

**ANNOUNCEMENT:**

Master Michael has recently been honored by Senior Grand Master Hee Kwan Lee to be able to have his own HapKiDo association known as Moo Sool Won-USA. Master Munyon will be offering training and certification in HapKiDo for those individuals looking to learn more about self-defense and for instructors looking to add another service to their dojang.



**SEMINAR:**



ITF HQ-USA sanctioned Women's Self-Defense Level 3 will be hosted at the Munyon's Korean Martial Arts Academy on September 8th. (I have an event set up on Facebook with more details.)



## The 5<sup>th</sup> Annual Korean Martial Arts Masters Hall of Fame Inducts Internationally Known Martial Arts Master



On 27-29 July 2018 numerous martial arts Grand Masters, Masters, Black Belts and more attended the 5<sup>th</sup> Annual Korean Martial Arts Masters Hall of Fame in Atlanta, Georgia. This prestigious Hall of Fame is owned by Grand Master William Widmeyer. The purpose of this Hall of Fame is to recognize the many outstanding accomplishments and contributions to the martial arts on both a national and international scale. A local martial arts Master named Michael Munyon, owner of the Munyon's Korean Martial Arts Academy in Oscoda, Michigan was one of the few martial arts Masters to be inducted into this Hall of Fame. Master Michael Munyon has shown his skills in the tournament, military and private communities and continues to share his knowledge with local Iosco and Alconca county students.

During the first day of this event several of the Grand Masters (9<sup>th</sup> Degree Black Belts) and Masters (4<sup>th</sup> Degree and higher) arrived from over nine states to train in the numerous seminars being taught by highly skilled martial artists and to witness the award presentations for all of the inductees. The evening began with a semi-formal meet and greet. Everyone gathered together at a local German restaurant for dinner and got to talk about the many different martial art styles that were present during this event. Several of the people who attended this event have been martial arts friends for decades and this allowed everyone to rekindle their relationships and make new ones.

Day two of this event consisted of a black belt meeting where Grand Masters and Masters had an opportunity to do a round table to talk about ways to improve student recruitment, retention, how to service our communities and how the Hall of Fame is working to help martial art school owners with their operations at no cost. Afterwards, the Martial Art Hall of Fame Inductees were given session to teach a subject of their choosing to those who were in attendance. This was a great way to show people who they are and why they were worthy of being inducted into this Hall of Fame. Many of the famous martial arts Grand Masters and Masters included the following:

- Grand Master Shelton Moreland
- Grand Master Jimm McMurray
- Master Michael Munyon
- Master Karen Eden Herdman
- Master Calvin Longton
- Master Eldrige Holloway
- Master Jessen Noviello
- Master Eric Opazo
- Ms. Jayln Croft
- DoJuNim Ronald Garland

Certificates of induction and beautiful glass awards were presented by Grand Master William Widmeyer and MCing this event was Master Thomas Gordon who happens to host the largest Korean Martial Arts event in North America called the Korean Martial Arts Festival held in Crestview, Florida. One of our inductees and special guest, Master Karen Eden Herdman gave a wonderful speech about the outstanding work she's been doing helping "troubled" kids get the training and discipline they need to make positive changes and become a productive person in society through her work through the Salvation Army. This is the true result and impact of having a great martial arts Master such as Karen Eden Herdman.

On day three Master Munyon said good bye to his friends and departed Atlanta, Georgia to return to Oscoda. Master Michael Munyon will hang his fourth Hall of Fame award on his wall. Many good martial artists never get recognized for their accomplishments and make it into a Hall of Fame. Having local martial arts Master Michael Munyon in our community definitely allows students to receive the best from the best. Master Munyon's message is simple and is constantly spoken at his martial arts club. He says "It's not how and where you start in life, it's how it ends that matters most."





## TEAM MUNYON TRAINS WITH TWO MARTIAL ART LEGENDS

By:

Master Michael Munyon

On August 11<sup>th</sup> and 12<sup>th</sup> martial art students from both the Lower and Upper Peninsula of Michigan were invited to some fantastic training in Kickboxing with Coach Kathy Long and Broad Sword and Stick with Sifu Restita DeJesus, at the Earth and Water Weekend hosted by Black Dragon Martial Arts located in Sault Ste Marie MI. Students from the Munyon's Korean Martial Arts Academy out of Oscoda, Michigan were amongst some of the lucky students to attend this training weekend. This was a great seminar because everyone got to train two female legends in the martial arts community. Here is a little background about these two outstanding martial artists according to USAdojo.com.

