

# **iACT & University of Alberta Taekwondo Club**



## **50<sup>th</sup> Anniversary Hanmadang & Academic Conference**

**January 11-12, 2025  
Edmonton, Canada**





**iACT & University of Alberta  
Taekwondo Club  
50<sup>th</sup> Anniversary Hanmadang  
&  
International Academic  
Conference**

**January 11-12, 2025  
Edmonton, Canada**





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USA

iACT is a non-profit public charity organization, incorporated, and registered under section 509(a)(3) with the US Department of the Treasury. The iACT mission statement includes promoting and conducting various activities related to Taekwondo research, academics, and learning by reaching out to the local Taekwondo communities at the grassroots level around the world to support our endeavors. iACT dedicates its activities to Taekwondo's transformational education leaders. It aims to contribute to excellence in Taekwondo education through our vision of holistic community outreach and involvement in Taekwondo activities.

Reviewers:        John A. Johson, PhD  
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International Academic Center for Taekwondo (iACT)





**International Academic  
Center for Taekwondo**

**iACT**



**TAEKWONDO**  
UNIVERSITY OF ALBERTA





# WORKSHOPS & HANMADANG SCHEDULE

Saturday, January 11, 2025

Kinsman Sports Center

## TAEKWONDO WORKSHOPS

Time	Location		
	Field House	Field House	Kinette Room
<u>Session 1</u> 8:15 – 9:15	Bodily Awareness & Conditioning Kicking for Lifelong Practitioners <b>Master Ron Dziwenka, PhD</b>	Original Koryo <b>Grandmaster Doug Cook</b>	Taekwondo Spirit and Meditation <b>Grandmaster Young Sun Kim, PhD</b>
<u>Session 2</u> 9:30 – 10:30	Freestyle Poomsae Progression & Training Methodology <b>Grandmaster Seoung Min Rim</b>	Taekwondo Through the Ages and Hansu Poomsae <b>Master Shelley Vettese-Baert</b>	My Name is Trauma: Trauma Informed Taekwondo <b>Master Jon Jon Rivero</b>
<u>Session 3</u> 10:45 – 11:45	Modern Competition Poomsae <b>Master Dan Chuang</b>	Can-Ryu Jiu Jitsu Self-Defense <b>Ian Clark Sensei</b>	Break Story: Hair We Are <b>Dr. Kenisha Coy</b>

## OPENING CEREMONY

12:00-12:45	Kinsmen Field House
	<p>Master Cindy Richardson - Event Organizing Committee Director            Master Edgar Jackson - Changmoo Society            Dr. Ron Dziwenka - Presentation of the iACT Taekwondo Textbook to ATA            Dr. Allan Back - Daeshik Kim Academic Prize Announcement            Master Jon Jon Rivero            Rim's Taekwondo Club Demonstration            Edmonton Samulori (사물놀이) Korean Percussion &amp; Dance Group</p>

## HANMADANG

12:30-5:30			

All times presented in Mountain Daylight Time (MDT).

# iACT CONFERENCE SCHEDULE

Sunday, January 12, 2025		Wyndham Edmonton Hotel and Conference Centre
Time	Presenters	Topic
8:40-8:55	MC Master Lane Francis	<b>Opening Ceremony</b> iACT President Dr. Ron Dziwenka - Opening Address Master Edgar Jackson – Welcoming Address
<b>SESSION 1</b>		
9:00-9:30	Grandmaster Doug Cook	Commemorating Grandmaster Richard (Rhin Moon) Chun
9:35-10:05	Master Dan Chuang	A Survey of USA Collegiate Taekwondo Culture
10:10-10:40	Grandmaster Young Sun Kim, PhD	The Application of Critical and Creative Thinking in Taekwondo Research
10:40-10:55	Coffee Break	
<b>SESSION 2</b>		
10:55-11:25	Udo Moenig, PhD	The Origins of World Taekwondo (WT) Forms or <i>P'umsae</i>
11:30-12:00	Martin Minarik, PhD	Traditional vs Authentic Taekwondo
12:00-13:30	Lunch Break	
<b>SESSION 3</b>		
13:30-14:00	Ron Dziwenka, PhD	Developing Intuition as an Essential Goal of Martial Art / Sport Practice
14:45-15:15	Allan Back, PhD	A Life in the Martial Arts?
15:20-15:50	Kenisha Coy, PhD	Breakstory: A 90-Second Rule Approach to Enhancing Empathy & Cognitive Engagement in Community Mental Health Education
15:50-16:05	Coffee Break	
<b>SESSION 4</b>		
16:05-16:35	Terry De Freitas, MD	The DoJang Instructor's Role in Concussion Prevention, Detection, and Return to Play
16:40-17:10	Grandmaster Seoungmin Rim	Enhancing Warm-Up Protocols in Taekwondo Poomsae: Evidence-Based Alternatives to Static Stretching for Injury Prevention and Performance Optimization
17:10-17:20	Closing Remarks	

All times presented in Mountain Daylight Time (MDT).

**iACT Facebook**

[www.facebook.com/iactkd](http://www.facebook.com/iactkd)

**iACT Website**

[www.iactkd.com](http://www.iactkd.com)

**iACT YouTube Channel**

<https://www.youtube.com/channel/UCyJdXnSblmyws8myBloa9yA>



# WELCOME LETTER



## MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to welcome participants to Alberta for the 50<sup>th</sup> Anniversary Hanmadang and Academic Conference.

Our province has a proud legacy of athletic endeavour, and Albertans appreciate the transformative impact of sports on individuals and communities. It is an honour to have masters and scholars from around the world joining martial arts practitioners of all ages and abilities in our capital region to explore Taekwondo's history, traditions and techniques. These two days offer a wonderful opportunity for practitioners to hone their skills as they compete and learn together.

I hope everyone enjoys their time in our beautiful province and comes away with a new appreciation for their sport. Thank you to the event co-ordinators and everyone with the International Academic Center for Taekwondo and the University of Alberta Taekwondo Club for making this Hanmadang and academic conference possible.

Best wishes for an enriching experience and a successful event!

A handwritten signature in black ink that reads "Danielle Smith".

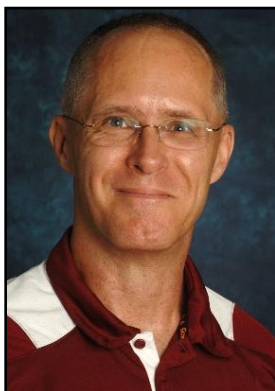
**Honourable Danielle Smith, Premier of Alberta**





# OPENING ADDRESSES

**Ron Dziwenka, PhD**  
**iACT President**



Welcome Everyone!

Along with my co-host Ms. Imogen Maelstrom, President of the University of Alberta Taekwondo Club, we are very pleased to welcome you all to the iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang and International TKD Academic Conference here in Edmonton, Alberta, Canada.

Saturday's iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang - Workshops & TKD Tournament, included three sets of concurrent workshops on various aspects of Taekwondo, such as conditioning for lifelong Taekwondo, adaptive techniques for Olympic sport Taekwondo, recognized *poomsae*, freestyle *poomsae* techniques, Taekwondo spirit (국산도), Taekwondo and trauma, and women in elite Taekwondo. All of the workshops were led by distinguished Taekwondo masters, coaches, and athletes. In the afternoon, we had a Taekwondo Hanmadang-style tournament that includes team demonstration, *poomsae*, creative *poomsae*, and creative breaking competitions. We are indebted to Grandmaster Seoungmin Rim and his demonstration team and the Edmonton traditional percussion (사물놀이) group for their amazing performance at the opening ceremony.

The theme of today's event, the iACT International Taekwondo Conference #5: Bridging Practicality and Academic Theory, reflects the purpose of our two-day event: to celebrate the contribution by our Taekwondo community, including TKD teachers, parents and supporters, to excellence in education and community-building, and Taekwondo's significant impact on children and families in and around Alberta and beyond through them. Thank you all for all that you do for the physical, social, mental, and educational development of our youth. Through events like this, we learn from and with each other to celebrate our diverse community and grow Taekwondo.

We have assembled an amazing group of accomplished and respected scholar-researchers from the Republic of Korea (ROK), USA, Germany, and Canada to present their current research on various topics on Taekwondo such as history, philosophy, education, leadership, health and wellness, exercise and sport medicine, growing Taekwondo communities in a national collegiate system, and Taekwondo as a traditional martial art and competitive sport. These distinguished researchers will offer us insights into their varied areas of long-term expertise and experience earned through their lifetime of practice and study. With this, our 5<sup>th</sup> international academic conference, iACT is continuing to widen the exposure of Taekwondo as an academic discipline even outside of our Taekwondo community.

We are honored by the presidents of international Taekwondo organizations for the congratulatory messages we have received, namely Dr. Jin Bang Yang, President of the Korea Taekwondo Association; Dr. Jung-heon Kim, Chairman of Taekwondo Promotion Foundation; and Juan Manuel Lopez Delgado, President of the Pan American Taekwondo Union.

For their congratulatory messages and financial support, we thank Dr. Chungwon Choue, President of World Taekwondo; Dr. Bryan YS Yi, President of the Yonsei University Taekwondo Club Alumni Association; Grandmaster Joo-Han Cha, President of the Alberta Taekwondo Association, and so many others.

We greatly appreciate the congratulatory messages of support from Dr. Ken Min, Emeritus Professor and founder of the University of California at Berkeley Martial Arts Program, and Dr. Wojciech Cynarski, President of the International Martial Arts and Combat Sports Scientific Society (IMACSSS). In addition, we thank the Alberta Taekwondo Association, and a number of our local Taekwondo clubs as well as the



esteemed Taekwondo seniors and colleagues who have been so generous in their financial support. In particular, we thank those who want to remain anonymous but who chose to contribute to the success of our unique event.

