



Choong Jae Nim

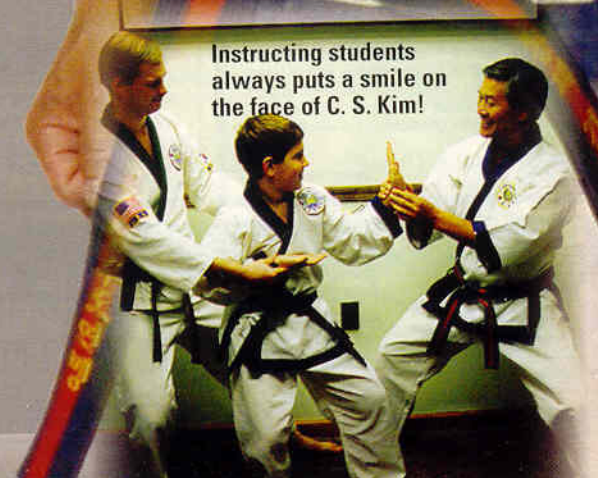
**Master
C. S. Kim**

What may sound to be a simple statement by one of Traditional Tang Soo Do's most well known masters is far from it. It involves commitment, striving for excellence in himself and in his students and his relationship with the thousands of children and adults he has taught throughout his illustrious teaching career in his cherished martial art and through his twenty years of mentoring members of his International Tang Soo Do Federation...

**I Am A
Happy
Man!**

By Zac Szabo

TANG SOO!



Instructing students always puts a smile on the face of C. S. Kim!

Anyone who reads any martial art publication or some who may follow the leaders in the martial art industry has no problem knowing Master Chun Sik Kim. Known in the industry as Choong Jae Nim Master C. S. Kim, Master Kim resides in Pittsburgh, Pennsylvania, where daily he teaches at his school and presides over the International Tang Soo Do Federation.

Born in Korea in 1940, Choong Jae Nim C. S. Kim started training in the traditional martial art of Tang So Do at a very young age and has dedicated over 50 years to practicing, teaching and being a mentor to thousands through the practice of Traditional Tang Soo Do.

He has been in the United States for 32 years and has lived in Pittsburgh for 30 years. His organization, the International Tang Soo Do Federation, is celebrating its 20th

anniversary. As its president and founder, Choong Jae Nim C. S. Kim has attempted to touch as many lives as possible as a mentor and a positive role model practicing Traditional Tang Soo Do philosophy and technique.

Virtually every martial art publication has honored Choong Jae Nim C. S. Kim with cover stories. However, before those honors began in the United States, he garnered success in his birth country. He was the two-time Korean Tang Soo Do champion, the chief instructor at the Osan Air Force Base, the Korean Team Captain at the Fifth Asian Karate Championships, and the 1970 Undefeated World Champion. He is a Karate Hall of Fame member and has been Man of the Year for *Black Belt Magazine*. Even with all these exemplary credentials and his decades in the martial arts, Master Kim remains a true gentleman who is hungry to teach and to help others. In a world where people change career many times, he has stayed committed to one goal and one goal only: teaching Traditional Tang Soo Do.

ZAC SZABO: MANY TIMES, THE LAST QUESTION OF AN INTERVIEW IS "WHAT ELSE WOULD YOU LIKE TO TALK ABOUT THAT HASN'T BEEN ASKED?" INSTEAD, HOW WOULD YOU LIKE TO BEGIN?

C. S. KIM: I am a master of Traditional Tang Soo Do. I have been given many

OPPOSITE PAGE, FAR LEFT: With Master Marcus Murtaugh (on right) and Master Richard Collins (on left) and his instructors from Detroit. BELOW: Still teaching in the dojang after all these years!

Choong Jae Nim Master Kim and Master Zac Szabo pose with Dan Shirey at the MDA Kick-A-Thon at Heinz Field in Pittsburgh. C. S. Kim Karate schools have raised over \$400,000 for MDA over the years.



