

**THE BOOK
25 YEARS
OF
MR. HAW TAE-WHAE**

Presented August 5, 1995
VANDERBILT TAE KWON DO BLACK BELT ASSOCIATION

IRV RUBENSTEIN, PRESIDENT

TAE KWON DO

(KOREAN KARATE)



MR. TAE Y. HAYY



TH DAN

BLACK BELT
INSTRUCTOR



TEAM WINNERS
U. S. OPEN TOURNAMENT
LOUISVILLE, KENTUCKY

Place: Memorial Gym
(south lobby)

During Summer, 2nd Floor Alumni Hall

Time: 5 p.m. ~ 6:30 p.m.

Mon. ~ Wed. ~ Fri.

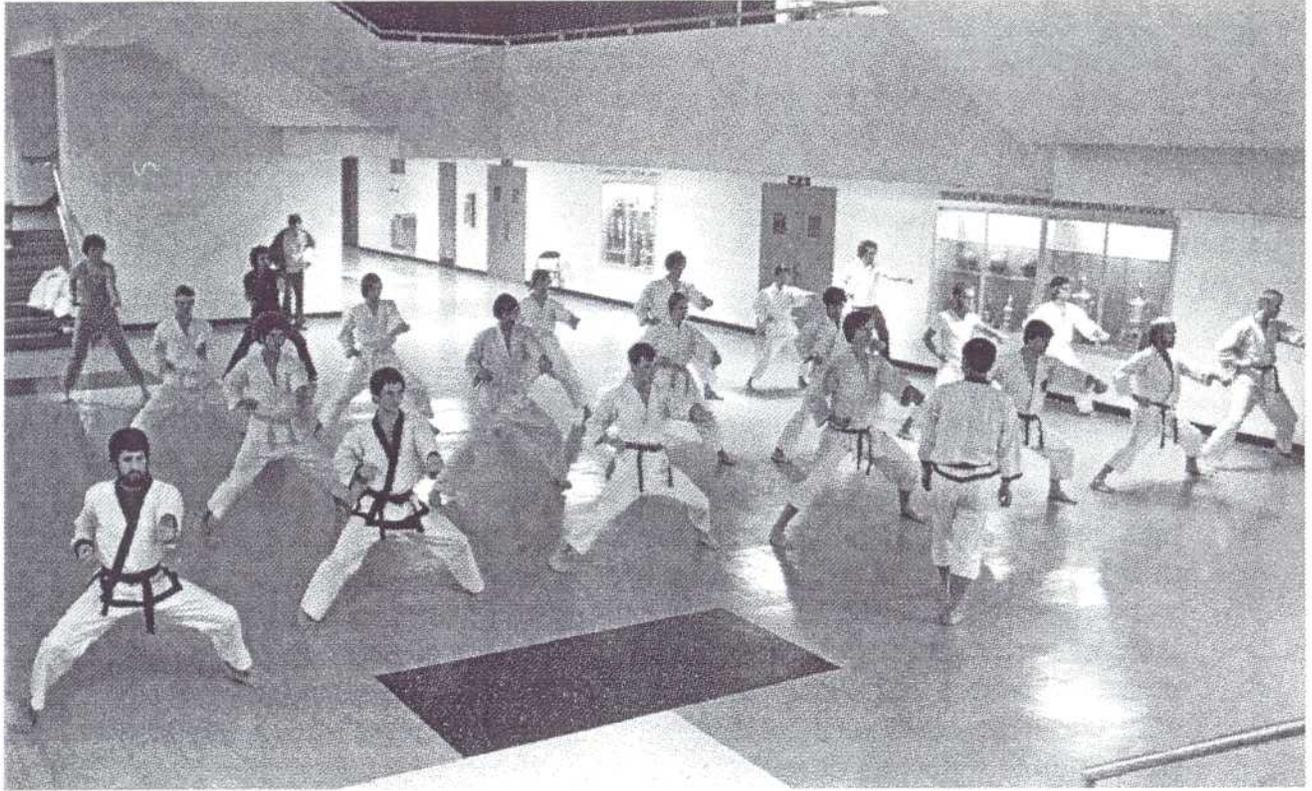
YEAR ROUND CLASSES

Dear Mr. Haw,

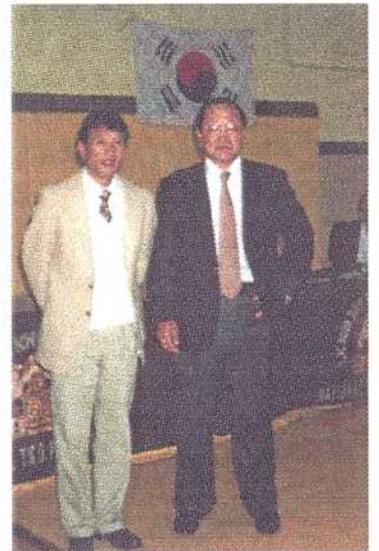
For 25 years your students have tried to meet your high standards for Tae Kwon Do performance and for living as a Tae Kwon Do man or woman. We who have trained under your tutelage, directly or through some of your students, cannot fathom the nature and depth of your commitment and dedication to both the art and your students. Likewise, it is impossible for us to represent to you the nature and depth of our gratitude and appreciation and respect for you. Obviously, our continued training or, minimally, our continued presence as members of the Vanderbilt Tae Kwon Do Black Belt Association, says volumes about our dedication to you, just as your involvement over the years, at the expense of other academic and professional opportunities, speaks volumes about your dedication to us. Nonetheless, we have conspired to present to you this book commemorating our experiences with you, with Tae Kwon Do, and with the Tae Kwon Do family, knowing that it only scratches the surface. Let the texts and pictures speak for themselves. Thanks.

