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As ATA celebrates its 45th anniversary, we look back at the decade of the 1980s, when Eternal Grand Master H.U. Lee introduced the first Songahm forms and ATA expanded and focused on youth.



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Reader submission guidelines:

ATA World welcomes submissions for the ATA Community section. Please submit materials for the fall 2014 issue by July 21. Include your name, address, phone number and email, plus the name of your instructor and school. We prefer electronically submitted items of fewer than 250 words. Email materials to ATA@ABPG.com with your full name in the subject line. We prefer digital photographs of at least 300 DPI

sent to the email address above. We cannot accept Polaroids, computer-printed photos, color copies, newspaper clippings or copyrighted photos. We can't return articles or photos; please send copies.

We can't guarantee placement or acknowledgement of any submission.

We reserve the right to edit all reader submissions for content and clarity.

We can't accept unsolicited articles, such as how-to articles.

Ad Deadlines: For all questions about advertising, including congratulatory ads, please contact Jenny O'Connor at jenny.oconnor@ataonline.com. The ad deadline for fall 2014 is July 21.

Disclaimer: ATA and Arkansas Business Publishing Group accept no responsibility for injuries that may result from attempting the instructional information provided in this publication.



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In Focus 1st Degree Black Belt Jim Brettell, 79, makes up for lost time.

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ATA WORLD

FROM GRAND MASTER



School's out, which means you may have more time to give back. So follow Grand Master In Ho Lee's lead and be ATA Strong in your community!

Then, share your stories with *ATA World* magazine and you could be featured in our next issue. Be sure to send your stories and photos to **jenny.oconnor@ataonline.com.**

Thanks Masters!

Summer is here and with the World Expo just weeks away, I could not be more excited for all of the dynamic training and electric competition that is planned! As we continue to commemorate ATA's 45th anniversary, the Expo will be the perfect opportunity to join as a Songahm community and celebrate Eternal Grand Master's vision.

Part of our Founder's vision was having a clear path for each student from white belt to Grand Master and he took immense pride in those who pursued the elite honor of Mastership. During this year's World Expo, the "Blue Horse" Masters will earn their new titles and just as their name suggests in astrology, this is a group that celebrates victories and people who challenge themselves to new adventures. And exciting adventures are exactly what lie ahead for each of the Chief Master, Sr. Master and Master nominees as they find themselves ranked among the top martial artists in the world. Their decades of loyalty to ATA and perseverance to continue seeking their personal best is inspiring and motivating to a new generation. Congratulations to each of you on your future titles and, on behalf of all members of this Songahm community, let me thank you for your life-long leadership.

For those of you joining us at the World Expo, I cannot wait to see you. But for those of you unable to be a part this year, there are still many ways you can be ATA Strong in your communities this summer. You can volunteer to help those less fortunate, hold a fundraiser for a special cause, or even invite a friend to Taekwondo class so that they can begin understanding the life skills and philosophies that help build a better tomorrow. Remember, we are out to make the world a better place one black belt at a time!

Sincerely.

Grand Master In Ho Lee

WEB EXTRAS

THINGS TO DO, SEE, OR LEARN AT Ataonline.com...and beyond!

On Aug. 21-23, the 2014 Protech Camp will be held in National Harbor, Md., just miles away from our nation's capital! Meet and train with world-renowned instructors while also enjoying all that Washington D.C. has to offer. To register, visit ATAOnline.com/ protechcamp2014



The 2014 Songahm World Expo is just weeks away and this year ATA is celebrating 45 years of martial arts excellence! You won't want to miss all of the anniversary excitement so go to ATAOnline.com/Worlds for all of your most up-to-date details. We'll see you there!

Did you know that **ATA** World magazine is now available online? Go to **ATAWorldMagazine.com** to catch up on all of the latest issues!

We have new **ATA State Champions**! To see who took top honors in your state, visit **ATAOnline.com/the_ring/standings**.

HULF is proud to announce the **2014 H.U.** Lee Scholarship Foundation winners! Find out more about this year's winners and how you can help provide scholarships for Songahm students by going to **HULeeFoundation.org**.



ATA is proud to announce the newest social media site where members can receive the latest news on **ATA training and events**. Just go to **Facebook.com/ ATATrainingandEvents** to make sure you don't miss out on all of the martial arts excitement!

facebook.

Summertime is here! And so are all of the new items from **World Martial Arts**! WMA will meet all of your needs with trendy T-shirts, water bottles and special 45th anniversary items. Log on to **WMAOnline.com** to check out all that your Songahm merchandise headquarters has to offer this summer.

Want to see what's going on with your Songahm peers from around the world? Follow us on **Instagram** @ataworldwide. Don't forget to use your hashtags, such as #ATAStrong!



Would you like to join Grand Master In Ho Lee and this year's **"Blue Horse" Master Class** in the **President's Challenge**? ATA Leadership NOW is a proud advocate of the Challenge, which encourages our Songahm fitness fans to work hard and promote a healthy lifestyle. To join, go to **PresidentsChallenge.** org/ATAMartialArts!

ATA COMMUNITY

WORLDS IS RIGHT AROUND THE CORNER AND *ATA WORLD* MAGAZINE WANTS TO KNOW: WHAT DO YOU DO TO PREPARE FOR COMPETITION AND CONTROL THOSE PRE-TOURNAMENT JITTERS?

PRACTICE HARD EVERY

DAY and try to learn new things that can help me to achieve my goals.

Ralph Manuel Lewisville ATA Lewisville, Texas

I KEEP TRACK of all of my competition friends. They all inspire me to do what I need to do in order to get to the Top Ten competition.

Andrew Beck Church's Martial Arts Encinitas, Calif.

PREPARATION IS THE KEY

to calm those nerves! Months of proper training makes the nerves disappear! A few cleansing breaths just before and then 'Let's Go!'

> Beth Kittelson Van Voorhis Victory Tenaya Las Vegas, Nev.

$\ensuremath{\textbf{GIVE}}$ IT TO $\ensuremath{\textbf{GOD}}$ and know

that I can do all things through Christ who gives me strength! Rose Myers Pilsung ATA Martial Arts

Greenwood, Ind.

HOW DO I CONTROL MY

NERVES? Yes, I get nervous, that's just part of the deal. If you have jitters it means how you perform is important to you. I have confidence that I'm mentally and physically prepared, however I don't let myself become too comfortable. Nathan Carroli Palmers ATA Niceville, Fia.

TRAIN, TRAIN, AND MORE

TRAINING! Not just forms or weapons but also my mental attitude. You have to be able to believe in yourself and be confident. Find something that calms you down. You can usually see me ringside with my headphones on so I can prepare and focus on what I came to do. Taylor Dorothy Indianapolis ATA Black Belt Academy

Indianapolis ATA Black Bell Academy Indianapolis, Ind.

I WATCH TOP TEN SPARRING MATCHES on

YouTube and work on repeat kicks and defensive sidekicks for sparring. I also do sprints and punches for explosive power. I'm in the world Top Ten for sparring so I want to do my best.

Ryan Vaughn Arkansas ATA Martial Arts North Little Rock, Ark.

I train like I always do, I FEEL THE BEST WAY TO TRAIN IS CONSISTENCY. Just

because one tournament isn't as important to you as another doesn't mean you shouldn't train at the same level. To get rid of nerves I know that if I lose it doesn't matter; sure I want to win, but as long as I don't get hurt I can always try again.

Lindsay O'Neill ATA Black Belt Academy Oro Valley, Ariz. I always make sure and get a lot of rest leading up to tournament time. My secret to getting rid of jitters is to joke around and talk with my friends and anyone around me. Laughter helps lighten the mood.

Fairy Degener, ATA Martial Arts Bentonville, Ark

BEING ORGANIZED HELPS!

The night before I make sure my gear bag is ready with everything I need and my uniform is looking good. I get a good night's sleep and give myself plenty of time the day of to get ready and not feel rushed. Having a positive attitude is also key. I have one goal when I go to a tournament and that is to have one personal victory. I don't have to always win first in everything to feel like I accomplished something worthy. I love leaving a tournament feeling that I have improved something that I had to work for even if it something as small as beating my best hand score. Competing for me is all about challenging myself and self improvement. Good luck everyone and do your personal best!

Amanda Selwyn ATA Royersford Royersford, Penn. Whenever I go to my karate school and practice, I always think in my head that competing is not for winning; it's showing people how much I have practiced before the big day. If I don't do good at tournaments, I will always have another shot at the next tournament. My instructor always tells me that ATTITUDE IS EVERYTHING

ATTITUDE IS EVERYTHING AND EVERYTHING IS ATTITUDE.

Destiny Johnson Sage's ATA Martial Arts Jackson, Tenn.

INSANITY WORKOUTS and the grace of God to calm me

down!

Travis Crites ATA Mass Defense Martial Arts St. Cloud. Fla

The Winning Speech

uring this year's Spring Nationals in Anaheim, Calif., Advay and Aarav Chandra gave a speech about the H.U. Lee Foundation. But it wasn't just any speech. It was their first-place winning speech from a recent contest in San Diego. The 9-year-old, 1st Degree Black Belts have been competing in Taekwondo under the instruction of Sr. Master Ken and Mrs. Trish Church for two years and they have been instrumental in their success. The values they have learned go far beyond Taekwondo through these teachers and this ATA experience. The contest wasn't about winning. It was about their passion for the cause that was most inspiring. Here is the speech the boys presented which even led their speech coach to make a donation:

There are several charities that do great work. We want to talk about a unique one - H.U. Lee Memorial Foundation. The H.U. Lee Memorial Foundation was established by the American Taekwondo Association in honor of its founder, Eternal Grand Master H.U. Lee, and his vision of making children's dreams possible. The Foundation provides college scholarships to outstanding students around the nation, thereby providing education and leadership development opportunities to students who exemplify qualities of perseverance, dedication and the courage to overcome great odds.

