

EL CAMINO THE WAY

GLOBAL HAPKIDO FEDERATION

Korea to Europe - to the World



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JUDO FOR LIFE

Prof. Marcelo Ehrlich

DOJO STORIES

Sensei Gerardo Balves

MATE and KARATE

Ksn Renso Perez

CELULLOID:

FRANKENSTEIN

Master J. Ricardo Félix

MARTIAL ARTS

and ME (C35)

Prof. Carlos
Damasco

URUGUAYAN

HAPKIDO CENTER

Sbn Mario Da Silva

STA. MARTA 2025

SBN Mary C. Reiland

THE BALTIMORE SAMURAI

Sbn Javier Acosta

GARZA HAPKIDO

SBN Carlos

Garcia Arocena

NEITHER CHANA

NOR JUANA...

Sbn Ramón Navarro

THE FOUNDATION OF

EVERYTHING...

SBN Javir Acosta

FIRST NATIONAL

KARATE TEAM...

Sensei Gerardo Balves

OUR 2025

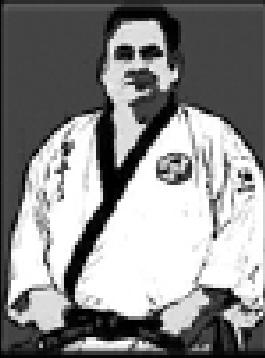
HJN Patricio Saavedra

3rd World Championship
and International
Congress WTTSDU
Ksn Isabela Bustamante



EL CAMINO

THE WAY
Martial Arts Magazine



El Camino Martial Arts Magazine was created with the goal of promoting martial arts and reaching the widest possible audience through digital media, keeping pace with modern times and technology. We hope you enjoy it and that you will join us in this wonderful world of martial arts. With our best wishes:

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INDEX:

- 02 - The Baltimore Samurai - SBN Javier Acosta
- 04 - Celulloid: Frankenstein - Master Jesús Ricardo Félix
- 06 - The Traditional Martial Arts Center
- 07 - Garza Hapkido - SBN Carlos Garcia Arocena
- 10 - Judo for Life - PROF. Marcelo Ehrlich
- 14 - Uruguayan Hapkido Center - SBN Mario Da Silva
- 16 - GLOBAL HAPKIDO FEDERATION
- 25 - Neither Chana nor Juana: The Definition of Martial Arts - SBN Ramón Navarro
- 28 - Martial Arts and Me (C35) - PROF. Carlos Damasco
- 30 - Dojo Stories - SENSEI Gerardo Blaves
- 32 - The Foundation of Everything... - SBN Javier Acosta
- 35 - A little bit of my story with the first national karate team - SENSEI Gerardo Blaves
- 37 - Our 2025 - HJN Patricio Saavedra
- 38 - 3rd World Championship and International Congress - WTTSDU - KSN Isabela Bustamante
- 41 - Santa Marta, Colombia 2025 - SBN Mary C. Reiland
- 43 - Christmas: The Dojo of the Spirit
- 45 - Mate and Karate - KSN Renso Perez
- 48 - Tang Soo Do Uruguay - SBN Mario Segnini



The Baltimore Samurai **SBN Javier Acosta**

The Baltimore Samurai: The Life of Cal Ripken Jr.

In the world of baseball, where strength and skill collide, the legend of Cal Ripken Jr. is born—a player who dominated the field with his dedication and passion, like a true samurai.

Ripken's Childhood:

A Rigorous Training.

Cal Ripken Jr. grew up in a baseball family; his father, Cal Ripken Sr., was a baseball coach. From a young age, Ripken trained with discipline and dedication, just like Miyamoto Musashi, the legendary Japanese samurai, who trained in the

mountains to perfect his technique.

The Road to Glory: 2,632 Consecutive Games.

Ripken joined the Baltimore Orioles in 1981 and quickly became a key player. His dedication and perseverance led him to play 2,632 consecutive games, a record that still stands. Like Musashi, who fought in more than 60 duels, Ripken demonstrated his endurance and determination on the field.

The Battle at Oriole Park: A War Scenario.

Oriole Park became the stage for Ripken's exploits, where he demonstrated his skill and leadership. Like Musashi, who fought in the Ganryū Strait, Ripken faced the league's best pitchers and emerged victorious.

Ripken's Philosophy: Victory is achieved thru dedication.

"Victory is achieved thru dedication and perseverance," Ripken said. Like Musashi, who wrote "The Book of Five Rings," Ripken demonstrated that the key to success is discipline and dedication.

The Ripken Legacy: A Baseball Samurai.

Cal Ripken Jr. retired in 2001, but his legacy lives on in the hearts of baseball fans. His name is synonymous with excellence and dedication, just like that of Miyamoto Musashi, the legendary Japanese samurai. Ripken is a true baseball samurai, a warrior who fought with honor and passion.

Ripken's Contribution to Little Leagues.

Ripken has made significant contributions to Little League Baseball in the United States,

including funding programs, promoting youth baseball, and developing resources for coaches and players. His program, Cal Ripken Baseball, has helped more than 400,000 children participate in the sport.

The Difference Between Musashi and Ripken: Solitude and Team Success.

Although Musashi and Ripken shared a dedication and passion for their craft, there is a significant difference between them. Musashi was a solitary man who fought and triumphed alone. Ripken, on the other hand, led a mid-tier team to the American League Championship Series and participated in countless All-Star Games. His success was not only due to his individual skill, but also to his ability to work as a team and lead his teammates.

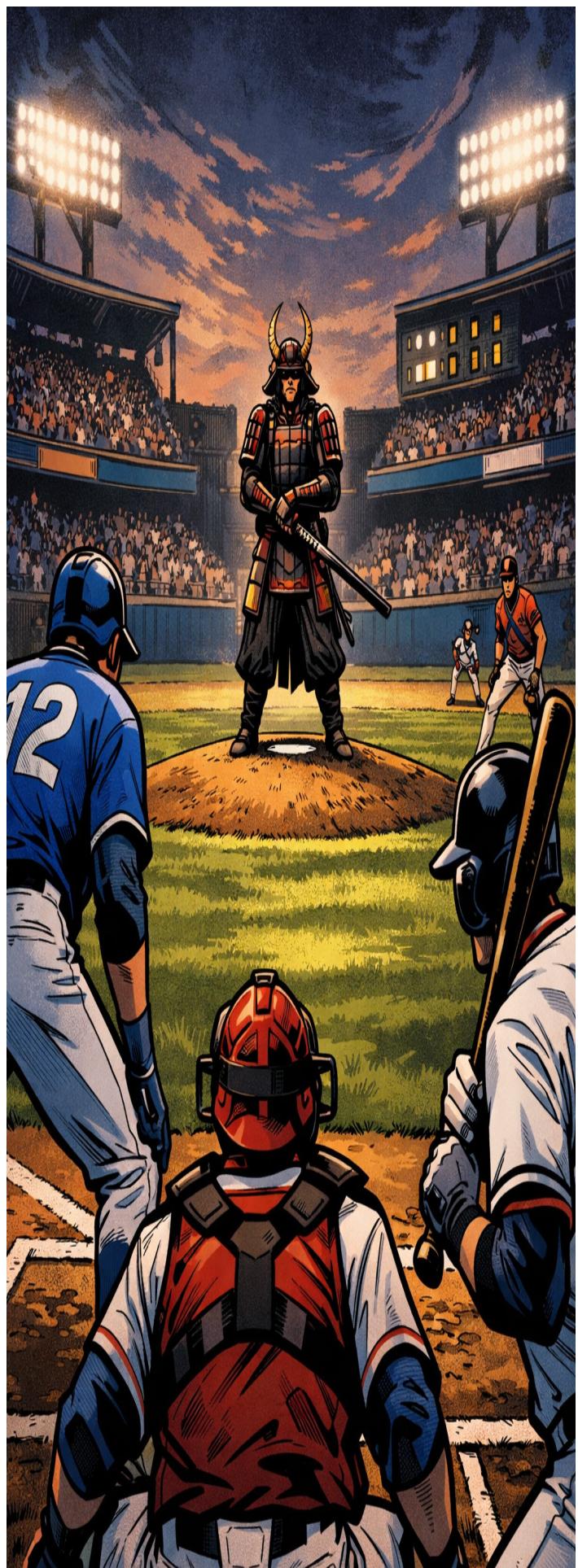
Cal Ripken Jr.: The Athlete to Watch.

Cal Ripken Jr. is the number one athlete to follow because of his streak, effort, dedication, passion, and gratitude. His legacy is an example for all young athletes seeking to achieve excellence in their sport. His commitment to baseball and his community is a model to follow, and his induction into the Hall of Fame is a testament to his impact on the sport. Ripken is a true baseball hero, a samurai who has fought for the good of the sport and its youth.

For the writer, he's a black belt in baseball.

Sbn Javier Acosta

President of CTAM WORLD.





Celulloid: Frankenstein Master Jesús Ricardo Félix

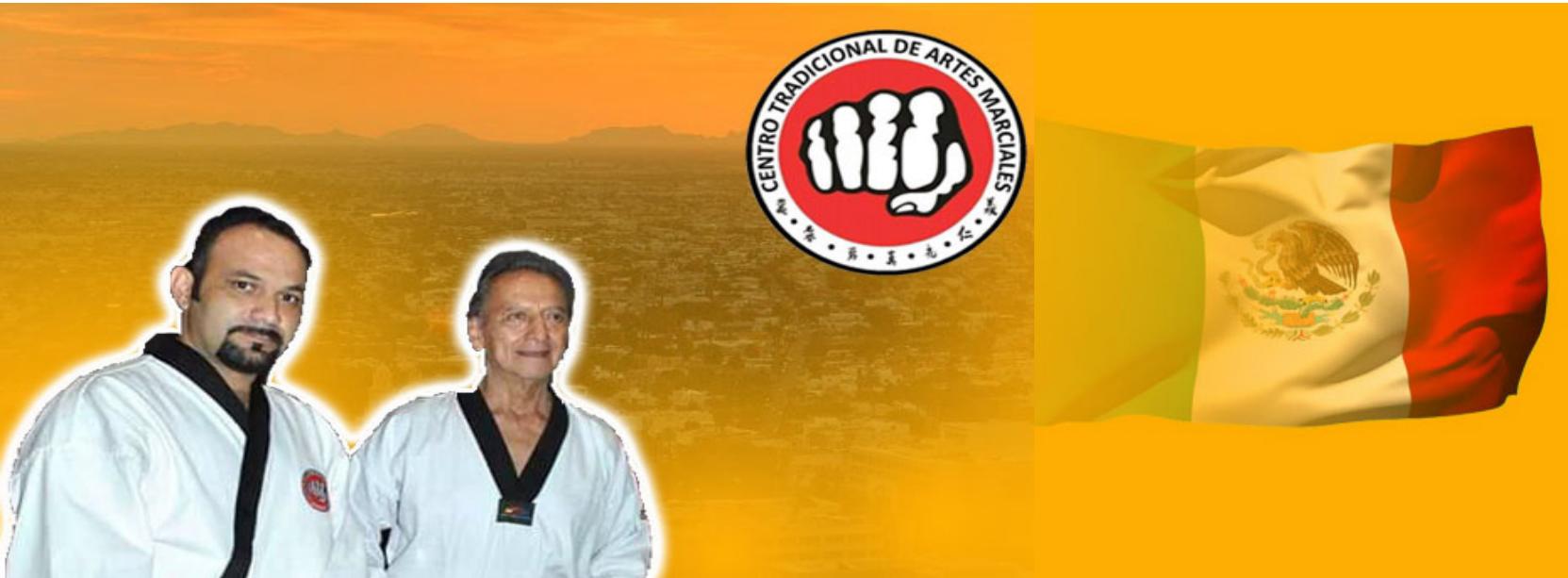
It was the year 1816 in Geneva, Switzerland, and an icy summer brought together several young writers killing time at Lord Byron's villa. Present, in addition to the host, were: Percy B. Shelley (poet and Mary's partner), Mary Godwin (Mary Shelley), John William Polidori (Byron's doctor), and Claire Clairmont (Mary's stepsister). The group spent their time reading German horror stories aloud, focusing on a collection called: *Fantasmagoriana*. It is said that those present also discussed the scientific advances of the time: topics such as medicine and electricity as the driving force of life fueled their imaginations with endless ideas. Suddenly, Lord Byron has the brilliant idea of challenging his companions to write an original horror story. Although over time only two would finish the work, that challenge would revolutionize the course of literature. On the one hand, there was Mary Shelley with her modern *Prometheus*, and on the other, Dr. William Polidori with the first modern contribution on vampires. Despite Shelley's young age, her *Frankenstein* is considered the first modern science fiction novel. That's why this hot November we'll be talking about Guillermo del Toro's *Frankenstein*.

