

History

Taekwondo

Taekwondo is an empty-hand combat form that entails the use of the whole body. Tae means "to Kick" or "Smash with the feet," Kwon implies "punching" or "destroying with the hand or fist," and Do means "way" or "method." Taekwondo thus, is the technique of unarmed combat for self defense that involves the skillful application of techniques that include punching, jumping kicks, blocks, dodges, parrying actions with hands and feet. It is more than a mere physical fighting skill, representing as it does a way of thinking and a pattern of life requiring strict discipline. It is a system of training both the mind and the body in which great emphasis is placed on the development of the trainee's moral character."

Taekwondo is a martial art that in "today's" form of self defense has evolved by combining many different styles of martial arts that existed in Korea over the last 2,000 years and some martial arts styles from countries that surround Korea. Taekwondo incorporates the abrupt linear movements of Karate and the flowing, circular patterns of Kung-fu with native kicking techniques. Over fifty typically Chinese circular hand movements can be identified in modern Taekwondo. A few of the earlier martial arts styles that contributed to Taekwondo are: T'ang-su, Taek Kyon, also known as Subak, Tae Kwon, Kwonpup and Tae Kwonpup. There are also influences from Judo, Karate, and Kung-fu.

"The earliest records of Taekwondo practice date back to about 50 B.C. During this time, Korea was divided into three kingdoms: Silla, which was founded on the Kyongju plain in 57 B.C.; Koguryo, founded in the Yalu River Valley in 37 B.C.; and Paekche, founded in the southwestern area of the Korea.



Modern Taekwondo

1946: Traditional Taekwondo

The term traditional Taekwondo typically refers to martial arts practiced in Korea during the 1940s and 1950s by the nine original kwans, or martial arts schools, after the conclusion of the Japanese occupation of Korea at the end of World War II. The term Taekwondo had not yet been coined, and in reality, each of the nine original kwans practiced its own style of martial arts. The term traditional Taekwondo serves mostly as an umbrella term for these various styles, as they themselves used various other names such as Tang Soo Do (Chinese Hand Way), Kong Soo Do (Empty Hand Way) and Tae Soo Do (Foot Hand Way). Traditional Taekwondo is still practiced today but generally under other names, such as Tang Soo Do and Soo Bahk Do.

In 1959, the name Taekwondo was agreed upon by the nine original kwans as a common term for their martial arts. As part of the unification process, The Korea Taekwondo Association (KTA) was formed through a collaborative effort by representatives from all the kwans, and the work began on a common curriculum, which eventually resulted in the Kukkiwon and the Kukki Style of Taekwondo. The original kwans that formed KTA continues to exist today, but as independent fraternal membership organizations that support the World Taekwondo and Kukkiwon. The kwans also function as a channel for the issuing of Kukkiwon dan and poom certification (black belt ranks) for their members. The official curriculum of those kwans that joined the unification is that of the Kukkiwon, with the notable exception of half the Oh Do Kwan which joined the ITF instead and therefore uses the Chan Hon curriculum.



1966: ITF/Chang Hon-style Taekwondo

International Taekwon-Do Federation (ITF)-style Taekwondo, more accurately known as Chang Hon-style Taekwondo, is defined by Choi Hong Hi's Encyclopedia of Taekwon-do published in 1987.

Within the ITF Taekwondo tradition there are two sub-styles:

- The style of Taekwondo practiced by the ITF before its 1973 split with the KTA is sometimes called by ITF practitioners "traditional Taekwondo", though a more accurate term would be traditional ITF Taekwondo.
- After the 1973 Choi Hong Hi continued to develop and refine the style, ultimately publishing his work in his 1987 Encyclopedia of Taekwondo. Among the refinements incorporated into this new sub-style is the "sine wave"; one of Choi Hong Hi's later principles of Taekwondo is that the body's centre of gravity should be raised-and-lowered throughout a movement.

1969: ATA/Songahm Taekwondo

In 1969, Haeng Ung Lee, a former Taekwondo instructor in the South Korean military, relocated to Omaha, Nebraska and established a chain of martial arts schools in the United States under the banner of the American Taekwondo Association (ATA). Like Jhoon Rhee Taekwondo, ATA Taekwondo has its roots in traditional Taekwondo. The style of Taekwondo practiced by the ATA is called Songahm Taekwondo. The ATA went on to become one of the largest chains of Taekwondo schools in the United States.