Let me tell you about who H.U. Lee was so you can understand his philosophy better. He was elevated to the status of 10th Degree Black Belt, the highest position one can attain in Taekwondo. But he was humble and very passionate about numerous causes. He supported many charitable organizations, especially the Muscular Dystrophy Association to which he donated over 1.5 million dollars. He brought a positive impact to the city of Little Rock, Ark., which was inundated with crime. He helped the cause of bringing peace between North and South Korea. He won many laurels, yet he was down to Earth



and wanted to make an impact on children's education.

Friends known to me have received this scholarship and I am sure it made an impact in their lives. By donating to this cause, you can make children's dreams possible.

In the words of Master Taekwon Lee, "For years and years, my father gave selflessly to those in need across the world. Now it is our turn to give back in the name of our Eternal Grand Master, the late H U Lee. Through his motto, 'Today Not Possible, Tomorrow Possible,' he taught us to embrace and seize the future with faith, hope and tenacity to see our dreams come to fruition."

But just remember, we can impact kids' lives even through small donations.

"Today not possible, tomorrow possible"

The Family that Kicks Together Sticks Together

wo years ago, our family moved to Oregon. We settled in Cottage Grove and wanted to become established in the community. We had previously lived in Alaska for 20 years and then spent three years moving into and out of Arizona and Texas. We were missing the community we had left behind in Alaska and were really seeking a place to settle. We were not sure how to do this but decided to start with a family activity. So, exactly two years ago this past February, we joined Lauraine's ATA.

The time spent in Taekwondo and the money invested will never be a waste. Training side by side with my girls will always be a highlight I will look back on. I was able to have a front row seat to



watch my girls become serious athletes. I have been able to watch them transform from the awkward early teens to having a grace and maturity that comes with discipline and determination. I have watched each of them overcome personal setbacks through perseverance and succeed.

As for myself, Taekwondo has given me precious time with

my family. Training was difficult and hard at times but so full of laughter and support. I believe training together has deepened our relationship as mother and daughters. We have proven we are there for each other. We root each other on in tournaments, support one another in sparring and cheer through forms. Taekwondo has made growing older a little easier as my flexibility increases, my stamina improves and memory is challenged with forms.

I love the family feeling of our school. I love the amazing role model that Mrs. Lauraine is to myself and my girls. I especially love the role model aspect. Too many woman business owners get to the top by stepping on others and Mrs. Lauraine is a true servant to her students, families and community.

By joining ATA we have gained the community we were searching for. Walking in the doors of this school has given us more than a way to become black belts; it has given us community and a real sense of belonging.

> Bethel Belisle, 1BD Lauraine's ATA Martial Arts Cottage Grove, Ore.

ATA COMMUNITY The Bigger Picture





y name is Scott Guy and I train under Mr. Jimmy Golden at Prime Martial Arts. I have a disease called Cystic Fibrosis, a condition that prevents cells from properly regulating the flow of sodium chloride (salt). The condition affects every system and organ in my body; everything from my sinuses to my pancreas, my liver and stomach and so on. Most notably the lungs are affected and most people with CF die due to lung infection. The statistics are incredibly bleak and (last I had heard) only about 48 percent of us make it to the age of 18. I myself turned 30 in May. In November 2013, I received the rank of 1st Degree Black Belt Decided. I don't know how many CF'ers (as we call ourselves) have become black belts, but I promise you it is not many. As this current tournament year has progressed I have decided as well to chase the world title. Last tournament season I was able to earn the title of state champ for Kansas in forms, weapons and sparring, a feat of which I am tremendously proud. Also in 2014 I have founded a not-for-profit company, The Bigger Picture Initiative, whose primary goals are documenting my run for the world title, and raising hope, awareness and funds for those afflicted with CF. Ideally I hope to encourage others with the disease to become involved in Taekwondo. When I first started my training at Prime Martial Arts, my lung function was roughly 28 to 30 percent. In the years since, I have been able to strengthen my lungs and increase my capacities greatly. This is a dream come true and I hope that my story is one of inspiration to many in the ATA and CF communities.

Scott Guy (left,top photo; right, bottom photo) Prime Martial Arts Lawrence, Kan.

MR. NICHOLAS SCHAFER

CONGRATULATIONS ON ACHIEVING THE TITLE OF MASTER

We have been honored and proud to share in this journey with you as you walked the path to mastership. Thank you for your guidance and your dedication to all those whose lives you touch.

Congratulations from your family, friends and students.

ASK THE EXPERT Senior Master Tomas Sandoval

A veteran teacher and soon-to-be Chief Master talks about the important qualities for leadership in ATA.

Chief Master nominee Sr. Master Tomas Sandoval is an 8th Degree Black Belt and certified instructor with over 30 years of teaching experience in ATA. He is one of this year's six Chief Master nominees who will receive their new Songahm titles at the World Expo in July. He is part of the ATA leadership's ongoing effort to produce and educate a new generation of Songahm students as they create their own paths to leadership.

OWhat is the importance to the ATA of continuing to replenish its mastership ranks?

A Each new Master is continuing the vision of our founder and helping continue to help grow the organization. Obviously the more masters we have the stronger the organization will be to help the organization with continued growth.

Uhat is the primary role of the Master in the Songahm community?

A To keep teaching the art of Songahm and having an even bigger role in the organization. Also, there is the community aspect, for example donating time to the Kiwanis or Lion's Clubs, shows leadership beyond martial arts. Personally, I help at the public schools and do a lot of work with kids so people begin recognizing instructors as a value to the community just like a police officer or a fireman.

What is the most important quality a master should have? A Loyalty to the Grand Master, A his instructor and students.

Use What concepts are masters stressing to students in today's ATA?

A To live and practice our life skills. To me it's the loyalty we have displayed to our students and they displayed to us. To treat them with respect. ... I had the honor of training under the Founder. The way he treated us with respect and integrity, we will repay the organization the same.

What has your path to mastership taught you about yourself?

A That determination pays off. No matter how many hard times or challenges you have in your personal life you need to train to keep your mind focused on Taekwondo.

CONGRATULATIONS ON YOUR MASTERSHIP



Thank you for your dedication and commitment. From your Junior Instructors and the Parents and Students of PAK'S ATA Martial Arts in College Station

FOR KICKS

ATA STRONG JACKET WINNER

During the 2014 Spring Nationals in Anaheim, Calif., 11-year-old Jason Lewis became the very first Songahm student to receive the ATA Strong Champion jacket! Jason is a 1st Degree Black Belt at Marlboro ATA Black Belt Academy in Marlboro, N.J. As part of the opening ceremonies, Grand Master presented Jason the jacket for earning 90 gold coins! Because gold coins can only be earned at ATA Strong tournament events, with the limit of eight per event, this was a tremendous achievement and shows how dedicated Jason is to being

ATA Strong.

Over the past tournament season, Jason and his mom, Tara, have attended 10 tournaments outside their region including the World Expo and Spring Nationals. When asked what his favorite part about traveling to tournaments is, Jason said "I love the thrill of competing and always going home with something to improve upon." He also enjoys spending time with his friends and his mom who he says always finds

something fun to do in the new cities. And Tara, a red belt decided, loves tournaments too. "It's the time we spend together just talking on the plane or in the car. We get time to really get to know each other. If he had a tough tournament, we talk it out. Or if it was a great one, I get to see his big smile."

Jason, whose goal is to one day be a World Champion, a school owner, and a Master, has several martial arts role models who have motivated him on this journey. He names Erik Clemente of Old Bridge, N.J., because of his amazing sparring and leadership as well as Seth Birky of Elkhardt, Ind., who he calls his mentor because of his positive influence on ATA students.

So what was it like to be the first person to receive the ATA Strong jacket from Grand Master? Jason says, "I felt honored. It was a great feeling to have all of the tournaments I've competed in be rewarded with such a great gift!" Tara agrees. "As a parent, seeing my son acknowledged with the jacket was an overwhelming feeling. To be part of an organization that recognizes someone and makes them feel special, it's hard to find the words to express what that means."



ATTENTION ALL ATA STRONG COMPETITORS

Bring your Gold ATA Strong Competitor coins to the 2014 World Expo in Little Rock, Ark., to redeem them for exclusive Limited Edition prizes. Prizes include basketballs, headphones, sports watches, and more. Prizes at all levels — from five to 90 coins! You must present your coins physically to redeem prizes.

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PACKING MASTER

With so many tournaments and vacations planned this summer, it is helpful to master your plan so that you pack everything you need while maximizing your suitcase space. Here are some helpful hints you can use before you head out of town.

- Roll, don't fold. Travel experts agree that rolling your clothing is superior to folding. Tightly rolled clothes take up less space than folded ones. Plus they are less prone to getting deep wrinkles from fold creases.
- Make a packing list. The last thing you need is to arrive at the tournament only to realize you've forgotten your belt or misplaced your ssahng jeol bong. Make a list of the items you know you will need and pack those first. Start packing a few days before your trip so that you are even more prepared and can pick up additional items as needed.
- Know your airline's baggage-fee policy. Figuring out the airlines' tricky baggage-fee policies is key to any budget-minded traveler. While most airlines permit travelers to check at least one bag on international flights, the majority of U.S. carriers charge big bucks for bags checked on domestic flights.
- Never check essential items. Your passport, identification, money, credit cards, jewelry and other valuables should always be brought on the plane with you. If the airline loses your luggage, you'll regret stowing any expensive or irreplaceable items.