Frankenstein is a 2025 gothic science fiction film written and directed by Guillermo del Toro. Doctor Victor Frankenstein is played by Oscar Isaac, Jacob Elordi is the monster, and the ever-talented Christoph Waltz brings to life Henrich Harlander, an arms dealer who funds Victor's experiments. The predominant style in the new version of Shelley's classic is Guillermo del Toro's so-called "Mexican maximalist": on the one hand, it minimizes special effects and favors handcrafted over digital techniques; on the other, the Mexican director prefers to start with the tangible, which is reminiscent of Francis Ford Coppola's 1990s *Dracula*. The story is set in 19th-century Europe, with images that portray Guillermo del Toro's blend of Gothic and Baroque, reminiscent of his 2015 film *Crimson Peak*.

Guillermo del Toro's Frankenstein constantly evokes German Expressionism thru its melodramatic use of light and shadow. This Gothic castle that the story presents to us is another character, one that seems to have sprung from the imagination of Lovecraft or Edgar Allan Poe. As a good Mexican, the filmmaker emphasizes the father-son, creator-creature relationship to tell us a story of abandonment and loneliness. Victor, or the father, rejects his son; the monster is more human than the humans themselves who inhabit a world where ambition, selfishness, and violence prevail. The creature seeks to learn and is capable of being moved by kindness and art. If we recall the Mexican filmmaker's fondness for 1930s films, we'll remember actors like Béla Lugosi or Boris Karloff, the latter of whom he seems to draw inspiration from to shape his monster's appearance and personality.

Guillermo del Toro's Frankenstein is definitely worth recommending; we know the Mexican director is faithful to the source material in his adaptations, but in his Frankenstein he takes the liberty of changing certain aspects, most notably the theme of immortality. This Frankenstein cannot die; the creature is condemned to wander the world, denied the recourse of death as a relief from loneliness and suffering. Perhaps we could criticize its formula, which has become a bit redundant given precedents such as *The Shape of Water* or *Pan's Labyrinth*, where humans represent the true monsters and monsters the authentic humanity. What do you think?





The Traditional Martial Arts Center was born with the firm intention of opening doors to the constant changes in our society. Led by Kjn Eduardo Martinez V., the first generation of black belts in Mexico, inducted into the World Taekwondo Hall of Fame and a direct Dan Bon of Kjn Hwang Kee, Sbn Javier Acosta always walks in observance at his side, always attentive to investing in the evolution of the martial art for the betterment of our society, adapting to reversing the ideas of the past while respecting the present. CTAM is a hierarchical martial model of the Moo Duk Kwan system, full of respect among its members, all of whom are highly important in our ranks and careful to implement the professional methodology of education. CTAM is, in turn, a union of professionals in different areas of competition within sport karate and ring, committed to teaching the value of facing situations beyond our control and that border on the fine line between peace and battle. Therefore, Family, Education, and professionalism are the fundamental pillars that sustain this solidly growing project. CTAM prioritizes the exchange of knowledge among individuals of different ages with the vision of everyone learning, with the kind

correction of anyone who must be responded to with at least a thank you. It is the duty of every martial artist to lead by example. With great teachers spread across different corners of the globe and the skillful coordination of Sbn John Suarez, Director of CTAM South America and General Coordinator of CTAM Planning, the objectives become absolute fun wrapped in cordial respect, and that is how it should be. Fraternal coexistence is a priority and always will be. CTAM students receive, in their classes, from committed instructors, the necessary tools to understand martial arts from individual and distinct perspectives, knowing that we are much more than what is discussed or seen through a opaque lens. For this reason, we always strive to be at the forefront of professional education methodology in support of sustaining the most important institution: the family. CTAM moves forward steadily and unhurriedly together, creating, innovating, and even imitating everything that should be beneficial to the project. Among other things, CTAM has contributed articles of social interest to the magazine El Camino since its founding. This is an honor for each member and contributes to the dissemination of our craft.

For this reason, the gratitude for everything and for everyone is instilled daily and generates a wave of energy that keeps us calm and prepared to face new challenges, as well as being part of the search for equality and harmony so that, by spontaneous will, the respect that society needs can be taught and learned through the new era of martial arts.

We are CTAM, the new era of martial arts.





Founding teachers and other influential Korean schools

The consolidation of Hapkido during the 1950s and 1960s was not the work of a single man.

Choi Yong-Sool laid the technical foundations, but it was his distinguished disciples who spread and enriched this martial art, each contributing their own unique approach. Among the most influential pioneers is Ji Han Jae, recognized as the foremost promoter and organizer of Hapkido in Korea during the second half of the 20th century.

Ji Han Jae began training in Hapkido in the 1950s (some accounts claim he learned directly from Choi; others indicate that he first trained with Seo Bok-Seob and then with Choi). In 1957, Ji Han Jae established a school in Seoul and was instrumental in introducing the He introduced the name Hapkido in the capital.

He is credited with being the “expansive engine” of

Hapkido, spreading it massively throughout Korea. In addition, he incorporated new components into the art: he included meditation techniques and internal energy (ki) control learned from a Taoist master, refined the kicking repertoire, and formally introduced training with traditional weapons into his style.

In the late 1960s, Ji Han Jae became a martial arts instructor for the South Korean presidential guard and participated in demonstrations for allied troops during the Vietnam War, which increased Hapkido’s fame. In the 1980s, he founded his own philosophical variant, Sin Moo Hapkido, emphasizing meditation and body–mind–spirit harmony.

Another key figure in the genesis of Hapkido is the aforementioned Seo Bok-Seob (Suh Bok Sub).

In addition to being Choi’s first student, Seo co-founded the first dojang in 1951 and worked closely on structuring the curriculum. His knowledge of Judo made it easier to systematize Choi’s Japanese techniques, and his insistence on adding kicks and strikes helped Hapkido evolve beyond its original jujutsu style. In recognition of his role, Seo Bok-Seob is considered the co-founder of Hapkido, although he maintained a lower profile than Ji Han Jae in the years that followed.

The founding era also saw the birth of other Korean martial arts schools that, while independent, were linked to Hapkido either by sharing instructors or by exchanging techniques. A notable case is Kuk Sool Won, founded in 1958 by Suh In-Hyuk, who compiled techniques from various Korean sources (including Hapkido) to create a comprehensive system of Self-defense and traditional weapons. Similarly, Hwa Rang Do, developed in the early 1960s by Lee Joo-Bang, had connections to Hapkido: some accounts indicate that Lee trained with masters close to Choi Yong-Sool before founding his own discipline in 1962. Hwa Rang Do incorporated joint locks and kicking techniques similar to those of Hapkido, combining them with a historical narrative that symbolically linked it to the ancient Hwarang warrior elite. Other lesser-known branches emerged from this same lineage: for example, Han Pul (created in 1972 by Kim Jung-Yun, a direct disciple of Choi).

In that context of expansion and diversification, two schools also emerged that would become fundamental to the technical development and preservation of different approaches within Hapkido: Jing Jung Kwan



These two schools represent complementary approaches within Hapkido: Jing Jung Kwan preserves the classic technical essence, while Eulji Kwan develops a refined and modern expression of the art. Together, they illustrate the richness, diversity, and evolution of Korean Hapkido from its earliest decades to the present day.

The technical and philosophical legacy of modern Hapkido

Although Hapkido was born in a time of conflict and was initially geared toward lethal effectiveness in Combat, over time, reaffirmed a martial philosophy centered on harmony and defense.

Ethical self-defense. During the Korean War (1950–1953), Hapkido techniques—like those of other resurgent Korean martial arts—were focused on survival; the priority was to train soldiers and police quickly, relegating the teaching of traditional philosophical principles to the background. However, after the 1953 armistice and with the gradual return of peace, several masters felt the need to recover the philosophical essence behind the techniques. The concept of hapki began to be reintroduced, understood not only as a martial tactic but as a quest for balance with nature and with oneself.

Nowadays, Hapkido is presented not only as a set of



and Eulji Kwan. Both were born in the 1950s and 1960s, and although they represent distinct styles, they share a strong connection to the first- and second-generation masters.generation.

Jing Jung Kwan was characterized by maintaining a traditional and precise approach, close to the original Hapkido transmitted by Choi. Its main instructors—among them Kim Myung-Yong and Lee Chang Soo—helped structure a rigorous system based on joint locks, throws, and functional self-defense. The school had a strong presence in police academies and Military units, which reinforced its technical, sober, and efficient orientation, with less emphasis on acrobatics and greater fidelity to the art's roots.

On the other hand, Eulji Kwan emerged from Ji Han Jae's lineage and developed an identity marked by technical sophistication. His early training was led by Kim Yong-Jin, who consolidated the style in Seoul, and later by renowned instructors such as Hwang In-shik, Jeong An Se, and Hwang Bo Jeong Nam, all of whom now serve on the school's senior committee. Eulji Kwan is distinguished by its emphasis on advanced kicks, ki control, the integration of traditional weapons, and a progressive training system. Currently, the school is presided over by Master Ung Seo Ju, the lineage's highest authority and responsible for its modern transmission.



effective techniques, but as a comprehensive martial path. Its very name reflects this duality: "Hap-ki-do" can be interpreted as "the way of energy coordination," implying the union of mind and body to efficiently resolve a conflict, but also to grow personally. The philosophy of Hapkido emphasizes principles such as non-resistance (yielding to an opponent's force to control it), circularity (using fluid, circular movements that adapt to any attack), and the pursuit of harmony (avoiding unnecessary violence and resolving confrontations with the minimum necessary harm). These principles are linked to the values of classical Eastern martial arts: patience, respect, self-control, and justice.

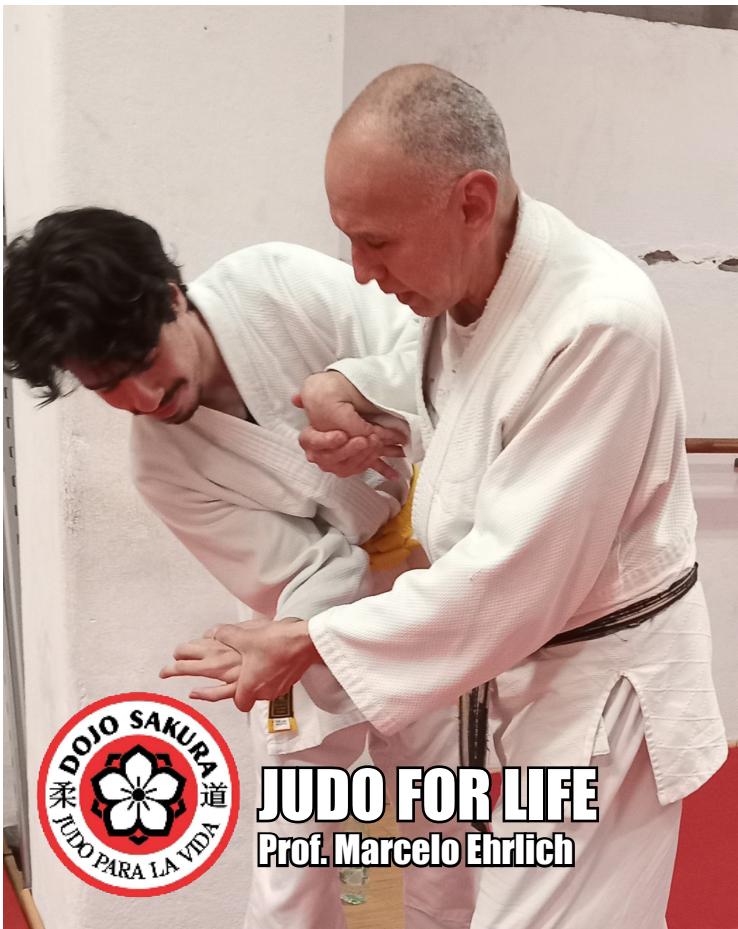
Technically, modern Hapkido inherits a rich and diverse legacy: it can meet a direct strike with a soft block followed by a lock; or it can anticipate an attack with a quick kick; it can throw a burly opponent using their own

momentum, or immobilize them by applying pressure to a nerve point. Few martial arts encompass such variety of responses. This versatility stems directly from the multiple influences at its genesis—from Japan and Korea—and from the work of generations of masters who refined the art.