Kathy Long started martial arts when she was fifteen. She holds a Master degree in Kung Fu San Soo as well as a Black Belt in Aikido. She has also trained in Kali (Filipino stick and knife fighting) and Brazilian Jui-jitsu. In 1991 Kathy was voted Woman of the Year by the Black Belt Hall of Fame, and in 1992 she was chosen by Inside Kung Fu magazine as Female of the Year. The five time world Kickboxing Champion was honored by Black Belt Magazine as Kickboxer of the Year in 1992. In 1996 she was inducted into the Bob Elias Sports Hall of Fame as well as several others throughout her career.

Sifu (name for Kung Fu instructor) Sifu Restita DeJesus has been practicing martial arts for over 30 years and has a list of impressive teaching certifications. Restita is the co-founder, along with Master Sherril Johnson of Doce Pares Eskrima, of the "Taikabudo" system of martial arts taught at their studio, Body Movement Arts. She was a 3-time National Black Belt League regional forms champion, a member of the 2001 USA T'ai Chi team, 2001 International gold medalist in Chen T'ai Chi at the World T'ai Chi Health Conference games in Hainan, China, and a 3-time USA Wushu-Kung Fu Federation Nanquan (Southern boxing) gold medalist. Restita was inducted into the Masters Hall of Fame in 2011, the 2012 World Doce Pares Federation Hall of Fame, 2013 Association of Women Martial Arts Instructors Hall of Fame, and the 2014 Martial Arts History Museum Hall of Honors.

During Coach Kathy Long's session students got to learn what Master Munyon calls, "Drills and Skills". She covered a lot of fundamentals, kickboxing terminology, body mechanics and human responses to receiving injuries. Students got to partner up and apply over a dozen of various drills that helped Kathy Long become a 5 time World Kickboxing Champion. After several hours of kicks, punches, dodges and other physically demanding drills coach Kathy sat us down and we got to do a "Question and Answer" session with her. She talked about her childhood, training, injuries, victories and much more. This allowed students to get to know her on both a professional and personal level.

After a quick lunch, students got to learn Kung Fu San Soo from Kathy Long. She ensured students had the combat mind set needed to apply these gross motor and effective techniques. Students focused on three primary target areas which included the eyes, throat and groin. These techniques were meant to disable your opponent in a matter of seconds. Because they were so effective, it allowed younger and smaller people to effectively and swiftly defend against someone twice their size. Kathy Long covered entry techniques, ensuring partners respond realistically to the strikes, covering the gap with range manipulation and more.

The following day students got to learn Chinese broadsword training from a Kung Fu expert. Sifu Restita DeJesus taught a lot of fundamentals, terminology, drills, partner sets and finally a short form. Students quickly picked up on the various techniques and were now equipped to utilize this sword training for their personal growth and aid them in tournament competition. After students completed their sword training Sifu DeJesus taught Eskrima (Pilipino stick fighting) techniques and drills. Students got to learn angles of attack and defense, partner drills and disarms. This energized many of the students due to the practical application of the stick fighting techniques and they (the students) felt that using a stick was something they could easily get access to for self-defense purposes.