VTKDBBA
1995

Tae Kwon Do



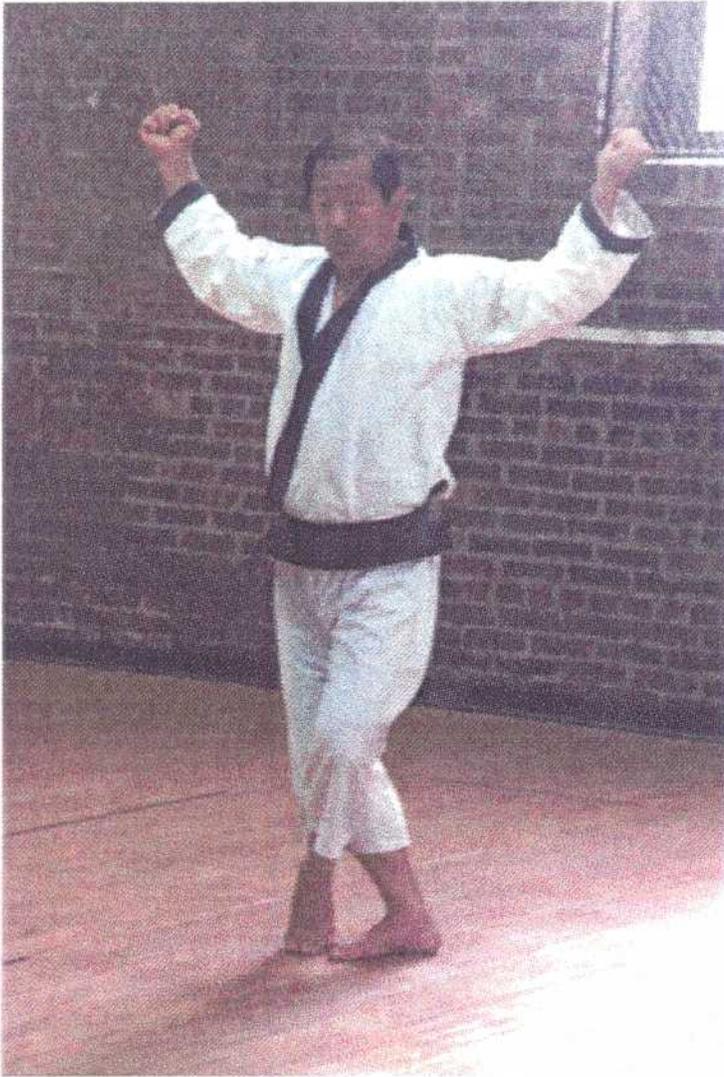
TKD



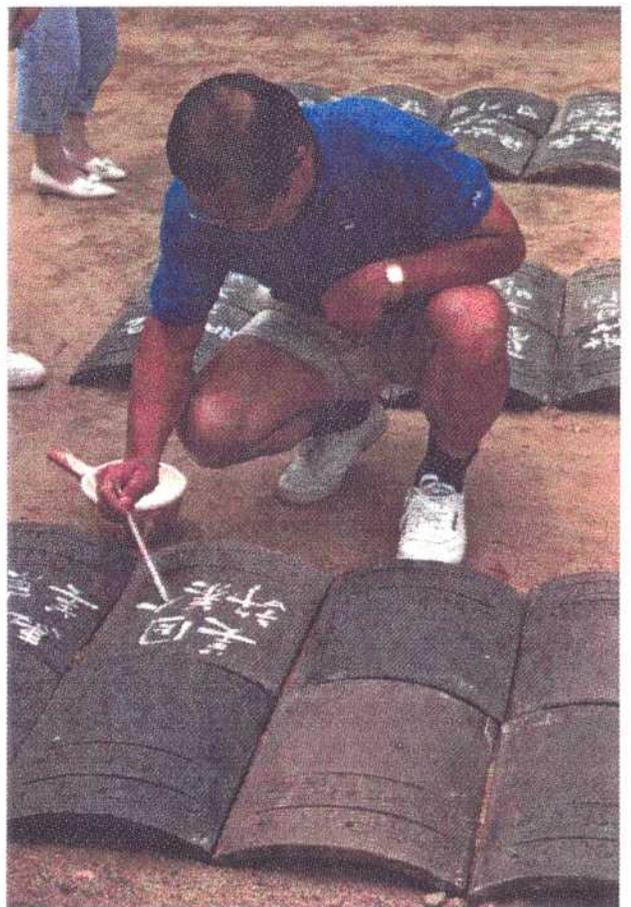
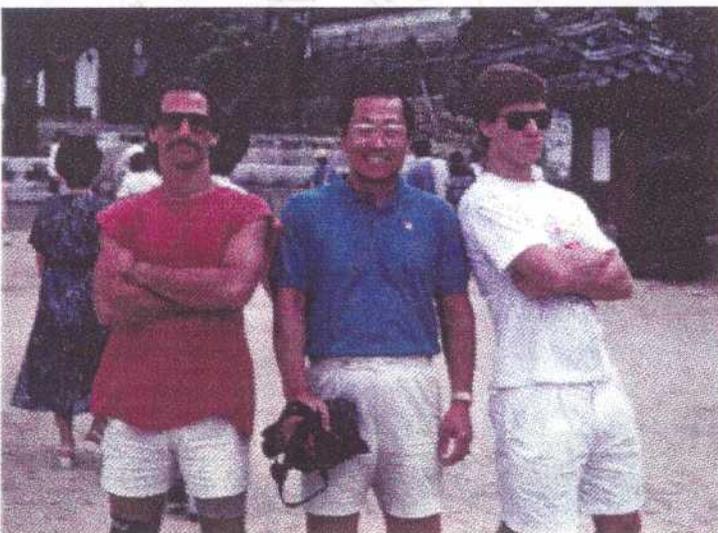
**Korean
Karate**



Korean Martial Art



The Way of Fist and Foot

