

What is TTJC?

TTJC was built in 1981 upon Eun's Academy which was founded in 1978 in Oak Ridge, Tennessee. TTJC is designed to provide a truly traditional, disciplined, oriental martial arts instructional program for people in east Tennessee. Additionally, the TTJC professional martial arts program of Taekwondo is designed to stimulate greater public interest in the traditional martial arts—programs that are designed for successful self-development.

TTJC is not just one karate school but several schools in east Tennessee with the main school located in Knoxville. TTJC offers programs not commonly found in east Tennessee. They are designed not only to teach martial arts for self-defense, but also include an introduction to Korean culture and language, opportunities to meet real martial arts masters—many from Korea, and provide a discipline geared towards creating successful, fulfilling lives.

Founder—Grandmaster Pyong Kon Eun

- * Graduated Yong-In University College of Martial Arts second in his class
- * Former Korean National Champion in Judo
- * Former member of the elite Korean Presidential Body guard unit of the South Korean Army (R.O.K.)
- * Former Master instructor at UT and the University of South Dakota
- * Representative to the World Games 1985 (Korea) and 1995 (US)
- * Korean Olympic Committee Team President -1996
- * USA Taekwondo (an arm of the United States Olympic Committee) Commissioner for the State of Tennessee 2008
- * Appointed Lifetime member of the Board of Directors for USA Taekwondo for the State of Tennessee

What Can TTJC Do for You and/or Your Child?



TTJC has the only comprehensive martial arts program in the upper east Tennessee area designed as a means of self-improvement. While TTJC students are learning self-defense at a level far exceeding the training of any local school, these students are learning to become better people. Adults find improvements in their job skills, and in their social and family lives. Children are prepared to become adults who will have a POSITIVE impact on society and to become leaders. NO other local schools in the TTJC area offer such training. Furthermore, TTJC students receive the bonus of learning about the culture and language of an oriental country as well the opportunity of meeting and coming to know true martial arts masters. And since TTJC was founded by a graduate of the Yong-In University College of Martial Arts, there can exist no question as to whether the skills TTJC students are learning are real. Unfortunately, the same cannot be said of many local schools as there exists NO system of Black Belt certification in this country and there are many who have appointed their own black belts (especially after watching movies and videos) or had friends give them the belts. Schools run by such people are far more common than people think.



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Mind and Body Training

In Taekwondo we speak of “*Chung Myung Kwon*” or mind and body training. **Masters have long recognized that the training of the mind is every bit as important as the training of the body, if not more so.** The relationships of the tenets of the martial arts to the training of the mind and spirit should be clear—on the spiritual side we speak of developing *Pak Chul Pul Kul* (indomitable spirit), of *In Neh* (perseverance), and *Ja Jeh* (self control); and on the behavioral side, *Ye Eu* (courtesy), *Jung Jhick* (integrity), and *Choung Sung* (loyalty).

The importance of teaching, from the very beginning, these moral codes for development of the whole person cannot be understated. If they are not provided, then the person learns the wrong kind of “spirit” from the training and the “untraining” is extremely difficult.



David Probst, Jr. performs a “hapkido roll” during a sword exercise.

TTJC

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Walk in gentle
strength.

What is Judo, Hapkido, Gumdo, and Kendo

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What are the Martial Arts?

The martial arts have, for centuries, proved a successful training ground for developing discipline, character strength and confidence. In the past, however, only the Buddhist monks and the elite warriors of the orient had access to the secrets that turned men into supermen.

The martial arts for which we primarily train at TTJC are best defined as the techniques of *Do Soo Kong Kwon* as they utilize mostly the hands and feet to attack and defend. The traditional weapons of oriental martial arts - the long and short wooden sticks (called staffs), the bow and arrow, spears, swords and other cutting implements are called *Byeong Ki Sul*. These skills of these arts are employed by a variety systems around the world but they all fall into three major categories as follows:

Kwon Bup—the system of techniques that are characterized by striking with the hands and/or feet. Included in this category are Taekwondo, Kung Fu, and even boxing.

Sol Ghak—the system of techniques that are characterized by throws of opponents. Included in this category are Judo, Ssirim, and Sumo.

Kum Na—the techniques of Kum Na are used to attack the opponents joints and/or pressure points. The best known examples of these techniques are Hapkido and Aikido.



David Probst, Jr., TTJC-Greenville, “flies” over the flames of many candles.