I would like to thank all the dedicated and hardworking volunteers who have unselfishly contributed their ideas, time, expertise, and effort. We in the Taekwondo and education communities know how essential volunteer support and the shared support of our colleagues are for us to realize our goals. I must also express my sincere appreciation to our amazing Organizing Committee team, headed by our eminently capable and experienced Event Director, Master Cindy Richardson (and her chosen team), as well as Ms. Imogen Maelstrom, President of the University of Alberta Taekwondo Club; Masters Edgar Jackson and Jim Rennie; and iACT Vice President John A. Johnson (PhD) for the months of sincere and meaningful contributions to envision and carry out this huge event. In addition, we are indebted to the numerous local Taekwondo clubs as well as esteemed Taekwondo seniors and colleagues who have been so generous with their financial and in-kind support.

Finally, I want to express my sincere and heartfelt appreciation to all of the participants in our event this weekend for engaging with us in an atmosphere of learning, fellowship and appreciation for and with each other through our shared love of Taekwondo: an Olympic sport, a martial art, a system of moral and character development, a philosophical system, a culture of learning and growth, a self-defense, a community, and a life well-lived. Thank you all for contributing to and sharing our vision of holistic community outreach and engagement. I look forward to meeting you all and enjoying this experience together in a spirit of learning and community-building.

Sincerely,

Dr. Ron Dziwenka  
iACT President



## iACT Vice President



Welcome to iACT 2025 and the University of Alberta Taekwondo Club's 50<sup>th</sup> Anniversary Hanmadang!

iACT began during a phone conversation Dr. Dziwenka and I had back in 2015. We wanted to approach Taekwondo academically in new ways that were completely untethered from the objectives of major Taekwondo organizations and universities. To do so, we created a grassroots organization, so that all Taekwondo organizations, practitioners, and academics were represented. In the decade since I sat in my beat-up SUV talking to Dr. Dziwenka who was thousands of miles away, we have gone from a fledgling organization to achieving unprecedented success. Taekwondo truly has the power to cross borders and boundaries of all types. As such, I am proud to have served as the iACT vice president while the iACT dream became reality.

An event as large and diverse as our current one is only capable due to the tireless efforts of numerous individuals. iACT's mission is to further academic excellence in the fields of Taekwondo and martial arts studies, and the following individuals have my deep gratitude for helping make that happen this weekend. At the top of my list is Dr. Ronald Dziwenka, my partner and mentor. His optimism is boundless, and his creative handling of iACT is solely responsible for making this event happen. Master Cindy Richardson, our Event Director, and her team have adeptly moved us forward throughout the last few months. Likewise, Ms. Imogen Maelstrom, the President of the University of Alberta Taekwondo Club, has guided us toward success. Masters Edgar Jackson and Jim Rennie have given their expert advice and

have worked tirelessly since Day One to ensure each of you experience Taekwondo like you have never before.

iACT has also received the support of the top international sporting Taekwondo organizations. We have international recognition and/or support from Dr. Chongwon Choue, the President of World Taekwondo (the International Olympic Committee's international federation for the Olympic sport of Taekwondo); Dr. Jin Bang Yang, the Korea Taekwondo Association President; GM Dong Sup Lee, the President of the Kukkiwon in South Korea; Dr. Jung-heon Kim, the Chairman of Taekwondo Promotion Foundation; and Dr. Bryan YS Yi, the Yonsei University Taekwondo Club Alumni Association President. We also have the support of acclaimed academics, such as Dr. Ken Min, the Founder of the University of California at Berkeley Martial Arts Program; my dear friend Professor and Dr. Wojciech Cynarski of the University of Rzeszów (Poland) of the International Martial Arts and Combat Sports Scientific Society (IMACSSS); and the progenitor of our academic field, Dr. Allan Bäck of Kutztown University (USA).

Our invited speakers also carry a list of contributions to Taekwondo and academia so long that I cannot begin to list them all. Thank you to everyone who helped make this event and iACT possible. You have shared and helped create that vision Dr. Dziwenka and I saw a decade ago. Most importantly, the world's knowledge and understanding of Taekwondo is deepened thanks to your support and passion.

Finally, I wish to state my gratitude for everyone who is participating in iACT 2025 and the University of Alberta Taekwondo Club's 50<sup>th</sup> Anniversary Hanmadang. My wish is that you learn, grow, and love Taekwondo even more after this weekend.

Yours sincerely,

Dr. John A. Johnson  
iACT Vice President

## Event Director



Welcome Everyone!

Many months ago, I was asked to help organize a Taekwondo tournament. I was excited when I found out this 2-day event would be so much more than a tournament and that it would include both competition and education. It has been remarkable to see so many working parts join together to provide a truly multi-dimensional, comprehensive, and inclusive Taekwondo experience.

Taekwondo participation usually begins as a physically demanding and highly competitive martial art, but over time provides lifelong opportunities for meaningful involvement. The iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang and International Academic Conference epitomizes this fact. Whether participating in interactive workshops, competing in competition, learning from international presenters, or a combination of all three, my hope is that you will go away from this weekend fulfilled and inspired.

To the presenters, participants, competitors, sponsors, and supporters, this monumental endeavour would not have been possible without your contributions. You have made this event an inspiring and unforgettable experience as well as paved the way for future events of this kind. It has been a pleasure to become newly acquainted with presenters and to learn from their areas of expertise as well as to work with Taekwondo colleagues I have known for many years.

Enjoy!

Master Cindy Richardson



# CONGRATULATORY LETTERS

October 17, 2024

Dear Taekwondo family,

On behalf of World Taekwondo (WT) as its President, it is with great pleasure to congratulate the co-hosting of the iACT & University of Alberta Taekwondo Club 50th Anniversary Hanmadang & International Academic Conference held in Edmonton, Alberta, Canada from January 11-12, 2025. I also wish to give my appreciation to all participants from all around the world.

Over the course of this two-day event, we will celebrate the University of Alberta Taekwondo Club's 50<sup>th</sup> anniversary and their 40 years of sisterhood with Yonsei University Taekwondo Club through various workshops on the first day and the iACT International Academic Conference on Taekwondo and martial arts the second day.

I believe that through the jubilee and the academic conference, not only will we find a strategic pathway to value innovation of Taekwondo from educational, philosophical, and social perspective but we will also share scientific insights on the fusion of the function of Taekwondo techniques and body from the traditional era to the digital-AI era. Therefore, the pride of all Taekwondo-in will be strengthened through the evolution of Taekwondo.

Once again, I wish to extend my heartfelt congratulations to the University of Alberta Taekwondo Club and iACT. I wish all the participating Taekwondo family members good luck and happiness.

Thank you.

Dr. Choungwon Choue, President  
World Taekwondo



October 26, 2024

It is a privilege to extend my heartfelt congratulations to Dr. Ron Dziwenka, the organizing committee members, and the University of Alberta Taekwondo Club on hosting the iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang & International Taekwondo Academic Conference in Edmonton.

I warmly welcome all participants attending the workshops on diverse aspects of Taekwondo and the Hanmadang-style tournament—an exciting new addition to Canada. This tournament promises to showcase a team demonstration competition along with *poomsae*, kicking, and breaking events, thus providing a dynamic and multifaceted experience. Combined with the academic conference, this event offers a unique opportunity for both practitioners and scholars.

Having known Dr. Dziwenka for decades, I have witnessed his dedicated contributions to advancing Taekwondo academic studies. His steadfast commitment has led iACT to once again gather prominent scholar-researchers, including Dr. Udo Moenig—whose seminal work, *Taekwondo: From a Martial Art to a Martial Sport*, elevated the field internationally—and Dr. Young Sun Kim, a highly regarded senior researcher at the Kukkiwon, among other esteemed experts. This year's conference theme, iACT International Taekwondo Conference #5: Bridging Practicality and Academic Theory, aims to make theoretical insights more accessible to Taekwondo practitioners, especially through its interactive format.

I commend the vision, partnerships, and organizational efforts of iACT and the University of Alberta Taekwondo Club in bringing this valuable event to life. May it be a resounding success, generating meaningful advancements in the Taekwondo community.

I wish every participant health, success, and inspiration in all your Taekwondo endeavors.

Thank you very much.



Dr. Jinbang Yang  
President  
Korean Taekwondo Association

대한태권도협회  
KOREA TAEKWONDO ASSOCIATION





October 25, 2024

Dear Taekwondo Family and participants of iACT and University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang and International Academic Conference!

It is my pleasure to send this message. I would like to first thank the conference staff, including Dr. Ron Dziwenka, iACT President, and the University of Alberta Taekwondo Club, who took the lead in preparing for this conference.

Over this weekend, presenters will discuss numerous Taekwondo topics, both academic and practical in nature. The event also includes a Hanmadang-style tournament with team demonstration, *poomsae*, and breaking competitions. I sincerely expect fresh and creative proposals from the researchers and professors who will cover the philosophical, historical, and ethical aspects of Taekwondo, as well as education, leadership, health and wellness, exercise and sport medicine, growing Taekwondo communities in a national collegiate system, and Taekwondo as a traditional martial art and competitive sport.

Especially, iACT is aimed at the wide promotion of Taekwondo for its importance and excellence not only as a global sport and martial art but also as a field of academic study. I believe this event is a crucial step for Taekwondo's academic advance and authority.