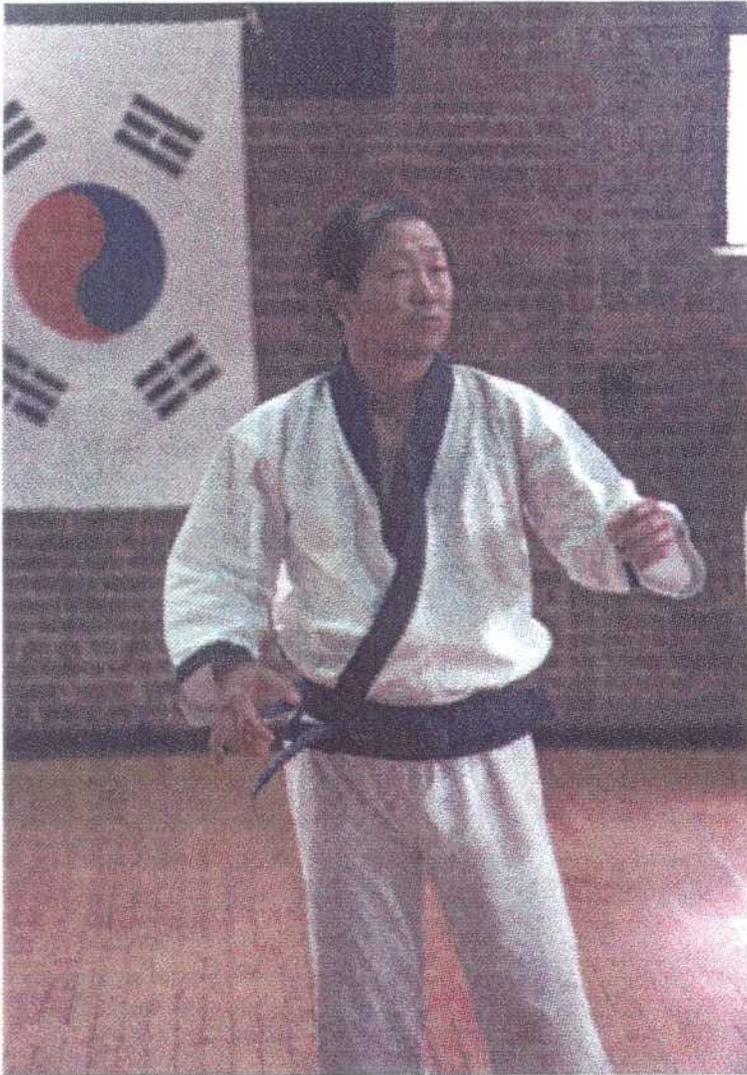


"Do" is defined as "way" or "art," but has no true meaning in English. It is not mental, not emotional, not sensual. It is not religion, science, or philosophy.