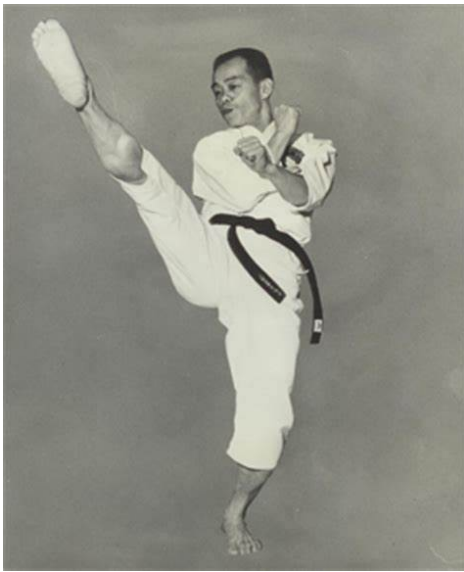
The ATA established international spin-offs called the Songahm Taekwondo Federation (STF) and the World Traditional Taekwondo Union (WTTU) to promote the practice of Songahm Taekwondo internationally. In 2015, all the spin-offs were reunited under the umbrella of ATA International.



1970s: Jhoon Rhee-style Taekwondo

In 1962 Jhoon Rhee relocated to the United States and established a chain of martial arts schools primarily in the Washington, D.C. area that practiced traditional Taekwondo.

In the 1970s, at the urging of Choi Hong Hi, Rhee adopted ITF-style Taekwondo within his chain of schools, but later departed from the ITF due to the political controversies surrounding Choi and the ITF. Rhee went on to develop his own style of Taekwondo called Jhoon Rhee-style Taekwondo, incorporating elements of both traditional and ITF-style Taekwondo as well as original elements. Jhoon Rhee-style Taekwondo is still practiced primarily in the United States and eastern Europe.



Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Loyalty
6. Indomitable Spirit
7. Humility

Your Schools History

Upon getting a Batman Comic Book at the age of 9 Master Tibbetts saw this incredible picture of Batman using Judo to throw Robin through the air with ease. This to say the least made Master Tibbetts head spin. As fate would have it a few months later at the Boys and Girls Club after his brothers basketball game a wrong turn on the way to the parking lot changed his life forever. There in a side room were two men practicing the exact same Judo throw that Batman had practiced in the pages of the comic book that had transfixed him. A few months later a move to Texas and some creative bargaining Master Tibbetts would begin a journey of 1,00 miles.

Master Tibbetts started training in 1978 at 10 years old in Houston, Texas often referred to as the blood and guts era of martial arts. It really just means that training methodology, rules and safety equipment weren't established yet and people often were hurt during training and tournaments. Upon winning medals and tournaments he was invited to a National Tournament and for the opportunity train for the Pan American Games.

Since his family was part of the military, martial arts schools were often hard to find. After a move to Rosebud, South Dakota he began to train in earnest for the rest of his life in martial arts. Constant bullying and his small stature made him want to help others find a way to gain confidence and peace through martial arts.

The name of our system is American Taekwondo which means "the way of hand and foot" but also includes other styles as well. We also teach Hapkido means "the way of coordinated power". We teach a system of martial arts with a focus on community and traditional martial arts values. A system is when you use certain techniques of others styles to enhance and round out another system of martial arts. A traditional style of martial arts is a rigid adherence to a set of techniques and rules that have been handed down through the centuries. A system is adaptable and flexible and able to incorporate other martial arts techniques. Some styles don't teach kicking or punching only grappling and others are just the opposite. This produces limits and can be a huge problem when adapting to a situation for self-defense.

We have styles present in our program from America, Japan, Korea, China, and Philippines. Korea is most represented and that is why our vocabulary and manners are in Korean. Think of this term as a roof that all of our styles and systems fall under. From a philosophical point of view it means the fight within or the struggle to become a better person.

Master Tibbetts Martial Arts Resume

September 1978 - May 1980 USJA Judo Clear Lake City Texas
Silver Medalist in Clear Lake City Tournament
Silver Medal in USJA Junior Olympics
Declined offer to compete for National Title 45 Kg Division and Pan American Games

August 1984 to July 1986 Tae Kwon Do Mission, SD
Instructor Pete Broken Leg
Spring of 1985 Bill "Super Foot" Wallace Seminar in Nebraska
ITF Green Belt under Pete Broken Legs Instruction
May 1987 to October 1987 Tang Soo Do at Burien, WA YMCA
Instructor – Steve Brown Received Green Belt