Source: USAToday.com



Grand Master In Ho Lee and the ATA Headquarters tournament department want to remind members that to be an ATA leader, you need to look the part. For years, the tournament rules have clearly defined uniform requirements so we want to take a minute and remind you of some of these rules so that you can look your black belt best! Whether you are a Tiny Tiger color belt or a Songahm Master, make sure you follow these guidelines at tournaments and special events:

- During traditional competition, competitors shall wear clean, pressed ATA white uniforms (dobok). An ATA patch is required on each uniform for competitors excluding white belts. In Xtreme or Creative, students may wear the official black XMA uniform with the Xtreme logo on the back. The original XMA uniform will be allowed until 2015.
- Undershirts are permitted with the traditional white uniform for all members but the shirt MUST be white. Though it is not a requirement, females are encouraged to wear a white undershirt. Both white and black undershirts are acceptable with the XMA uniforms.
- **J**. For those wanting to wear shoes while in ATA white uniforms and not competing, white sport shoes are required. Flip flops, Crocs and colored sneakers are not accepted.
- 4 Certified Instructors MUST wear either their Instructor "dress suit" or their white traditional dobok.

For more information on ATA's official tournament rules, follow the tournament link at ATAOnline.com!

TOURNAMENT



FROM THE



As the American Taekwondo Association enters its 45th year, *ATA World* is celebrating the anniversary with a series of cover stories chronicling the decade-by-decade growth of the ATA from one small school in Nebraska to the worldwide organization it is today.



t wasn't yet light outside, and the assemblage of 300 or so Masters, instructors and martial artists had a bit of a journey ahead.

By the end of the day they would have been to the top of a mountain and back, but the organization they served and represented, the American Taekwondo Association, would have advanced even farther.

This day, Aug. 13, 1983, a Saturday, would mark a departure point for the ATA as it set out on its own, clearly marked path. At the center of developments, as always, was the founder, then Sr. Master Heang Ung Lee.

As this humid morning got underway, Lee had already put into action his plan to grow his own system of Taekwondo, based on professionalism and adopting the standardized style Lee, a former Korean military man, had learned from Korean General Hong Hi Choi. He had arrived in the United States in the early 1960s, opened the first school in Omaha, Neb., in 1969 and earned his U.S. citizenship in 1973. ATA had continued to grow and flourish during that time, but now was the moment Lee had chosen to truly set the organization apart.

At the gathering atop "Songahm Mountain," an elevation west of Little Rock, Ark., he would introduce the first three forms of Songahm Taekwondo, the genesis of the 18 forms that now make up a student's "Journey to the Stars," the lifetime path from white belt to Master, from student to teacher, and beyond.

The new decade would see ATA expand both within the United States and internationally, new technology, a new publication to spread the Songahm message, a youth movement and continued refinement of its unique forms and style.

"It was a phenomenal time, coming out of the 70s and going into the 80s," Chief Master Bill Clark said.



19805 TIMELINE

1980년 • Rubik's cube becomes popular.

1980 년 • ATA becomes the first martial arts organization to use centralized computer record keeping.



1980년 • Chief Master Robert Jager and his junior, Chief Master Larry Hoover, are tasked by Eternal Grand Master to expand ATA into the Midwest.



1981년 • Millions watch the royal wedding between Prince Charles and Lady Diana in England.

1981년 • Assassination attempts on the Pope and U.S. President Ronald Reagan.

HIGH TECH AND THE MIDWEST

hen thinking of the 1980s, somewhere among the parachute pants and Rubik's Cubes, one can't help thinking of the rise of computers.

Before the decade was out, desktops and the Apple logo seemed to be everywhere, but ATA got in on the technology movement early as it introduced centralized, computer record keeping for all members.

Given the rapid growth to come, it was probably a good idea, and in its high tech way, it underscored the idea that being part of the ATA is being part of something much bigger than the individual or the lone school or club.

"Grand Master H.U. Lee always tried to keep up with what makes the company stronger," Clark said. "And he was the first to embrace computers. 'Okay, we're going to go to computers.' It became more and more efficient. Before everything was done with manpower."

And speaking of manpower, the instructorstudent relationship is one of the pillars of Songahm and ATA.

Professional teachers — the male and female Masters, Sr. Masters and Chief Masters — are called on to hand down the Songahm forms and etiquette to the students, who continue the journey as they become Masters themselves.

This type of relationship was exemplified by Chief Master Robert Jager and his junior, Chief Master Larry Hoover. In 1980, Jager was tasked with starting the expansion of the Midwest base into what became known as Region 114 - Iowa, South Dakota, Minnesota and North Dakota - from their one school of 130 or so in Spencer, Iowa.

"We were part of that for awhile and were

20

just expanding so much, H.U. Lee said 'You should have your own region,' " Jager said.

Before relocating to Little Rock, Eternal Grand Master had placed ATA headquarters in Omaha, Neb., in Region 105. From his neighborly perch he called on Jager to expand, and Jager credited Lee's vision for the growth, along with the help of a number of other teachers and students, like Hoover.

"Grand Master Lee gave us our four states and everything grew," Jager said. "I guess we had good leadership. It wasn't one or two people; it was a lot of the local black belts that made the Midwest what it is."

THE MOUNTAIN

he "Pine Tree and Rock" system Eternal Grand Master introduced atop Songahm Mountain on that August morning in 1983 was the first of its kind. He would develop and improve the 18 forms in the following years, but it began with his introduction of the first three.

Clark recalled getting up before dawn, putting on a clean, white uniform and joining the large group that included many of the ATA's future leadership.

"I think for us and the leadership we realized it was a pivotal point," Clark said. "For the instructors they may not have realized that. They were still using other forms."

The Songahm forms were designed as part of a fully integrated curriculum in which everything a student learns reinforces everything



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else. Eternal Grand Master wanted forms that he felt more accurately reflected Taekwondo, especially the strength and beauty of kicking techniques.

Focusing on the development of the mind and body, the Songahm forms contain all or most of the techniques students are expected to know at each rank as they strive to complete the Songahm Star, the pattern formed on the ground if all 18 forms are completed.

"He supervised it and allowed us to create them," Clark said of the forms.

The pine tree, always green, represents continued growth, Clark said, while the rock represents the strength of a solid foundation.

"Be solid and live forever," he said. "That's kind of what Songahm is supposed to do."

Also that year, ATA introduced *Taekwondo World* magazine, which became *The Way of Taekwondo* and finally *ATA World*, the publication you hold in your hands. As the organization grew it would now have a platform from which to share its message and other information about the personalities and events in ATA.

SOUTHERN EXPOSURE

rowing up in Paraguay, Cesar Ozuna had a better idea than many of his fellow martial artists what South Americans liked.

"They're very physical," Ozuna said, noting the popularity of boxing and soccer in South America. "Most Latinos love to fight."

So what better market than South America

for expanding ATA? That's what Ozuna, now a Chief Master, was thinking when he floated the idea to Eternal Grand Master.

Already a black belt, Ozuna came to North America in the late 1970s to attend college in Stockton, Calif., and earned his bachelor's degree in business administration, personal administration and international relations. He joined ATA in 1976 and met Eternal Grand Master in 1978 while testing for his 3rd Degree Black Belt.

Ozuna returned to Paraguay and opened a school in 1980 and in 1984 he sought ATA approval to expand, and the Songahm Taekwondo Federation was formed with its headquarters in Asuncion, Paraguay.

"I wanted to do what I was doing in the U.S., which was ATA," Ozuna said.

STF held its first camp in 1986, and other countries began to join. The STF, with more than 120 schools, also includes Brazil, Uruguay, Argentina, Chile, Venezuela, Peru and Ecuador.

To help grow ATA in South America, Ozuna said he consciously chose educated instructors who made a good physical impression in order to win over converts. And the instructors helped Ozuna accomplish the most important thing.

"I made sure we won at every event," he said. "Once they saw we were good martial artists they came and visited us and saw that we were successful business owners. ... We changed the whole paradigm. We were professional martial artists."

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1982년 • The film E.T. is released.

1982년 • The compact disc makes its debut.

1983년 • Eternal Grand Master introduces the first three Songahm forms to a gathering of 300 atop "Songahm Mountain" in Arkansas.

1983년 • Sally Ride becomes the first American woman in space.

1983년 • ATA introduces Taekwondo World, the magazine that later becomes The Way of Taekwondo and ATA World.

1984 년 • Mary Lou Retton wins Olympic gold medal in gymnastics.

1984 년 • Eternal Grand Master H.U. Lee and Cesar Ozuna found the Songahm Taekwondo Federation (STF) in South America.



1985년 · Nintendo Entertainment System released in United States.





1985년 · Wreck of Titanic found.

1987년 • U2's "With or Without You" is top selling pop single.

1988년 · Karate for Kids program introduced in ATA schools.

1989년 • The Berlin Wall Falls.

1989년 • "Seinfeld" starring comedian Jerry Seinfeld debuts on NBC.

1989년 • Chief Master Richard Anderson moves to Little Rock to provide positive alternatives for children living under the shadow of gang violence.

KARATE FOR KIDS

round 1986, Chief Master Al Dilegge hit on the idea of holding kids' classes at his school in Newark, Del. Before that he had taught mixed age classes, like most other ATA instructors.

In less than a year Dilegge had over 200 students between ages 6-12. It was the first facility of its kind. The program grew beyond the school walls into its own building, and Karate for Kids became a reality.

"I just took the kids out with my staff, myself, my marketing person, next thing you know I had three schools," Dilegge said.

Dilegge and his team devised the Star System, which is a series of "Victory Stars" awarded to kids for special performances, in Taekwondo, the classroom and the community. He knew the kids needed to learn more than "punching and kicking."

Dilegge — who moved to Little Rock in 1997 and left his former No. 1 junior, Master Doug Stewart, in charge in Delaware — said the program continued to grow, from a second school to locations throughout the country.