I, as the chairperson of Taekwondo Promotion Foundation, hope Taekwondo could contribute to training of mind and body, and progress peace of the world. The developmental opinions and the animated discussion during the conference will be the nutritive elements for the growth of Taekwondo.

Once again, I appreciate iACT President Ron Dziwenka, the University of Alberta Taekwondo Club Members, and the participants of the Hanmadang and international academic conference. I wish you all only the best health and happiness for our global Taekwondo family.

Thank you.

Dr. Jung-Heon Kim, Chairperson  
Taekwondo Promotion Foundation



December 15, 2024

Dear Dojang Owners, Masters, and Honored Guests,

It is my great honor and privilege, as Chairman of the Alberta Taekwondo Association, to extend my heartfelt congratulations to the iACT and University of Alberta Taekwondo Club on the momentous occasion of their 50th Anniversary Hanmadang and Academic Conference.

This extraordinary event, bringing together practitioners, instructors, and academics, is a testament to the enduring spirit of Taekwondo. Over the past five decades, the University of Alberta Taekwondo Club has not only upheld the principles of discipline, perseverance, and respect but has also fostered an environment of learning and collaboration that continues to inspire Taekwondo practitioners across the province and beyond.

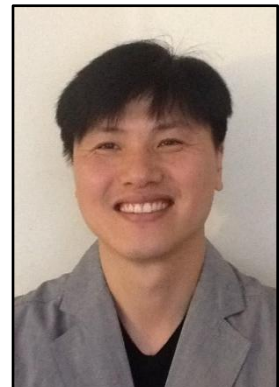
The diverse lineup of workshops, tournaments, and the academic conference highlights the beauty and depth of our art. Events like these remind us that Taekwondo is more than just a martial art; it is a lifelong journey that bridges tradition and innovation, physical practice and academic thought.

On behalf of the Alberta Taekwondo Association, I commend the organizers, instructors, and participants for their dedication and vision. May this 50th Anniversary celebration serve as a platform to strengthen our community and continue the legacy of Taekwondo for future generations.

I wish you all a successful, inspiring, and memorable event.

Sincerely,

Grand Master Joo-Han Cha  
Chairman, Alberta Taekwondo



October 15, 2024

Congratulations.

As Founding President of the United States Collegiate Taekwondo Association (1970), Founding President of the United States Taekwondo Official National Governing Body of the US Olympic Committee (1974), and (former) Collegiate Committee Chairman of World Taekwondo for 36 years, (former) Member of the Education Council of the United States Olympic Committee for 8 years, and (former) Technical Commissioner of FISU (International University Sports Federation) for 36 years, I would like to congratulate President Ron Dziwenka of iACT and the University of Alberta Taekwondo Club for organizing the iACT 2025 and the University of Alberta Taekwondo Club's 50<sup>th</sup> Anniversary Hanmadang.

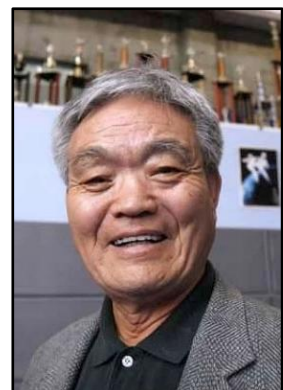
The United States Taekwondo movement was successfully initiated in 1974 through the National Collegiate Taekwondo Association in 1970, and I feel proud to have contributed to international and Olympic Taekwondo development. The ideals, philosophy, and values of Taekwondo are synonymous with Olympism, the Olympic ideals, and Olympic philosophy. The purpose, objectives, and mission of both are a challenge to elevate humankind now and in the future.

After being a demonstration sport at the 1988 (Seoul) and 1992 (Barcelona) Olympic Games, Taekwondo became an official Olympics event in 2000 (Sydney). Before that, the late world-renowned marine explorer Jacques Cousteau expressed at the Paris Centennial IOC Congress in 1994, "The Olympic Games is a celebration of constant improvement and is therefore a dash by man toward the future." I was honored to be speaker on behalf of the World Taekwondo Federation (WTF) at the same congress. For me, the purpose of an event is not to beat others but rather to improve the performance of our fellow creatures.

In closing, I would like to express my sincere appreciation to all presenters, participating scholars, and members of the Organizing Committee of the conference and workshop, which were headed by Dr. Ron Dziwenka and the University of Alberta Taekwondo Club leadership.

Dr. Ken Min, Director

International Martial Arts Research Institute  
University of California, Berkeley, California



September 22, 2024

Dear Friends in the University of Alberta Taekwondo Club (and Alumni, of course)

Congratulations on the 50<sup>th</sup> anniversary of the University of Alberta TKD Club! It's an honor and a real pleasure for me to deliver this congratulatory message on behalf of the Yonsei University Taekwondo Club and Alumni Association in the capacity of President of the Association. In October last year we also celebrated the 70<sup>th</sup> Anniversary of the Yonsei University Taekwondo Club, and Dr. Ron Dziwenka had also forwarded a congratulatory message to us. Although Yonsei University started in 1885, 140 years ago, the 70 years of history was something very special to each and every member of our Taekwondo Club and Association. Therefore, I know how much this 50<sup>th</sup> anniversary means to you and your alumni members.

You all must be very proud to be a part of this legacy and heritage of your Club. Both in Edmonton and Seoul, we all share many aspects in common due to the inherent nature of the same Taekwondo and our universities where fresh, healthy, and intelligent young people study, practice, and form a lifetime of friendship together. Although we all are all already connected by the same Taekwondo, more meaningful to me is the long-term relationship between your esteemed Club and Yonsei Taekwondo Club for the last 42 years as well as the lifelong personal relationships from this.

It started in 1982 when 15 University of Alberta students in the U of A Taekwondo Club first came to Korea as guests of the Yonsei Taekwondo Club. I, then a sophomore, first met Dr. Dziwenka. Since then, our friendship has continued until now. Throughout the past decades, we practiced Taekwondo together, ate and drank together, climbed mountains together, sang together, and grew and shared our lives together. Since then, in addition to Taekwondo, Canada, Edmonton and Dr. Dziwenka have always meant something precious to me. In the meantime, I also found that Korea, Seoul, Yonsei University, and Bryan YS Yi mean something precious to him as well.

At this time, you are just starting the second half of the journey to the 100<sup>th</sup> anniversary. I congratulate you all for that. I wish most of us here will see each other celebrating the 100<sup>th</sup> anniversary either in Seoul or Edmonton in 50 years' time, in good health, and with vigor, pride, and with Taekwondo spirit. Of course, Carpe Diem for now and every day until then!

Bryan YS Yi, PhD

President of the University Taekwondo Club Alumni Association



November 1, 2024

RE: Congratulatory Letter

Dear Organizing Committee,

Congratulations to iACT, along with Dr. Young Sun Kim of Yonsei University and Master Jim Rennie of the University of Alberta Taekwondo Club, for organizing the celebration of Yonsei University Taekwondo Club's 70<sup>th</sup> and University of Alberta TKD Club's 50<sup>th</sup> anniversaries. This event also highlights the over 40 years of the Yonsei University and University of Alberta sisterhood relationship.

In addition to the iACT academic conference, this two-day event includes a Taekwondo tournament, training workshops, and black belt (*dan*) promotion test. As such, this event is groundbreaking in its scope and vision to bring Taekwondo scholars to the next generation of practitioners as well as advancing the field of Taekwondo Studies.

As President of the International Martial Arts and Combat Sports Scientific Society (IMACSSS) and editor-in-chief of the Scopus-indexed academic journal *Ido Movement for Culture Journal of Martial Arts Anthropology*, I am honored to write this congratulatory letter. I trust that our very good cooperation between iACT, IMACSSS, and our journal will continue and develop fruitfully.

I hope the participants have an enjoyable and enlightening conference and event.

Sincerely,

Wojciech J. Cynarski, PhD  
Full Professor  
Institute of Physical Culture Studies  
College of Medical Sciences  
University of Rzeszów / Uniwersytet Rzeszowski  
Rzeszów, Poland



November 24, 2024

Ladies and gentlemen,

To the participants of the iACT International Taekwondo Conference: Bridging Practicality & Academic Theory and the University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang, it is with great pride and honor that I extend my heartfelt congratulations to the organizers, participants, and the entire Taekwondo community gathered in Edmonton, Alberta, Canada, on January 11-12, 2025, to celebrate these landmark events.

This conference and Hanmadang represent the essence of Taekwondo's rich heritage and its ongoing evolution as both an Olympic sport and a martial art that bridges cultures and generations. The University of Alberta Taekwondo Club's 50<sup>th</sup> anniversary is a testimony to the enduring spirit of Taekwondo and its ability to inspire discipline, respect, and unity.

The theme of this year's iACT Conference, "Bridging Practicality & Academic Theory," exemplifies the progressive spirit of Taekwondo, encouraging the blending of academic insights with the physical and philosophical principles of our art. Through the exchange of ideas, techniques, and values, you are paving the way for future generations to not only excel in Taekwondo but also to contribute meaningfully to the global community.

As President of the Pan-American Taekwondo Union (PATU), I commend Dr. Ron Dziwenka, iACT President, and the dedicated team of organizers and speakers, for their vision and hard work in making this event a reality. Your efforts reinforce Taekwondo's role as a powerful platform for personal growth, cultural exchange, and peacebuilding. On behalf of PATU, I wish all attendees an enriching experience filled with meaningful discussions, memorable performances, and the joy of celebrating our shared passion for Taekwondo. May this event serve as a beacon of unity, knowledge, and progress in the worldwide Taekwondo family.