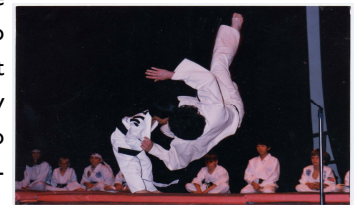
It should be mentioned here that between 1,000 and 2,000 years ago the peoples of Korea, China, and Japan

realized that the martial arts taught important life values. About 1,500 years ago the Korean peoples developed the training so as to prepare the sons of nobility to take their roles of leadership in society. In addition to the gymnastic and physical training, these children were trained in the mental disciplines of respect, perseverance, discipline (literally the controlling of all aspects of one’s own behavior), goal setting, focus, and leadership. Even today the value of traditional martial arts training for children should NOT be underestimated in preparing them for their adult lives.

A final note—within the last 35 years the US has seen a proliferation of schools claiming to teach martial arts. As there currently exists no system of certification for martial artists in the US, many instructors and school owners have little or no formal training in the arts. Schools run by such people (and there are many) teach little of the techniques or proper mental training involved in martial arts. Such schools can do little to help the student and may even do long term harm. If you are seeking a school for yourself or others, and you desire a positive outcome from the training, seek a school run by Orientals who trained in the orient where black belt certification is required. Also, look for schools whose masters and/or instructors trained directly under such orientals such as TTJC. Grandmaster Eun who founded TTJC and runs the main school out of Knoxville trained in martial arts at a special university in Korea (see what is TTJC).

What is Judo?

Judo is a traditional martial art that originated in Japan. Judo is unique in being ideally suited for self defense because it provides the user the ability to decide if he will inflict injury or not. Only Aikido and Hapkido allow such total control over your oppo-



nent. In most self - A ten year old Daniel Lee demonstrates a Judo throwing technique on harming your opponent Master Terry is not only an inappropriate response, but can lead to greater problems later.

Judo emphasizes techniques of throwing people, but also includes grappling, choking, arm bar, submission, and even striking techniques. The center for



Judo, the Kodakan, was established in Tokyo, Japan by Jigoro Kano. *Eric Feltman performs a "toemana-nage" throw on David Probst, Jr. at TTJC-Greenville.*

Until that time the techniques of Judo were parts of different forms of Jujitsu—primarily Aiki-Jutsu (the art of inner harmony). The techniques of this form are based on the concepts of yielding and circular dissipation of energy to manipulate an opponent's force. Such techniques allow a smaller person to easily overcome a much larger person despite differences in size and strength. In the 1950's and 1960's Judo was the most popular oriental martial art in the US.

Judo, like Taekwondo, is a competitive Olympic sport and has been since the 1960's. Olympic Judo is one of tremendous skill, knowledge, and power performed by athletes at the top of their form.

At right is the "Sakura" or cherry blossom, the symbol used by the Kodakan of Tokyo, Japan. The Kodakan is the center for world Judo and Jujitsu.



What are Gumdo and Kendo?

The sword is no longer a practical weapon in the modern world. Yet the forms and techniques of sword training teach physical precision and an intense mental concentration. They also serve to establish greater self confidence and en-



A school of Kendo in Korea.

hance a persons focus on problems and challenges. These traits not only apply to the inner self but to all aspects of the outer world as well. Gumdo and Kendo are Korean and Japanese forms of sword art training. One of the older forms of martial arts Gumdo is individual practice with a live blade while Kendo is a sport version of sword training

similar to fencing. For all forms of sword art—from King Arthur to the Samurai warrior—there exists a common thread. This thread is a code of conduct, conduct not just for the sword class, and not a code enforced by an instructor, but a code of life, self imposed and self enforced. It is said that the sword is a reflection of the warrior's soul. Respect for the sword is self-respect. Through respect of oneself we can learn to respect others. This process allows us to learn about and control our behavior. In controlling our behavior, we can integrate body, mind, and spirit. Acting in concert, body, mind, and spirit allow us to truly "Walk in gentle strength".



What is Hapkido?

Hapkido originated in Korea and was designed as an integrated approach utilizing the techniques of real martial arts. Thus Hapkido contains both the hard and soft techniques of traditional martial arts such as Taekwondo and Judo, as well as special technique applications and weapons training. The student of Hapkido studies two different but intricately linked disciplines—the external (the physical techniques of combat) and the internal (the building of strong character through enlightenment). In addition, Hapkido encompasses the learning of techniques for healing and reduction of pain. The external (physical) provides the form of the art; the internal (character) provides its essence in a very flexible system which is taught in the traditional manner with contemporary relevance.

Too powerful and dangerous to be considered for sport purposes, Hapkido is an intense, all-round form of martial arts training.

The uniform patch representing the International Hapkido Federation.

