

Origin of Taekwon-Do and “Budo Pelaene 2000”

The term Taekwon-Do was derived from Tae-Kyon and originated from Korea. Tae-Kyon was a form of self-defence that already existed more than 1300 years ago. It was in ancient Indian legends, which for centuries from father to son were told. In the legends about the heroes overcoming their opponents using Tae-Kyon in bloody battles. In these legends, a wealthy prince with interest in unarmed combat studied the anatomy of humans and animals thereby learning the strengths and weaknesses of the human body.

Daruma Taiski, an Indian monk, was a practitioner of practical self-defence. He wanted to spread Buddhism in China, but he knew the dangers of travels through the remote areas. He trained himself in Tae-Kyon because often the travellers were attacked by robbers. Partly thanks to his training in Tae-Kyon, he succeeded in his mission. He then went to the other Buddhist monks to understand the knowledge of self-defence so that the monks not only spread their faith, but also the technique of unarmed combat. In the 4th century A.D., they spread this message to the northern provinces of Korea.

Korea was at that time composed of three kingdoms: Kokuryo, Paikje and Silla, which were often at war. Eventually Silla overcame the other two kingdoms. The Korea Silla period was a time of great progress and prosperity. This "Golden Age" of Korea was built and there was much creative art done. It was noteworthy that in that two Tae-Kyon techniques were depicted in stone. These two sculptures still exist. They were placed at the entrance of a Buddhist Temple, thus the connection between fate and Tae-Kyon symbolized that time.

During the Silla period, one group placed Taekwon-Do as important as the Buddhist monk. This was the Hwa-Rang, a strong organization of Patriotic Youth, mostly from a wealthy family. The organization also spread to Korea on Tae-Kyon. Their moral code was similar to that of the Samurai in Japan, where loyalty and mutual friendship, courage and absolute obedience and ban any form of killings belonged to the strict rules.

After the period of kingdom Silla was Kyong-Hum, the kingdom of Koryo (Korea) was established. This was a kingdom of military rules and the soldiers were rampant Tae-Kyon practitioners, who often hit walls with their fists or used their hands to harden. This era also came to an end and was followed by Yi-Dy-Tropism, which lasted more than 500 years, and ended when the Japanese occupied Korea in 1910.

During the Yi Dynasty, trial and mental development were in higher esteem than the physical skills. For five centuries Tae-Kyon remained in the background in the Korean society. After the Japanese occupied Korea in 1910 it had made the situation worse. They tried to break the national identity of Korea, and one of the measures was to prohibit Tae-Kyon. Only in remote districts Tae-Kyon could be practiced. Banning Tae-Kyon was not the intended effect by the Japanese. Many left for Korea in China or even Japan to work or study, and in these countries self-defence sports were not banned.

For the first time after 1000 years was Tae-Kyon came out and practiced at the Korean border, and was now combined with other forms of self-defence including Karate. This gave an interesting development, given that self-defence Tae-Kyon a sport where only the feet are used as a weapon, while in Karate uses the fists.

The end of the war in Korea in 1945 also meant the end of a 35-year Japanese occupation. Many thousands of Koreans came back from abroad. There was a national revival under way in Korea. The Old tradition was restored and there was a renewed interest in ancient traditions. Thus, the revived interest in self-defence sports, and old masters experienced in Tae-Kyon, opened Dojang (training halls). It turned out that many new self-defence from abroad were incorporated in Tae-Kyon. The leaders of the Dojang looked for a new name for this modified form of Tibetan self-defence in Korea. In 1955, it was officially decided to name it "Taekwon-Do".

The Taekwon-Do techniques, however, were not the same everywhere in Korea. Thus in 1961, a working committee was established with the task to come to technical uniformity. It took until 1965 before they could agree,

and the Korean Taekwon-Do Association was formed. Since then, the sport quickly spread across many countries. In 1966 the International Taekwon-Do Federation (I.T.F) was formed and following the Netherlands Taekwon-Do Federation (N.T.A) in 1967.

The main promoter of Taekwon-Do in the last century was undoubtedly Choi Hong Hi. He was born in 1918 during the Japanese occupation of Korea. He was physically quite weak and it was a constant concern of his parents. At age 11 he was expelled by the Japanese, because the young Choi Hong Hi was found to be the leader of a freedom movement in school. His father sent him as apprentice to the famous Han II Dong, which not only known as a writer, but also as a master in self-defence Tae-Kyon. Han II Dong was also concerned about the health of Choi Hong Hi and taught him Tae-Kyon. Tae-Kyon was then only foot techniques. Later, Choi went to Kyoto in Japan and he learned from a Korean friend Karate (fighting with the unarmed hand). This was the confluence between Tae-Kyon and Karate and the starting point of Choi Hong Hi's own system of Taekwon-Do.

During World War II, when Koreans were enlisted as soldiers by the Japanese military, Choi Hong Hi was in trouble again with the Japanese for having participated in the famous Korean students and soldiers incident. He was captured, but fortunately for him, it was in August 1945 the Liberation of Korea. In January 1946 Choi Hong Hi was second Lieutenant in the Korean army. This was the beginning of his brilliant military career, which he ended as a General. Choi Hong Hi for all those years had been active with the sport. He developed teaching methods Taekwon-Do and travelled the world to promote it. He visited the Netherlands and became the first President of ITF.

Park Jong Soo, a student of General Choi Hong Hi, 5th Dan holder, became the first Korean Taekwon-Do instructor in the Netherlands. In 1970, Peter Telussa started learning Taekwon-Do from Park Jong Soo. Peter became 1st Dan in 1975 and started his own Taekwon-Do school in 1976 as "Budo Woerden 76". This school created several Dutch and Europeans title holders in this sport until the present time. This Taekwon-Do school has been one of the best sport school in the Netherlands.

Herbert Makkink started Taekwon-Do lessons in 1978 at "Budo Woerden 76" and received his 1st Dan in 1985. He then became an assistant instructor to Peter Telussa and gave lessons in this school since then. In 2000, Herbert established his own Taekwon-Do school, "Budo Pelaene 2000" in the district of Snel & Polanen, Woerden, The Netherlands. He later moved to Switzerland in July 2004 and established "Budo Pelaene 2000" in Allschwil and Sissach in 2005 in this country.

Herbert is 4th Dan Budo Master, as Head Referee in world and international All Style Karate Championships and gives lessons in Taekwon-Do and All Style Karate to all ages from 6 years, male or female. The school is affiliated to the International Budo Federation (I.B.F.).

END