LAE. Juan Manuel López Delgado  
PATU President



January 2, 2025

To the Organizing Committee,

On behalf of the Board of Directors and Staff of Taekwondo Canada, I would like to send all of our best for the success of the upcoming iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang & Academic Conference.

We know that this conference, dedicated to the International Academic Center for Taekwondo, will be a tremendous success for all who will participate in it. The mixture of practitioners and academic researchers will assist in the growth of our sport not only in Canada but throughout the world.

Once again, congratulations on such a tremendous event and we wish you all the best.

Regards,



Grandmaster Kee Ha  
President  
Taekwondo Canada



**TAEKWONDO CANADA**

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August 17, 2024

RE: Letter of Support for iACT Conference

Dear Organizing Committee,

On behalf of *My CARE Initiative* (Community, Arts, Research, Education), I extend my heartfelt congratulations to iACT, along with Dr. Young Sun Kim of Yonsei University and Master Jim Rennie of the University of Alberta Taekwondo Club, for their leadership in organizing the celebration of Yonsei University Taekwondo Club's 70<sup>th</sup> anniversary and University of Alberta TKD Club's 50<sup>th</sup> anniversary. This momentous event also marks over 40 years of collaboration between the two universities, a relationship rooted in the shared pursuit of excellence in Taekwondo and education.

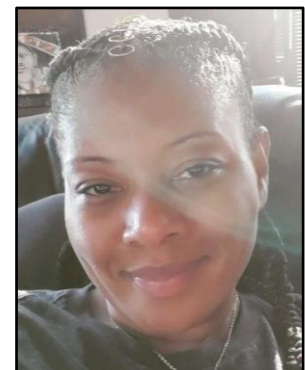
We are particularly impressed by the scope and vision of this two-day event, which includes an academic conference, a Taekwondo tournament, training workshops, and a black belt (*dan*) promotion test. This unique blend of scholarly inquiry and practical training serves as an inspiring model for the future of Taekwondo Studies, as it bridges the gap between traditional practice and academic research.

As an organization dedicated to fostering community well-being through arts, research, and education, we deeply appreciate the alignment of this event with our own values. By empowering the next generation of Taekwondo practitioners and scholars, this conference embodies the spirit of unity, learning, and mutual respect that is central to both the martial arts and academic disciplines.

We are honored to lend our support and look forward to the continued development of Taekwondo as both a practice and a field of study. We wish all participants an enriching and successful experience, and we commend the organizers for their outstanding efforts.

CARE continuously & courageously,

Kenisha Coy, PhD  
Founder and Executive Director  
My CARE Initiative  
Community, Arts, Research, Education





October 11, 2024

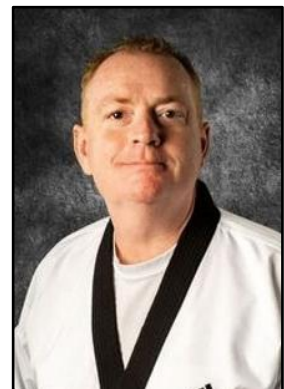
Dear Participants of the iACT & University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang & Academic Conference:

It is with great pleasure that we welcome you to Edmonton for the iACT Conference. I have only recently become the master for the University of Alberta Taekwondo Team but follow in the footsteps of many great masters including Kevin Olsen, Linda Kwan, my mentor Dr. Ron Dziwenka and my original master, Grandmaster Chun Duk Ki.

The team at U of A is about to celebrate 50 years of offering not only great martial arts, but also bringing together friendships that will last a lifetime, which we hope will also happen for you at this conference. We also wish to acknowledge our partnership with Yonsei University in Seoul, with Grandmaster Kim Young Sun, which had University of Alberta students training this past summer at their gym in Korea!

While our team is strong as we speak, we have even greater opportunities ahead as we reach out and develop new networks with colleges and universities across North America, and we look forward to the next fifty years as we help the most promising young men and women learn of a martial art that is not just great today but will become a lifelong experience!

Master Jim Rennie  
Whitecourt Taekwondo  
Alberta, Canada





# PRESENTER BIOGRAPHIES

(Alphabetical by surname)



**DR. ALLAN BÄCK** is a professor of Philosophy at Kutztown University in Pennsylvania. He received his BA in philosophy (Phi Beta Kappa) from Reed College and his PhD in Philosophy is from the University of Texas at Austin. He has studied Taekwondo and Hapkido for many years. He has written many articles and three books with the late Dr. Daeshik Kim on the martial arts and now continues to do so by himself. He has also published widely in such areas as the history and philosophy of logic, ancient philosophy, medieval philosophy, comparative philosophy, and philosophy of sport. His first book received a prize from VG-Wort. In 1999, he was awarded a Forschungspreis from the Alexander von Humboldt Stiftung (Senior Humboldt Research Prize) for his research Senior Humboldt Research Prize) and has been occasionally in residence at the University of Freiburg. Professor Bäck has also taken an American Philosophical Association Fellowship for the Institute for Advanced Studies at Edinburgh University in Scotland in recognition of his scholarly work. Kutztown University has given him the Chambliss Research Lifetime Achievement Award for his research and the Wiesenberger Award for Excellence in Teaching. Professor Bäck is also the Daeshik Kim Foundation Executive Director and Senior iACT Academic Advisor.



**MASTER DAN CHUANG** is the current President of the USA National Collegiate Taekwondo Association and has served as an officer in that organization for over 17 years and has also served for over 20 years as Director of the Eastern Collegiate Taekwondo Conference. Master Chuang is the current Head Coach of the USA Taekwondo National Poomsae Team, a position he has held for over 10 years, and is a past USA National Collegiate sparring and *poomsae* coach as well. He is the head instructor/coach of the MIT Sport Taekwondo Club, t.Bos Competition Team, and CW Taekwondo at Boston. Chuang holds a 7<sup>th</sup> *dan* (Kukkiwon) and is a World Taekwondo Certified International Poomsae Referee.



Ian Clark Sensei is a 4<sup>th</sup> *dan* (yondan) in Can-Ryu Jiu Jitsu under Steve Hiscoe Soke (9<sup>th</sup> Degree Black Belt, Can-Ryu Jiu Jitsu). Ian Sensei has been training and teaching self-protection since early 2011, most recently out of Foothills Jiu Jitsu in Okotoks, Alberta. Can-Ryu Jiu Jitsu is a Japanese (stand-up) Jiu Jitsu system that features concepts such as breakfalls, strikes, blocks, kicks, throws, takedowns, joint locks, hold escapes, ground defense, neck restraints, escorts, and weapon defenses. Many of the techniques in Can-Ryu Jiu Jitsu are not appropriate for use in a sport/tournament context, as their primary goal is to stop a threat and facilitate one's escape.

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**GRANDMASTER DOUG COOK**, 9<sup>th</sup> *dan* Chang Moo Kwan and 7<sup>th</sup> *dan* Kukkiwon-certified black belt, is owner of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of the late Grandmaster Richard Chun, president of the United States Taekwondo Alliance, and an Advisory Council member of the World Martial Arts Alliance. He has authored four best-selling books: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, *Taekwondo—A Path to Excellence*, and *Taekwondo Black Belt Poomsae: Original Koryo and Koryo*. Grandmaster Cook has been a frequent contributor to *TaeKwonDo Times*, *Black Belt*, *Totally TaeKwonDo* magazines since 2000. He can be reached for seminars, Korea training tours, national and international online Zoom workshops, or questions regarding USTA membership at [www.chosuntkd.com](http://www.chosuntkd.com), [www.ustaweb.com](http://www.ustaweb.com), on Facebook, or through email at [info@chosuntkd.com](mailto:info@chosuntkd.com).

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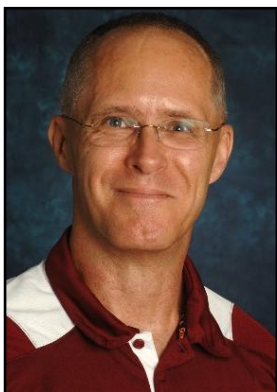


**DR. KENISHA COY** possesses a unique blend of martial arts, education, and wellness practices. She endeavors to make a lasting impact, empowering individuals to heal, grow, and thrive. An accomplished 3<sup>rd</sup> *dan* Taekwondo instructor and competitive breaker since 2005, Dr. Coy combines her deep commitment to personal growth and community wellness with a strong educational background. As a writer and skilled life story coach, Dr. Coy employs trauma-responsive and healing-centered approaches, utilizing the Maieutic Method and Solutions-based Therapeutics to empower individuals on their healing journeys. She also holds a master's in Education (MEd) with a specialty in Community, Education, and Arts and a PhD in Educational Studies from Lesley University (Cambridge, Massachusetts).



**DR. TERRY DEFREITAS** is an associate professor in the Department of Family Medicine, Faculty of Medicine at the University of Alberta. She served as the Chief Medical Advisor for Taekwondo Canada for twenty-six years and has provided care to Team Canada Athletes at the Tokyo, Beijing, and Vancouver Olympic games. She provided care for Taekwondo Canada athletes at four Pan American Multi sport games and eleven World Championships. She developed the first concussion policies for Taekwondo Canada for concussion prevention, recognition, and diagnosis of concussion. Her academic research interests include concussion care, the treatment of osteoarthritis, tendinopathies, and ultrasound guided injection therapies for these conditions. She recently published an eBook titled *Clinical Evaluation of Musculoskeletal Conditions: A Guide for Family Physicians*. Dr. DeFreitas is now a 4<sup>th</sup> dan and board member of the Alberta Taekwondo Association. She served as a part-time dojang instructor/volunteer for adult learners for eleven years.