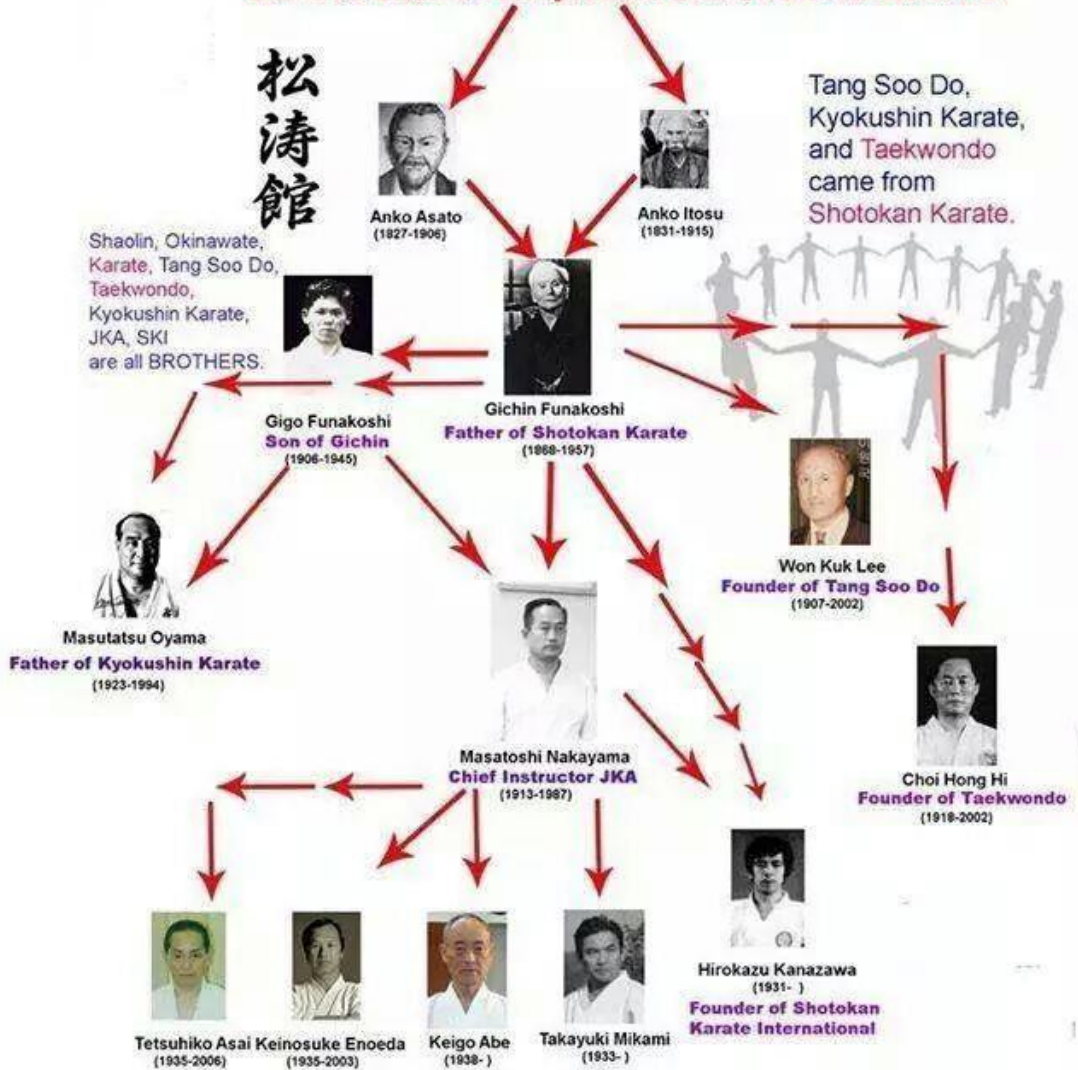
In conclusion, the seminar was a huge success. Students from the Munyon's Korean Martial Arts Academy and Black Dragon Martial Arts got to train with world class martial artists in Kickboxing, San Soo Kung Fu, Wu-Shu and Eskrima. As a primarily Korean martial arts instructor with only minor training in Kickboxing and Kung Fu, this seminar really opened my eyes to different teaching philosophies, increased my "Drills and Skills" arsenal and more importantly helped create new friendships in the martial arts. I fully recommend everyone consider hosting Kathy Long and Sifu Restita DeJesus for a seminar. They are a great team and will ensure you walk away with something you can take away for yourself and material you can introduce to your martial arts club.

ITF-HQ USA



## Karate family tree

Chinese Shaolin Temple and Okinawan martial arts



## Tigers LSE program in Korea and ITF HQ

The International Taekwon-Do Federation Headquarters, Korea is pleased to announce that the Tiger Life Skills Education, a children's development program has been officially accepted as the part of the ITF HQ Korea education system offered to children between the age of 2 and 6. The Tiger in Korea is a symbol of the Korean people and Korean culture. It is regarded as a guardian against evil spirits and a sacred creature that brings good luck. It is also a symbol of courage and absolute power. Therefore, we can say with confidence that this program will not only contribute to the greater development of children in Korea and around the world, but will also promote the spirit of Korea and Taekwon-Do





ITF HQ Korea continues to educate foreign students who come to Korea about Taekwon-Do, its history, the founder and fundamental principles of the Art. Last week we have completed the 3rd course for ASEAN countries students who came to Chungnam National University to learn about science, Korean culture and life. A part of this course was an introduction to Taekwon-Do conducted in the ITF Center of Excellence in Sejong City.

24 students from 7 Asian countries completed a 2h program covering various aspects of Taekwon-Do ITF. Master Natasa Manavaki and Zibby Kruk conducted this program in 2 parts: theoretical and practical. The program was very well accepted by the participants as well as the Chungnam University staff. Some students expressed their desire to start practicing Taekwon-Do when they get back to their countries. At the end of the program, all students received certificates of completion of the course.



### Annual Night on the Square

Mr. Wellingtons group put on a demonstration at the annual festival which is a yearly event put on by the town since 1995. This was their 23<sup>rd</sup> performance and held indoors due to the weather.