In 1988 Eternal Grand Master H.U. Lee decided to check out Karate For Kids and quickly determined it had value for ATA. It was a chance to positively affect kids while opening up a new market for the organization.

"It was the first time us and the ATA started thinking about age-specific programs," Dilegge said.

ATA incorporated and standardized the pro-

gram, with few minor changes, Dilegge said. Dilegge estimated ATA grew by 40 percent after Karate For Kids was introduced and, he said, close to 70 percent of the organization is made up of kids today.

> The program also opened up more opportunities for female instructors and other educated professionals and helped draw in adults, the parents of the Karate For Kids students.

"Their kids start, the parents like it and they join," Dilegge said. "The kids go away to college and the parents stay."

DREAMING OF THE STREETS

hief Master Richard Anderson had a knack for working with kids. While teaching Taekwondo in his native Michigan he trained the youngest black belt in the United States, 5-year-old Shawnee Parker (now deceased), in 1976.

One morning Anderson, a religious man, had what he described as a waking vision inspired by a higher power.

"My people were killing themselves," said Anderson, an African American. "And their colors were red and blue."

Anderson came to believe his vision was of the gang violence in Little Rock — the red and blue were the colors of the primary gangs the Bloods and Crips — and in 1989 he moved from Michigan to Little Rock and set himself up in the heart of Crips territory, the intersection of 12th and Schiller St.

He recalled how the sound of gunshots initially had him diving for the floor and how later he learned to calmly continue household chores like washing dishes when the shots would ring out. It didn't necessarily help when, in 1994, the first HBO special Gang War: Bangin' in Little Rock drew negative attention to the city's gang problem.

"We couldn't go anywhere now," Anderson said. "If you said you were from Arkansas they were like 'Man, are you okay?' "

Continuing ATA's youth movement, Anderson made it his mission to keep Little Rock kids off the streets and offer them something positive as an alternative to crime, drugs and violence.

"Keep them involved in so many things, in so many positive and good things they didn't have the time," Anderson said.

Along the way Anderson became an 8th Degree black belt and the highest-ranking African American in the ATA, a distinction he views with pride.

"I love the ATA because I know what it did for me," he said. "And I can see what it did for others."

As the decade drew to a close, more and more people, in greater and greater numbers, were saying the same thing.

ATA WORLD

The H.U. Lee Foundation would like to thank the following ATA Licensees and their students for their generous support.

Ms. Melanie Anderson Master Nominee Chantell Barrett Ms. Shirley Bishop Senior Master Karla Capobianco Mr. Ryan & Mrs. Elizabeth Cirone Master Nominee Corey Coffrin Mrs. Melynda Cordry Master Nominee Jim Cummings Master Candidate Leanna Dalida Master Nominee Shawn Dillow Mr. Michael Estep Mrs. Ashley Evans Master Marvin Foster Master Marc Jouan & Mrs. Maria Jouan Master Nominee Nick Keene & Mrs. Ann Keene Senior Master Michelle Landgren-Lee Master Steve Lucero Mr. Robert Makowski Master April Martin Master Candidate Ryan Marx Ms. Lorena Murphy Ms. Donna Palmisano

Ms. Lisa Piper

Senior Master Nominee Carol Rousseau Master Nominee Jessiah & Mrs. Sharon Rueckert Senior Master Jordan Schreiber Master Todd Simpson Ms. Michelle Stewart Chief Master Sergio Von Schmeling Master Nominee Chong Sul Chief Master Nominee William Wacholz Mr. Rex Willems Ms. Gracie Wyant

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FALL NATIONALS October 21 – 25, 2015 Orlando, FL







BY ERIC MONSON PHOTOGRAPHY BY DANIEL MOODY

ach summer during the World Expo, the Songahm family welcomes a new group of Chief Masters, Senior Masters and Masters. This year's new class of Masters, which has come together in a time defined by the Korean Zodiac as that of the Blue Horse, sees a group that is one of the largest ever.

Left to right: Master nominees Adam O'Connor, Sean Berry and Kelly Harman

"In the second of the great people it has because of the great people it has brought into my life." Senior MASTER NOMINEE scott KARPIUK



Master Betsy Stevens

While Horse years occur once every 12 years, Blue Horse years occur only once every 60 years, making this a very unique year and one indicative of this year's class. And the Horse is also characterized by its strength and spirit, qualities possessed by all of this year's Chief Master, Senior Master and Master Nominees.

For example, there is 31-year old Master nominee Sean Berry who, with his mother Mary Jane, represents only the second mother/son duo to share a mastership class. And there's also Chief Master nominee William Wacholz, who took the ATA to the high seas, teaching Taekwondo classes on the forecastle of an aircraft carrier.

In honor of the Blue Horses' achievements in not only rank but the paths they took to get there, *ATA World* interviewed a number of members to learn their stories.

Many of the stories begin in childhood. When Senior Master nominee Jordan Schreiber was growing up in rural New Mexico, his neighbor was Dan Thor, then a 3rd Degree Black Belt and now a Chief Master. Schrieber started his ATA training with Thor at age nine, and their student/ mentor relationship has continued over the past 30 years. It's become a matter of family, in more than one way — since those early days, Chief Master Thor has trained five of Schreiber's 10 siblings, including his youngest sister, Dimitra, now a 2nd Degree Black Belt.

Senior Master nominee Scott Karpiuk told a similar story about Chief Master Tony Isaacs. When Karpiuk went to his first ATA class in 1984, he was surprised to see Isaacs (then a 3rd Degree Black Belt) as the instructor, since he already knew him from church. He greeted Isaacs by his first name before seeing the other students address him properly. "Chief Master Isaacs has been my instructor, mentor and friend ever since ... [and] I've only called him by his first name once since that day," Karpiuk said.

Such long-standing relationships create strong bonds throughout the organization. Karpiuk, when asked what motivated him to dedicate himself to Taekwondo and the ATA as long as he has, referenced Isaacs in saying, "My longevity in Taekwondo is because of the great people it has brought into my life."

While many instructors echoed Karpiuk's sentiment, Master nominee Kelly Harman probably has the rest of the class beat in that department — she married her instructor, Sr. Master Richard Harman.

Perhaps it is because of these bonds that another common thread among the nominees is the desire to teach, to pass on what has been learned. Master nominee Harman was a mathematics professor before focusing full-time on teaching ATA and said, "I think that, as an ATA instructor, I get to have a bigger impact on people's lives."

Chief Master Nominee Wacholz believes so much in the importance of Taekwondo that he taught classes on ships throughout

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his 28-year Navy career, often after working a normal (for the Navy) 16-hour shift.

Chief Master nominee Phillip Wargo also taught Taekwondo as he traveled the world while serving in the military, in his case the Army. Wargo has a long history of service in the ATA — Eternal Grand Master Lee appointed him as the first ATA Ambassador for Government Affairs in 1992 — but he had been involved in Taekwondo for many years before joining the organization.

Wargo was establishing Taekwondo schools at military posts where he was stationed, dating to 1966. "The ATA was the first and only organization to offer instructors like myself back in the early 1970s a business model and curriculum that was second to none," he said.

Chief Master nominee Tomas Sandoval, who runs six schools, also referenced Eternal Grand Master Lee's foresight in emphasizing business education.

"We [were] a bunch of guys who knew how



Master Jordan Schreibe

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Left to right: William Walchoz, Sr. Masters Tomas Sandoval, Mark Kaup Lee, Jewell Allen and Greg Arcemont. Not pictured. Sr. Master Phillip Wargo.

to kick and punch," Sandoval said. "We didn't know anything about business."

Following Eternal Grand Master Lee's example, Sandoval re-invests much of the proceeds back into the schools and makes partners of his instructors. He said loyalty is what makes the ATA unique as a business.

"You can be a manager, an assistant manager, all this kind of stuff, but the loyalty from the martial arts way makes you want to stay with these people," Sandoval said.

With this kind of philosophy wielded over three decades of teaching, it's not surprising that two of Sandoval's partners started training with him before they were seven years old.

As this common thread of the desire to teach weaves through the Blue Horse stories, the question becomes why? Master Nominee Berry said, "The most important thing I want to impart on people as I teach is dedication. ... If they can find something they can be dedicated to, they can enact change in their life."

Berry was only 12 when he decided that he would be a Master by 2014. That sense of certainty, of a belief in the ATA as an organization and a conduit for selfimprovement was echoed by others and summed up by Chief Master nominee Wacholz: "I've been able to see how training in martial arts has changed people's lives. ... We need more role models, people being in front. That's why I think the ATA is so great. We have so many schools and clubs changing people's lives one black belt at a time."

2014 NOMINEES

CHIEF MASTER NOMINEES

- Sr. Master Jewell H. Allen
- Sr. Master Greg Arcemont
- Sr. Master Mark Kaup Lee
- Sr. Master Tomas Sandoval
- Sr. Master William Wacholz
- Sr. Master Phillip Wargo

SENIOR MASTER NOMINEES

Master Ademar Santos Andrade Master Ron Boswell Master Valentina Canese Master Raul Marcelo Ferrer Master Darrell L. Hargis Master Darrell L. Hargis Master Scott Karpiuk Master Jeffrey Newberry Master Darrin Palmer Master Darrin Palmer Master Carol J. Rousseau Master Jordan Schreiber Master Betsy Stevens Master Eric Thomas

MASTER NOMINEES

Trov Auman **Chantell Barrett** Mary Jane Berry Sean Berry Corey J. Coffrin **Jim Cummings** Brian Davidson Michael Estep **Robert Gast** Carolina Gonzalez Kelly Harman Nick Keene **Robert Landrum** Christopher R. Martin Jason McCranie Michael McFarland Alex Miller Bradd L. Nymeyer Adam O'Connor Michael Pak **Michelle Pavlik** Jasen M. Pekalla **Rafael Adrian Perez** Eric Rebnord Jessiah Rueckert Nicholas Shafer Linda Shuman Monica Smith **Chong Wook Sul Carolina Warnes Rex Willems**

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HOT AND HEALTHY

SUMMERTIME HABITS

SUMMER BREAK DOESN'T HAVE TO MEAN A BREAK FROM TRAINING

BY TODD TRAUB

ummer break is here, but that doesn't mean a break from the healthy habits you've been practicing in your daily life as part of your Taekwondo training. As a martial artist, you should stay focused on fueling your body with the right nutrients and maintain an exercise regimen that keeps you at the top of your game. But summer brings with it vacations, high temperatures and other challenges that may force your family to adjust their regular routine. That's why it's important to plan ahead so that you keep up with your training and overall well-being. To continue to maximize your performance while beating the heat, here are nine hot and healthy summer habits!

