievements, Master Han can still be found in the dojang, teaching his students. It is the same with his brother, Han Min Kyo who owns and operates his own school in Danville, Illinois, one hour south of Chicago.

The brothers came from humble beginnings. The elder brother, Han Cha Kyo, was born in Seoul, South Korea, on July 20, 1934. He has been a student of the martial arts for most of his life. In Korea, Han Cha Kyo trained under three masters, one of which was the same Master Nam I had so innocently asked about during our first meeting. Master Han rose rapidly in the ranks.

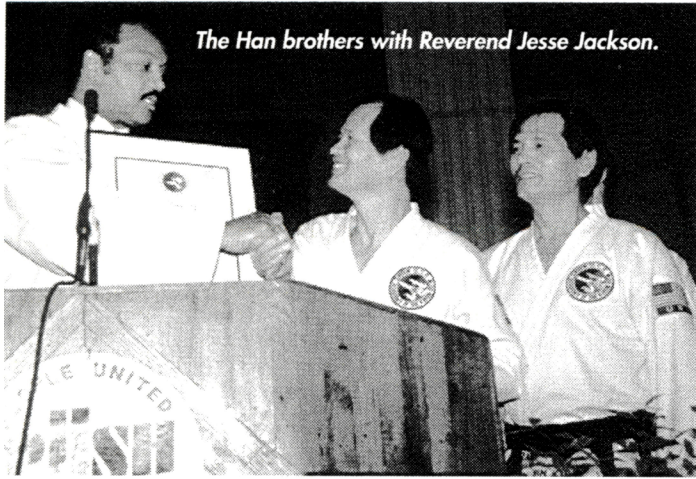
Together with General Choi, Master Nam and others, Master Han was instrumental in the development of modern Tae Kwon Do as it is practiced throughout the world today. He has a wealth of experience as an instructor, administrator and promoter of Tae Kwon Do and health. Throughout his years of service, he and his younger brother, an eighth dan black belt, continued to revise and refine their ideas

Both Han brothers are modest men. During their visit to TKDT, they spoke only of each other's accomplishments and how they want to help others through their work.



HAN CHA KYO

The Han brothers with Reverend Jesse Jackson.



about martial arts and health. Their study led to the creation of the Han Method and the establishment of the Han Foundation.

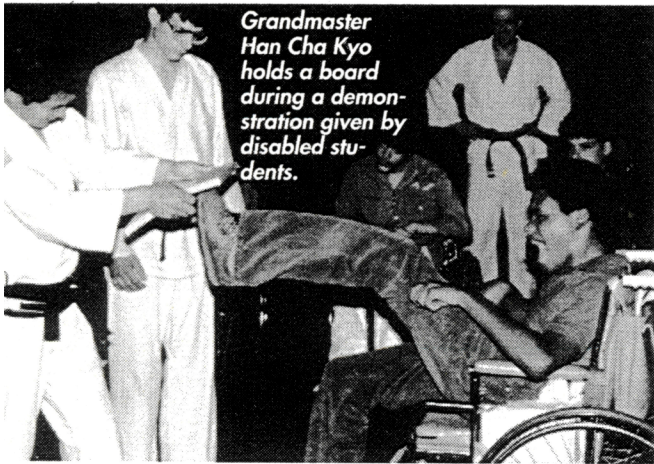
Master Han and his family came to the United States in 1971, set-

a situation in the best way possible. This reaction occurs without conscious effort. This system is the regulatory system and the result of the adapting reaction is homeostasis. The regulatory system includes the nervous system, which works through nerve endings, hormones and the immune system.

The nervous system works like a computer, programmed to keep the body alive. There is input information; a processing step; and output information expressed in the body's physiology and the individual's behavior. It is possible to control the body's state by controlling the input stimuli to the brain.

