

Han Moo Kwan Tae Kwon Do Club History



Introduction:

Tae Kwon Do is an ancient Korean fighting art that means “The Way of the Feet and Hands.” The style of Tae Kwon Do practiced by our club is Han Moo Kwan (a military form of Tae Kwon Do). The Han Moo Kwan Tae Kwon Do Club is sanctioned by the Han Moo Kwan Tae Kwon Do Association. Mr. Ui Jung Kim, sixth-degree black belt, was our founding chief instructor. He passed away in January of 1999. The foundation of our art form includes strikes, kicks, blocks, self-defense, sparring, and hyung (commonly called “forms” in English, and “kata” in Japanese).

The Han Moo Kwan Tae Kwon Do Club is a non-profit Club, dedicated to the teaching of Han Moo Kwan Tae Kwon Do. The Instructors donate their time, free of charge, making the training available to any adult committed to learning. The Club promotes a club atmosphere, placing learning above all else. Club fees are minimal and are used to maintain equipment and provide social activities for the members. Currently, registration is restricted to Lockheed Martin Employees, retirees, their families and dependents.

The Beginning of the Club:

In 1972, a man named Bob Rainie, who was then practicing Judo and Aikido, stopped at a Texaco gas station in Campbell on his way home from class. Mr. Ui Jung Kim saw Bob's Judo gear in the back of Bob's convertible and commented on it. After a brief conversation, Mr. Kim gave a quick Tae Kwon Do demonstration for Bob right there at the station. Bob invited Mr. Kim to perform in a Lockheed Martial Arts Open House in late 1972. The Lockheed Tae Kwon Do Club was officially started in February of 1973.

In the beginning, the members of the Club included Mr. Kim, Bob Rainie, Bob's son Brian, and four or five other members. Brian was sixteen years old at the time.

The Club worked out in a U-shaped building behind B162 at first, and then moved to the B162 Judo Dojo in the area that became the LMERA store. This area today is currently part of the Yahoo complex.. This room had a fairly good, fixed-position wrestling mat, and was shared by all the Lockheed Martin martial arts clubs (Judo, Aikido, and Tae Kwon Do). When LMERA reallocated the room to a store, the Club was moved to a larger auditorium and provided with a better mat, supports for hanging bags, and full-size mirrors.

Initially, Mr. Kim found the chest protectors provided through the local martial arts supply stores totally inadequate, therefore he set out to make them. Mr. Kim and his father (and the ladies) held a barbecue at Bob's house where Mr. Kim's father cut and worked bamboo in an open fire for the ribs of the chest protectors. The chest protectors were padded with neoprene and covered in canvas to make them complete. Mr. Kim's initial test at the club workout was interesting, to say the least. Bob put on the chest protector, and Mr. Kim hit him with a side kick using half power. This took Bob off his feet and halfway across the mat. It was decided that heavier power would be restricted to bag work. Over time we found that traditional protective gear from a local outlet would be adequate if sufficient control were used.

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Mr. Kim and Bob Rainie developed the initial style of the Club. They intentionally dropped most of the formalities found in traditional Korean Tae Kwon Do schools. They also made sure that the club had a social side, so that it was not just a martial arts studio. Mr. Kim suggested dropping the use of Korean terminology and constant bowing so the club workouts would be more like friends getting together than students working under an instructor.

Within a few years, the founding members reached black belt level. Class sizes increased substantially (some beginning sessions exceeded 50 students). Following Han Moo Kwan tradition, the black belts were tasked with teaching the students while Mr. Kim kept them on track. Mr. Kim also invoked the same training methods he was instructed with. As an instructor taught a class, Mr. Kim would carefully examine each technique. If he saw anything incorrect, he would stop the instruction, step forward, and retrain the instructor in front of the students. Although, over time, he adjusted this approach to more closely match western methods, it is still used periodically.

Since the beginning, Mr. Kim had always been very resistant to receiving any form of payment for his efforts with the club; including reimbursement for his expenses. He believed that Tae Kwon Do is something you share with your community, and accepting money for it goes against this philosophy. Following his beliefs, the other instructors also donate their time. Here you find teachers who are motivated simply by their great respect for the art form, and their love of teaching.

Bob Rainie was registered in 1975 with the Korean Tae Kwon Do Association and the Han Mu Gymnasium as a third-degree black belt; therefore the Lockheed Club was given a two page spread in the 1975 Han Mu Qwon yearbook. The Club still has a copy of this yearbook. There were 40 - 50 students in the club at that time.

In the past, the club has given many demonstrations for the Lockheed community, as well as the local Colleges. The Club had averaged two to three demonstrations a year. Often the Lockheed Judo and Aikido clubs coordinated their demonstrations with the Tae Kwon Do Club and some members found themselves participating in all three styles.

For the first five years, Bob Rainie led the club. Just before Bob went to work for the NSA in Maryland in June of 1978, he requested Lockheed Employee Recreation Association (LERA) sponsorship for the Club so that it would keep going in his absence. Under LERA sponsorship, Gary D. Murray was the first club president, Robert Shamshoian was the vice president, and Simeon B. Cragun was the secretary/treasurer. Gary Murray focused the club's energies more internally. With fewer LERA open-house days, the club gave fewer demonstrations.