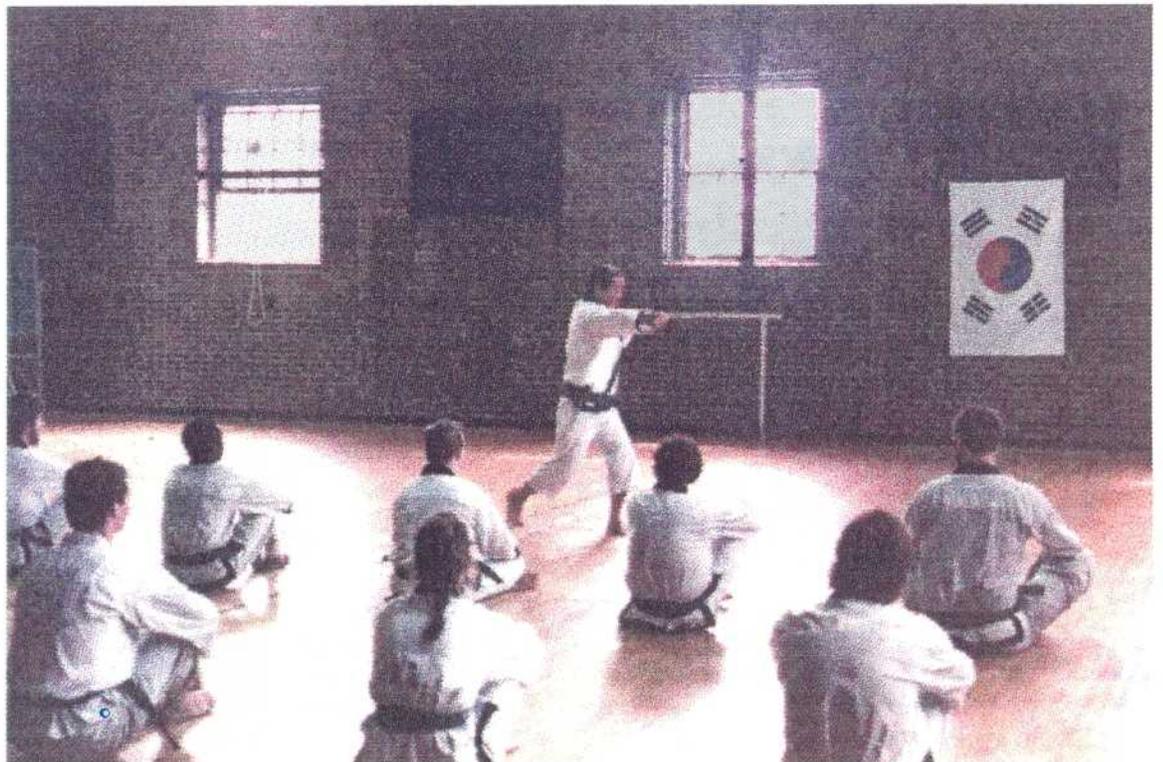


*It is something one does always...
outside the do jang, out of uniform,
out of body.*

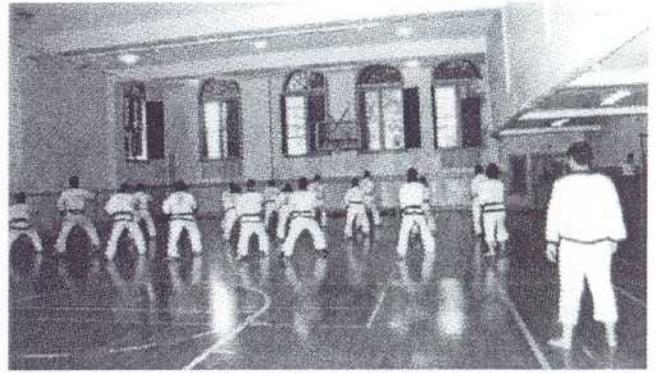
*It is life itself - an attitude, a spirit, a
way of walking on this earth.*



Tae Kwon Do sets high standards of conduct and even higher expectations of conduct from its members/ participants

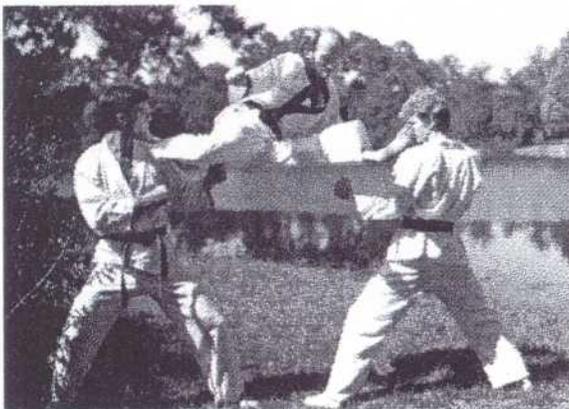


Basic movements provide for the beginner an introduction to the physical dynamics of Tae Kwon Do and an introduction to discipline. It is a time when those movements which are not part of the goal are suppressed.