In just a few years, between 1945 and 1960, Hapkido went from being one man's vision (Choi Yong-Sool) to a complete discipline embraced by thousands of practitioners. Today it continues to evolve, yet without forgetting its roots: every kick that flies in a Hapkido dojang carries the echo of the ancient Taekkyeon along with other ancient styles from the Korean Peninsula; every precisely applied lock contains the wisdom of samurai aiki-jūjutsu—and, why not, of Judo; every bow at the start of class reflects gratitude toward those who kept the martial traditions alive in difficult times. In essence, modern Hapkido is a bridge between cultures and eras—a Korean martial art born from the fusion of local heritage and foreign teachings—that has forged its own technical and philosophical identity, serving both self-defense and the holistic development of its practitioners.

Sabonim Carlos García Arocena
Garza Hapkido Dojang
Uruguay





Hello, friends and readers of the international martial arts magazine "El Camino."

Finishing another year and always grateful to continue on the path of Budo.

The Masters point the way, and each of us must walk it on our own two feet. Respecting tradition while embracing change, incorporating knowledge they didn't use before, and giving a scientific feel to what we do—applying physics to movement—makes the actions we carry out much more effective.

As we said earlier, technology gives us the opportunity to learn more, to become stronger, faster, and more technical. But we must not forget the philosophical foundation that underlies the martial arts, which can guide us throughout our lives. Unlike combat sports, where I aim to win, and combat systems, where I might seek to defend my life and the lives of others.

All these different forms are good; each person

likes one, and we should respect what others do. I have practiced and continue to practice all of these modalities, and each one has given me knowledge that can help me navigate life.

I have quoted Master Yoriyuki Yamamoto on other occasions, saying to me: "You." You must be like a sponge, absorbing everything; what isn't meant for you will come out, and what remains will become part of your essence. And this holds true for all activities: I learn by watching, I learn by listening, I learn by doing.

There's another saying that goes: "An ounce of practice is worth a ton of theory." That's why constant practice, continuous improvement, and countless repetitions of techniques and actions are so important in our activities—so that when the moment comes, they flow as a reflex, without having to think about what to do!

When practicing within the dojo, the atmosphere is very important, and it is shaped by respect, discipline, mutual support, example, hygiene, order, and teaching. And needless to say, when classes are aimed at children and adolescents. We must support parents who homeschool their children, as well as teachers and professors who teach them in educational centers.

This December, we took the black belt exams of the Uruguayan Judo Federation at the National Dojo. Many young people demonstrating their knowledge, discipline, and technique in an excellent atmosphere of camaraderie. Those of us taking exams, judokas who have been friends for many years, and the graduates—young people in the midst of learning, developing, competing, and making their way by teaching classes and helping the more veteran instructors.

They are the future, so we must help them, guide them, support them, correct them, recognize all the effort they put in, and encourage them to stay on the path. These young people are a multiplying example; they will spread Judo by opening new training centers or taking charge of

existing ones. They will be entrepreneurs, just as we were, but now with better conditions for them and for future new students! Very happy with these academic sessions!

They are affiliated with the Uruguayan Judo Federation, have their official electronic ID card, and now their official Black Belt Diploma, which, since the National Federation is part of the International Judo Federation, is a recognized and valid certificate anywhere in the world.

And of course, to teach classes, they must hold the rank of Monitor, Instructor, or Professor, with the corresponding academic accreditation. And attendance at courses that will increase their knowledge in physical education, training, nutrition, health, psychology, etc. A world of possibilities opens up for them, allowing them to take Judo to the highest level.

We also had a dinner-meeting this month with the members of our dojo. An opportunity (as I see it) to get to know each other better, discuss many topics we can't cover in class, share our anecdotes, show the younger members what judo was like decades ago or what it's like in other parts of the world today, share food, drinks, and laughter—and while respect is always present, we can be more relaxed, closer to one another, and forge a bond that will lead to better performance in the dojo.

Friends' questions keep coming, so I tell them, "Stop asking so many questions and come experience it for yourselves, because often what you hear and see—unless you've actually practiced it—you can't really understand until you do it."

My friend Julio asks: Is Judo an effective self-defense tool, considering the level of violence in the world today?

My answer is yes, it is effective. The hand-to-hand activity we engage in gives us the opportunity to perform throws, dislocate every joint, apply neck



chokes, and strike with our body. The actions of counter-striking, combining, chaining, deflecting, and evading prepare us to stop the aggression, control, and subdue.

A judoka who only practices sport judo has somewhat limited responses to different attacks, since they learn under competition rules that dictate what is allowed and what is not, as violations can result in point penalties (in the sporting context). But either way, he has the physical, technical, and psychological experience to deal with attacks against him.

In sport judo, joint locks can only be applied to the elbow joint, whereas in traditional or martial judo they are performed on all joints of the body. In sports, I can only perform joint locks and chokes in ground fighting, not standing, whereas in martial arts I look for or seize the opportunity in any situation. In competitive Judo matches, there are no strikes. In Traditional Judo, they are taught because they must be part of your technical repertoire as a response to attacks. Here we're already talking about Judo as a tool for self-defense and protection, and I need to train for those situations.

Just as I practiced Judo with different instructors, each with their own approach, I also took classes in Boxing, Karate-Do, Taekwon-do, Jiu-Jitsu, combat systems, etc. That gave me an overview of everything we can do in situations that are completely different from one another. Not as a mere collection of techniques, but as logical responses adapted to defensive actions—tools to use in any situation.

If I don't practice the various throwing techniques without a judogi (Judo uniform), they might not work when I have to perform them against someone wearing street clothes, a hoodie, a T-shirt, etc. If I don't practice chokes without using the lapels of the judogi, I might have fewer opportunities to apply them.



Study the pure technique to begin performing the different variations. In other words, first the technical foundation, the physical understanding, and then the adaptability to whatever comes!

And that's where repeating techniques and situations is essential. Attacking from any position, at any distance, with any amount of force. It's one thing when the attack is unarmed and another when it's armed. Being able to control the attacker's weapon is fundamental to our physical safety or survival. The idea is also to inflict pain during the restraint, so that the attacker stops attacking and their awareness is drawn to the point of pain. For example, the pain caused by twisting fingers or limbs (feet and hands) prevents the next attack.

Repeat the techniques or actions, not so they come out right, but so they can't go wrong. That's why when we attend seminars or short courses that show us a bunch of things, they're meant for us to keep practicing them, not just to do them once and never again! Many people are more interested in the certificate they received at the seminar than in continuous learning.

And this holds true for any activity in our lives. When we study the principles of Judo, they seem to be only about technique or practice, but then you realize they're actually useful—or even intended—for our daily lives!

The topic is so broad that reading just one page can only give you an idea of everything you could do. Some will practice for their profession, to defend themselves or protect others; others will do so as part of a general martial arts education. Everything is good; everyone goes at their own pace, in their own time, according to their abilities and their motivation!

See you in the Dojo!
Prof. Marcelo Ehrlich.



URUGUAYAN HAPKIDO CENTER

Sabon Nim Mario Da Silva



November: a month of personal satisfaction.

In my previous note, I mentioned the invitation from the Ambassador of Korea to commemorate the anniversary of that Republic. That same nite, I

I reunited with Master Byung Sup Lee. During the conversation I had with him and the Federation President, Mr. Gonzalo Silvera, they invited me to participate in the 50th anniversary of Taekwondo in Uruguay with an exhibition. I said yes right then and there. I immediately began working with a group of students to put on the exhibition of our martial art.

On the 9th, a large crowd of spectators and Taekwondo practitioners, including Master Lee, his son Daniel, and Mr. Silvera, were waiting for us. After the opening ceremony, we performed the exhibition, which was enthusiastically applauded.

I also presented a gift to Master Lee on behalf of



the Uruguayan Hapkido Center. The Master was very grateful and moved. For me, it was an honor to be able to be present on this date that marks the history of Taekwondo in Uruguay as one of his former students.

Although the Master said: He is still my student.

On the other hand, Hapkido Master William Rayo from Colombia was in Montevideo. Having been invited to a seminar in Buenos Aires that coincided with my commitment to the 50th anniversary of Taekwondo, I was unable to attend. That Master presented me with a certificate from the Hapkido Masters Alliance, which includes several masters of this great martial art.

At this seminar, Master Daniel Rolla was also presented with an award for being a pioneer of Korean martial arts in Argentina.

November was a very busy month teaching at the police academy; I administered exams and my students performed well.

On the 14th, 15th, and 16th, we traveled to Buenos Aires with Sabon Diego Duarte to attend a class taught by Master Rolla. Sabons Bruno from Chaco and Facundo from Buenos Aires also attended.

These were very special classes, and we came away with a lot of learning. On Saturday there was a workshop with several students, including Maestro Jhon from Uruguay and his students. Master Daniel Rolla gave me the opportunity to lead part of the workshop.

On Sunday morning we worked on long-staff handling (chang bo) and pressure points (copso). It was three days of learning. Martial Science Applied to Self-Defense.

You can't compete against someone who loves what they do. He doesn't compete; he lives; he's in his Instinct.





GLOBAL HAPKIDO FEDERATION – Korea -to Europe – to the World

Tradition · Mastery · Unity in Motion

There are moments in the martial arts world when something begins quietly, a subtle shift, a gathering of people and purpose, before it grows into a movement that reshapes the landscape. **The Global Hapkido Federation (GHF)** is one of those rare moments: a return to lineage, a reconnection of community, and a renewal of the spirit that makes Hapkido a living art.

Built from the vision of **Grandmaster Han Jung-Doo** and guided by the inclusive leadership of **President Ernst Jan Rolloos**, the Federation stands as a bridge between East and West, past and future, tradition, and evolution.

It is grounded in a simple truth: **Hapkido is harmony in motion, a path of balance, respect, and unity.**

At the Very Beginning

The path that has laid the groundwork for the emerging global discipline we now know as the Global Hapkido association.

All stories have a beginning, and this one is now different. It starts with a matured Korean named Choi Young-Sul who returned to Korea in 1946 after serving in the household of a legendary Daito-Ryu Jiu Jitsu master by the name of Takeda Shogaku. The now freed Korean citizen chose to reside in Daegu (now considered the mecca of Hapkido). He sought to share the amazing art he spent countless years studying, but the reality being he was now in post WWII Korea told him he needed a new name. The term he chose was Hapki Yusool.

As he began to propagate his knowledge, he gained a group of apprentices (in Korean “jae-jah”), who in turn took his teachings, modified it and added what they thought worked. One of the more famous was Ji Han Jae, who not only greatly diversified the art, attracted his own loyal followers. He coined the name we know know as Hapkido. Among them were Myung Jae-Nam (an Aikido practitioner as well), Myung Yun-Kun (same as his brother) and Lee Soo-Kang

The Myung brothers from early days in doctrinated their younger cousin, Han Jung-Doo into the martial arts world. In addition to Hapkido they were strong Aikido practitioners. Han also received instruction later on by Lee Soo-Kang. The young men suddenly became obsessed with all aspects of the martial world, not just striking and throwing. He also sought in Jop-Kol-Sul (joint repair techniques), Kok-Ki-Sul (Korean wrestling) and Doh-In-Bup (Korean gymnastics). Years later Han began synthesizing his experiences and training into his own version of Hapkido. Blended with Chinese martial arts including Tai Chi Ch’uan. This became what was to be the foundation of the Global Hapkido Federation in 1987 and also the Global Hapki-Zen Federation in 2010.