With Mr. Mike McGee on a recent trip to China.

Photo By Kathryn Carlson





C. S. Kim demonstrating Traditional Tang Soo Do on Mexican television.

Choong Jae Nim Master C. S. Kim

opportunities to express my views and opinions through the written media, and other forms of media such as television, newspapers and magazines. Having said that, I would like to commend the whole family at *Tae Kwon Do Times* and thank them for the opportunity to do this interview. No other magazine expresses the martial arts any better. All of the staff has my thanks. I feel that *Tae Kwon Do Times* has represented the martial arts so well in all of the years that they have been writing this wonderful magazine. The entire International Tang Soo Do Federation appreciates Mr. Chung E. Kim for his efforts to spread the good news and information on martial art training and philosophy. I hope for its continued success and good luck!



A Mexican television journalist interviews Choong Jae Nim Master Kim.

ZS: I KNOW THAT BRANCH SCHOOL INSTRUCTORS AND STUDENTS LOOK FORWARD TO YOUR VISITS AND THE ENTHUSIASM YOU BRING. WITH YOUR DEMANDING SCHEDULE OF TEACHING AND CONDUCTING SEMINARS ALL OVER THE WORLD, HOW DO YOU STAY SO MOTIVATED AND FRESH?

CSK: All of my students! Literally, my motivation has come from the thousands of students that I have taught throughout the years. When I visit them across the U. S. and abroad, they look forward to and are hungry to learn the traditional martial art of Tang Soo Do. They are not just interested in kicking and punching. They seem to be more interested in the traditional values and philosophies of Tang Soo Do. My students and branch school instructors here in Pittsburgh at the International Tang Soo Do Federation headquarters motivate me with their undying loyalty and support. This truly motivates me!



Receiving his "Welcome" award of appreciation from Mexican martial artists.

ZS: I WOULD THINK MOST PEOPLE AT YOUR STAGE IN LIFE ARE LOOKING TOWARDS RETIREMENT.

CSK: Yes, you are correct. Most of my friends who are doctors, lawyers and other professionals are getting ready, or are already retired from their respective professions but for me, I can't even think about it! As long as there are people hungry for this Traditional Tang Soo Do, I can't retire.

You know, I have students whose parents were my students when they were children. This continues to motivate me to see that these children get the same benefits from training in Traditional Tang Soo Do that their parents received when they were youngsters in our schools. Also, the many adults who have changed their lives from something they have learned here keeps the fire burning within me to keep on going as a teacher and a mentor. So, to answer your comment: yes, many people my age are looking forward to retirement, but not me!

ZS: WHY ARE FORMER STUDENTS NOW BRINGING THEIR CHILDREN TO YOUR SCHOOL?

CSK: When children grow up, they realize that what they learned was more than just kicking and punching. They learned a way of life to assist them in this world and they want it for everyone who is

C. S. Kim travels the world to meet and to instruct members of his International Tang Soo Do Federation.



close to them. That is why I feel that they bring their children and families to experience the same philosophy.

ZS: DO YOU THINK THAT MOST MARTIAL ART SCHOOLS OFFER WHAT IS FOUND AT YOUR SCHOOLS?

CSK: No. Sometimes I have to say that I like the competition today. When I arrived in the United States in 1972, there were not very many schools. Now our society has many choices. The consumer has to be more aware of the competition between these schools and I am happy and proud to say that no matter how many schools are out there, they cannot teach like we teach. This Traditional Tang Soo Do goes way beyond the physical and it really makes an impact on the life of each student. The lessons follow them everywhere, in every aspect of their lives to help improve the quality of life, and contribute to a life of health and happiness. Not every Karate school can do that. They may say that they do that but they don't do it like we do it. I encourage people to look around at all of the schools because I have confidence in this Traditional Tang Soo Do. Traditional Tang Soo Do is what people should look for in a martial art school because its roots and foundation are good values for life. Many of my old students who grow up and have families return with their families, even after they research some of the other Karate schools, because they find that Traditional Tang Soo Do has the roots and foundation to help their families to gain the same traits that they did years ago.