Forms provide both the transitional link from basic movements to free fighting and the link from the martial/goal-oriented aspects of Tae Kwon Do to the artistic and philosophical elements. For the beginner, forms reinforce the earlier discipline of basic movements and the natural progression from simple to complex movements while achieving a goal.

To the senior student, forms illustrate that a man is responsible for his actions as he confronts multiple conflicts in life; this responsibility lies in simple and decisive actions with the purity of purpose and without undue energy expended in retaliation or emotional outbursts.



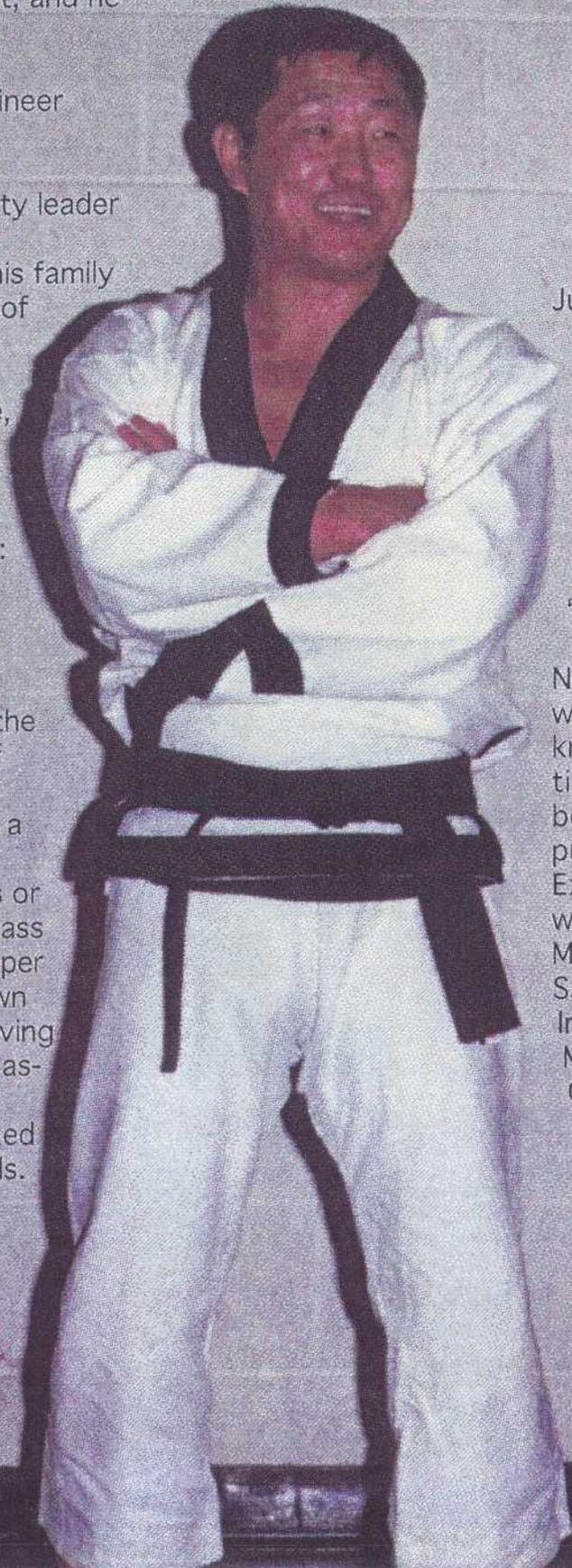
Tae Kwon Do brings individual participants into what could best be described as a family — a family that competes within itself, while at the same time providing a support system for interactions within society at large.

Tae Kwon Do survives because setting higher standards of conduct for its members results in more responsible and more disciplined students of Tae Kwon Do, as well as better functioning individuals.



He lived it, he was it, and he still is it:
top-notch student
executive level engineer
superlative partier
fearsome fighter
influential community leader
near-par golfer
great provider for his family
instructor to some of
the finest human
beings in America,
Africa, Asia, Europe,
and the South
Pacific

The stories abound:
the Vietnam years
the drinking fests
the starving early
years of college
the TKD demo for the
Vanderbilt board of
trust
the way he'd judge a
tournament match
the time he did this or
that technique in class
the displays of temper
the times he's shown
his paternal side, giving
advice, offering as-
sistance
the lessons we picked
up on without words.