His long-term “jae-jah” Ernst Jan Rolloos trained with him supported him and was mentored by Han directly. Not surprising, Han in mid-2025 announced Rolloos as the new president of both groups; choosing to solely focus on training and educating.

It was Han’s hope that his apprentice would unite his students around the world, standardize the syllabuses, and share knowledge freely and openly. Following his mentor’s wishes Rolloos began gathering as many followers of Grandmaster Han as possible. He then prepared a proper website for education and unification. There had to be real value for members. Respect is important. Recognition is also crucial. But a constant flow of ideas, values, concepts, and improvements was of the highest priority.



(Do-ju-nim and Grandmaster Han, Jun-Doo)

A Tradition That Breathes

To understand the GHF is to understand its roots.

Grandmaster Han Jung-Doo (10th Dan), became one of Korea’s foremost Hapkido masters, has spent a lifetime distilling the art into its purest form. His teaching reflects a philosophy where power is guided by compassion

and movement flows from inner harmony.

Where Han guards the essence, President Ernst Jan Rolloos (8th Dan) opens the doors of connection. His vision is not to divide Hapkido by style, lineage, or national border, but to bring practitioners together through shared spirit and mutual respect.



(GM Rolloos)

"Our mission is to unite the world of Hapkido, not by style, but by spirit," he says.

And the Federation grows in the strength of that spirit.

Across continents, from Korea to Europe, America to the Middle East, the Federation's Master Council forms the living pulse of this renewed global community, strengthening schools, elevating instructors, and keeping Hapkido both authentic and alive.

EUROPE — A CONTINENT REFOCUSED

Europe has undergone a transformation under the GHF, shaped into four dynamic regions — North, South, East, and West. Each region is guided by a seasoned president whose experience becomes a compass for the community they serve.

Among them stands Grandmaster Henrik Hunstad, voice of the North, whose words capture the spirit of the new era:

"The Global Hapkido Federation stands for openness, cooperation, and shared growth. Hapkido is not a closed system, but a living art."



SANGROK HAPKIDO NORWAY — 30 YEARS OF TRADITION

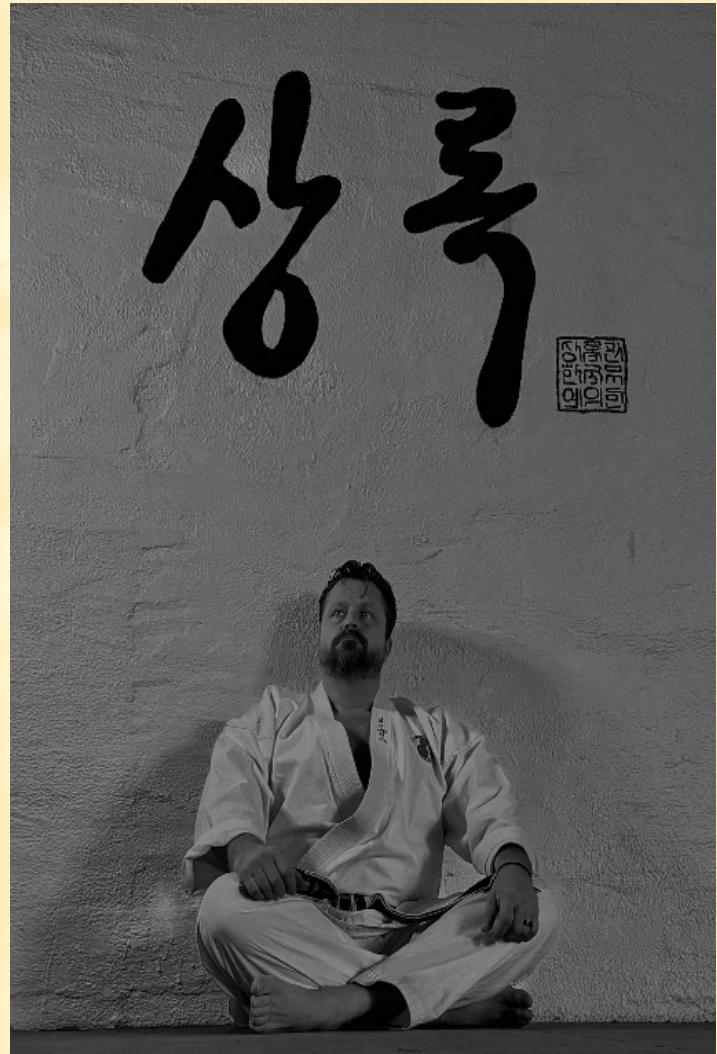
In 2025, Sangrok Hapkido Norway celebrates three decades of dedication to traditional Korean martial arts.

Founded by Grandmaster Henrik S. Hunstad, 8th Dan Hapkido, 9th Dan Taekwondo, 6th Dan Kumdo, Sangrok has become a national force, with 12 active clubs stretching from Norway's northern mountains to its southern shores.

"Our mission has always been to share authentic Hapkido, strengthen people from within, and build lasting friendships through martial arts," says GM Hunstad.

Through cooperation with the GHF and The Round Table, Sangrok strengthens ties with Scandinavia, Europe, and Korea, proving that unity is not merely organizational, but deeply human.

GM Henrik Hunstad



A LIFE SHAPED BY THE WAY — PATRICK VERBOVEN

Among Europe's dedicated Hapkido leaders stands **Patrick Verboven**, a man whose life story echoes the very principles of Hapkido. "My life has been rooted in discipline, respect, and perseverance," he says, values forged during his service as an air fusilier in the Belgium Air Force in Germany.



(GM Verboven)

In 1990 he joined **MC Mescaleros**, where he earned the nickname "Norton." Within that brotherhood, the seeds of martial discipline took root.

On January 15th, 1991, he attended his first Hapkido training in Nijlen under Master Patrick Quintelier of the International Hapkido Federation.

From the moment he earned his first white belt with a yellow stripe in 1996, he understood:

Hapkido was not a pastime, it was a path.

Through decades of training, he earned his 1st Dan (GHF lineage) in 2000 and another 1st Dan through the Korean Martial Arts Academy Belgium. Later, he achieved 4th Dan, and in 2025, after more than 30 years of dedication, he was awarded the 8th Dan.

His leadership roles include:

- President, Global Hapkido Federation Belgium
- President, Hapki-Zen Belgium
- Talent Smith at the Round Table Alliance
- Board Member, Korean Martial Arts Association (KMAA)

A lifetime of service, shaped by discipline and guided by the path.



(GM Verboven)

A JOURNEY ACROSS STYLES — GRANDMASTER AD v. W.

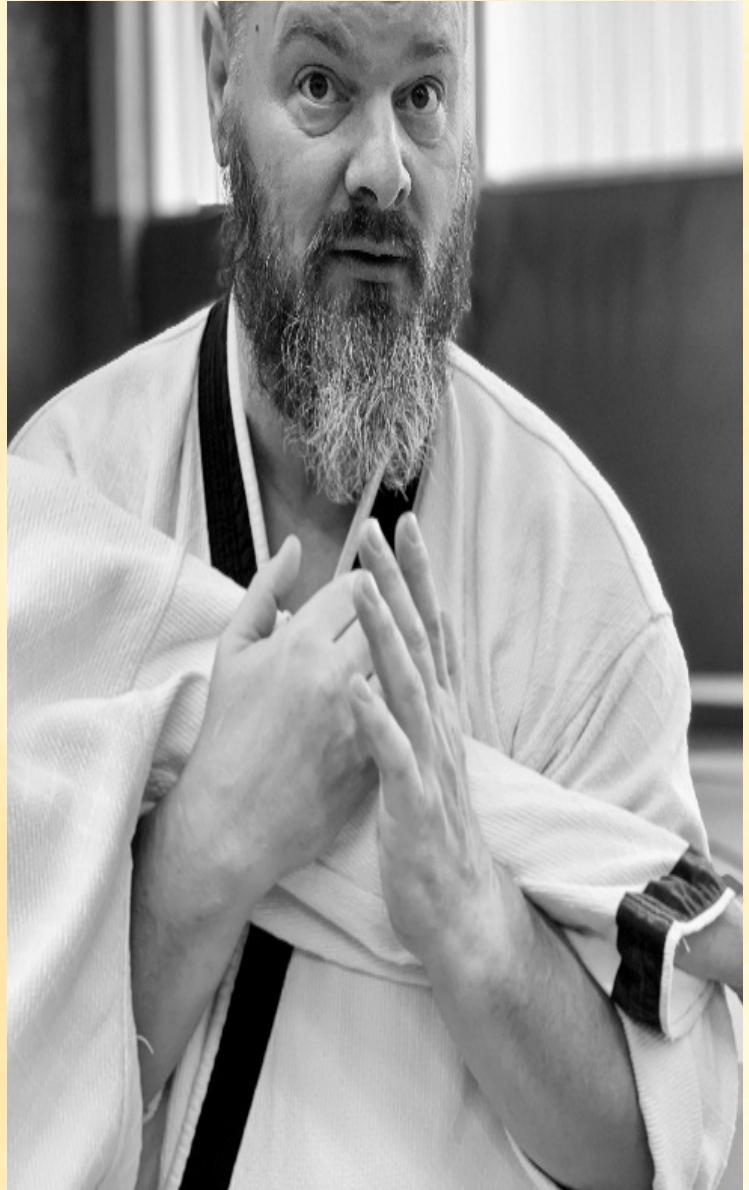
Another pillar of the European martial arts community, GM Ad v. W., began his Hapkido journey in 1991, within a Dutch group connected to the European Hapkido Federation led by masters including GM Han Jung Doo.

Already an ITF Taekwon-Do instructor with support from Taekwondo Bond Nederland, his path broadened in 1994 when he met Dojunim Dr. He-Young Kimm, founder of Han Mu Do.

Dr. Kimm became a guide for more than 30 years, sharing deep Korean martial culture, philosophy, and skill.

Today, GM Ad v. W. is one of the most senior Han Mu Do representatives in Europe, teaching seminars across borders and running two dojangs in the Netherlands.

As co-founder of The Round Table alongside GM Rolloos, he helped build a platform where masters meet eye-to-eye, with open minds and a shared passion for knowledge.



Now, as the President of the Western Regional Council of Europe, he brings that same spirit to the GHF: "My vision is cooperation between all Hapkido styles, not because we must, but because we can. There is so much to learn from each other."

GLOBAL HAPKIDO FEDERATION SWITZERLAND — THE JOURNEY OF BRUNO SCHWAAR (HAN JONG-HYUNG)

The Swiss branch of the GHF carries a deeply personal and soulful story through one of its most dedicated practitioners: **Bruno Schwaar**, also known as **Han Jong-Hyung**.

