

UNITING THE WORLD THROUGH **MARTIAL ARTS**

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**Modern-Day
Grandmaster with
Traditional Values,
GM Tae Sun Kang**

**MILLION
DOLLAR
MARTIAL
ARTIST**

Person of
Interest:
Chief Master
Je-Wook Kim

The Joy of Breaking

by Master Wiz

WHY BREAKING??

Everyone knows that I LOVE breaking. What they don't know is why!!

My involvement with breaking started as a color belt . . . we DIDN'T do any breaking. I was a red belt the first time I broke a board during a demonstration, and I was petrified!!! I succeeded (as most people do), by sheer guts and pride. While I thought it was cool, I wanted to KNOW, be confident in my breaking and not just lucky. I asked my instructor at the time to teach me. His advice was to hit it the same way you do the move in patterns. That advice worked fairly well for one board but not so well for multiple boards.

Rather than continue to smash my hands and feet and damage them for only "hit or miss" (pun intended) results on "power breaks," I focused on "specialty breaking." I searched the ITF encyclopedia and discovered the amazing breaks the TKD pioneers used to do . . . things I had NEVER seen anyone actually perform in real life. So I tried to emulate the breaks I saw there. Over time and through trial and error, I managed to teach myself how to successfully perform the majority of those amazing breaks. My favorite memory of that time was when I figured out that if I tilted the boards upwards, I would stop jamming my big toes when I executed twin front kicks.

Eventually, specialty breaking was not enough. I still felt like a fraud whenever I looked at the encyclopedia and saw the power breaking abilities of those early TKD pioneers, so I began searching for somebody who could teach me.

Shortly after I earned my second-degree black belt, I met Master Andre Blake. He was amazing. He was the highest ranking ITF member in Canada, president of the national body and General Choi's right hand man for many things. If you look in the encyclopedia, you can see him in many of the photos both demonstrating techniques and taking part in historical meetings. His instructor was ITF Pioneer J.C. Kim, who was the first Chief Instructor of the ITF. (Blake was posthumously awarded Outstanding

Instructor
ITF, and the
Order of the ITF.)

Master Blake was incredibly knowledgeable and taught in a technical/scientific/ logical manner that matched my learning style. I attended every seminar he gave and waited to talk to him before and after every session, asking for clarifications and personal instruction. He was very patient, and when he did not have to rush off to a meeting, he tutored me in the science of Tae Kwon Do. Over the next two years he gradually accepted me as his student, and my life was never the same. As his student, I spent a week every year training at his school in Montreal, where I received private instruction. I was also honored to have him as a guest in my house while he conducted annual seminars for the Tien Lung Taekwon-Do schools until his untimely passing in 2001. Our late night discussions and impromptu training sessions in my house and at restaurants are my fondest memories.

One of the most important concepts Master Blake taught me was the importance of the COMPOSITION of Tae Kwon Do and how those instructors who fail to teach dallyon (breaking) inhibit students from reaching their full potential. He was able to prove the relationship between good breaking and success in all the other aspects of Tae Kwon Do.

Master Blake's passion has now become my passion, and generating a resurgence of breaking into every Tae Kwon Do school's curriculum





has become my focus. I travel the world providing breaking seminars and write articles that explain "how to break" as well

as explaining the beneficial effects that board breaking has on developing a martial artist.

In memory of Master Andre
Blake 1944-2001 **TKD**

Master Terry Wisniewski is a 7th-degree black belt in ITF Tae Kwon Do, founder of Tien Lung Tae Kwon Do. He is a full-time professional Tae Kwon Do instructor with three schools. He has trained world champions in patterns, self-defense and power breaking.