ATA WORLD

1. DON'T SKIP BREAKFAST

YOUR BODY NEEDS FUEL just to get through the demands of an average day, let alone a day of Songahm training. Studies show a range of health benefits to be gained from the morning meal. If you're trying to stay lean and make yourself more agile on the mat, breakfast actually helps people keep the pounds off. A study published in the *American Journal of Epidemiology* shows that people who skip breakfast are 4.5 times more likely to be obese while an American Heart Association study shows breakfast eaters are more likely to have good blood sugar and are less likely to be hungry later in the day. Other potential breakfast benefits (especially if the food choices include eggs, oatmeal and coffee) include being less tired during the day, better cholesterol levels, fewer calories consumed during the day and better short-term memory.

Z – BLOCK THE SUN

A BAD SUNBURN can make you really uncomfortable and could keep you out of Taekwondo class, so put on the sunscreen! Find the right SPF rating for you and make sure you reapply frequently, especially after swimming or training. With the ozone layer depleting, sunscreen helps shield you from harmful rays; decrease chances of skin cancer; prevent facial brown spots or skin discolorations; reduce the appearance of facial veins and blotchiness and it prevents or slows the aging effects of sun exposure. So arm yourself with hats, sunscreen and beach umbrellas to block that sun, so that you can keep working on outer-forearm blocks in class.

3 - EXERCISE Your Mind

working with

working with weapons, you need to be able to make quick decisions and react properly, so even though school is out or you're spending your free time lounging by the pool, there is no reason to stop exercising the muscle between your ears. Read, work a puzzle or complete some other brainteaser. Challenge your mind by taking in an art show or documentary, or just engage in a lively (but friendly) debate with a fellow student. Mental sharpness can give you just the edge you need to master your next match, so make sure you leave yourself some think time during the summer months.

AN AGILE MIND IS JUST AS IMPORTANT as an agile body. Whether you're sparring or

4 - DRINK UP

STAYING HYDRATED is one of the easiest, and most overlooked, ways to help stay healthy. You need to replenish fluids and help replace electrolytes lost to exercise. Don't wait until you're thirsty — by then you're already mildly dehydrated — pre-hydration is just as important as rehydration. According to sources like WebMD.com, water in place of sugary drinks can be filling without the calories while energizing muscles, keeping bodily functions regular, helping the kidneys and keeping your skin looking healthy. Many times children forget to grab a drink, so parents should be sure and remind them several times a day.

5 . STAY ACTIVE IN YOUR TRAINING

A LITTLE REST AND RELAXATION

after a tough winter is good, but it is easy to get off track with all the summer activities out there. So remember to stick to your Taekwondo goals. Ask your instructor about special seminars or summer camps that may be on your school's summer calendar. Devise a schedule and keep to it, and don't let a change of location like a family vacation, keep you from working on your martial arts skills. Practice your form on the beach or work on a side kick as you jump off the diving board. Online options, like those on WarriorXFit.com, can provide innovative (and free) programs and challenges with the added convenience of being available wherever you can plug in your computer or carry your iPhone.

6 . BEAT THE HEAT

THERE IS NO NEED TO GO FOR A DAILY RUN at high noon during a heat wave; adjust your training program to stay out of the peak temperatures. Run early in the morning or use a treadmill inside; have a hydration plan for your workout; wear colored and lightweight, breathable, clothing; work a swim into your training program and, if you must work out in the heat, ease into it with light exercise during the hottest part of the day two or three times a week for three or four weeks to acclimate.

7 - KNOW THE SIGNS

EXERCISE IN HOT, HUMID WEATHER can quickly lead to dehydration, heat exhaustion or even heat stroke. If all preventive measures fail, it is important to know the warning signs and to stop exercising immediately. If you experience any of the following, get off your feet

source any of the following, get on and replenish your fluids: headache, heavy sweating, cold or moist skin or chills, dizziness or fainting, weak or rapid pulse, muscle cramps, fast or shallow breathing, nausea or vomiting. Listen to your body and make smart choices to avoid these dangerous symptoms.

8 – CHOOSE WISELY

A CHEESEBURGER CAN BE TASTY once in awhile but don't overdo the fatty foods that can slow you down and affect your performance on the mat. At your family's summer barbeque, use grilled chicken or turkey burgers to keep it lighter. Instead of fries or potato salad, add color to your diet with fresh fruits and vegetables. You could even start a small garden in your community to grow healthier foods while also interacting with your friends and neighbors. Maintaining a healthier diet doesn't mean giving up the good stuff. Just look for nutrient rich foods like whole grains, fat-free or low-fat milk and cheese, seafood, lean meats, poultry, eggs, beans, nuts and seeds.



EVERYTHING IS MORE FUN WITH A FRIEND! Buddy up to motivate one another to stick to your exercise or Taekwondo routine and make healthy choices this summer! Working out together may be safer and more fun with your friend or family member. Encourage each other to be the best you that you can be!

SENIOR MASTER NOMINEE BETSY STEVENS Congratulations, we are so proud of your accomplishments!

Love, your fellow ATA Headquarters Staff.

RICKY GASTON

Rank: 5th Degree Black Belt

Where he trains: Anderson's Taekwondo in Little Rock, Ark. under the instruction of Chief Master Richard Anderson

How long has he been in martial arts: 22 years

Previous World Titles: 2001, 2002 and 2005, all in sparring

What events will he compete for this year: Sparring and possibly forms

What is your favorite area of competition? I love forms and sparring ... even though I haven't come close to winning a world title in forms! I find the forms competition to be extremely tough, but I love challenging myself. Plus, I find practicing forms is the best way to get warmed up for sparring.

CONTINUED ON PAGE 36



HOW TO: TRAIN LIKE A WORLD CHAMPION TOP TIPS FROM ATA EXPERTS

BY JENNY O'CONNOR PHOTOGRAPHY: DANIEL MOODY, MARCUS BOYCE

> he 2014 World Expo is just around the corner. Tens of thousands of students and families from around the globe will flock to Little Rock, Ark. July 7-13 for the Super Bowl of Songahm. Though many travel to Worlds for the top-notch training and

high rank testing, the elite few come for something special — the title of Songahm World Champion!

Since last summer, competitors from around the world have been competing at regional, district and national championships to earn points and become one of the Top Ten in their respective divisions. After a year of traveling and training, the best of the best put their skills to the test and vie for that gold medal. It's the culmination of hard work, dedication and perseverance and it only happens once a year.

So who will walk away with the 2014 World titles? We sat down with some of the contenders and found out what it takes to train like a champion!

CONTINUED FROM PAGE 34

How do you prepare for Worlds competition? My training regime turns up Jan. 2 of each year and I train four days a week. Mostly my workouts consist of cardio, calisthenics and stretching. I'm not a big fan of weights but I challenge myself with different ways of strength training with push up drills. I love to do knuckle push-ups and diamond push-ups.

What is your meal plan? My diet is my life! Whether I'm going for a World title or not, I'm always learning about how to take better care of my body.

When you're not training, what do you like to do? Mentoring! I always set aside time to help others, be a good father of four and a good husband. I also like watching sparring matches on YouTube and I like to read.

What are your goals going in to this year's

Worlds? My main focus is to help my students that are competing for a World title and seeing them progress. Last year, some didn't make Top Ten, had a bad form or lost their first round sparring. If they could get a medal, then that would make me happy. This is the true test to find out if they are ready to quit or understand what I've been telling them about the importance of making progress. I also look forward to having fun with the others in my ring.

What or who inspires you to be your best?

When I was younger, losing is what inspired me. As I saw progress, I had to keep going. Plus, competition is so much fun!

Do you have a secret to success? If people that don't know you see that you're good at something and they take the time to come and tell you; it's humbling. So be humble, but go back to the gym and work even harder because you are on your way to becoming a World Champion.

What are your future goals in the ATA? I want to become a Master instructor.

Do you have any favorite quotes of encouragement? "You never lose ... it's always learning!" "Discipline wins championships!" "Train to make your technique become as natural as you blink your eyes."





ALYSSA COCHNAR

Rank: 4th Degree Black Belt

Where she trains: Crete ATA Martial Arts Academy in Crete, Neb.

How long has she been in martial arts: I started when I was three so it's been 16 years now.

Previous World Titles: 2013 Xtreme Forms; 2013 Xtreme Weapons

What events will she compete for this year: Combat weapons sparring, Creative forms, Traditional weapons, Creative weapons, Xtreme forms, Xtreme weapons (she competes at Districts for a possible position in forms and sparring)

What is your favorite area of competition? My favorites are Creative and Xtreme competition. I love being able to make up my own forms. It allows me to be creative and try new things. I also like the fact that it is put to music. It makes the form come to life and it helps pump me up more.

How do you prepare for Worlds competition? I train five to seven days a week. Each day I train on all of my forms for several hours. I participate in fitness kickboxing and Warrior X-Fit four nights per week.