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**DR. RON DZIWENKA** holds an MA and a PhD in East Asian Studies from the University of Arizona (USA) and an MA from Yonsei University (Republic of Korea, ROK). He is a 7<sup>th</sup> dan in Kukkiwon Taekwondo and has practiced and taught Taekwondo for almost 45 years in Canada, the Republic of China, ROK, and the USA. During his twelve years at Yonsei University, he assisted Dr. Young Sun Kim in founding the Yonsei International Dojang, and he was GM Kim's assistant instructor to the thousands of Korean and international students who practiced Taekwondo there. He was a contributing member of the original World Taekwondo Federation (WTF, now WT) Research Society and has been involved in various academic projects with Kukkiwon and WT(F) from the 1980s until today. He has published several papers on martial arts philosophy and practice and has presented his research at the 1988 Seoul Olympic Scientific Congress as well as at international conferences in the Republic of China, ROK, People's Republic of China, Canada, Mexico, and the USA. He is currently a faculty member in the Department of History at Salisbury University (USA) and the Editorial Assistant for the *Journal of Adolescent and Adult Literacy*. He is a Co-Founder and President of International Academic Center for Taekwondo (iACT).



**DR. YOUNG-SUN KIM** is an Adjunct Professor in Yonsei University and a Grandmaster (8<sup>th</sup> *dan* Kukkiwon), the Chief Instructor of the International Taekwondo Academy in Yonsei University, which he founded in 1986. He earned his PhD from Yonsei University (Republic of Korea). He has been a career researcher for the Kukkiwon since the 1980s and has published numerous papers in the fields of History and Spirit of Taekwondo. He is a Lecturer of Taekwondo History and Spirit for the World Taekwondo Academy at the Kukkiwon, the Primary Writer of the 2021 Official Taekwondo Textbook, and the 2022 50<sup>th</sup> Anniversary Book of Kukkiwon, and also of the 2013, 2018, and 2023 Kukkiwon Whitebooks on Taekwondo Education. He is a Leading Author of the Life History book on Lee, Chong Woo, the Founder of Jido-kwan and Hong, Chong Soo, the Founder of Mooduk-kwan Taekwondo sect.

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**MASTER KEVIN MEJIA** has 25+ years of Taekwondo experience and is a 5<sup>th</sup> *dan* black belt. He is a graduate of NAIT's personal fitness trainer program and loves using his knowledge and expertise to guide his students to achieve their highest athletic potential. His Taekwondo career competition highlights include a gold medal at the Canadian junior nationals, medaling multiple times at the Canadian nationals, and a bronze medal at the US Open.

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**DR. MARTIN MINARIK** studied Theatre, Film, and Media Studies in Vienna, Austria with additional courses in Philosophy and East Asian Studies. He then pursued a doctoral degree in Sports Sociology in Hamburg, Germany, which he completed with a dissertation on the performativity of norms, values, and ideals in Taekwondo practice in South Korea. He is currently a faculty member at the Institute of Sports Science at Georg-August-University in Göttingen, Germany, where he teaches courses on norms and values in sports practice, sports and culture, as well as martial arts and combat sports. Dr. Minarik holds a 4<sup>th</sup> *dan* in Kukkiwon Taekwondo and is an instructor for the Kyulyun Taekyun Association, serving as its European representative.



**DR. UDO MOENIG** is an Associate Professor at the Department of Taekwondo, Youngsan University in Yangsan, South Korea. He has a PhD in Physical Education from Keimyung University and teaches and researches in the areas of martial arts and Asian studies. He was appointed as the first foreigner in Korea to teach Taekwondo at a university. He has researched, lectured, and published extensively in the field of Asian Studies, martial arts, and sports. He has over forty years of practical experience in martial arts and Taekwondo. He was on the German Taekwondo National Team in 1984 and a member of the German Military Team (1984-1988) at Sportschule Sonthofen.

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**MASTER JON JON RIVERO** is a Filipino-Canadian actor, director, and producer best known for his award-winning feature film *Balikbayan: From Victims to Survivors* (2020), which won the Audience Choice Awards for Best Feature Documentary at the 2020 Edmonton International Film Festival. He has appeared in live-action dramas and action films and played himself in Season 2 of the award-winning APTN docu-series *Queen of the Oil Patch* (2020). Rivero also produced, wrote, directed, and starred in *Noj Noj & Friends* (2020), a live-action children's TV pilot that combines hip hop music videos with edutainment storytelling, and was nominated for the best children's series and best director at the 2021 Rosie Awards. He is also an accomplished spoken word artist, beatboxer, a cappella singer, and is the 2016 TED Summit Talent Showcase winner. He is the co-author of the critically acclaimed children's illustrated book *My Name Is Trauma*. As a Filipino martial arts practitioner and 6<sup>th</sup> dan in Taekwondo, he is the founder and master instructor of the Young Master Club, a Taekwondo program that has been featured on Accessible Media Broadcasting and the international book, *Getting into the Game: Sport Program for Kids with Autism*.



**GRANDMASTER SEOUNG MIN RIM** is an accomplished Taekwondo master and coach, holding an 8<sup>th</sup> *dan* black belt (Kukkiwon). Recognized as a founder of competitive *poomsae* in Canada, he served as the National Poomsae Head Coach for Taekwondo Canada from 2010 to 2023. During this time, he significantly improved the recognition of *poomsae* competitions in Canada and developed coaches and athletes alike. In addition to his national contributions, Seoung Min successfully operates five *dojangs* in Alberta, impacting thousands of students through the martial art of Taekwondo. He is also known for delivering seminars across Canada and internationally, including for the Pan American Taekwondo Union. Before he moved to Canada, the South Korean government dispatched Master Rim to Ukraine to teach Taekwondo to the Ministry of Internal Affairs and the Ministry of Defense and serve as a coach and instructor. His extensive experience is further underscored by several publications, including contributions to Taekwondo textbooks and guidebooks, solidifying his commitment to the sport's global development.

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Shelley Vettese-Baert is a 6<sup>th</sup> *dan* Taekwondo master and Olympic athlete. Her passion for challenges and sports has led her to excel in Taekwondo. Shelley's exceptional achievements over the past several decades include earning medals at many prestigious international competitions. She was a bronze medalist at the Olympic Games in Barcelona in 1992. Later, she shifted her focus to sport *poomsae* where she experienced success at several international competitions. Shelley has coached national and international Taekwondo athletes, served on provincial committees, and conducted numerous workshops and classes for Taekwondo conferences. Master Shelley is the first Taekwondo athlete to be inducted into the Alberta Sports Hall of Fame.



# Day 1

## Workshops & Tournament





# WORKSHOP ABSTRACTS

(Alphabetical by surname)

**DAN CHUANG, Master**

**USA National Collegiate Taekwondo Association; Cambridge, Massachusetts; USA**

## Modern Competition Poomsae

### Abstract

USA Head Poomsae Coach Dan Chuang will give a participatory overview of competition *poomsae* as it is being practiced in international World Taekwondo events at this time. The workshop will review basic principles of posture, power generation, and transitions in *poomsae* movement from the perspective of a competition *poomsae* coach and athlete. Coach Chuang will share insights from the most recent 2024 World Poomsae Championships in Hong Kong. Students will perform *poomsae* movements.

**Email:** [dbchuang@gmail.com](mailto:dbchuang@gmail.com)

**IAN CLARK, Master**

**Foothills JiuJitsu; Okotoks, Alberta; Canada**

## **Self-Protection and Self-Defense in the Can-Ryu System of (Stand Up) JiuJitsu**

### **Abstract**

This workshop will focus on concepts and techniques related to self-protection and self-defense. The primary goal of self-protection is to avoid or to safely escape a dangerous situation. Self-defense refers to the use-of-force techniques applied to physically defend oneself or another when appropriate.

Attendees will experience simple and effective techniques that address common self-defense situations, such as pushes, grabs, bear hugs, and the like. These techniques are gross-motor movements that can be reproduced under stress and are critical to a positive outcome of a self-protection event.

**Email:** [Ian@FoothillsJiuJitsu.com](mailto:Ian@FoothillsJiuJitsu.com)

**DOUG COOK, Grandmaster & President**  
United States Taekwondo Alliance; Warwick, New York; USA

## **The Original Koryo Poomsae**

### **Abstract**

Even though Koryo Poomsae a well-known method of promotion and collection of self-defense sequences, its predecessor, Original Koryo, remains a mystery to millions of Kukkiwon Taekwondo practitioners. Fashioned between 1965 and 1967 along with the *Palgwe* set and part of the nine *Yudanja* forms, Original Koryo was subjugated in favor of its modern mate in 1972 along with the inception of the *Taegeuk poomsae*. Maintained and promoted by the late Grandmaster Rhin Moon Richard Chun, Original Koryo is considered an “heirloom *hyung*.” Come learn this valuable form in detail with Grandmaster Doug Cook, 9<sup>th</sup> *dan*, a senior student of Grandmaster Chun, and the president of the United States Taekwondo Alliance.

**Email:** chosuntkd@yahoo.com

**RON DZIWENKA, PhD**

**Salisbury University; Salisbury, Maryland; USA**

## **Bodily Awareness & Conditioning Kicking for Lifelong Practitioners**

### **Abstract**

This workshop focuses on rhythmic and repetitive kicking training adapted from elite competition team training. It will comprehensively and syncretically emphasize and apply aspects of bodily awareness, imaging, full-body relaxation, entire-body application in the enactment of foundational kicks, speed, and rhythm of movement. Participants will focus on power on contact as well as the thrusting and snapping movements of the knees. This 50-minute regimen can be adapted and used to focus and improve on technical aspects of basic kicking movements, on aerobic conditioning for sparring, or on safe and functional kicking for one's lifelong practice of Taekwondo.