Just do it.
-Nike

JUST KICK; JUST
PUNCH; JUST FIGHT!!!!
-Mr. Haw

Perhaps the "Do" in Tae
Kwon Do is the "do" in
"Just Do It."

No matter. Each of us
who has experienced TKD
knows what it is by the
time we achieve black
belt rank. We just can't
put it into words.
Except, perhaps, these
words:
Mr. Haw Tae Whae
Sah Bum Nim
Instructor
Mentor
Coach
Father

Yes, father, patriarch,
male figurehead for the
family,
the Family of Tae
Kwon Do students.

"If you win this tournament, I get you a 32 oz. steak."



"Kick to the face of the policeman who has given you a ticket."



"When you walk into bar with date, man insults you, and you kick him to head so he falls to floor with blood foaming from mouth. You feel like president United States."



"Don't block with your face."



"Don't get sick again!"



"Don't yell like dying American G.I.!"



"I like it when you kick opponent to head. He takes stance and then passes out."



"Wrong way - Japanese style
 Lazy way - American style
 Right way - Korean style"



"White swan don't associate with black sheep. (Don't mix with other TKD schools)"



"I don't like little Americans running around my gym."



"You must develop 'eyes' on the knuckles of your fists."





Twenty-five years after Mr. Haw came to Nashville and started teaching six young men at Vanderbilt, the ancient art of Korean Tae Kwon Do still lives:



at Vanderbilt, in Nashville, Atlanta, Ohio, Mississippi, California, even in Iran and Zimbabwe. His students have carried and spread Tae Kwon Do worldwide. It's in business, academia, medicine, law, politics, and the police force.



It is in old men and women, young girls and boys. It is even in newborn babies, in spirit, in how we have ourselves grown and raised our children.

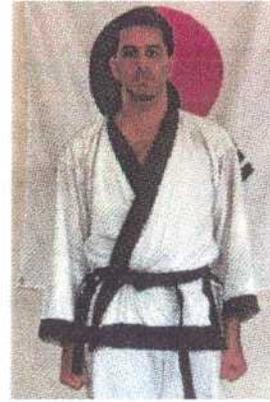




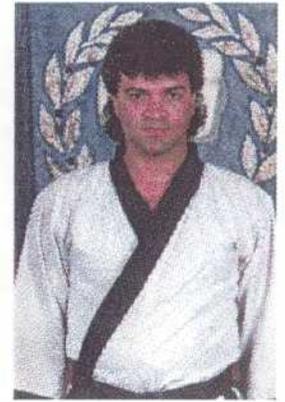
Mr. T.W. Haw



Marcos Avila



Anand Bahl



Hamid Baksheshe

“You big dummy!”

To the untrained ear, this may sound like an insult. For a long time, it seemed like I could never go to class or to a promotion test without having these words said to me. However, as time passed, I realized that I was one of the few members of the “old school” still practicing in the main gym. The “old school” being that group of hard-nosed students that practiced in Memorial Gym (where someone was always doing push-ups for crimes ranging from not running across campus to class to skipping class to go to a frat meeting to getting injured in a basketball game instead of Tae Kwon Do to being the one who taught the form to the beginner who just did it wrong in class!)

YES! I did have my fair share of “You big dummy!” Along with the legendary “chocolate” (You had to be there- and I’m no dummy!)

However, the more I think about it, I think that just maybe I reminded Mr. Haw of the “old school” and that he knew I could take all that criticism and discipline and be an example and inspiration to all the up and coming students—especially the “lazy Americans.” “You big dummy!” became a term of endearment. One day, I may be far away across the seas, and I hope that when Mr. Haw says, “You big dummy!” he looks toward the spot where I would be standing, has a little smile, and remembers his favorite “big dummy.” Thank you, Mr. Haw.

-Kwabena Ankoma



Kwabena Ankoma

I have seen the formidable Mr. Haw recurrently crack jokes in the middle of class knowing that we can’t laugh, and I saw him upset Frank and Joyce Lockhart during a talking class when they found out he wasn’t a Buddhist as they had suspected, but a Methodist instead.

At the end of my senior year in 1979, I was terrorized by the amount of studying I would have to do in medical school at Vanderbilt and tried to tell Mr. Haw that I would have to drop Tae Kwon Do. Mr. Haw flatly told me that if I did not come to class he would have Brad Smith’s father anesthetize me and drag me to the gym. This (and Patrick Ofner’s— albeit occasional— class appearance) was convincing enough. The only other problem I had with taking Tae Kwon Do during medical school was an inability to shake hands, draw blood, and start IV’s for a week or two after I broke a concrete slab during my Black Belt test. I am extremely proud to have had the opportunity to study under Mr. Haw, and I am indebted to him for promoting me to Black Belt despite my total lack of flexibility and my ineptness at remembering forms. He has not just been an instructor,

but an inspiration to continue to work toward a higher standard of humanity and an inspiration to continue his tradition of Tae Kwon Do for future generations.