ZS: HAS THE PROFILE OF A STUDENT, OR WHO PRACTICES MARTIAL ARTS, CHANGED OVER THE YEARS?

CSK: Well, in the Pittsburgh area during the 70's, most people came from a blue-collar background and worked in the factories. The families worked together in the factories and they were all assured a job in the steel industry when they were old enough. Now, as is the case in most cities that produced a lot of steel and had a lot of industry, that has all changed. All children must plan for college and have to work twice as hard to make a living in the professional world when they graduate. These people work very hard for their income and they research more now before they spend money. That makes it very important for us to educate them and point them in the right direction. In the past, we really didn't have to do that.

ZS: WHEN YOU SEE THAT SO MANY STUDENTS ARE HUNGRY TO LEARN THE PHILOSOPHICAL SIDE OF THE MARTIAL ARTS COMPARED TO PHYSICAL TECHNIQUE, WHAT DOES THAT TELL YOU ABOUT SOCIETY TODAY?

CSK: In today's world we have to excel mentally more than physically. Most professions are not as physical as in times past and require a lot of mental discipline. The physical exercise is more important in today's society because we don't get enough of it. We ride instead of walk and most of us use a computer at work instead of doing physical labor so physical activity has to be worked into our busy



A group of young people pose after winning the Team Forms competition at the International TSD World Championships.

Lecturing to students on the philosophy of Traditional Tang Soo Do. He says that his students have a true desire to learn all the philosophical aspects of their art.



Visiting a Louisiana school and "inspecting the troops!"
Photo by Southern Lights Imagery

Presenting a certificate to Master Richard Collins, Sr. in Detroit, Michigan



Choong Jae Nim Master C. S. Kim

schedule. Stress levels are higher in today's society and people are looking for more peace of mind. The physical techniques, as well as the philosophies of Traditional Tang Soo Do, help to relieve that stress that haunts so many of us in the modern world.

Did you know that more people are attending church than ever? What does that tell you? People are looking for peace of mind. They are searching for ways to make life more enjoyable. Going to church is beautiful and training in Traditional Tang Soo Do is also beautiful. You know, in Traditional Tang Soo Do we practice pyong ahn, which means safe, confident, comfortable, calm and peaceful, and well-balanced. You internalize all of those traits when practicing the pyong ahn form. Eventually, a person will experience these six meanings in all aspects of their everyday lives. We all need pyong ahn in order to have true and lasting happiness. By practicing the pyong ahn forms, a person puts safety, confidence, comfort, calmness and peace, and a well-balanced life in the mind and spirit.

ZS: DOES TRADITIONAL TANG SOO DO, WITH ITS FOCUS ON PHILOSOPHY, PROVIDE SELF-DEFENSE SKILLS FOR THE STREET?

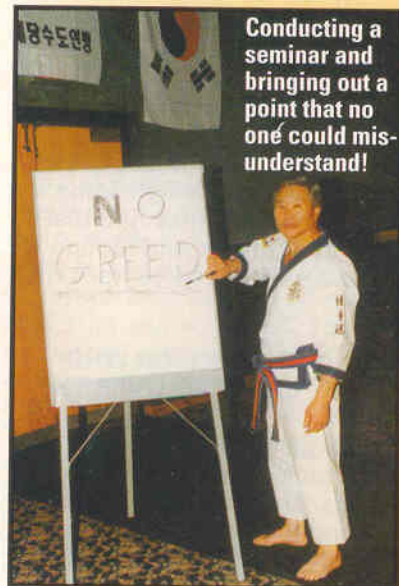
CSK: This martial art handles it with education, awareness and effective technique. You know, I was so sad to see the abduction of that young girl in Florida that was caught on a surveillance tape. I was disturbed for two reasons: the first was to see this young girl taken so easily, and two: the terrible man that did it. Our modern society is so dangerous and our young people—all people for that matter—need to be aware of predators that have only one goal and that is to harm others. I was so sad to see this little girl taken like that. We emphasize to our instructors to educate our young students to be aware and know what to do if they are approached by one of these sick people who want to harm them. We also do many programs outside of our schools to educate the general public on self-defense awareness. Traditional Tang Soo Do techniques are practical and can be used by any-