**Email:** [rjdziwenka@salisbury.edu](mailto:rjdziwenka@salisbury.edu)

**YOUNG-SUN KIM, PhD**  
Yonsei University; Seoul; South Korea

## **Taekwondo Spirit (Theory) and Meditation (Practice)**

### **Abstract**

*The Articles of Association of the Kukkiwon* (The World Taekwondo Headquarters) clearly states that the values embodied by Taekwondo are spirit and technique. Kukkiwon encourages Taekwondo practitioners to become principled and strong-willed individuals through training in Taekwondo spirit and technique, as these two are the core contents of Taekwondo. The Kukkiwon has recently conducted empirical surveys and analytical research to properly establish a framework of its official conceptualization of Taekwondo spirit. Dr. Kim is the leading researcher and lecturer on Taekwondo spirit at Kukkiwon. His workshop will include a theory lecture on Taekwondo spirit and meditation practice to integrate practitioners' minds and bodies. Through this workshop, participants will be able to deepen their experiential understanding of Taekwondo and its values.

**Email:** [kystae@naver.com](mailto:kystae@naver.com)

**KEVIN MEJIA, Master**

**4Point Taekwondo Inc.; Edmonton, Alberta, Canada**

## ***Kyorugi* Evolution: From Manual Scoring to Modern Tactics**

Join Master Mejia, a former national and international Taekwondo competitor and now a coach, in becoming the next generation of outstanding athletes. He came up during the era of manual judge scoring and experienced the shift to electronic body pads firsthand. In this session, Kevin will share how *kyorugi* has evolved and the tactical adjustments that today's athletes need to make to thrive in the modern fight game. As a coach, his focus is on blending old-school fundamentals with the latest strategies. Master Mejia's session will help you and your students stay sharp and competitive.



**SEOUNG MIN RIM, Grandmaster**

**National Poomsae Head Coach for Taekwondo Canada (former); Calgary, Alberta, Canada**

## **The Progression and Training Methodology for the Mandatory Elements of Freestyle *Poomsae***

### **Workshop Overview**

Join us for an engaging workshop focused on the progression and training methodology of the five mandatory elements of freestyle *poomsae*. This workshop is designed for practitioners at all levels who wish to deepen their understanding and enhance their performance in freestyle *poomsae*.

### **Key Objectives**

- Understanding the Elements: Participants will gain insight into the five mandatory elements that form the foundation of freestyle *poomsae*, including their significance and application in performance.
- Progressive Training Methodology: Discover effective training strategies and progression techniques that will help you master each element. We will explore drills, exercises, and feedback mechanisms that can be implemented in your training routine.
- Practical Application: The workshop will include hands-on practice, allowing participants to work on their skills and receive personalized guidance. You'll learn how to integrate these elements seamlessly into your freestyle routines.
- Performance Tips: Gain valuable tips on how to present your *poomsae* confidently, focusing on fluidity, expression, and technical precision.

### **Who Should Attend**

This workshop is ideal for Taekwondo practitioners, coaches, and instructors looking to enhance their knowledge of freestyle *poomsae*. Whether you're a beginner or an experienced competitor, this session will provide valuable insights to elevate your performance.

**Email:** masterrimtkd@gmail.com

**JON JON RIVERO, Master and Trauma Specialist**  
Young Master Club; Edmonton, Alberta, Canada

## **My Name Is Trauma: Trauma Informed Taekwondo**

In this dynamic and immersive workshop, participants will explore the intersection of martial arts mastery and trauma-informed care. Drawing inspiration from The Young Master Club's focus on cultivating discipline, leadership, and personal growth, and the therapeutic principles outlined in the book *My Name is Trauma*, this session will guide attendees through practical strategies to empower students both physically and emotionally.

Participants will engage in:

- **Interactive Drills:** Learn martial arts techniques that build focus, confidence, and self-regulation, emphasizing the importance of choice and control in movement.
- **Mind-Body Connection:** Practice trauma-sensitive exercises, including grounding and mindful breathing techniques, that enhance resilience and reduce stress.
- **Leadership in Action:** Discover how Taekwondo can foster a supportive and inclusive environment for students navigating personal challenges, emphasizing the role of empathy and connection.

By the end of the workshop, attendees will leave with actionable strategies to create a safe, empowering space where martial arts students can thrive both on and off the mat. This session is perfect for instructors, students, and martial arts enthusiasts eager to deepen their understanding of the transformative power of Taekwondo.

This workshop integrates simple martial arts techniques with trauma-informed principles, ensuring that participants gain both practical skills and a deeper understanding of the emotional needs of their students.

**Email:** [jonrivero@qicreative.com](mailto:jonrivero@qicreative.com)

**SHELLY VETTESE-BAERT, Master & 1992 Taekwondo Olympic Medalist**  
**Canadian Poomsae Representative; Edmonton, Alberta; Canada**

## **Taekwondo Through the Ages and Hansu Poomsae**

As a lifelong sports enthusiast, Shelley appreciates how Taekwondo has allowed her to stay active and involved as a competitor and coach. Her motto is “Find the Passion - Embrace the Challenge!” She marvels at the uniqueness of Taekwondo as a sport where a national team can include athletes spanning five or more decades in age.

Join Master Baert as she discusses her experiences in competing and coaching and how she has maintained her remarkable mobility and fitness levels. Shelley will lead participants through stretches and warm up techniques suitable for master-level Taekwondo practitioners, followed by an in-depth practice of the highest black belt sport *poomsae* recognized pattern, Hansu.

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# DAY 2

## iACT 5th International Academic Conference

Bridging Practicality & Academic Theory

January 12, 2025





# CONFERENCE ABSTRACTS

(Alphabetical by surname)

**ALLAN BÄCK, PhD**

Kutztown University; Kutztown, Pennsylvania; USA

## **A Life in the Martial Arts?**

Martial arts discourse may be done for many reasons: for the sake of advertising, motivating, teaching, and advancing a martial arts career. It may also be done, rarely, for the sake of truth. Here I consider martial arts practice as part of a life. In truth, it does not contribute much. I will give some reasons why. Yet, I then say, beginning with a clear understanding of these failings, we can gain insight into the function of a martial art in a life and its ultimate significance. Ultimately, it contributes nothing. It has no significance. Starting at this point, we can come to grasp the proper place of martial arts practice in a life.

**Email:** [back@kutztown.edu](mailto:back@kutztown.edu)

**DAN CHUANG, Master and President**  
**National Collegiate Taekwondo Association; MIT Sport Taekwondo Club; Cambridge,**  
**Massachusetts; USA**

## **Survey of and Recent Initiatives in Collegiate Taekwondo in the United States**

Collegiate Taekwondo clubs in the United States serve a unique role in developing taekwondo practitioners, athletes and instructors, and are a vibrant part of campus culture at many colleges and universities. Competition participation is now at record highs at both the USA National Collegiate Taekwondo Championships and in USA regional leagues such as the Eastern Collegiate Taekwondo Conference, with a pipeline leading directly to major competitions such as the World University Games and the Summer Olympic Games. Master Chuang will give a survey of collegiate taekwondo in the United States and describe recent initiatives to further increase participation through the creation of collegiate regional leagues.

**Email:** [dbchuang@gmail.com](mailto:dbchuang@gmail.com)



**DOUG COOK, Grandmaster & President**  
United States Taekwondo Alliance; Warwick, New York; USA

## **Grandmaster Rhin Moon Richard Chun, Founder of the Yonsei University Taekwondo Club**

### **Abstract**

As a confidant and senior student of the late Grandmaster Rhin Moon Richard Chun, founder of the Yonsei University Taekwondo Club, Grandmaster Doug Cook witnessed firsthand his teacher's timeless dedication to the art of Taekwondo. During his discussion, Grandmaster Cook will share his some entertaining and a few profoundly inspiring experiences of their years together. He will include stories that are certain to expose the humanity of this legendary figure in the Korean martial arts. Grandmaster Cook will discuss training at the Kukkiwon, how he demonstrated integrity during the publication processes of his many books, his martial pilgrimages to South Korea, his service to the local community, his relationships with his many students, and his opinions about teaching. Time for questions and answers will be allotted.

**Email:** chosuntkd@yahoo.com

**KENISHA COY, PhD**

CARE Initiative; Fitchburg, Massachusetts; USA

## **BreakStory: A 90-Second Rule Approach to Enhancing Empathy and Cognitive Engagement in Community Mental Health Education**

### **Abstract**

BreakStory combines narrative storytelling and martial arts breaking demonstrations to foster emotional resilience, empathy, and cognitive engagement within communities. It integrates this neurological understanding with Socio-Emotional Learning (SEL) and a new approach, NeuroArts-based Interventions (NABI), drawing on neuroscience research related to mirror neurons to amplify empathy and prosocial behavior. By using episodic simulations and classical story structures, the program facilitates both affective and cognitive empathy. BreakStory leverages artistic and martial arts techniques to foster community-based mental health education. The breaking demonstrations serve as embodied metaphors for overcoming emotional barriers, while the storytelling component activates empathy through vignettes of familiar, yet emotionally rich narratives. By telling stories in 90-second intervals, it emphasizes how small, concentrated moments of reflection and emotional processing can lead to profound shifts in perspective and behavior. BreakStory builds on the interdisciplinary foundations of trauma-informed care, healing-centered practices, and neuroeducation to enhance both individual and collective well-being. By integrating mindfulness, stress reduction, and controlled breaking movements, participants experience an embodied method for fostering emotional resilience and social connection. This project aims to challenge apathy, foster advocacy, and empower individuals by providing them with the cognitive tools to engage in perspective-taking, emotional regulation, and community support.