-Dan Beaver



Bill Buechler

My fondest experience occurred while we were performing forms in the old gym: In the middle of a form Mr. Haw yelled out, “Beaver, correct your stance!” I was in a low block, and I straightened my legs and further squared my hips. Mr. Haw yelled again, even louder, “Beaver, correct your stance!” I again checked over my stance and tightened my muscles. Finally, Mr. Haw walked over to Bill Buechler and yelled at him, “Your name is Beaver, isn’t it?” Bill responded, “No, sir— Buechler.” Mr. Haw banged his fist to his head and just walked back up front mumbling.



Dan Beaver



Linda Cantrell



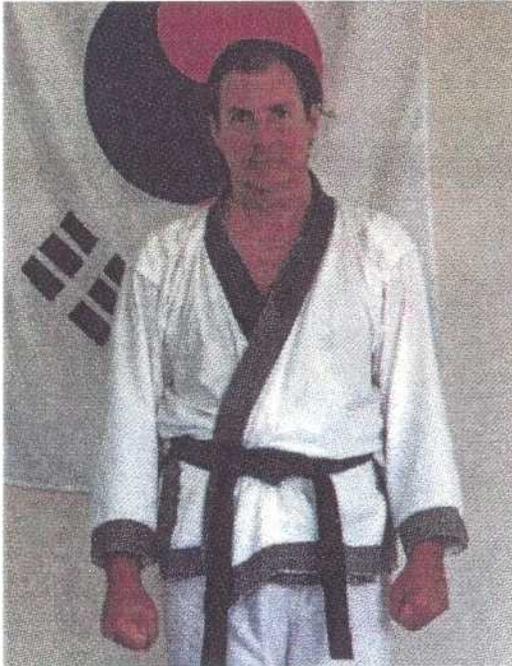
Larry Carter



Robert Carver



Hoan Dang



Jim Clarke

To Mr. T. W. Haw

On the Occasion of the Celebration of
The 25th Anniversary of
Haw's Tae Kwon Do School.

Mr. Haw, you have taught me a great deal and for that I will be eternally grateful.

Under your direction, I have learned much and I am sure I will learn a great deal more about a wonderful art and a way of life.

You have helped me accomplish things I never thought possible.

You have helped me achieve new levels of self confidence and balance.

You have accepted all of us into your Tae Kwon Do family and for that we are truly honored.

I always knew that you knew when I could do better and you always let me know it.

And, you never reprimanded me when you knew that I was doing the best that I could.

Thus you have taught me what it means to be a teacher as well.

Jim Clarke
7/25/95



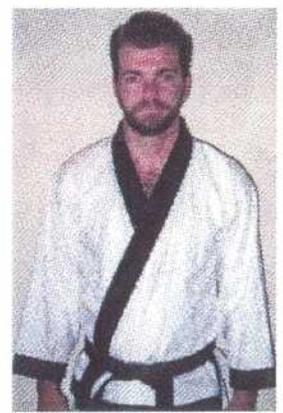
Dexter Duncan



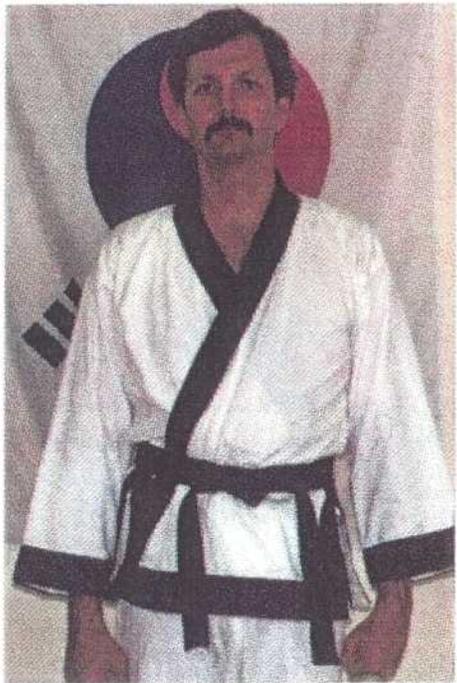
Alan Eisenburg



Peter Fong



Russ Gough



Darrel Ellis

As people progress in Tae Kwon Do, they not only become better fighters, but they also carry the determination they gain over into their daily lives. I've seen many people in our class who developed persistence in working toward long-term goals by cultivating their fighting spirit while working toward their black belts.

Tae Kwon Do also means a family. All who come to work and learn are treated as brothers and sisters. People needing help are provided with it, both inside and outside of class. I'm very grateful for the extra assistance I have received over the years from the black belts who were asked by Mr. Haw to stay after class to work with me.