"There are two important points about the regulatory system—it is an open system in that any information can enter the system, and the regulatory system is constant, functioning for the life of the individual. Further, the system functions

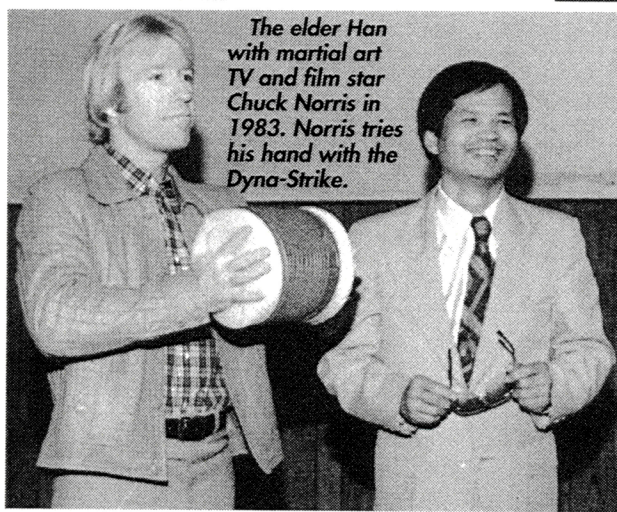
Grandmaster Han Cha Kyo holds a board during a demonstration given by disabled students.



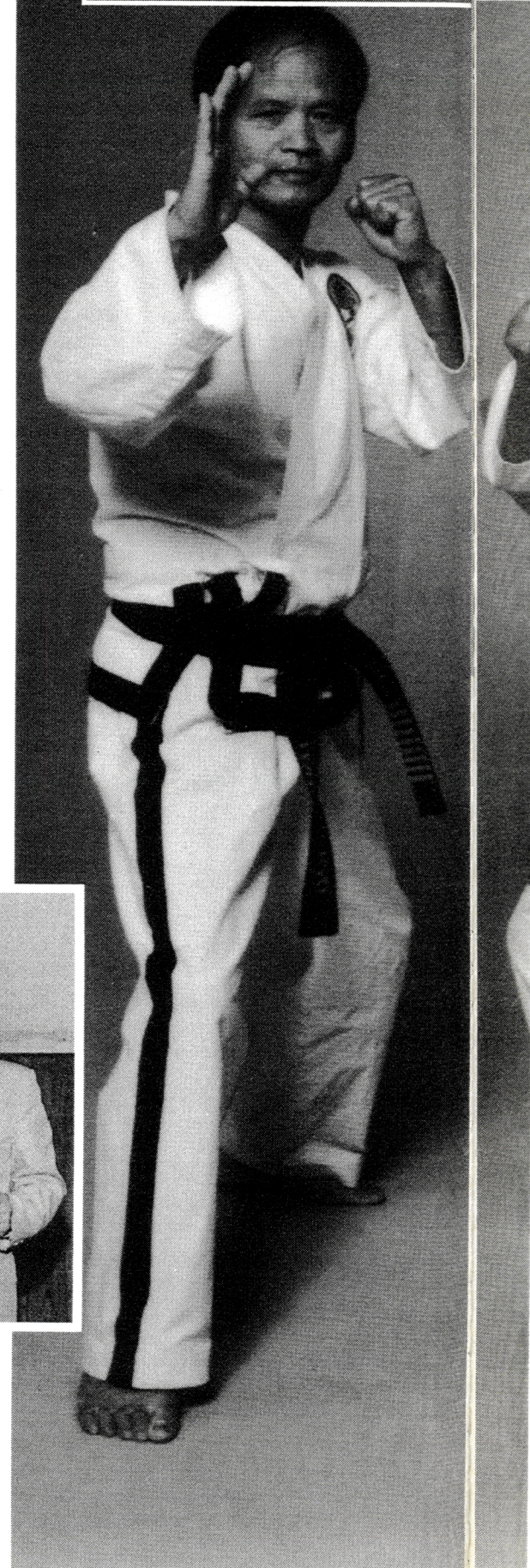
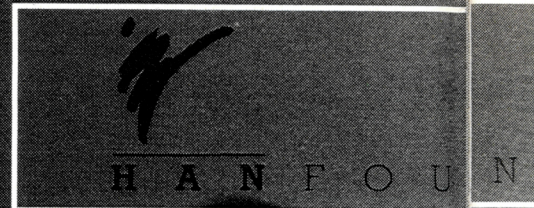
ting in Chicago. Younger brother Han Min Kyo, who graduated from Seoul Moonri Educational University, followed in 1976 and eventually opened his own school in Danville, in 1978. During this period, the brothers extended their research and developed the Han Method, designing and obtaining patents for the Oxitrim and Dynastrike exercise devices.