What is your meal plan? I try to eat healthy every day and I drink A LOT of milk. I will admit, I like to have a steak the night before competitions.

When you're not training, what do you like to do? I enjoy teaching martial arts! I am the captain of Crete ATA's demonstration teams — Team Velocity and Team Velocity Xtreme. I love going out with them and performing several times throughout the year. I also just like time to relax, whether it's hanging out with my friends or watching television at home with my family.

What are your goals going in to this year's Worlds? To defend my titles and it would be great if I could add a few more such as in Creative forms, Combat weapons and Traditional weapons!

What or who inspires you to be your best? My father and instructor, 5th Degree Black Belt Jack Cochnar inspires me. He is not only an encouraging father, but he is an amazing instructor who is always challenging me to be my best.

Do you have a secret to success? You just have to work even more than the next person, always do the extra reps and put in the extra practice. It is what you do to prepare that will make the difference.

ATA WORLD 36


MAXWELL VAN ECK

Rank: 3rd Degree Black Belt

Where he trains: Karate Atlanta (Ga.) Duluth

How long has he been in martial arts: I have been practicing martial arts for 18 years. I started when I was four years old and never stopped.

Previous World Titles: 2012 Xtreme Forms; 2012 Creative Forms; 2013 Xtreme Forms; 2013 Creative Forms; 2013 Creative Weapons

What events will he compete for this year: Traditional forms, Creative forms, Xtreme forms, Creative weapons and Xtreme weapons.

What is your favorite area of competition? That's a tough question because I love it all! I would say any type of form is my favorite competition. I would say I enjoy Xtreme forms the most. I love the creativity and dynamic Hollywood style martial arts and the highflying flips and kicks.

How do you prepare for Worlds competition? Training can be difficult while also being an instructor at my school, but I try to get in at least an hour or two every day. Most mornings, I will train at the gym and get some cardio and plyometric exercises in. I also usually do two to three miles and some body weight plyometric exercises for the explosive muscle groups. At night after classes, I start Taekwondo training. Forms are on Monday nights, sparring is on Wednesday nights and acrobatics or tricking is on Saturdays.

What is your meal plan? I tend to stick to more of a paleo diet — very little carbs. In the morning, I will stick to omelets and fruit smoothies. Lunch is typically a salad and dinner will be chicken and fish with garden greens. Every now and then I will stray away a little but I stick with a clean diet for the most part, especially leading up to Worlds.

What are some of your favorite training drills? I love training kicking drills on a clapper target in the air or on wave masters. That would be by far my favorite type of training! I also enjoy training sections of the forms, breaking them down to one line or a smaller combo and crushing the moves.

What are your goals going in to this year's Worlds? This year at Worlds, I want to take all three forms titles. Everyone sees me as the XMA guy but I want to show everyone that my traditional technique is good too.

What or who inspires you to be your best? There are a lot of people who inspire me. All of my students I train really help motivate me to push forward with my training. When I see them working hard and making improvements, I know I have to work harder to stay one step ahead of them. I really look up to some open circuit legends who have moved on to do stunts in movies.

Do you have a secret to success? I would say my secret to success is perseverance. Just never give up. Keep trying, keep pushing and keep working hard and one day you'll have whatever it is you desire.

What are your future goals in the ATA? One day I want to run a school and train a competition demo team.

Do you have any favorite quotes of encouragement? "To beat others shows strength. To beat yourself shows true mastery."



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AGASTHI JAYATILAKA (AGE 16)

Rank: 3rd Degree Black Belt

Where he trains: Burnsville Martial Arts in Burnsville, Minn.

How long has he been in martial arts: Seven years

Previous World Titles: 2010 Traditional Forms; 2012 Traditional Weapons.

What events will he compete for this year: Traditional forms, Traditional weapons, Combat weapons, Creative forms, Creative Weapons, Xtreme forms, Xtreme weapons

What is your favorite area of competition? I love competing in traditional weapons. And my favorite weapon is double ssahng jeol bongs.

How do you prepare for Worlds competition? I practice my Taekwondo training five days a week for about two to three hours per day. To prepare for the different competitions I mainly focus on cardio and endurance training while also practicing speed development.

What is your meal plan? I think it's important to get all three meals in! I eat a lot of fruits and vegetables and try to get in a good balance of carbohydrates and protein.

When you're not training, what do you like to do? I love to sing and watch movies. I also love spending time with my friends and family.

What are your goals going in to this year's Worlds? My biggest goal is to try and become a 2014 World Champion in three events!

What or who inspires you to be your best? My parents.

Do you have a secret to success? Practice, practice, practice!

What are your future goals in the ATA? I would like to earn my 4th Degree Black Belt and become a certified instructor in the ATA.

Do you have any favorite quotes of encouragement? "Never give up!"

DEVMINI JAYATILKA (AGE 11)

Rank: 2nd Degree Black Belt

Where she trains: Burnsville Martial Arts in Burnsville, Minn.

How long has she been in martial arts: Five years

Previous World Titles: 2011 Xtreme Forms; 2011 Xtreme Weapons; 2011 Creative Forms; 2013 Creative Weapons; 2013 Traditional Weapons

What events will she compete for this year: Traditional forms, Traditional weapons, Sparring, Combat weapons, Creative weapons

What is your favorite area of competition? Like my brother, my favorite is Traditional weapons.

How do you prepare for Worlds competition? With my brother, I practice my Taekwondo training five days a week for about two to three hours per day. Stamina is what I need to do well so I focus on cardio and endurance training primarily.

What is your meal plan? Make sure you eat breakfast, lunch and dinner; healthy fruits and vegetables each day as well.

When you're not training, what do you like to do? I love spending time with my friends and my family.

What are your goals going in to this year's Worlds? I would like to try to become a World Champion in two or more events!

What or who inspires you to be your best? My whole family inspires me! They always cheer me up and are always there for me no matter what.

Do you have a secret to success? Always stay focused and remember your goal! And always do your best.

What are your future goals in the ATA? I want to continue my training and compete for more World titles. I also want to be an instructor one day.

Do you have any favorite quotes of encouragement? "A goal is not always meant to be reached, it often serves simply as something to aim at." – Bruce Lee

ATA WORLD



Best wishes to Mr. Chan from your iXL family as you test for your 6th Degree Black Belt!

1992 - SAN DIEGO, CA

1997 - WICHITA, KS

2001 - WICHITA, KS Opened first ATA School

2003 - ST. JOSEPH, KS ATA School Owner

2007 - EDMUND, OK

2008 - MOORE, OK

2010 - LAWRENCE, KS ATA School Owner with Mr. J. Golden

> 2012 - LEAWOOD ATA School Owner

MIND BODY SPIRIT

Got Calcium?

What You Need, How To Get It

BY TODD TRAUB

ou can feel it in your bones. You need calcium. Calcium is the most common mineral in the human body and one of seven essential nutrients the body needs to constantly replace to perform at its best (the others are iron, magnesium, potassium, selenium, sodium and zinc).

Calcium is essential in blood clotting, muscle contraction, nerve impulse transmission and bone and tooth formation. In fact, bones and teeth store 99 percent of the body's calcium (normally two to three pounds) while the remaining 1 percent is found in blood, muscle and fluid between cells. It prevents muscle cramps and studies have shown it also is a factor in blood vessel contraction and dilation, which affects blood pressure.

Calcium is probably best known for helping prevent osteoporosis, or bone loss, as the body ages.

"Calcium comes in several types and the body absorbs some types better than others." said Seth

Heldenbrand, Phar.D, an associate professor at the University of Arkansas for Medical Sciences College for Pharmacy and a clinical specialist in solid organ transplant.

Depending on one's age the recommended daily amount of calcium ranges from 700 to 1,300 mg a day. All athletes are urged to achieve the recommended intakes, 1,300 mg a day for teenagers and 1,000 mg a day for adults.

"It is well established in the medical literature that peak bone (PBM) is established from childhood to early adulthood and is associated with physical activity at this time," Heldenbrand said.

Given its role in bone formation and muscle and nerve performance, it's easy to see why calcium is important to athletes in general and, perhaps, martial artists in particular. After all, as ATA students we are seeking broken boards; not broken bones.

Calcium is especially important for athletes because they lose it and other minerals through perspiration.

"Athletes must be aware that calcium is lost through sweating, and that participating in high-impact and weight-bearing exercises requires good skeletal health," Heldenbrand

ATA WORLD

said. "The best way to maintain skeletal health is through appropriate dietary intake of calcium. Calcium supplementation is an acceptable alternative if calcium requirements cannot be met through the diet."

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Heldenbrand said athletes participating in high impact sports (martial arts, basketball or tennis, for example) have higher calcium requirements than average, as do athletes who participate in intense cardiovascular workouts.

"Competitive athletes who exercise extensively multiple times a week also tend to absorb dietary calcium to a lower extent than the normal population," Heldenbrand said.

Symptoms of low calcium include tooth decay, muscle cramps, brittle nails, kidney stones and the aforementioned osteoporosis, which increases the likelihood of fractures, especially in the hip, spine and wrist.

"Experts agree that proper dietary calcium is the best way to be sure a body

has enough calcium for daily functions," Heldenbrand said. "Dairy products (cheese, milk, yogurt) are high in calcium and typically provide about 70 percent of the typical dietary intake."

Other dietary calcium sources — for those watching calories or needing lactose free options — include kale, broccoli, turnip greens, tofu and any calcium fortified foods like orange juice.

Basically, there is no need to overthink it. As a martial artist, if you have a healthy diet to go along with your training, you should not have to worry about calcium loss, Heldenbrand said.