### **References**

1. Bolte T.J. *90-Second Rule and Emotional Resilience*. NeuroArts Publishing, 2023.
2. Hudson S.. *The Neuroscience of Love*. Cerebral Cortex, Oxford University Press, 2023.
3. Lewis C. 2023. "The Confess Project: Barbers as Mental Health Advocates." *ScienceDirect*. <https://www.sciencedirect.com/science/article/pii/S2212657023000338>.
4. Zolotareva I. 2023. *Non-cognitive Intelligence and Human Interaction*. Queen Mary University London.

**Email:** kcoy@lesley.edu

**TERRY DEFREITAS, MD**

Department of Family Medicine, Faculty of Medicine; University of Alberta; Edmonton,  
Canada

## **The *DoJang* Instructor's Role in Concussion Prevention, Detection, and Return to Play**

### **Abstract**

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck, or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Primary prevention of concussion includes rules changes in sport, improvements in sports equipment and mandatory usage of protective equipment. Included in prevention is public awareness of concussion, the factors that lead to concussion and how to detect concussion. In Taekwondo, due to electronic scoring including sensitive head gear, the rates of concussion in competitive *Kyorugi* have decreased at the World Championships and Olympic Games. However, very little is known about the rates of concussion in the practice setting, within the *dojang*. Taekwondo practitioners, instructors and leaders within this martial art play a key role in the prevention of head injuries, the recognition of these injuries and awareness of the appropriate medical care in their local community. Important education resources will be reviewed and evaluated. In this session, the definition of sport related concussion will be reviewed, and we will review the Concussion Recognition Tool 6 (CRT6). A review of the concept of return to play after concussion and the recommended protocol for gradual return to learn and return to play will be reviewed. Likewise, a brief introduction to the concept of "Persistent Post Concussion Symptoms" for athletes that are not recovering from their concussion will be provided.

**Email:** [tld1@ualberta.ca](mailto:tld1@ualberta.ca)

**RON DZIWENKA, PhD**

Salisbury University; Salisbury, Maryland; USA

## **Developing Intuition as an Essential Goal of Martial Art/Sport Practice**

### **Abstract**

In my nearly 45 years as a practitioner, instructor, and researcher of Taekwondo, I have been grappling with envisioning how fundamental elements of paradigms of practice in martial arts/martial sports, physical education, bodily awareness, East Asian philosophy, and meditation might align with each other, and what those aspects of alignment might be. Paradigms of practice in each of these fields hold that developing intuition is a goal of engaged practice, or praxis. This should be an essential or foundational goal of all martial art/sport practitioners. So, what does this mean? What does it entail?

According to my research, long-time practitioners seem to engage in instilling these four aspects of practice: repetition of (patterns of) ideal forms, rigorous discipline, focused concentration, and bodily and cognitive awareness. Applying all four holistically and simultaneously (at times even as a simultaneity, which means engaging and enacting all of them at the same time as a cohesive unit) appears to create the potential for internalization of what one has been practicing and, ultimately, intuition to occur. I assert that by harmonizing external aspects of practice (rigorous discipline and repetition of ideal forms) with internal goods (focused concentration and mind-body awareness), one can progress from praxis to internalization to intuition.

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**YOUNG-SUN KIM, PhD**

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## **The Application of ‘Critical & Creative Thinking’ in Taekwondo Research**

### **Abstract**

‘Critico-creative thinking’ is the combination of creative and critical thinking skills to solve problems and form judgments. ‘Critico-creative thinking’, a critical approach coupled with creativity, can also have a great effect on Taekwondo research. ‘Critico-creative thinking’ means that both critical thinking and creative alternatives are applied. The introduction of ‘creative criticism’ in Taekwondo academic fields can greatly contribute to academic development and improvement of participants’ capabilities. Therefore, the purpose of this presentation is to promote the development of Taekwondo theory generation by applying ‘critico-creative thinking’ in Taekwondo academic fields.

The Kukkiwon, the World Taekwondo Headquarters, published a model case in which ‘critico-creative thinking’ was applied to Taekwondo research. In the Theory of Taekwondo Spirit section of the *Taekwondo Textbook* (2021) the theory is a culmination of a five-step process of applying ‘critico-creative thinking’ over a 7-year period. First, three researchers had 10 research meetings to set up the framework and contents of the theory in a project commissioned by Kukkiwon, with four other members of Kukkiwon’s Taekwondo Research Institute, and they published their research in 2015. Second, they critically discussed the advantages and disadvantages of the research with 20 other scholars. Third, the research results were discussed and modified for the establishment of the Taekwondo Charter in 2019. Fourth, some parts were then revised and published as “A Study on the Initiative for the Compilation of the Taekwondo Textbook” in 2020. Fifth, the theory was finalized after a research meeting entitled “A Design Study for the Compilation of the Taekwondo Textbook,” which was adopted as the official reconceptualization of Taekwondo spirit for the Kukkiwon Taekwondo textbook in 2021.

Thus, in order to innovate and build upon existing theories, we should apply ‘critico-creative thinking,’ along with critical analysis, as a main principle to express creative alternatives. ‘Critico-creative thinking’ can be the driving force for the practical development of research on and discussion of Taekwondo.

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**MARTIN MINARIK, PhD**  
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## **Values in Taekwondo Practice: Tradition and Authenticity Revised**

### **Abstract**

In my presentation, I will take a philosophical perspective on values that guide individual and collective Taekwondo practice. Contrary to most discussions on Taekwondo philosophy, my interest does not primarily lie in the philosophical systems that are often argued to form the basis for norm- and value-oriented narratives in Taekwondo. Instead, I will focus my critical argument on core values frequently used to assess what is considered good, “true,” or “original” Taekwondo, chief among them being “tradition” or “traditional.”

My argument is structured into two main parts. First, I will critically assess the term “traditional” in the context of Taekwondo and argue the problematic use of this term in relation to the cultural history of modern Taekwondo. Second, I will introduce the term “authenticity” as an alternative, and perhaps more appropriate, value by which Taekwondo practice might be evaluated. As part of this step, I intend to incorporate subjective notions of authenticity from the audience while also discussing the potential collective biases that may influence individual ideas of “authentic” Taekwondo, as well as possible criteria for determining “authentic” Taekwondo practice.

The goal of my presentation is to encourage individual reflection on one’s own Taekwondo practice and to highlight possible biases that influence both personal and collective attempts to define what is considered good, “true,” or “original” Taekwondo.

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**UDO MOENIG, PhD and Minho Kim, PhD**  
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## **The Origins of World Taekwondo (WT) Forms or *P'umsae***

### **Abstract**

General training activity in many Asian martial arts tends to divide between some kind of forms or pattern training and a free sparring activity. This study focuses on the former, specifically, on forms training of the World Taekwondo (WT) organization. In early Taekwondo training, during the late 1940s and 1950s, the forms used during training consisted mostly of Japanese Karate *kata* (forms). However, during the late 1960s and early 1970s, the Korea Taekwondo Association (KTA) discarded the Karate *kata* and introduced newly Korea-developed forms, or *p'umsae*, in an attempt to distance and obscure Taekwondo from its Karate origins. Nationalism and Korea's complicated colonial relationships with Japan had been the motivating forces. Some newly developed sets of forms were named *P'algwae* and *T'aegŭk* for a variety of reasons: both terms are very recognizable in East Asian culture, since they find expression in all walks of life. The terms connect to cosmological and religious concepts and ideas present throughout Korean society and traditions. Moreover, the terms are connected to Korean nationalism and were chosen to invoke patriotic sentiments. Thus, the Taekwondo leaders associated the newly developed forms with various esoteric teachings and mythical narratives, which appear, however, very superficial and fantastic in association with practical fighting and self-defense. Furthermore, *p'umsae* training is neither a realistic preparation for self-defense nor for free sparring, since both systems do not match each other biomechanically. In reality, there exist two very different kinds of Taekwondo under a common name, the so-called 'traditional, forms-based Taekwondo,' and the 'sparring-based, sports Taekwondo.'

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**SEOUNG MIN RIM, Grandmaster**

**National Poomsae Head Coach for Taekwondo Canada (former); Calgary, Alberta, Canada**

## **Enhancing Warm-Up Protocols in Taekwondo *Poomsae*: Evidence-Based Alternatives to Static Stretching for Injury Prevention and Performance Optimization**

### **Abstract**

This presentation critically examines warm-up practices in Taekwondo *poomsae*, addressing both recognized and freestyle forms. Historically, Taekwondo warm-ups have emphasized static stretching, based on the belief that it aids in flexibility and reduces injury risk. However, studies over the years have revealed limitations in static stretching when it comes to fulfilling the core objectives of a well-designed warm-up. These objectives include (1) injury prevention, (2) performance enhancement, (3) athlete assessment, and (4) public health benefits through reduced injury treatment costs.

Research has shown that while static stretching can improve flexibility, it may not provide the necessary preparation for the explosive, precise movements characteristic of *poomsae*. This presentation explores these findings and presents alternative methods, such as dynamic and functional neuromuscular warm-up exercises, which have been shown to better activate muscle groups, increase joint mobility, and improve readiness for Taekwondo movements. By integrating these evidence-based techniques, athletes can benefit from heightened physical responsiveness and reduced injury risks, fostering improved performance outcomes.