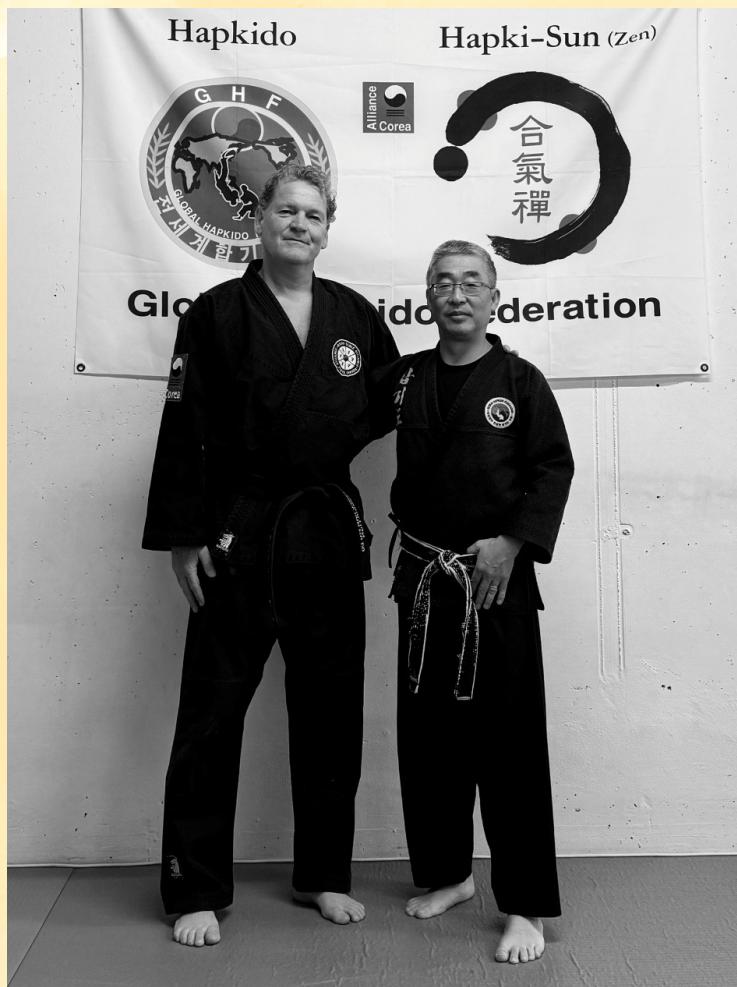
“My name is Bruno Schwaar, and I was born in Seoul,” he says. “In 1974 I was adopted by Swiss parents.”

His early years in Switzerland were filled with many sports and activities, but nothing resonated until he encountered Hapkido.

“It felt like a journey back to my past,” he explains.

He does not remember the exact moment he began, only that the journey has never stopped.

Years ago, he joined the **Global Hapkido Federation**, and through that connection he experienced unforgettable moments with **GM Han Jung Doo** in Korea.



(GM Rolloos and Master Schwaar)

One day he asked Grandmaster Han if he could become his student.

Han smiled and gave a simple answer: “Contact Ernst-Jan Rolloos in Switzerland.” Bruno did exactly that.

“GM Rolloos wrote that we should meet on Saturday in Oberschan,” he recalls.

“And so my Hapkido journey with GM Han and GM Rolloos truly began.”

Today, as part of GHF Switzerland, Bruno continues to walk the path with humility and openness.

“I do not know where my Hapkido journey will take me next,” he says. “But I feel more confident now that GM Rolloos leads the GHF as President.”

His story is not one of rank but of heart, a journey of identity, belonging, and rediscovery through the art of Hapkido.



(GM Milano)

FROM ITALY — SCUOLA HAPKIDO ITALIA (SHAI)

For the Serious and Shared Development of Hapkido in Southern Europe, Italy stands as a vibrant and disciplined pillar of Hapkido through Scuola Hapkido Italia (SHAI) founded and directed since 2015 by Grandmaster Lorenzo Milano, 7th Dan GHF, Hanshi, Shihan, and 6th Dan Ju-Jitsu (WJJF-WJKO).

SHAI — recognized by the **Global Hapkido Federation, K-Martial Arts, Round Table Alliance, and EurEthICS ETSIA**, has grown steadily across multiple Italian regions. Its mission is clear: **to develop Hapkido seriously, responsibly, and together.**

SHAI offers:

- Technical training for beginners to expert black belts
- Instructor education programs
- Continuous technical updates
- Seminars and regional exchanges

Grandmaster Milano, a pioneer of Italian Hapkido since 1998 and a Ju-Jitsu practitioner since 1988, became **GHF Italy President in May 2025**.

He has represented the Russian Union of Hapkido Federations since 2017 and co-founded the International Dae Myung Moo Do Federation Italy in 2012.

“It is with great honor and pleasure,” he states, “that I represent the GHF in Southern Europe and be president of the Southern Regional Council. I am committed to the shared development of GHF-branded Hapkido in Europe and worldwide.”

He articulates a clear vision for the Federation:

- The GHF must be strong, serious, and responsible.
- Practitioners — masters, instructors, black belts, and kup — must feel proud to belong.
- The Federation must unite pioneers and competent practitioners under one home.
- The GHF name must be clear, strong, and inspiring to attract future generations.
- Italy stands ready — disciplined, organized, and fully committed to the shared global mission.

THE PATH CONTINUES

From Seoul to Switzerland to Italy, from Belgium to Norway, from Korea to the Netherlands, the Global Hapkido Federation unites practitioners not through style or uniform, but through shared spirit.

This is the new era of Hapkido —authentic, connected, and alive.

A world where every practitioner, from beginner to grandmaster, moves forward together: stronger, humbler, and united in harmony.

For more information, go to website: www.global-hapkido.org

Grandmaster Guy Edward Larke has spent most of his life enamored with the martial arts of Asia and Asian cultures in general. These led him to move to South Korea 25 years ago where he continued to study, research, and write about the various disciplines that shaped his life. In addition to teaching martial arts in Korea, USA, Malaysia, and Denmark, he has written over 850 articles in over 20 magazines. He named the synthesis of his pilgrimage Kisa-Do Muye (the Knights Way Martial Arts). Larke can be found on Facebook or by e-mail at kisadomuye@gmail.com.





NEITHER CHANA NOR JUANA SBN Ramón Navarro

Neither Chana nor Juana: The Definition of Martial Arts

We are approaching the end of the year 2025, dear readers, whether you are students, instructors, teachers or grand master or just interested in learning about martial arts.

I, Ramón Navarro, wish you a Merry Christmas and a prosperous 2026 and let you know that the project I am focused on, the expansion of the Song Moo Kwan style of HapKiDo, continues to strengthen, and I invite you to become part of this HapKiDo family.

I think we've seen something that seems to be constantly happening in the martial arts world, and that's the presence of some leaders who are imposters. They confuse their followers, and worse, there are many who follow them even though they know that these leaders are fake. I'm not saying they don't know martial arts, and frankly, it would be better if they were just crazy rather than incredibly brave and confused, declaring themselves leaders of a specific style of martial art, be it Chinese, Japanese, or Korean.

These are the "Neither Chana Nor Juana" of martial arts. What do you mean by that? Every martial art, whatever it may be, has training with certain specifications that usually depend on whether it's a soft or hard art. Soft arts tend to focus on grappling, while hard arts focus on striking; these are known as linear or circular.

There are also internal and external martial arts. Internal martial arts develop vital energy, or life energy, through fluid movements that generally don't use force, so that when force is needed, the practitioner will be strong enough to face an attacker. External martial arts, on the other hand, develop vital energy through lightness, strength, and speed in training. Some practitioners use weapons, others don't.



Chinese martial arts are known as Kung Fu, which means "expert in something," but they are actually Wushu, or martial arts. In China, there are northern and southern styles, but they are really Taoist or Buddhist. The Taoist styles originate from the Wu Tang region, and the Buddhist styles are associated with Shaolin, which is found in both northern and southern China. Almost all Kung Fu styles use weapons of some kind. Generally, northern styles use more kicks, and southern styles use more punches, but in reality, both utilize two or all four limbs.

Karate originated from Okinawan roots, where there was Dote or Tote, and in Japan, Jujutsu, which was the way warriors used to defend themselves against one or more enemies if they lost their weapon. These warriors were called Samurai, and what ended up being called Karate developed in Japan.

These include Okinawan styles that use weapons called KoBudo, since "Kara" means "Chinese," but in Japan, the expression "Kara" means "empty" or "empty-handed," and in Japan, they don't actually use weapons. However, it really depends on the Master or owner of that school or style of Karate. Those in Japan who learn to use weapons do so through KoBudo, which is supposed to teach them weapons considered traditional in martial arts. That's another topic.

Modern Korean martial arts seem like a mix or imitation of Kung Fu or Karate and were called Kong Soo Do for those that are Karate-like and Kwon Bop for those that are Kung Fu-like, but it can be accepted that they are from Sip Pal Ki or Sip Pal Ki Do, Tae Kwon Do and Tang Soo Do and a hybrid that really almost those that are not Tae Kwon Do or Tang Soo Do come from Hap Ki Do.

There are other world-renowned martial arts like Muay Thai, which are several with similar styles, and those from Brazil with Jujitsu, of course, where there is Vale Tudo as well as Capoeira.

Almost all of them are based on combat, whether it's between themselves or against other academies or organizations.

They can be open, meaning they accept fights against any martial art, as long as the combat is within the rules. Only those who fight professionally, whether in Full Contact, Kickboxing, or MMA, have a certain degree of freedom regarding the rules; I'd say street-style fighting is more permitted.

There are great exponents, whether in competition or in their martial art, who decide to add things they believe are missing from the martial art they learned and call it by another name, which is not wrong, but I think they should say, for example, "My art came from 'Hapkido' and there are others from Kung Fu or Karate" and form their own style.

Creating your own style, let's say of HapKiDo, which now has another name as a martial art, or is still called HapKiDo but with an invented name for the style, and if it's a high-ranking master, that's fine, but there are the 'Neither one nor the other' like one here in Panama who, although I could mention many other countries in Latin America or wherever, in this example is not even a black belt in HapKiDo, although he has a black belt in Karate and then in Taekwondo and even says he is oriental and only stops short of saying he is related to Bruce Lee, but he is none of those things since he is Panamanian.

There is another Karate instructor who, I'll just say, has gone from one teacher to another and had the opportunity to take a good path, but he didn't take advantage of the opportunity that would have benefited him through a large international organization. Instead, he returned to Panama, fired, and claimed to be a 10th Dan with the title of Soke, which is impossible since Soke only exists in Japan, and his art, ShorinRyu, is from Okinawa, where that title doesn't exist.

Likewise, there are those who know a martial art, but not enough to create something new and different in many countries. Those who are supposedly from outside Korea do nothing to stop them, which happens in Karate and Kung Fu, and in Kickboxing too. Some even claim to be Black Belts in Kickboxing, while others claim to be Black Belts in MMA, which isn't true. They also imply that they are martial arts in the plural, but that's not accurate either.

Martial arts, having a meaning, can be 'The way in which a human being can use their body as a weapon in case their life is at physical risk' but that is not accurate since martial arts also means growing emotionally, developing patience, strengthening one's character, and being a good example in one's community.

I wish you a happy New Year, but first, have a Merry Christmas and a productive 2026. As the technical director of the Song Moo Kwan style of Hapkido, Ramón Navarro, with 49 years of experience teaching this art, holding the title of SabomNim or Master of Masters with a 7th Dan, and as the representative director of the Panama branch for the Korea Hapkido Federation, and having trained under only one master, the creator of this style, KwanjangNim Park, SongIL, who is also the father of Hapkido in Panama. SabomNim means Personal Guide or The Honorable Example to Follow. HAP





Martial Arts and Me (Cap. 35)

Professor Carlos Damasco

December is generally a month when we take stock of the year. We reflect on what we've done, what we still have left to do, and make resolutions to start a much better new year. Time doesn't stop, and neither do we.

And thinking about my martial arts and sports activities this past year, I feel satisfied with what I've accomplished.

I will now detail the points that are central to me this year.

In May, I traveled to Porto Alegre with three Hapkido black belt companions. We trained at the Um Yang gym, whose director is Grand Master Alexandre Gomes, my Taekwondo Kukkiwon instructor, holding an 8th-degree black belt in that discipline and also an 8th-degree black belt in Hapkido. We spent four days practicing both disciplines under the Master's supervision.

Finally, I was very satisfied with my practice, especially in Taekwondo, which is my number one discipline.

It helped me make some corrections to the forms that correspond to my 4th Dan rank.



The Hapkido practice was also excellent, as it's not easy to compete in another country, but helped me learn different techniques since the everything falls into place as you go. style we practiced there isn't the same as the one we use here. Regarding boxing, I want to offer a final reflection: in my view, it's not just a sport; it's also an art—not in the orthodox martial sense we apply to our Eastern martial practices. I would like to emphasize that I have been practicing boxing for 20 years and,

It was a very productive experience for us to expand our knowledge. In my view, it's not just a sport; it's also an art—not in the orthodox martial sense we apply to our Eastern martial practices. I would like to emphasize that I have been practicing boxing for 20 years and,

In June, I traveled to Buenos Aires. Buenos Aires with a boxing delegation to compete for three South American Youth Amateur titles. since 2016, I have been a certified instructor with the Uruguayan Boxing Federation.