The Han Method names stress and tension as the harbingers of disease and sickness. Grandmaster Han Cha Kyo explains: "From the first day of life, the body is exposed to the environment and must adapt itself to its influences. The body possesses a system to adjust its function to

The elder Han with martial art TV and film star Chuck Norris in 1983. Norris tries his hand with the Dyna-Strike.



according to the law of supremacy with regard to information it receives. So, by concentrating, a person can introduce selected information to achieve a desired state."



"He was my Master," Master Han replied to my question about Nam's Tae Kwon Do. It was July 1982 and I was looking for a school to begin my Tae Kwon Do training. I was expecting some other answer; a criticism of the school; a negative comment about the instructors. Instead, Master Han gave me his humble reply.

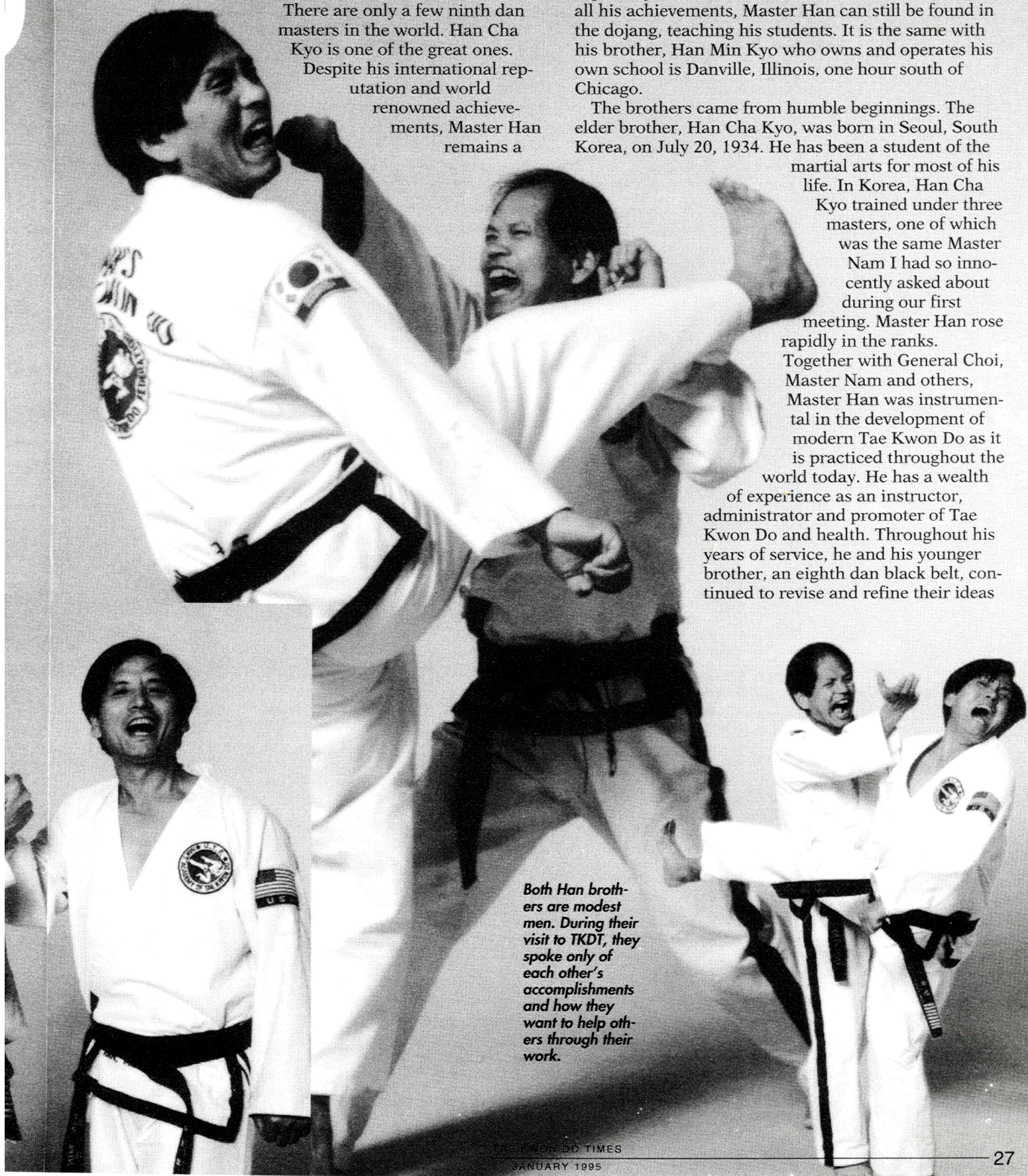
There are only a few ninth dan masters in the world. Han Cha Kyo is one of the great ones. Despite his international reputation and world renowned achievements, Master Han remains a

