

Cho Dan Bo Black Belt Essay

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A couple of year ago exhausted from the same routine of going to the gym, I decided to seek out an alternative type of exercise. I started searching for a martial art and I wasn't sure what to expect but I went to several different types of schools.

Nothing seemed to quite click, exhausted from my search I headed home one evening to find a brochure on my front Door.

HAPKIDO! The art of coordinated power. Not a sport but an art. No rules.

The school was six blocks away and the schedule was a perfect fit for me. After joining, one of the first things I was told was that if you are serious about Hapkido and martial arts that there was a book that you had to have.

Hapkido, Traditions Philosophy and Technique. By Mark Tedeschi
All of the schools lesson plans were taken from this book. It was our bible.

After a year of training in Chicago I was presenting with a career opportunity to relocate to San Francisco. As soon as I was settled I started my search for a place to resume my training in Hapkido.

One of the first schools that I called was KMAC. I spoke with Sonny Jung about the curriculum and I told him that I would call back. I never made the biblical connection until I received a call from Grandmaster Jung Himself.

When I realized who I was talking to, I asked "is this *the* master Jung." He laughed and told me "Hey man, I put my pants on the same way you do."
I replied "but you do it with grace, sir."

He invited me back to the school and I joined that night. Since joining the KMAC family, I have found instructors who take interest in my personal development as both an individual and a martial artist. I look forward to my continued training at KMAC.