I traveled as a Technical Assistant to Professor Pablo "Bambino" Olivera, Director of the Bamchi Gym and President of U.L.A.B.U. (Unión Libre y Activa de Boxeo Uruguayo). Two South American titles were won there. It should be noted that from the 5th to the 7th of this month, we returned to Buenos Aires with a delegation of 17 people, including 9 competitors. To compete for five South American titles and four non-title bouts.

Additionally, I continue to teach Taekwondo I am an active boxer, training three times a week, and I also practice Hapkido with Sabom Nim Carlos García Arocena, a 4th-degree black belt in that

I intend to continue next year by intensifying the various disciplines that form an important part of my life.

My wishes for all of you are a very Merry Christmas and a prosperous start to the new year.

good, since for most of the competitors it was their first time fighting abroad.

Until next time!!!





DOJO STORIES SENSEI Gerardo Balves

1948年7月10日第3回東京新聞

(4)

空手

古い型を保存しよう

少林寺拳法の祖は達磨大師

知花朝信 長嶺将真

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知花朝信 長嶺将真

Okinawa Times – September 24 and 25, 1957

Dialog between Chibana Chōshin and Nagamine Shōshin

"Let's preserve the old forms: the spirit of Okinawan karate"

The following text reproduces the famous dialog between masters Chibana Chōshin (知花朝信, 1885–1969) and Nagamine Shōshin (長嶺口口, 1907–1997), originally published in the Okinawa Times in two installments (September 24 and 25, 1957). In it, both reflect on the transmission of traditional Okinawan karate, the relationship between Te and Karate, and the need to preserve the ancient kata in the face of modern transformations. The dialog constitutes one of the most profound testimonies to the spirit of karate-dō as a moral and cultural path.

Part I – September 24, 1957

Original title: 「古い型を保存しよう」 (Let's Preserve the Old Forms)

Chibana: In the early days, before the word "karate" was used, what existed was "Te." It was a silent practice, without names or rankings, in which teachers passed on knowledge directly. There were no tournaments or diplomas; what mattered most was conduct. Today, karate is spreading around the world, but if it forgets its roots, it will lose its soul.

Nagamine: I agree. Tea and karate are not separate things. Tea was the seed; karate, its flower. If we nurture tea, art flourishes. If we neglect it, it withers. That's why kata is so important: it contains the memory of the ancient masters. Chibana: In every kata there is a moral principle. Precision isn't just esthetic: it's a form of truth. When the movement is correct, the heart is too. Altering a kata without understanding it is like changing the verses of a classic poem; its meaning is lost.

Nagamine: Nowadays, many people seek quick results. But kata is not a shortcut. It's a lifelong practice. The teachers said: Repeat it a thousand times; you'll understand it once. That is the discipline that shapes the spirit.

Chibana: The war destroyed many things, but it cannot destroy the spirit of karate. As long as there is a master who preserves the kata faithfully, the art will survive. Our duty is to transmit it purely, without embellishments, without falsifying it to please the times.

Part II – September 25, 1957

Original title: 「古口の手と唐手が結合す」 (The Union of Ancient Te and Karate)

Nagamine: In the history of karate, there were great men who combined tradition and effectiveness: Kyan Chōtoku, Motobu Chōki, Mabuni Kenwa, Miyagi Chōjun. Each brought a distinct vision, but all shared the same spirit: that of perfecting the human being. From them we learned that karate should not be used to strike, but to master oneself. Chibana: When I practice, I don't think about defeating someone else, but about overcoming my own weaknesses.

Okinawan karate was born out of the need to defend oneself, but its ultimate purpose is peace. He who seeks a fight loses the essence of the art. That's why the ancients said: "The fist that strikes is the fist that does not understand." Nagamine: Kyan taught grace and harmony; Motobu, the reality of combat. Both were indispensable. Without Kyan's softness, karate becomes rigid; without Motobu's strength, it becomes weak. The true path lies in balance.

Chibana: The future of karate depends on the youth, but also on the honesty of the teachers. If instructors teach seeking fame or money, the art is degraded. The teacher must teach with humility and by example, not with vanity. Only in this way will karate retain its spirit.

Nagamine: I agree. When I teach, I always repeat that the greeting isn't an empty gesture: it's a promise of mutual respect. That's where the *dō*, the path, begins. If karate keeps that promise, it will live forever, even as times change.

Epilog

The Okinawa Times concluded the publication of both parts with an editorial note that read: Okinawan karate, born from the heart of the people, is the island's spiritual heritage. Its strength lies not in muscles, but in respect, humility, and the pursuit of harmony. May future generations never forget that ancient forms are the mirror of the soul.

Kyudokan Historical Archive – Reproduction from the Okinawa Times (1957)

Gerardo Balves

8th Dan, Kobayashi-ryū Kyudokan

Coordinator of the International Kyudo Dojo Group Mugen Kyudokan

<https://www.facebook.com/gerardo.balves>

The foundation of everything... Instructor, Instructor Candidate, or Master? SBN Javier Acosta



In the world of martial arts, there are different levels of experience and skill that are recognized with specific titles and roles. In this article, we will explore the difference between an instructor, an aspiring instructor, and a master, so you can better understand the path you need to follow to achieve your goals in the martial arts.

What is an instructor?

An instructor is a martial arts practitioner who has reached a level of experience and skill sufficient to teach others. Instructors typically hold a rank or belt level that allows them to teach beginner or intermediate students. Their main role is to guide students thru the basic techniques and principles of the discipline.

- Characteristics:
- Has completed an instructional course.
- Has experience practicing the discipline.
- Can teach basic and intermediate techniques.
- It focuses on teaching and developing skills.

What is an Instructor Candidate?

An aspiring instructor is a martial arts practitioner who is in the process of becoming an instructor. These individuals have demonstrated skill and dedication in their practice, but they have not yet completed the required training course to become certified instructors.

- Characteristics:
- Has demonstrated skills and dedication in practice.
- He is in the process of completing the instruction course.
- Can assist instructors in teaching.
- It focuses on improving their skills and knowledge.

What is a teacher?

A master is a martial arts practitioner who has reached an exceptional level of experience and skill in their discipline. Masters have dedicated years of study and practice to their art and have developed a deep understanding of its principles and techniques. Their primary role is to guide advanced students and share their knowledge and experience.

- Characteristics:
- He has reached an exceptional level of experience and skill.
- He has dedicated years of study and practice to his art.
- He can teach advanced and complex techniques.
- It focuses on transmitting its knowledge and experience.

The Path to Mastery.

In martial arts, the path to mastery is a journey of self-discovery and continuous growth. Obtaining the black belt, which typically requires around four years of intense training, is a significant milestone that marks the beginning of a new level of understanding and skill. The black belt is more than just a symbol of achievement; it's an instructor's certificate, recognition that the practitioner has reached a level of competence and dedication that allows them to teach others.

- An aspiring instructor, with dedication and intensive training, can reach this rank in one or two years, provided they have the necessary age and maturity to lead a class.
- Conscious age is an important factor, as an instructor must be able to make responsible decisions and lead a group of people.
- Discipline and perseverance are key to reaching this level.
- Constant practice and the pursuit of perfection are fundamental to growth.
- Humility and a willingness to learn are essential for continued growth.

The Work of the Master and the Instructor.

The primary task of the master and the instructor is to nurture and support all aspiring instructors, since it is in this process that the root of the school's genealogical tree is strengthened. By guiding

and teaching new instructors, the continuity and growth of the discipline are ensured, and the school's tradition and legacy are perpetuated.

Conclusion.

In the world of martial arts, education and continuous training are fundamental to achieving success. We hope this information has been helpful in better understanding the difference between an instructor, an aspiring instructor, and a master. Remember that practice and dedication are key to achieving your goals in martial arts. Success.

Sbn. Francisco Javier Acosta S. Director, CTAM World.





Aeropuerto de Carrasco/ Seleccion Nacional de Karate

A little bit of my story with the first national karate team - Sensei Gerardo Balves

A little bit of my story with the first national karate team.

Everything has a beginning, and today Uruguayan karate has evolved. It should not be forgotten that for it to happen, there was a first great step.

That major step was forming a national team that brought together as many schools and organizations as possible—entities that, for various reasons, had not been sharing their experiences or events.

Although it wasn't easy, it was achieved. And the occasion was none other than the invitation to participate in the World Championship organized by the then WUKO, now FMK, in Egypt in October 1988.

The newly formed Uruguayan Karate Confederation (CUK) brought together the 1987 national champions and the top representatives from organizations that had not participated in that championship because they were not yet members of the CUK. Thus, under the guidance of Professor Carlos Pazos Riera, what would become the first national pre-selection was formed.

If I recall correctly, it started with something like 70 competitors. The road was by no means easy... Around February or March of '88, work began. The vast majority, in addition to their personal obligations, also trained at their dojos... Merging schedules and venue availability was an event in itself...

The months went by, and between the intensive training and the tournaments we participated in, what would eventually become the FIRST URUGUAYAN NATIONAL TEAM gradually took shape... Composed of various styles and schools. A truly authentic achievement for National Karate.

Finally, the delegation that represented Uruguay at that great World Tournament, in which 112 countries participated, was as follows:

Uruguayan Karate Federation: Oscar Rorra, Enrique Silva, and María Changó

Uruguayan Karate Association: Diego Fort, Daniel Caraballo, José Comesaña, Carlos Noya, Jorge Salcedo, and Gustavo Faggiani

Shorin Ryu Association of Uruguay: Gerardo Balves, Alejandro Blengio, Juan Benítez, and Enrique Castro

Goju Kai Uruguay Association: Mayra Ibarra

Goju Ryu Kenshinkan Uruguay Association: Héctor Ocampo

Coach: Professor Carlos Pazos Riera

Doctor: Dr. Gustavo Huerta:

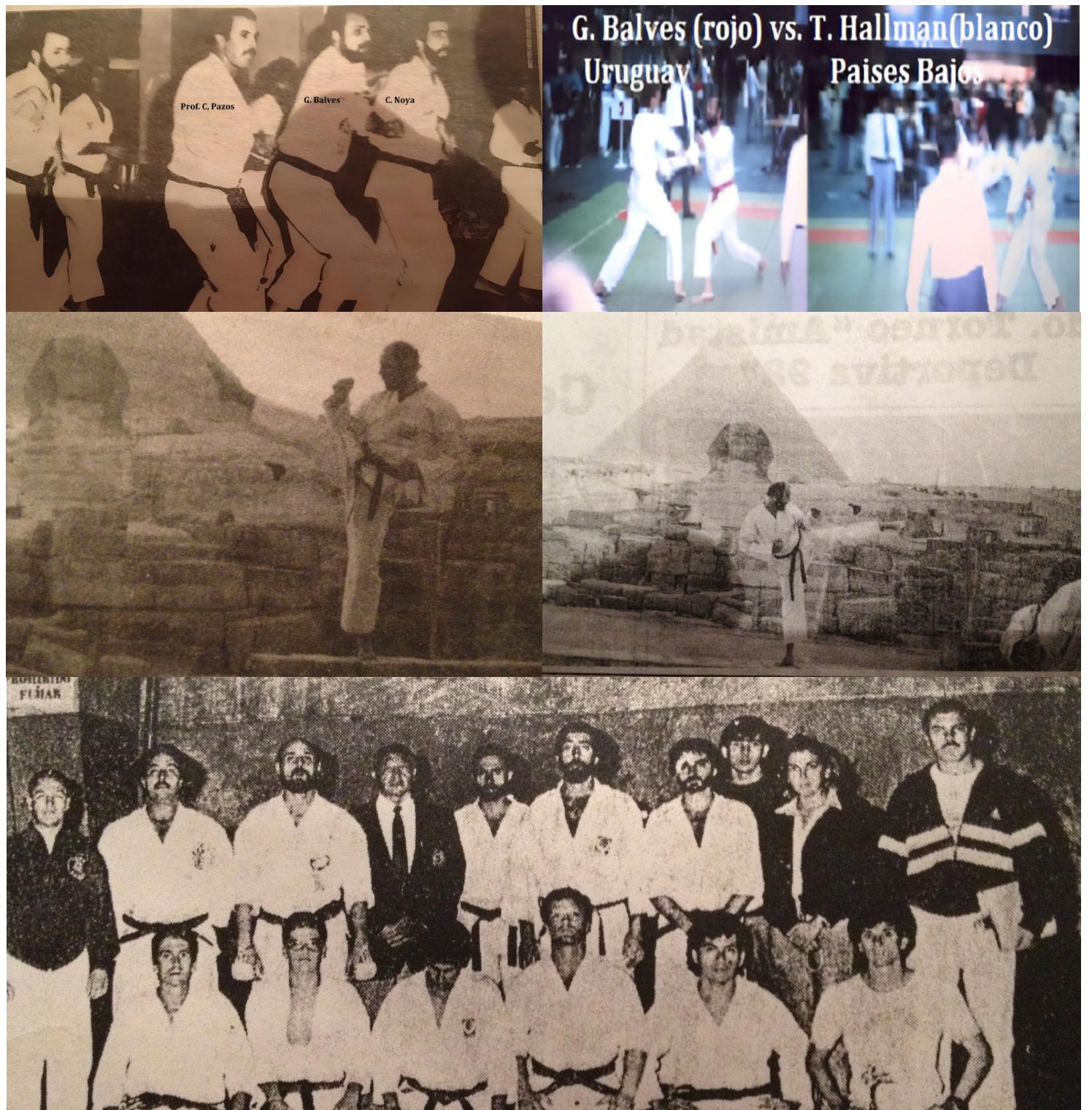
General Delegate: Sensei Aquiles Faggiani