one regardless of their physical ability. It built their knowledge and their confidence and keeps them in good physical condition. Ultimately, Traditional Tang Soo Do builds the self-esteem needed to be able to protect them.

ZS: HOW DOES THE PHILOSOPHY OF TRADITIONAL TANG SOO DO INFLUENCE THE BEHAVIOR OF ITS PRACTITIONERS?

CSK: Traditional Tang Soo Do has what is called the ten articles of faith. They are:

1. *Be loyal to your country*
2. *Be obedient to your parents*
3. *Be loving between husband and wife*
4. *Be cooperative between brothers*
5. *Be faithful between friends*
6. *Be respectful to your elders*
7. *Be faithful between teacher and student*
8. *Know the difference between good and evil*
9. *Never retreat in battle*
10. *Always finish what you start*



Conducting a seminar and bringing out a point that no one could misunderstand!



If everyone went by these ten articles of faith, we would not need the law! We would not need the police and senseless acts of violence and crime would not exist. With these rules and regulations, the world would be a fair and peaceful place. Unfortunately, our society does not follow these types of rules and regulations; therefore, we have to contend with the dangers of this society with crime, cheating, stealing, greed, and jealousy. We discuss this topic quite often with our students in our schools in Pittsburgh and throughout the International Tang Soo Do Federation. Even our branch school instructors and I discuss this on a weekly basis when they come to train with me once a week at our headquarters in Pittsburgh. Living by these ethics work for people both young and old and are simple to live by: just read them, learn them, and do them!

You know, some people say that they live by these rules but they lie and get themselves into trouble. They don't live by them; they just say that they do. You know, you can lie to people but in your



Under the direction of C. S. Kim, Master Marion Gregor becomes the first woman to have 3 patio slabs sledgehammered over her while lying on broken glass.

heart, you cannot lie to yourself. If we honestly live by them, the ten articles of faith remind us, through our conscience, when we are right and wrong.

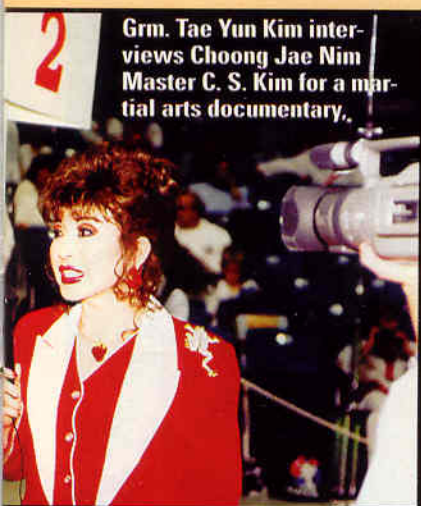
ZS: SO, YOUR STUDENTS ARE TAUGHT TO USE THESE TEN ARTICLES NOT ONLY IN THE CONTEXT OF MARTIAL ARTS BUT ALSO IN THE WIDER COMMUNITY?

CSK: Yes, sir! They are to be used and lived by in all areas of life. Some people apply these principles of the ten articles of faith only to Tang Soo Do: that is wrong! They are to be used as a way of life. You know, love has many meanings: love of friends, love of family, love of a boyfriend or girlfriend, love for a spouse and, love for God. What I mean is that there are many ways to love just like there are many ways to apply the ten articles of faith in our everyday lives, not just in Traditional Tang Soo Do but all areas of life!