Bob Rainie returned to Lockheed and became the club's president in 1980. He and Brian Rainie did the majority of the instruction under the watchful eye of Mr. Kim. Don Spear, who was then a brown belt, became the club's vice president. Don achieved black belt and then became president when Bob retired in 1988. Gil Clark was the vice president and Lance Murray was the secretary/treasurer. Don remained president until December, 1996, when he was transferred to another Lockheed division near Denver, Colorado. Mike Marinos, second-degree black belt was Vice President and Russ Lester, first-degree black belt, was the secretary/treasurer.

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In December 2001, the Club officially changed its name from "Lockheed Tae Kwon Do" to "Han Moo Kwan Tae Kwon Do" out of respect for the heritage of our original Korean style.

The Association:

With the passing of Mr. Kim, in order to continue to ensure the style and philosophy of Han Moo Kwan was retained, the Han Moo Kwan Tae Kwon Do Association was established in 2001 as a not-for-profit organization.

The purpose of the Association is promotion of the martial style of Han Moo Kwan introduced to the United States by Mr. Kim who studied in the Han Moo Kwan Central Gymnasium in Seoul, Korea.

The Association is run by a Board of Directors consisting of three senior Black Belt members who were founders of this organization when Mr. Kim first conducted classes in 1973: Bob Rainie, Gary Murray, and Brian Rainie.

For more details on the Association, go to their website: www.hanmookwan.org

The Club Today:

The Han Moo Kwan Tae Kwon Do Club exists to provide an affordable, safe environment to learn, study, and practice a self-defense style of tae kwon do in an all-inclusive, respectful setting. Our Club currently has approximately 20 active members.

The Han Moo Kwan Tae Kwon Do Club is sanctioned by the Han Moo Kwan Association and sponsored by Lockheed Martin Employee Connection. The Club is an independent body of instructors, club officers, and students who agree to promote the teachings of Mr. Kim and comply with the Han Moo Kwan Tae Kwon Do Association and is licensed by the Board of Directors.

Joe Frakes, first-degree black-belt, is currently the Club's President, Paul Zhu, blue belt, is Vice President, and Amy Wong, first-degree black belt, is Secretary/Treasurer. The beginning classes are taught by certified instructors who have extensive training in this art form. Many of the black belts share the responsibility of teaching the intermediates class under the watchful eye of Chief Instructor Kelly McInerney, fourth-degree black belt.

Club Chief Instructor History:

Below is a list of the Chief Instructor's that have run the Han Moo Kwan Tae Kwon Do Club since its inception.

| Name | Years of Service |
|-----------------|----------------------------|
| Mr. Ui Jung Kim | February 1973 - March 1999 |
| Brian Rainie | June 1997 - December 1998 |
| Mike Marinos | January 1999 - July 2000 |
| Jeff Burgess | July 2000 – December 2007 |
| Kelly McInerney | January 2008 - Present |

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Club Officer's History:

Club Officers from the beginning have been essential in running and expanding the Han Moo Kwan Tae Kwon Do Club. The Club Officers are the liaisons with the corporate sponsor, Han Moo Kwan Association Board Of Directors and the community. They are the forerunners in promoting and ensuring longevity of the Han Moo Kwan Tae Kwon Do Club and art form.

Below is a list of the Han Moo Kwan Tae Kwon Do Club's Presidents since its inception.

| <u>President</u> | <u>Years of Service</u> |
|-------------------------|--------------------------------|
| Bob Rainie | February 1973 - June 1978 |
| Gary Murray | June 1978 - 1984 |
| Bob Rainie | 1984 - September 1988 |
| Don Spears | October 1988 - September 1995 |
| Bob Ramirez | October 1995 – December 2008 |
| Todd Lilly | January 2009 – March 2017 |
| Joe Frakes | April 2017 - Present |

Below is a list of the Club's Vice Presidents since its inception.

| <u>Vice President</u> | <u>Years of Service</u> |
|------------------------------|--------------------------------|
| Robert Shamshoian | June 1978 - 1984 |
| Don Spears | 1984 -1988 |
| Gil Clark | UNKNOWN |
| Mike Marinos | UNKNOWN |
| Steve Rousseau | UNKNOWN |
| Kelly McInerney | 2000-January 2006 |
| John Chen | January 2006 – October 2011 |
| Joe Frakes | November 2011 – March 2017 |
| Paul Zhu | April 2017 - Present |

Below is a list of the Club's Secretary/Treasurers since its inception.

| <u>Secretary/Treasurer</u> | <u>Years of Service</u> |
|-----------------------------------|--------------------------------|
| Simeon B. Cragun | June 1978 - 1980 |
| Vel Kirshner | 1980 to 1984 |
| Lance Murray | September 1986 - December 1987 |
| Gil Clark | December 1987 - September 1988 |
| Russ Lester | October 1988 - April 1998 |
| Amanda Burgess | May 1998 -December 2005 |
| Kelly McInerney | January 2006 – June 2007 |
| Amy Wong | June 2007 - Present |