President of the Delegation: Sergio Menéndez

Beyond the results achieved, what we must emphasize is that for the first time Uruguayan Karate came together to establish a working framework and seek the best for EVERYONE.

This is just a simple reminder that the achievements we later secured internationally stem from that first feat, which showed us that together we are always MORE... Domo arigato to all my teammates. Those who are still on the path and those who have departed but guide us from afar...

Gerardo Balves





Our 2025 - HJN Patricio Saavedra

This year, 2025, was a very good one for the World Traditional Tang Soo Do Union. We kicked off activities in March with my visit to Chile, where seminars were held in various cities. Then, in June 2025, I visited Mexico, where black belt exams and seminars took place. It was my first trip to Mexico, and it was very rewarding to meet with all the instructors there.

After that came our third World Championship and International Congress in the city of Santa Marta, Colombia, where we had countries such as Chile, Argentina, Uruguay, Mexico, the United States, Panama, Colombia, and Venezuela. It was an event held at a resort in Santa Marta that met all the necessary requirements for hosting a martial arts event and also offered excellent tourism. At this event, seminars were held for black belts and colored belts, and black belt examinations were conducted from first dan to seventh dan. The event met all our expectations and concluded with a gala dinner on the beach, where recognitions were presented to all participating instructors, and our Kokoro Award was bestowed upon instructors who have made exceptional contributions to the organization. This year's recipients were Sahbumnim Mary Cayte Reiland from the USA, Sahbumnim Edgar Quiroz from Panama, and Sahbumnim Luis Sánchez from Venezuela. This year has been one of significant growth for our organization, as we have welcomed new instructors from Guatemala, El Salvador, Colombia, Bolivia, Peru, and Argentina. We look forward to continuing our growth in 2025 in the same way we have in 2024.

Next year, we'll kick off in March with a South American Championship in San Juan, Argentina; then, in June 2026, I'll return to Mexico to visit the schools—including the new ones that have joined this year; and finally, to close out the year, we'll hold our Legacy event in Seoul, Korea, featuring Tang Soo Do and Hapkido training, visits to various tourist sites in Seoul, and special black belt exams.

All that remains for me is to thank every member of this organization, which continues to grow and grow.

I wish you a happy New Year 2026.





3rd World Championship and International Congress - World Traditional Tang Soo Do Union (WTTSDU) – Santa Marta, Colombia, 2025

KSN Isabela Bustamante Solana, representing Colombia at the championship, I am a 3rd Dan in Tang Soo Do (WTTSDU) and a 2nd Dan in Hapkido (GHF). My martial arts journey is the result of a constant and disciplined training process that began at the age of five, when, with the unconditional support of my family, I took my first steps on this demanding and exciting path. Despite my young age (15 years old), martial arts have been a fundamental foundation in my personal development, instilling values such as discipline, respect, perseverance, and commitment.

This entire journey has been guided by my master, KJN Patricio Saavedra, president and founder of the World Traditional Tang Soo Do Union (WTTSDU), whose teaching, leadership, and example have been instrumental in both my martial development and my personal growth. His vision has enabled the consolidation of a solid organization, faithful to the traditional principles of Moo Duk Kwan and oriented toward the holistic development of its practitioners.

The 3rd WTTSDU World Championship and International Congress, held in Santa Marta, Colombia, on November 6, 7, and 8, 2025, demonstrated the organization's sustained growth and the high level of commitment of its members.

Delegations from Mexico, Venezuela, Panama, the United States, Chile, Colombia, Uruguay, and Argentina participated in this event, reflecting the WTTSDU's international reach and profile. Compared to previous editions, this championship reached a significantly greater scale, both in the number of participants and in the technical and organizational quality of the event.

During the championship and the international congress, various training sessions and seminars were held, aimed at both gups (color belts) and black belts. These training sessions featured masters and special guests who shared their technical and philosophical knowledge. Additionally, I had the opportunity to actively participate as an instructor, leading a training session on fan handling that covered technical aspects and principles of control, coordination, and precision. Likewise, it is satisfying for me to have represented my country, winning three gold medals in the traditional form (Jindo), weapons form (Boo Chae Ee Dan), and point





(Argentina) and Javiera González (Chile); 5th Dan to Luis Sánchez (Venezuela); and finally, 7th Dan to Jared Sastré (Mexico), all of which constitute a source of pride for the organization and a clear testament to the technical and personal growth of its members.

One of the most moving moments of the event was the gala dinner, a space for integration, fraternity, and recognition, where each country shared as part of the great WTTSDU family. During the ceremony, the “Kokoro” award, the organization’s highest honor, was presented to SBN Mary Cayte Reiland (United States), SBN Edgar Quiroz (Panama), and SBN Luis Sánchez (Venezuela); trophies were also awarded to the champion, runner-up, and third-place countries

in the gup and black belt championship, with Chile taking third place, Panama second, and Venezuela first. Additionally, the “Kakugo no Shō” award was bestowed upon KSN Jorge González (Chile) for his extraordinary courage and determination, inspiring everyone with his bravery and resilience in the face of adversity and illness; similarly, recognitions were presented to GM Willie Cintron and Mr. Héctor Bustamante, and the Mexican delegation, thru



sparring categories.

As the host and sole representative of Colombia, I was assigned responsibility for the administrative and logistical organization of the world championship and the international congress, a task I undertook with a strong sense of responsibility and commitment. It was a true pleasure to organize this event, contributing from my role to the smooth execution of each activity and providing an unforgettable experience for every participating delegation. This work was made possible thanks to the unconditional support of my parents, whose guidance was fundamental to the smooth progress of the championship. It is worth highlighting the great effort made by all the international delegations, who undertook extensive travel by both land and air to reach the city of Santa Marta and the Santorini Casablanca Hotel, demonstrating their commitment, discipline, and love for Tang Soo Do.

It is important to highlight the promotions earned during the event, which reflect the effort, perseverance, and commitment of the practitioners within the WTTSDU; 1st Dan was awarded to Francisco Córdoba (Argentina), Raúl Rodríguez (Venezuela), and Mauro Albarrán (Venezuela); 2nd Dan to Jason Moo (Venezuela); 3rd Dan to Isabela Bustamante (Colombia); 4th Dan to Juan Pellegrini

SBN Jared Sastré, honored Ms. Sandra Solana and Mr. Héctor Bustamante (Colombia) for their efforts in organizing the world championship, while KSN Eloy Tapia (Panama) also sent a recognition to Mr. Héctor Bustamante for his unwavering assistance and constant support to his students throughout the entire process.

Additionally, in the black belt categories, the “Grand Champions” trophies were awarded for the first time to SBN Melissa Mulet (Argentina), KSN Fabián Saavedra (United States), and KSN Jesús Farías (Venezuela), recognizing their technical excellence and outstanding performance during the championship in the traditional forms category.

The organization’s third world championship served as a fundamental platform not only for athletic competition but also for strengthening martial camaraderie, institutional growth, and the international unity that characterizes the WTTSDU. The brotherhood forged among the participants and the outstanding involvement of the new generations, evidenced by the large turnout of gups, demonstrate the solid reception and continued growth that Tang Soo Do and the organization enjoy in various countries, solidifying a promising future for the World Traditional Tang Soo Do Union internationally and preserving the tradition of Tang Soo Do Moo Duk Kwan.

Chile 2027 awaits us, Tang Soo...!





Santa Marta, Colombia, 2025 SBN Mary C Reiland, USA

Tang Soo readers, Happy Holidays! Hoping that you and yours thoroughly enjoy the season. Last month, I was lucky enough to have the amazing experience of attending the WTTSDU annual event in Santa Marta, Colombia. While the weather was very hot, the event was an amazing experience that I would never trade ever.

The WTTSDU annual events are a time when all the members come together for days of bonding, training, sweating and learning. It always seems that there's never enough time to do everything that we plan to do, but we do our best. Day 1 (November 5) started extremely late because of horrible traffic going from the airport in Barranquilla to the resort in Santa Marta. We had just enough time to greet everyone, check in and change into our uniforms for the first seminar, which was a Tang Soo Gumdo sword basics seminar with SBN Luis Sanchez of Venezuela, on the roof of the resort.

Day 2 (November 6) started early with the 2025 Dan testing. Everyone who tested did an

amazing job, I was very impressed. My favorite parts of the test included the Hyung section, where everyone rocked out, the Bunhae section where everyone showed the practical applications of their forms, and the Endurance section where everyone showed their toughness.

After the test was over, we began with the





the event and organizing the judges. I had the pleasure of judging early in the morning and had the rest of the day to relax. The day was capped off by our Gala. The food was great, the company was better, and the best part of all was when HJN Saavedra totally fooled me. Before the event, he told me that I was not eligible for the Kokoro award, as I haven't been with him long enough. At the Gala, he presented me with the Kokoro award along with SBN Edgar Quiroz of Panama and SBN Luis Sanchez of Venezuela. To win the Kokoro is the biggest honor I've ever received to this date, and I only hope that I am able to live up to it.

black belt competitions of the tournament. I had the privilege of judging the majority of the competitions. It was a really good competition and everyone brought their A-game.

By the time it was my turn to compete, it was pretty late and my back hurt a lot. I was supposed to compete in forms, weapons and sparring, but I didn't feel up to sparring, so HJN let me yield. When I saw SBN Javiera Gonzalez of Chile and SBN Melisa Mulet of Argentina sparring together, I was glad of my decision. They are both formidable opponents and they would have kicked my butt.

Day 3 (November 7) consisted of seminars with GM Willie Cintron of USA, GM Sugar Crosson of USA, HJN Saavedra, and SBN Edgar Quiroz of Panama. The close quarter fighting seminars with GM Cintron and GM Crosson were highly attended. The instruction was amazing and highly practical. HJN Saavedra introduced us to Krav Maga, and I got to partner with SBN Javiera Gonzalez. SBN Edgar Quiroz worked his magic down on the beach with a staff seminar. I was very happy to assist him. The Gup seminars with GM Cintron and GM Sugar happened in the afternoon. I was not in attendance, but I heard that the color belts had a very good time and learned a lot.

Day 4 (November 8) was the final day of our event. The Gups had their tournament competitions. SBN Mario Segnini did an amazing job of running

I feel like the last thing I can say about this event is that there's nothing better than good times with good friends that feel like family. There's nothing I wouldn't do for this family, and I hope that we enjoy many more good times like this together in the coming years, Seoul, South Korea, in 2026 and Vina Del Mar, Chile, in 2027.