humble teacher. He can be found most days in the dojang, teaching Chung Do Kwan, traditional Tae Kwon Do, to his students.

I decided to begin training with Master Han after that meeting. Now, 12 years later, I relish attending black belt class at 6:30 AM on Saturday morning, driving nearly 30 miles, to train with Master Han. Despite all his achievements, Master Han can still be found in the dojang, teaching his students. It is the same with his brother, Han Min Kyo who owns and operates his own school is Danville, Illinois, one hour south of Chicago.

The brothers came from humble beginnings. The elder brother, Han Cha Kyo, was born in Seoul, South Korea, on July 20, 1934. He has been a student of the martial arts for most of his life. In Korea, Han Cha Kyo trained under three masters, one of which was the same Master Nam I had so innocently asked about during our first meeting. Master Han rose rapidly in the ranks. Together with General Choi, Master Nam and others, Master Han was instrumental in the development of modern Tae Kwon Do as it is practiced throughout the world today. He has a wealth of experience as an instructor, administrator and promoter of Tae Kwon Do and health. Throughout his years of service, he and his younger brother, an eighth dan black belt, continued to revise and refine their ideas

Both Han brothers are modest men. During their visit to TKDT, they spoke only of each other's accomplishments and how they want to help others through their work.



HAN CHA KYO



The 15th Chung Do Kwan Color Belt promotion test on April 1, 1956. The elder Han is in the second row, center right. The photo was taken at the National Chung Do Kwang Headquarters in Korea.

device is compressed in conjunction with exhaling in a long breath. This forces the air out of the bellows through a small hole. It also forces the carbon dioxide out of the user's lungs. When fully compressed, the Oxitrim is held in that position momentarily. As the compression is slowly released, the bellows slowly fills with air. The user, at the same time, fills his lungs with oxygen. This process is repeated in any number of exercises. The eyes remain closed throughout the routine.

The Dynastrike is a hand-held Oxytrim. Instead of pads on either end, one end is designed to be held in the hand. It is then used for

Photographed with his students in Singapore, Malaysia, in 1970, Grandmaster Han Cha Kyo is third from left with those seated in the second row. Far right: A picture of Han appears on the membership card for the Hong Kong TKD Association. The elder Han lived in Hong Kong in the late sixties and was the Head Martial Art Instructor for its Police Force.

punching, kicking and a variety of basic techniques.

Both the Dynastrike and the Oxytrim are used to help those afflicted with Cystic Fibrosis. A pilot program was developed by Lutheran General Hospital in which the Han Method replaced the bronchial drainage therapy commonly used to relieve the effects of the disease. This CF program demonstrated the Han Method is an effective alternative to relieve the concentration of phlegm that accumulates in the lungs of Cystic Fibrosis sufferers. The Han Method has also been effective in relieving the effects of Multiple Sclerosis, arthritis and a variety of other disease.