ZS: WHAT MAKES C. S. KIM HAPPY?

CSK: Honestly, my happiness is in the face of all my students and instructors. I long to see them successful through practicing and teaching Traditional Tang Soo Do. To see my students experience this way of life is happiness to me. You know, when I was young, I did not really know how to tap into this happiness. I have been training all my life in this traditional martial art. I have spent all of these years doing this one thing and it still teaches me to this day.

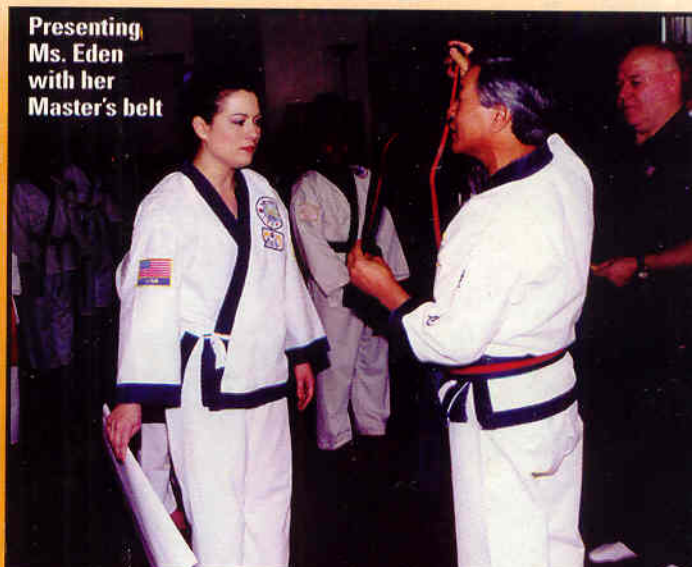
My advice is to not be like a bird. When I play golf in the beginning of spring, I don't see many birds because they are still south where the weather is warm. The birds go from place to place to find warmth. I have learned not be like those birds. I want to stay in one place, with Traditional Tang Soo Do. Like digging a hole in one place, if you dig long enough, you will find water. If you keep starting to



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Grm. Tae Yun Kim interviews Choong Jae Nim Master C. S. Kim for a martial arts documentary.



With TKDT columnist Karen Eden in Denver, Colorado



Presenting Ms. Eden with her Master's belt

ZS: IT SOUNDS TO ME THAT YOU CANNOT EMPHASIZE THE TRADITIONAL MARTIAL ARTS AS A WAY OF LIFE ENOUGH...

CSK: Absolutely! The word "do" or "road" or "way of life" is something that goes beyond kicking and punching. The way of life that is taught by Traditional Tang Soo Do makes the heart and mind balanced with peace. It brings a smile to one's face because they have a good balance to life.

ZS: IN OTHER WORDS, A FORMULA FOR HAPPINESS?

CSK: Absolutely! Having this balance is true contentment. You know, sir, you may not be making a lot of money or living conditions may not be exactly the way one wants it, but having this balance and peace of mind will help a person reach goals and be content along the way. With this way of life, you feel peace and happiness regardless of circumstances.

dig a new hole, you may never get to the water—the water of true and lasting happiness.

In many ways, today's martial art community is a lot like those birds flying from place to place. They come and go looking for a big organization to promote them to a higher rank and they lose sight of why they are training in the first place. They want a high rank instead of roots and they float from organization to organization.

I am proud to say that for 55-years I have been digging in one place: Traditional Tang Soo Do. Unfortunately, I have not seen water yet so I am digging deeper and deeper, and with all of my students it gets easier and easier to do. Yes, sir, I am a happy man! ●

Zac Szabo is a master in Traditional Tang Soo Do. He is a student of Choong Jae Nim C. S. Kim, a member of the International Tang Soo Do Federation Technical Advisory Committee, a freelance writer, and a radio personality in Pittsburgh, Pennsylvania.