Christmas: The Dojo of the Spirit

Christmas arrives each year as a sacred pause in the midst of the daily struggle. The gong doesn't sound, there are no referees or a timer, but something profound happens: the world lowers its guard and the spirit has the opportunity to train. For the martial artist, this time is not just celebration; it is reflection, balance, and renewal. In martial arts, we learn from day one that the true path is not measured by the force of a strike, but by the depth of one's character. Christmas reminds us of that essential truth: before perfecting a technique, we must perfect ourselves as people.

The Invisible Enemy

On the tatami, we face visible opponents. In life, not always. Fatigue, frustration, ego, and fear are often more dangerous opponents than any fight. The year leaves its marks: defeats, injuries,

losses, disappointments. Christmas appears as a deep breath between rounds, an opportunity to observe ourselves without judgment.

Just as the dojo is cleaned before training, these holidays invite us to cleanse our inner selves. Letting go of grudges is a form of emotional self-defense. Forgiving isn't giving up: it's disarming the internal adversary that steals our energy.

Discipline of the Heart

Discipline doesn't live only in the repetition of techniques. It lives in small acts: greeting with respect, helping a fellow student who's just starting out, controlling your reaction when anger threatens to take over. Christmas trains us in that silent discipline.

In many martial traditions, it is taught that true victory is the one that needs no demonstration. In this sense, peace is an advanced form of power. It's not passivity; it's mastery. The martial artist learns when to advance and when to stop. Christmas reminds us of the value of a mindful pause.

The Tree and the Path

We can see the Christmas tree as a perfect metaphor for the martial path.

The roots represent the values: respect, humility, honesty, and perseverance.

The trunk is the consistency of daily training, even when there's no motivation.

The branches are the various styles, disciplines, and paths that each practitioner chooses to follow.

And the lights... those lights are every act of kindness, every lesson passed on, every student helped up after falling.

Nothing on the tree is accidental. As in budo, everything has a purpose.

Fall, get up, grow.



In martial arts, falling isn't failing. Failing is not getting back up. Christmas brings a powerful message of rebirth: there's always a new opportunity to correct your stance, adjust your guard, and move forward again. Perhaps the year didn't turn out as expected. Perhaps there were forced breaks, injuries, or doubts. But as long as there is spirit, the path continues. The belt does not define the practitioner; what defines them is the will to keep training, even in silence.

The true belt

Over time, the martial artist discovers that the most important belt is the one you can't see. It isn't tied, displayed, or lost. It's character. It is built with every decision, inside and outside the dojo.

Christmas invites us to strengthen that invisible belt. Let's train patience, empathy, and respect with the same seriousness we train punches and kicks.

May these holidays find us stronger, not only in body but also in spirit.

May the coming year find us advancing, step by step, along the true path.

Merry Christmas and a martial path filled with light, balance, and hope.



Mate and Karate

Ksn Renso Perez

Meritocracy as social development
When merit needs humanity

The word *meritocracy* often generates conflicting opinions. For some it represents justice: advancing according to effort, discipline, and ability. For others, it is an incomplete idea that ignores unequal realities. The truth—as is often the case—occurs—it's not at the extremes.

Meritocracy, understood and applied with conscience can be a powerful tool for social development, provided that it is based on human, spiritual, and community values.

In combat sports, and particularly in boxing and kickboxing, this concept becomes tangible. There, merit isn't an abstract concept: it's built. Day by day, round after round, training session after training session.

Merit without context is not justice.

A rigid meritocracy that only measures final outcomes runs the risk of turning into an exclusionary system. Not everyone starts from the same point. Social, family, emotional, and economic conditions profoundly influence each individual's journey. That's why true social development doesn't come from rewarding only those who reach the finish line first, but rather to create conditions so that everyone can reach the finish line, and then, yes, recognize those who persevere, commit, and grow.

In spiritual terms, this involves recognizing the intrinsic dignity of every person. Merit does not define human worth; it expresses it. When one is confused, when one thing is confused with the other, merit ceases to elevate and begins to divide.

Martial arts: a meritocracy with soul

Traditional martial arts and well-conducted combat sports function as a balanced meritocracy. No one gives away belts, titles, or victories. But everyone isn't measured by the same yardstick, either.

In a serious dojo or gym:



- * Progress is evaluated based on the student's starting point.
- * Sustained effort is as valuable as natural talent.
- * Consistency outweighs a one-off result.

Two athletes can execute the same technique, but the real merit often lies in who had to overcome more internal obstacles to achieve it. That look builds character,
Not just competitors.

Examples from the ring

At boxing and kickboxing events like this year's, this is clearly evident. dynamic. Not every fight pits established champions against each other. Many Many venues are occupied by debutants, amateurs, or athletes in training. Training.

The audience's most sincere applause isn't always for the spectacular knockout, but for:

- * The fighter who lost but didn't back down.
- * The athlete who came back after a tough defeat.
- * The competitor who showed respect, control, and sportsmanship.

In those events, merit is not limited to the outcome of the ruling. The following is recognized:

Preparation, conduct, courage, and discipline. That is a meritocracy that educates and it transmits social values.

Spiritual dimension of merit

From a spiritual perspective, merit is not about competing against others, but about self-improvement.

Personal. Every workout is an opportunity to hone your character. Each fight, A test of self-control and inner honesty.

True merit doesn't inflate the ego; it puts it in order. Teach humility in victory and Dignity in defeat. In this sense, meritocracy becomes a path of Self-awareness and service, not superiority.

When an athlete understands that their personal growth positively impacts their Environment—family, teammates, community—merit ceases to be individual and becomes

It becomes social.

Meritocracy as a tool for social development

Applied with awareness, meritocracy can:

- * Motivate people to work hard.
- * Generate a sense of responsibility.
- * Foster discipline and respect.
- * Avoid empty handouts.

But it only fulfills that role when it is accompanied by:

- * Real equality of opportunity.
- * Formative support.
- * Clear limits on ego and arrogance.
- * Recognition of the process, not just the outcome.



*Merry Christmas
and a Happy New Year*



*Feliz Navidad y muy
Feliz Año Nuevo*



Tang Soo Do Uruguay



Why Tang Soo Do?

You've come this far, and that means you've opened up your world of possibilities regarding martial arts. They're no longer just the "few you knew." Today, you have the opportunity to offer an innovative and original approach at your renowned institution, one that until now was nonexistent in Uruguay. At the same time, you can offer ancient values and teachings through an art like TSD, which has been transmitting a philosophy of life from generation to generation for hundreds of years. You've come to us at a time when two of the best ingredients an organization can offer are combined: youth: we've been operating in Uruguay for approximately four years with sustained growth, and experience: the Uruguayan TSD is made up of a team of instructors with an average of more than fifteen years of experience leading martial arts schools, working alongside other institutions, and committed to ongoing training both within the martial arts and in various areas (first aid, education, nutrition, and more).

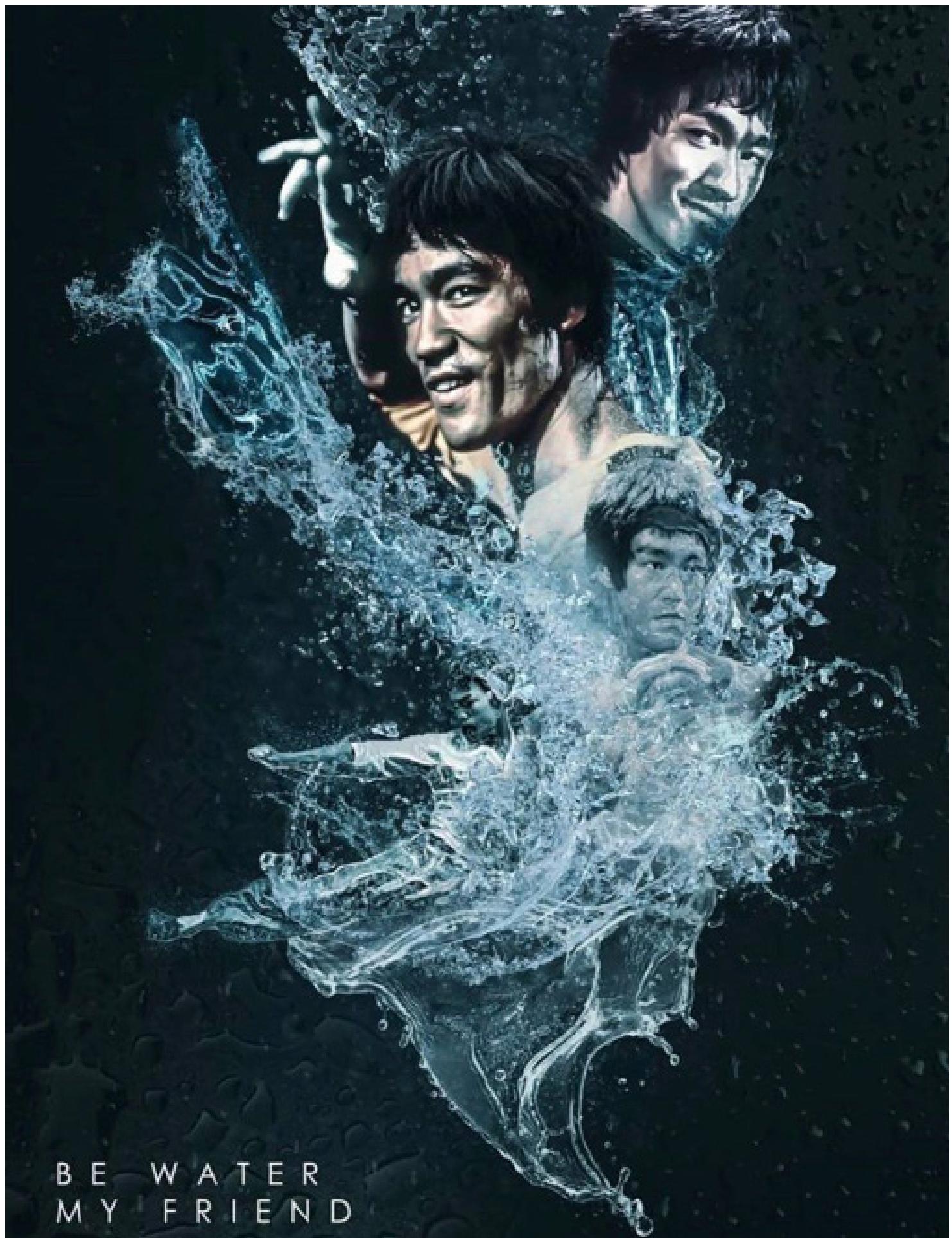
Our Commitment:

Without a doubt, the world is a different place than the one you and I remember from our childhood, even more so than the world that gave rise to martial arts. It is therefore necessary to take on the challenge and take responsibility for our role in society when it comes to transmitting our teachings. Today we discuss some concepts that we believe are key: Bullying - The reality at school and in other settings is a reality, and our attention is focused on that when it comes to the little ones. Self-Defense - Of course, when thinking about everyday activities, from leaving our homes to the various situations that can arise there, it is only fair to think about tools to resolve these situations. Exercise - Leaving aside the wide variety of devices that offer us "entertainment," the endless hours of work, in short, the routine. It can be a challenge, but we have decided to say NO to a sedentary lifestyle. Meditation - An exclusive benefit for Tang Soo Do practitioners. It wasn't included on this list by chance; it represents everything that makes us unique as human

beings: finding our feelings, emotions, who we are, pursuing harmony, and achieving self-control in the broadest sense of the word. Values - We could mention countless items on this list, but it's true that the fundamental foundation of martial arts is values, which act as reinforcement and, in some cases, as a source of inspiration. - Respect - Trust - Self-control - If we could summarize all this in a dream, we would talk about integration in the broadest sense: people of all ages, genders, and creeds practicing in harmony to take today's society to the next level, where coexistence and peace are the common denominator. But let's be clear: we need you in the process—you, ALL of YOU. Contact: SBN Mario Segnini: +598 98 731 076







B E W A T E R
M Y F R I E N D