While developing the Han Method, the Han brothers have remained active in the Tae Kwon

Do community. In 1973, the elder Han served as Chief Referee at the first World Tae Kwon Do Championships held in Montreal, Canada. In 1978, he was named Secretary General of the ITF. Since 1978, Grandmaster Han has continued teaching traditional Tae Kwon Do in the Chicago area. He has also continued to refine the Han Method and to teach his students the importance of community service.

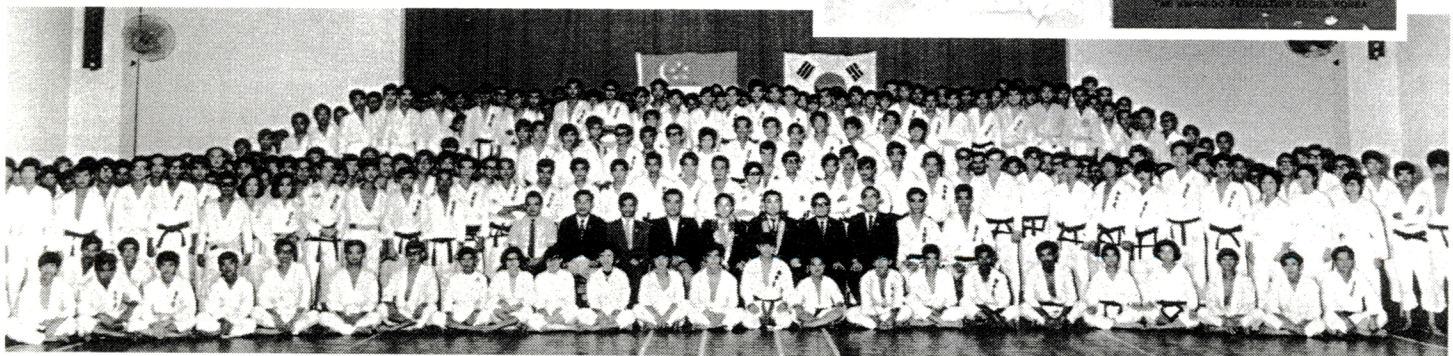
Master Cha Kyo Han founded

MEMBERSHIP OATH

I as a member agree to train in accordance with the true spirit of Tae Kwon Do and agree to its strict code.

NOTICE

This card must not be passed on to any other person, and if lost, the fact should be reported to the association immediately. Without the association seal this certificate is invalid.



the Universal Tae Kwon Do Federation (UTF) in 1982 in Chicago. "Our aim is to build a non-political worldwide foundation of true martial artists by promoting the spirit of traditional Tae Kwon Do with a special emphasis on teaching senior citizens and the handicapped community," said Master Han in a recent interview.

"The UTF follows the principles of seven fundamental tenets: courtesy, integrity, self-control, indomitable spirit, love, community service. We do not discriminate against other organizations or students. We recognize Tae Kwon Do as an ancient art which promotes the highest traditions of moral culture.

"Another major difference is UTF's ongoing commitment to community service. Community



The #2 ROK Army Training Corps. Grandmaster Han Cha Kyo, on platform, instructs the trainees on a basic form.



Han Cha Kyo teaching his Chinese students in Hong Kong in 1969. Below: Taken in 1955, the elder Han (top, center) is with the other martial art instructors in front of the dojang at the Base Camp of the 29th Infantry Division (TKD Division) in Korea.



service involves sharing physical and spiritual philosophy of the dojang with the people from the local community," added the Grandmaster.