"It is important to understand that the recommended dietary allowances of calcium and vitamin D are themselves overestimates that should meet the requirements of any person, active or inactive, in their respective age range or category,"

Heldenbrand said. 🏶

FAMILY TIES

Cool Karate Camps

For many parents, summer camps are a key ingredient in the mix of opportunities and obligations that come when the family vacation is over but school has yet to begin. Smorgasbords of seasonal businesses pop up to fill that need and making a decision on which camp to attend can be complicated. Programs run by ATA schools have proven to be popular options, offering a wide array of physical activities, exciting games and insight on life skills and Songahm philosophies.

ATA World looked at two such camps, in Memphis, Tenn., and West Chester, Pa., to understand their recipe for success.

Master Marc Jouan and his wife Maria, a 5th Degree Black Belt, run a six-week camp out of ATA Martial Arts of West Chester. Master Jouan has been working at or running such camps for more than 20 years and from that experience has developed a formula that, compared to most other summer options, is perhaps best defined by framework.

"With most summer camps it's usually just 'We signed you up, now go run around' and there's not a lot of structure," Jouan said.

> Enthusiasm abounds at ATA summer camp.



At ATA Martial Arts of West Chester, however, each week is built around a theme as well as a life skill. The themes range from advanced martial arts kicks to Nerf weapons, and the life skills are those emphasized by ATA, such as respect and discipline.

Melanie Anderson, a 4th Degree Black Belt who runs the summer camp, called "Camp Confidence," for Midtown ATA Martial Arts in



Memphis, also focuses on structure. But with the camp running almost the whole summer, hers is a general approach relying on ATA philosophy as well as her years of experience in child care. Midtown has a large, fenced-in space in the back of the school with basketball goals and a grassy area, and the campers spend as much time outside as possible, away from screens and video games.

Midtown's camp, which is on hiatus this summer, also makes use

of the school's 2800 square foot workout floor. Besides classes on traditional martial arts, there are activities to keep the children engaged both mentally and physically, like coming up with different versions of "American Gladiator"-type games.

Weapons sparring at ATA summer camp



Anderson works hard to make respect and discipline a part of that engagement, requiring children to address their elders as "sir" and "ma'am." While many campers are ATA students or repeat visitors, she said, "A lot of the non-ATA kids that come to camp don't have a clue about manners or respect, so [the teaching] starts from the time they walk through the door."

Mothers have come to Anderson and described feeling shock the first time their child said "Yes, ma'am," to them. But to Anderson, the personal respect is business as usual. "It takes a few weeks to get it into a habit, but once they start, you're kind of home free with it," she said.

Master Jouan's approach to teaching relies on first letting the children burn off energy. After the morning's activities and lunch, they have a class on the life skill of the week. If that week's skill is respect, for example, the kids will "talk about a certain angle of respect and they draw something, or act out something ... that relates to that.



It helps them learn." Jouan said. "We want to provide educational stuff that ... ties in different things that the community has to offer." With that in mind, Juoan (like many instructors nationwide) invites representatives from the local police and fire departments to visit and talk about safety.



With so many classes and activities, Anderson and Jouan benefit from the ATA's emphasis on junior leadership. At Midtown, where the ages range from 5 to 13, Anderson keeps the children in one group.

"It teaches the older kids how to be patient with the younger kids," she said. "And helps the younger ones learn how to respect the older kids."

This has turned into one of Anderson's favorite parts of the camp. It means a lot to Anderson to witness "those little things that you see and you realize that they actually understand their role as a leader."

Jouan said that he has junior leaders from his school "lining up to help" at the camp. "When I came up and was learning to teach, I knew that summertime was a great opportunity," he said. These leaders, usually age 15 or 16, only assist with regular classes; the summer camps give them a chance to run them, preparing them for future teaching positions at ATA schools.

The best endorsement of ATA camps comes after the summer — both Jouan and Anderson report that, every year, a certain percentage of the non-ATA attendees enroll in regular classes at the end.

"The parents see the value in what we do," Jouan said.

KIDS'KORNER

WEAPONS TRICKS LIUELE SEAHNG JEDLEDNGS

With the other hand, swing the nunchuk around your neck and catch it with the beginning hand.

Just throw one of the nunchuk the most comfortable way you can throw it.

ATA WORLD

KATHRYN TIAN, LOS ANGELES, CALIE., 14

Kathryn Tian is a 2nd Degree Black Belt and multiple Songahm World Champion who, in the past three years, has won championships in traditional forms and weapons, creative weapons and XMA forms and weapons.

While currently living in Los Angeles, Tian is a student at ATA Black Belt Academy in Tweksbury, Mass., under instructor Justin Garfano, and has been in Taekwondo for close to eight years.

Tian said she was bullied when she was younger and her parents chose ATA to help her build confidence and self-discipline, of which she has plenty, Garfano says.

"The girl is a brilliant kid," Garfano said. "I mean, she's such a hard worker. She's one of the most dedicated students I've ever come across."

With the hand that swung the nunchuk over, catch the nunchuk that was in the air.

Turn and strike with the nunchuk you caught.

Q&A with a World Champ

WHAT DO YOU ENJOY ABOUT ATA?

I really like when I go to competition I can see a lot of my friends. Friends are really important. ... And I also make new friends.

WHAT WOULD YOU TELL SOMEONE WHO IS CONSIDERING JOINING ATA?

I'd say just go for it. It's a great life experience. You learn a lot of things. Don't just do it for the martial arts; there a lot of life skills you can learn: confidence, self-discipline, respect, focus.

WHAT IS YOUR FAVORITE WEAPON?

Ssahng Jeol Bongs [nunchuks]. I really like how there are not just basic moves. You can expand on what you know and create new moves.

Finish with another move, a downward X-strike. Others can do a type of block.

KIDS'KORNER

TRADITION

Marcus Espinosa, 8

PHOTO BY MARCUS BOYCE

LEADERSHI

Recommended Black Belt Student at Master Gavin Espinosa's Black Belt Academy in Stevenson Ranch, Calif.

Marcus Espinosa started ATA as a Tiny Tiger when he was 3 ½ years old, following a family tradition that includes his father, Guill, older brother and a number of uncles, all black belts. In fact, one of the uncles is his instructor, Master Gavin Espinosa. Marcus has a flair especially for sparring and forms — winning several triple crowns at events (first in forms, sparring, weapons) — and has always had an interest in XMA.

Years spent training 5 1/2 years.

Why he started ATA It is a family sport. My older brother is involved. Master Espinosa is an uncle in my family.

Special goals achieved Competing in tournaments; being first in sparring and combat sparring and second in forms in California.

Future goals Earning the black belt.

Why he likes ATA It's fun learning how to be a good leader and training with friends.

193

Inspiration Definitely Master Espinosa and also my older brother.

Other Interests Track and field (especially long jump), basketball and soccer.

ATA WORLD

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CALENDAR UPCOMING TOURNAMENTS

JULY 2014

DATE	CLASS	CITY/STATE	HOST	CONTACT
July 7-13	AAA	Little Rock, Ark.	World Expo	866-282-8721
July 26	В	Albany, Ore.	Sharon Pleu	541-752-3220
July 26	В	Slidell, La.	Jude Grayson	985-288-0395
July 26	В	Phoenix, Ariz.	Mr. and Mrs. Jessiah Rueckert	602-788-7752

AUGUST 2014

DATE	CLASS	CITY/STATE	HOST	CONTACT
Aug. 2	В	Augusta, Ga.	Darin And Gena Prazer	706-650-3055
Aug. 2	В	Champaign, III.	Masters Newberry	217-351-8531
Aug. 2	В	Diamondale, Mich.	Master Ron Burch	517-339-2821
Aug. 2	В	Indianapolis, Ind.	Tamara Parker	317-826-9999
Aug. 2	A	Rocklin, Calif.	Master And Mrs. Owings	916-715-0030
Aug. 2	В	Nashua, N.H.	Robert Landrum/Justin Garofano	978-749-0880
Aug. 8-9	A	Allen, Texas	Sr. Master Sustaire & Master Sustaire	972-396-9336
Aug. 9	В	Durham/ Raleigh, N.C.	Sr. Master Jewell Allen	919-345-1820
Aug. 9	В	Helena, Mont.	Elena Frederick	406-442-6499
Aug. 9	B	Somerset, N.J.	Master Albrecht/Jorge Lee	908-281-1800
Aug. 16	В	Las Vegas, Nev.	Master Derrick-Martin/Christopher Martin	702-340-7516
Aug. 16	В	St. Louis, Mo.	Master Les & Jenni Edwards	636-527-0062
Aug. 16	В	Anaheim, Calif.	Nelson Kim	949-887-7487

SEPTEMBER 2014

DATE	CLASS	CITY/STATE	HOST	CONTACT
Sept. 5-6	A	Cape Cod, Mass.	Hosted By Region 110B	501-568-2821
Sept. 6	В	Santa Rosa, Calif.	Kristin Medina	707-523-1144
Sept. 13	В	Fort Wayne, Ind.	Penny Beddow-Wolf	260-434-1872
Sept. 13	В	Lincoln, Neb.	Chief Master Longoria	402-466-2433
Sept. 13	В	Punta Gorda, Fla.	Master Andy Shuman	941-423-9400
Sept. 20	В	Rosemont, III.	Jim And Marcy Wade	847-349-5425
Sept. 20	В	Wilmington, Del.	Mr. And Mrs. Jonathan Frank	410-612-0223

SEPTEMBER CONT.