Additionally, this presentation addresses how structured warm-up routines can serve as evaluative tools, providing coaches and athletes insights into physical preparedness before engaging in training or competition. Such evaluations can aid in identifying potential weaknesses or injury risks, facilitating preventive strategies. Furthermore, widespread adoption of enhanced warm-up protocols could contribute to lower public health costs by decreasing injury rates, benefiting both individual athletes and the broader Taekwondo community.

Through this presentation, coaches, trainers, and athletes will gain practical insights into creating effective, science-based warm-up routines that advance the safety and quality of Taekwondo *poomsae* practice, setting a foundation for elevated standards in training and performance across the sport.

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# *Mapae* Award for Educators



iACT is presenting a copy of the *Mapae* (마패; 馬牌) medallion to those who have contributed to the development and support of academic Taekwondo at the iACT and University of Alberta Taekwondo Club 50<sup>th</sup> Anniversary Hanmadang & Academic Conference. The medallion symbolizes the contributors' enduring commitment to justice and building a better world through Taekwondo.

In the mid-16th century, the kings of the Neo-Confucian Joseon Dynasty (modern-day Korea) created the position of and employed undercover royal inspectors (암행어사, 暗行御史) as a way to uncover corruption outside of the official governmental structure. They were recent graduates or low-level scholar-officials who were chosen and appointed directly by, and who answered only to, the king outside of the established governmental structure.

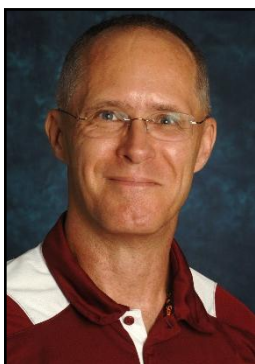
Joseon kings wanted independent and untainted “spies” they could trust to uncover and expose corruption, often at the periphery of the realm. The inspectors would receive a letter of appointment (봉서; 鳳棲) that described their mission and horse requisition tablet (i.e., *mapae*) which they would use to requisite horses and men from a local station run by the central government when they were ready to expose a corrupt official. Prior to that, they had to rely on their own resources while in incognito gathering evidence, and many were exposed and killed.

Today, the World History Digital Education Foundation and the Korean War Legacy Foundation offer the *Mapae* Award to educators who exhibit leadership while teaching about Korean history and modern development; the 5-horse *mapae* being the highest level of award. For more information, please visit: <https://www.worldhistoryde.org/teacher-network/>



# iACT EXECUTIVE BOARD MEMBERS

## President



**DR. RON DZIWENKA** holds an MA and a PhD in East Asian Studies from the University of Arizona, USA and an MA from Yonsei University, ROK. His areas of specialization are Goryeo-era Korean Buddhism, specifically the thought of the monk Jinul, and Chinese Buddhist Huayan thought as well as Yuan Dynasty era Buddhism and the thought of the Indian monk Dhyanaabhadra (Zhikong). He is a 7<sup>th</sup> *dan* in Kukkiwon Taekwondo and has practiced and taught Taekwondo for almost 45 years in Canada, Republic of China (ROC), Republic of Korea, and the USA. During his 12 years at Yonsei University, he assisted Dr. Young Sun Kim in founding the Yonsei International Dojang, and he was GM Kim's assistant instructor to the thousands of Korean and international students who practiced Taekwondo there. He was a contributing member of the original World Taekwondo Federation Research Society and has been involved in various academic projects with Kukkiwon and WT(F) from the 1980s until today. He has published several papers on martial arts philosophy and Buddhism and has presented his research at the 1988 Seoul Olympic Scientific Congress as well as at international conferences in the ROC, ROK, Democratic People's Republic of China, Canada, Mexico, and the USA.

He has taught History and Philosophy courses at the University of Arizona, SUNY Geneseo, and New Mexico State University, and is currently a faculty member in the Department of History at Salisbury University, USA as well as the Editorial Assistant for the *Journal of Adolescent and Adult Literacy* (JAAL). He was on the Editorial Board of the International Association of Taekwondo Research and is a Reviewer for *Ido Movement for Culture. Journal of Martial Arts Anthropology*, and an active member of the Society for the Study of Philosophy and the Martial Arts as well as the American Philosophical Association. He is a Co-Founder and President of International Academic Center for Taekwondo (iACT). He recently published this translated work with his colleague, Grandmaster Alexander Choi:

Dziwenka, Ronald and Choi, Alexander (Editors and Translators). *History of the Formation of Early Chinese Buddhism: A Study on the Discourse Characteristics of Early Chinese Buddhism*. Lexington Books, 2023. (Original work published in Korean in 2017 by Hur, In-Sub)

## Vice President



**DR. JOHN A. JOHNSON** (International Taekwon-Do Federation [ITF] 7<sup>th</sup> *dan*, Korea Hapkido Federation [KHF] 7<sup>th</sup> *dan*, Kukkiwon 4<sup>th</sup> *dan*) is a professor in the Graduate Program for Sports Management at Southwestern College (Winfield, KS, USA) and was an assistant professor at the Department of Taekwondo in Keimyung University (Daegu, Korea). He is one of only a handful of foreign Taekwondo professors in Korea and is the first ITF practitioner to teach at a Kukkiwon-aligned university. He earned his PhD in Physical Education from Kyung Hee University. Professor Johnson's research centers on the intersection of Taekwondo international relations, pedagogy, philosophy, and history. He has presented in Russia, Poland, the Czech Republic, Mexico, Portugal, Malaysia, and the USA. In 2015, he taught courses for the World Taekwondo Federation/Kyung Hee University Partnership Athlete, Coach, and Youth Programs. He was the International Relations Director for the KHF and organized Hapkido demonstrations at US military bases, including at the Korean Demilitarized Zone (DMZ). He has taught ITF Taekwon-Do and Hapkido in Thailand, South Korea, Poland, and the USA. He lived in South Korea from 1999-2021 and has spent over 40 years studying Korean martial arts. Dr. Johnson is a Co-founder and the Vice President of iACT.

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## Daeshik Kim Foundation Executive Director & Senior iACT Academic Advisor



**DR. ALLAN BÄCK** is a professor of Philosophy at Kutztown University in Pennsylvania (USA). He received his BA in Philosophy (Phi Beta Kappa) from Reed College and his PhD in Philosophy is from the University of Texas at Austin. He has studied Taekwondo and Hapkido for decades. He has written many articles and three books with the late Dr. Daeshik Kim on martial arts and now continues to do so by himself. He has also published widely in such areas as the history and philosophy of logic, ancient philosophy, medieval philosophy, comparative philosophy, and philosophy of sport. His first book received a prize from VG-Wort. In 1999, he was awarded a Forschungspreis from the Alexander von Humboldt Stiftung (Senior Humboldt Research Prize) for his research (Senior Humboldt Research Prize) and has been occasionally in residence at the University of Freiburg. Professor Bäck has also taken an American Philosophical Association Fellowship for the Institute for Advanced Studies at Edinburgh University in Scotland in recognition of his scholarly work. Kutztown University has given him the Chambliss Research Lifetime Achievement Award for his research and the Wiesenberger Award for Excellence in Teaching. Professor Bäck is the Daeshik Kim Foundation Executive Director and Senior iACT Academic Advisor.

## iACT Media Director



**PHOEBE GRANDFIELD** hails from England and completed her BSc in Sports Coaching in 2021 and MSc in MSc Sport and Exercise Biomechanics at Cardiff Metropolitan University in 2023. She began work on her PhD in Biomechanics there in 2024. Ms. Grandfield holds an ITF 4<sup>th</sup> *dan* and is an ITF world champion in power breaking. She has also won many medals at the ITF European Championships. Her role within iACT focuses on conducting interviews and managing our other media operations as they develop.

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## Secretary



**JUSTIN CASTILLO** Justin Castillo (Chungdokwan Taekwondo 6<sup>th</sup> *dan*, 5<sup>th</sup> *dan* World Kido Federation [Hapkido], Kukkiwon 4<sup>th</sup> *dan*) has spent nearly 30 years training and teaching multiple martial art disciplines, including Taekwondo, Hapkido, Kickboxing, Krav Maga, and Kali. He currently serves as the New Mexico and El Paso Regional Director for the World Kido Federation. Master Castillo was the lead Hand-to-Hand Combat Instructor for the rebuilt Iraqi Army and Iraqi Police for the Kirkuk Region of Iraq from December 2003 to March 2005, serving with the 25<sup>th</sup> Infantry Division (Light). He also served as the lead Hand-to-Hand Combat Instructor for 1<sup>st</sup> Bn, 27<sup>th</sup> IN, 2<sup>nd</sup> Brigade, 25<sup>th</sup> Infantry Division (Light) from March 2000 to May 2005. He currently oversees all training at his Taekwondo school in New Mexico and gives international support to his satellite school in Nepal. Master Castillo was also recently cast as background boxer in *Creed II*. He is a Co-Founder and the Secretary of iACT.



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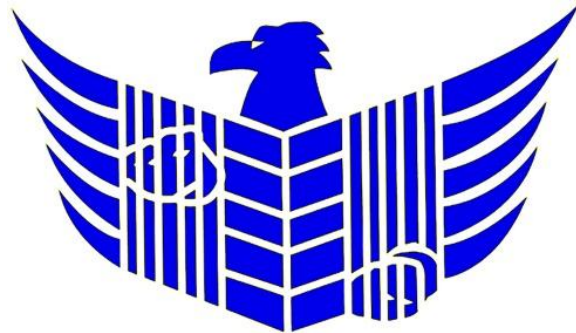


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