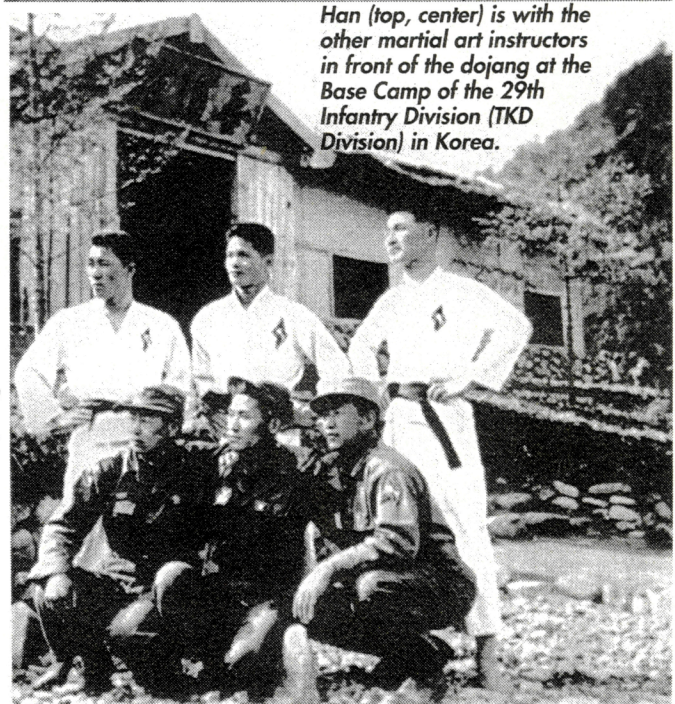
How does the Han Method help with those special needs? "These people have special limitations and require exercise just like everyone else. Oxitrim exercises easily adapt to most physical limitations. Ki Kong breathing and squeezing, while keeping eyes closed, is not hard or complicated; it is very therapeutic. The Oxitrim is a flexible training device designed with the special needs of this community in mind, states Han.

How does this community service benefit the UTF student? The elder Master continues, "Teaching the Han Method to these people helps students to develop their inner selves. Community service is

Han Cha Kyo (second from right), along with other masters, took part in a Korean government sponsored TKD good-will mission to Africa, Europe and Asia in 1965.

a UTF teaching tool designed to build leadership qualities and moral character. It (the UTF) teaches humility and shows healthy Tae Kwon Do students that other people live under more challenging conditions than they do."

In November 1993, Han Cha Kyo transformed his words into deeds. With the help of many dedicated students, he organized the first MARCHPAD, a martial arts tour-



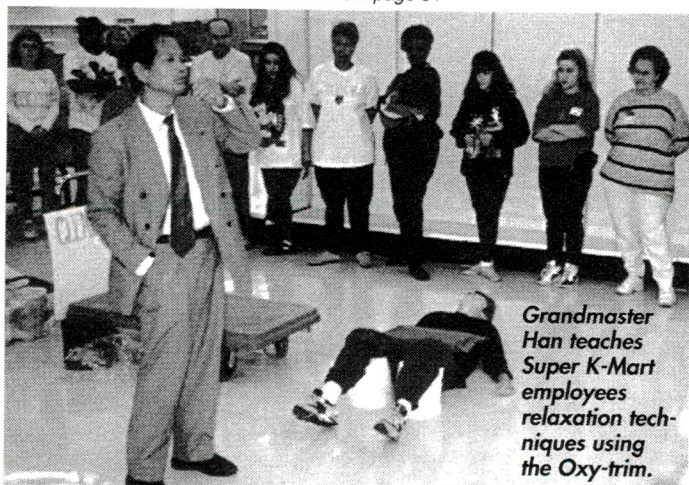
nament for the mentally and physically challenged. The event was held in Lincolnwood, Illinois, with competitors from across the nation.

The students of both Masters have also discovered the Han Method. They use it to dissolve the stress associated with everyday life. With eyes closed, Ki Kong

Continued on page 89

HAN CHA KYO

Continued from page 31



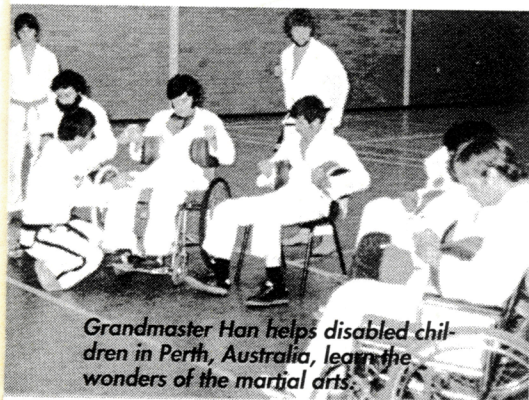
Grandmaster Han teaches Super K-Mart employees relaxation techniques using the Oxy-trim.