DATE	CLASS	CITY/STATE	HOST	CONTACT
Sept. 27	В	Conway, Ark.	Chief Master Kathy Lee	501-327-5425
Sept. 27	В	Danville, III.	John And Jen Kruger	217-442-2282
Sept. 27	A	Phoenix, Ariz.	Sr. Master and Mr. Landgren Lee	480-831-1111

OCTOBER 2014

DATE	CLASS	CITY/STATE	HOST	CONTACT
Oct. 3-4	B	Mesquite, Texas	Don May Jr.	817-270-5425
Oct. 10-11	В	Sioux Falls, S.D.	Chief Master Hoover	605-332-1778
Oct. 11	В	Las Vegas, Nev.	Gavin & Deanna McHenry	702-818-5200
Oct. 18	В	Milan, Tenn.	Master & Mrs. Keith Giles	731-686-9221
Oct. 18	В	Ponchtoala, La.	Master and Mrs. Jason Dendy	225-665-3301
Oct. 22-25	AA	Orlando, Fla.	Fall Nationals	501-568-2821

UPCOMING EVENTS

DATE	REGION	I EVENT	LOCATION
June 14	—	Single SSJB & Single BME Certification, Color & Black Belt Training	Oceanside, Calif.
June 20-21	—	Attribute Based Teaching and Taekwondo Training	Rockwall, Texas
June 28	—	Single Ssahng Jeol Bong Certification	Westminster, Colo.
Aug. 1	—	Single Ssahng Jeol Bong, Color & Black Belt Training	Indianapolis, Ind.
Aug. 3	—	Elite Instruction Training	Evans, Ga.
Aug. 3	—	Single Ssahng Jeol Bong Certification	Indianapolis, Ind.
Aug. 8	—	Single Combat Weapons Sparring	Helena, Mont.
Aug. 9	—	Single Combat Weapons Sparring	Memphis, Tenn.
Aug. 9-10	—	Elite Instruction Training	Fargo, N.D.
Aug. 21-23	_	Protech Camp	National Harbor, Md.
Sept. 14	105	Regional Instructor Certification Camp	Lincoln, Neb.
Oct. 3-5	118	Regional Instructor Certification Camp	Heber, Ariz.
Oct. 4	103B	Regional Instructor Certification Camp	North Las Vegas, Nev.
Oct. 4	103A	Regional Instructor Certification Camp	San Diego, Calif.
Oct. 4-5	—	Elite Instruction Training	North Las Vegas, Nev.
Oct. 11-12	111	Regional Instructor Certification Camp	Virginia Beach, Va.
Nov. 11	104	Regional Instructor Certification Camp	Fort Lauderdale, Fla.
Nov. 16	_	Elite Instruction Training	Merrillville, Ind.
Dec. 6-7	—	Elite Instruction Training	Lexington, Ky.

SCHOOLS -- CLUBS NEW TO AND A DECIMARY OF A

REGION	SCHOOL	CITY/STATE	COUNTRY
101A	ATA Martial Arts- Jonesboro	Jonesboro, Ark.	United States
102A	Team Pride Joliet	Joliet, III.	United States
	Team Pride Hammond	Hammond, Ind.	United States
	Team Pride Bloomington	Bloomington, III.	United States
102B	Elite Martial Arts-Coldwater	Coldwater, Mich.	United States
104	East Coast Martial Arts	Palm Bay, Fla.	United States
106	Charleston ATA Martial Arts	Charleston, III.	United States
107	Vanbelle's ATA-Tigers Black Belt Academy	Patterson, Calif.	United States
	Mueller's Tri-Valley ATA Black Belt Academy	Pleasanton, Calif.	United States
	Team Pride Santa Rosa II	Santa Rosa, Calif.	United States
	Team Pride Petaluma	Petaluma, Calif.	United States
108A	Pensacola ATA Martial Arts	Pensacola, Fla.	United States
108B	On Target Martial Arts	Millen, Ga.	United States
	On Target Martial Arts	Sylvania, Ga.	United States
109	ATA FMA	Centennial, Colo.	United States
111	Black Belt Attitude School III	Greenville, S.C.	United States
	Victory Martial Arts of Clifton	Clifton, Va.	United States
	ATA Martial Arts Steel Creek	Charlotte, N.C.	United States
115	Monroe's ATA	Ft. Leavenworth, Kan.	United States
116	ATA Black Belt Academy	Westlake, La.	United States
117	Ohio Karate, LLC	Mentor, Ohio	United States
118	Valetta's ATA Martial Arts	Palominas, Ariz.	United States
119B	Ireland's Karate for Kids Club	Eugene, Ore.	United States
120	Linkoping University	Linkoping	Sweden
	Shim Jun Estadio Universitario	Lisboa	Portugal
	Shim Jun Porto	Porto	Portugal
	M.O. Martial Arts- Rhoon	Rhoon	Netherlands
	M.O. Martial Arts- Oudewater	Oudewater	Netherlands
	M.O. Martial Arts- Bleiswijk	Bleiswijk	Netherlands

UP-TO-DATE CALENDAR AND SCHOOL INFORMATION, go to ataonline. com. To learn more about ATA tournaments and events, talk to your instructor or call ATA headquarters toll-free at 866-282-8721. All dates are subject to change.

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Brettell Makes Up For Lost Time

79-year-old Newcomer Achieves Goals

BY TODD TRAUB

Better late than never.

s a minister, former Navy man and a member of multiple sports teams throughout his life, Jim Brettell understands better than many the importance of showing up when people are counting on you.

Not long ago Brettell decided to do something for himself, and he realized more than ever that if you show up, if you put in the effort, good things can happen.

At the age of 77, on a whim, Brettell, who had been active in sports throughout most of his life, joined ATA. Brettell and his wife walked out of a restaurant in Maumelle, Ark.; she entered a gift shop, he decided to check out nearby Arkansas ATA Martial Arts.

"Best decision I've made over the last several years," said Brettell, now 79 and a 1st Degree Black Belt.

In high school, Brettell had played baseball, basketball, pole vaulted and high jumped. He signed a professional baseball contract with the Pittsburgh Pirates in 1953 and during his nine-year Navy stint he played basketball, softball, golf, bowled and continued to play baseball, pitching in the 1957 All-Navy finals, the World Series of military baseball.

Ordained in the Christian faith 43 years ago, Brettell let his ministry work overtake his athletics in later years, though he continued to walk and ride his bicycle up to 15 miles into his mid-70s.

But nonetheless Brettell had regained much of the weight he had lost on the Atkins controlled carbohydrate diet.

"I didn't like the way I looked. I didn't like the way I felt," he said.

Sherry Reynolds-Marban and instructor Cassie Booth welcomed Brettell to ATA, encouraging him to sign up for the initial, three classes and free uniform.

Deciding to use Taekwondo as a supplement to his diet, Brettell set the twin goals of dropping his weight from 244 pounds to 199 and to achieve Black Belt within a "reasonable amount" of time after his 79th birthday.

"Why would I ever do that at my age?" said Brettell, who explained that, as a minister, he felt called to join. "There is a



sense of accomplishment. I didn't do this because I wanted to. I did this because I felt like I was being led. Given my background I felt like I could be an influence in an area where I hadn't been an influence before."

Brettell is presently pastor of the Little Rock NetChurch, an Internet based ministry that conducts all services and bible studies online. He says he has more than once been questioned about a perceived conflict between Taekwondo, with its roots in Korea, and his own faith, but he was pleased to find in ATA an abundance of the unconditional and selfless love that, as he says, the Bible describes as the highest form of love.

"It seems to be mutual in the ATA," Brettell said. "This is what I was sort of hoping would happen."

As for his short-term goals, within seven

months Brettell got his weight down to 199, as targeted — "I've been maintaining now for quite some time," he said — and six days after turning 79 he earned his 1st Degree Black Belt. Certainly six days was a reasonable amount of time.

"Has the pathway on this journey been easy?" Brettell said in a letter submitted to ATA. "You've got to be kidding. Has the path been worth it? You betcha, and I'd do it over again in a heartbeat."

Brettell has medaled in every tournament he's entered, which is no easy feat when one considers the next oldest entrant has been 64 and most have been in their 40s.

"That's not a complaint," Brettell said. "That's just the way it is. I felt like I could be an encouragement to older people." There have definitely been challenges But Brettell has welcomed them all. He explains that some forms have been harder than others.

"I think it's balance," he said. "There are certain forms and certain procedures you have to go through. At the higher forms there are certain tension moves you have to go through.

"Beyond that I love it. I love it."

Yet the difficulties have only whetted Brettell's appetite for more goal setting. He is shooting for a world championship this year, his 2nd Degree Black Belt sometime after he turns 80 in November and in one of his upcoming tournaments he wants to compete in all eight events.

"I don't know how many people do that,

but there's not very many," he said.

Brettell doesn't think his latest goals are unrealistic and chooses to think they reflect confidence, not arrogance.

Since making that spot decision to walk into ATA Martial Arts, Brettell has a pretty good idea what is possible.

"Certainly you can do it," he said. "All you've got to do is show up and be there."

"Has the pathway on this journey been easy? You've got to be kidding. Has the path been worth it? You betcha. I'd do it over again in a hearbeat."

WORDS TO LIVE BY

I had the honor of training under the Founder. The way he treated us, with respect and integrity, we will repay the same.

- Sr. Master and Chief Master Nominee Tomas Sandoval.

Grand Master In Ho Lee kicks on Zebra



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wmac

AZ Chong Sul, Karate Atlanta - Peachtree City, GA Tabet's Taekwondo USA - Riverdale, GA Chantell ATA Martial Arts - Cedar Park, TX Chief Mascs, Integrity Martial Arts - Miami, FL Mat-Wexford ATA - Wexford,

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TKD - Southlake, TX Master Robert

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Trautwein's ATA Martial Arts - Sarasota, FL Master Wesley Boyer, Southlake Howard, Howard's ATA Black Belt Academy - Jefferson City, MO Master Kevin

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Mende, Mende's ATA Karate - Cumming, GA Senior Master Michael Kassebaum, Nebraska ATA Martial Arts - Bellevue, NE Randy Hamilton, Family Taekwondo Centre - Ed-

Final drawing at the 2014 World Expo!