September 1989 Joined the ATA In Burien Wa
November 1993 Joined Black Belt Club
Assistant Instructor at ATA Black Belt Academy of Burien under Scott Rowe
August 12th 1995 1st Degree Black Belt
September 1995 Certified Spontaneous Knife Defense
September 1995 Certified Joint Manipulation and Pressure Point Control Tactics.
May 1995 Certified Level 1 Groundfighting (Original Certification)
June 1995 Certified Jahng Bong
June 10th 1996 Opened Tibbetts Taekwondo USA –ATA Black Belt Academy
June 1996 Certified in Youth Protection Procedures
July 28th-August 2nd 1996 ATA Instructors Camp
July 28th-August 2nd 1996 SHARP Certified
August 1st 1996 Received an Award for Best Thesis presented by Grandmaster H.U. Lee
August 2nd 1996 Certified Instructor Certification (Passed 1st time-very rare for a 1st Degree BB)
September 1996 Modern Arnis Seminar by Professor Remy Presas
November 1996 Began Tony Blauer Correspondence
October 1997 Modern Arnis Seminar by Guro M. Hufana
December 20th 1997 2nd Degree Black Belt
January 1998 Appointed Regional Chief of Trainee Instruction
July 11-12 1998 Attended Seminar by Ted Wong (Bruce Lee's Student)
August 1st –August 2nd 1998 Annual American Grappling Summit in Ludlow, MA
Instructors: Tony Blauer, Marco Lala, Matt Furey, Walt Lysak Jr., Charlie Lysak, Frank Shamrock
September 1998 Single Ssahng Jeol Bahng
September 1998 Double Bahng Mahng EE
October 1998 - May 1999 Muay Thai (Private Instruction)
February 1999 Certified in the Tiny Tigers Program
April 1999 Tested for and Received Chief Judge Certification
June 9th 1999 King County Citizens Academy
Graduated a certificate presented a by Sheriff David Reichert (Green River Task Force)
May 1999 Tested for Level 1 Tony Blauer Certification
June 1999 Re-appointed Regional Chief of Trainee Instruction
June 2000 Personal Protection Systems
November 19th 2000 Re-certified Level 1 Groundfighting
December 2000 Left the ATA

After The ATA

February 2001 Awarded 3rd Degree Black Belt by the ITA

June 2001 Reality Martial Arts (School) 18 Locations and over 250 active students weekly.

May 2001 Founded Sekkinsendo (The way of close combat) to continue our Reality Based Program

June 2001 CBI Certified (which continues to this day)

October 2002 Published in Parenting Place (Family Connection)-Martial Arts Can Be a One-step Cure.

November 2002 Published in Flat Irons Kids Martial Arts is an Activity Where Every Child is a Winner!

February 2003 Boulder Judo Training Center Instructor-Brian Olson

March 3, 2003 KICK International of the Middle East (Renshi Alireza Fadaie Khoi)

KICK Amateur Kickboxing Association Certificate of Achievement

Recognized by their Organization and Member of the Board of Advisory

March 12-14 2002 ICHF Regional Training Seminar

(Kombatan Master Melegrito, Kuntao Silat Uncle Bill, Combat Hapkido GM Pellegrini

April of 2003 Joined ICHF as Member

April of 2004 Student under Master Materkowski in Combat Hapkido

July of 2004 Accepted as a student under Punong Guro Myrlino P. Hufana at HTAI (Arnis)

September of 2004 Tactical Speed Shooting Andy Stanford

November of 2004 Cane Seminar Grandmaster Shuey

April of 2005 1st Degree Black Belt in Combat Hapkido

June 2005 Reality Martial Arts (School) is sold to a fellow student to continue the program.

June of 2005 3-Tigers Martial Arts is formed

June 2005 CBI Certified in Washington (Checked Every Year Since)

July 2005 Awarded 4th Degree by the ITA

November of 2005 Estalilla Kabaroan Eskrima Seminar with Grandmaster Estalilla

July of 2006 Accepted as an Apprentice Instructor Under Punong Guro M. Hufana of HTAI

2005 - 2013 Attended or Hosted over 35 Arnis, Kali, Escrima 3 Day Seminar with PG Hufana

2007 Fall Camp Ama Guro Raffie Pambuan

2008 Spring Camp Training with Bobby Tobada

2008 Winter Camp Training with Master Mosses

2009 Fall Training with Grandmaster Fleix Roiles

2010 Summer Training Camp with Guro John McCabe

13th 2011 Lakan Promotion in Arnis, Kali and Escrima Grade By Grandmaster Hufana and GM Felix Roiles

August 2012 5th Degree Awarded by the ITA

August 2012 Master's Certificate Awarded by GM Pelligrini

2012 - 2013 8 More Camps Took Place Before Master Tibbetts Began Teaching Arnis On His Own.

**** A number of tournaments (about 50 tournaments in total), instructor training, private lessons and some seminars were omitted and only the highlights were included.**