Above left: At a Chicago Korean Lions Club meeting, the elder Grandmaster leads a martial art demonstration by disabled students. Above right: Giving Cystic Fibrosis patients a lecture on the use of Oxy-Trim for Ki-Kong breathing. There were 80 patients from the Midwest present at the University of Minnesota Hospital for the lecture.



breathing and Oxytrim exercises, the mind becomes focused on the body. Problems seem to melt away. I look forward to recharging my batteries each Saturday morning in black belt class. Master Han Cha Kyo has the unique ability to make each class a new experience. The choice I made back in July 1982



Grandmaster Han helps disabled children in Perth, Australia, learn the wonders of the martial arts.

was one of the best choices of my life.

Whether teaching the Han Method to a challenged student, or explaining it to a media personality, Grandmaster Han Cha Kyo remains humble. A lifetime of achievement has not changed him.

About the Author: Andrew B. Spiegel, second dan, is a lawyer with a general practice in Wheaton, Illinois. He has been an instructor in many of the Han Method programs. Spiegel was also a 1992 U.S. Senate candidate for the Libertarian Party of Illinois.

HAN CHA KYO

1934-1971

Born: 1934 in Seoul, SK

Instructors: Grandmaster Nam Tae Hi

Grandmaster Son Duk Sung

Grandmaster Um Woon Kyu

Experience

1950-59: Assistant Instructor in the 20th

ROK Army Division

Head Instructor to 4rd Military

Defense Corps of Korea

Head Instructor for Education

Division, Korean Armed Force

1955: One of the first martial artists to knock over a bull

1959: All-Service Tae Kwon Do Champion

1960-62: Head Instructor of U.S. Military base in Dae Jeon

1963: Head Instructor of the Chung Nam Province Military Police

1965: Director of ITF Goodwill Mission

Appointed Director of ITF competition by Gen Choi



1966- Advisor to Gen. Chai Myung Shin, Commanding Gen. of Korean

1967: Military Defense Corps.

1967: Captain of the Demo Team to Japan

1968: Head Instructor of Hong Kong Police Force

1969: Organized first International Asian TKD Championship

1970: Appointed Secretary General of Asian TKD Confederation

1971: Chief Instructor for the TKD Asso. of Singapore

Immigrated to the United States.

1971-Present: Tae Kwon Do instructor in Chicago, Illinois.

1971-Present:

Physical Therapy Programs & Instruction

Handicapped Armed Forces Services Veterans

Children's Memorial Hospital, Handicapped Children

Orchard Village, Mentally Retarded Children

State of Illinois School for the Blind

Round Lake Juvenile Home

Oak Therapy School

Bethany Methodist Hospital, Physical Therapy Seminar

IL Dept. of Rehab. Services, Physically Disabled

USOC Olympic Training Center, Isotrim and Resistance Training

Cystic Fibrosis, Chicago, Seminars for Physical Therapists

Marionjoy Rehab Ctr. Seminars for Physical Therapists

Civil and Social Activities

Chicago Korean Lions Club, Past President

Korean Community Develop. Services, Exec. Dir.

Korean Sports Assoc., Athletic Director

Olympic Sports Committee, Past President

Juvenile Youth Department, Advisor

Universal TKD, President, Founder

Operation PUSH, Direc. and Advisor

Awards

1988: Pulitzer Newspaper, Citizen of the Year

1989: IL Park and Rec Assoc., Community Service Award

1990: Dept. on Aging/Disability, August Christmann Award

1991: United Hellenic Voters of America, Distinguished Service Award