I am also very grateful to Mrs. Haw and Mr. Haw's family. Not only did they provide all the fine hospitality and food at the wonderful Black Belt reunions in years past, but more importantly, his family was willing to share Mr. Haw's time. It takes a tremendous amount of time to teach so many classes a week, and I'm grateful that Mr. Haw and his family made it possible for our Tae Kwon Do family to have the benefits of his teaching.

Darrel L. Ellis, MD



Renard Harris



Todd Hennings



Paul Jarrett



Decosta Jenkins



Alan Jordan



Karen Justice



Bill Kaludis



Ron Kimbro



Scott Mendes

Words are the most inadequate way of communicating what you and Tae Kwon Do have meant to me. You have taught me that actions are the essence. We are what we do! How we live our lives is judged by our actions. Talk was cheap back then, and even though there has been inflation, it is still cheap today. You are a person of few words, yet each word from you has a purpose. You have helped me find a purpose in living: To be all that I can be and more. To achieve, to push myself to the limit, be a father, provider, teacher, helper and friend.



Scott Kinney



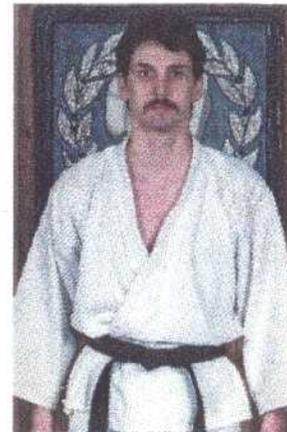
Frank Lockhart



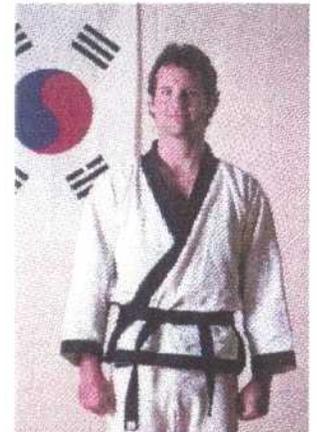
Read Majors



Mike Markham



Brad McAlister



John McMillan



Glennys Mensing



Bill Mitchell



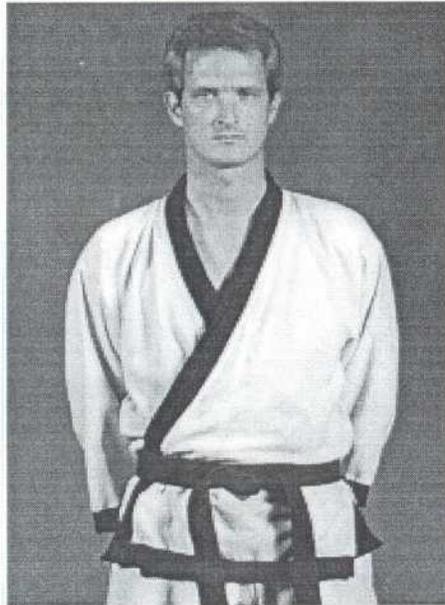
John Niedzwiecki



Tuan Pham

This is all from memory, so bear with any inaccuracies that slip in... Mr. Haw was about 13 when he began studying martial arts. His father was a Yudo (not Judo— Korean version of Judo). He went to a store to buy a uniform and there were several types in the window. The Yudo uniform was about five times the price of the lighter Tae Kwon Do uniform— so he bought the Tae Kwon Do uniform because it was so much cheaper.

They grew up in the Yong Dung Po area of Seoul. Their instructor would give them a crack on the head if they goofed up (Gganda) but Mr. Haw, with his sense of humor, said he would give you something very nice— maybe some “chocolate”— hence the term.



Ken Pence

He took me aside and said, “Show me a side kick.” I did. He grunted and said it was OK for me to start with his class, and I could still wear my black belt, but, “ Forget all that other.”

I knew some people in Vanderbilt admissions and got them to look at his records. In short, he was brilliant, got a temporary scholarship, and started in Vanderbilt engineering. I’m kinda vague about this era since I’ve been hit in the head so many times since, but several things stick in my mind about him. . .

I’d go visit him in the engineering building at night after class, and he

would be studying with his pipe in his mouth always. Always.

He would occasionally go over to the Baptist Student Center and play ping pong (he was pretty good). I’d play a game or two, but usually went over to spar with Read Majors. Mr. Haw taught me to say, “Chall gganda!” whenever he made a particularly good shot.

He would study every night at the engineering building. The textbooks he had were for UPCOMING courses. He would go through each textbook, work every problem, do every example, and correct all the incorrect answers— before he ever went to the class. No wonder they thought he was sharp.

I lived with him on Capers in 1970, and all I remember is that we drank a lot on weekends (Johnny Walker Red label), and the cockroaches were as big as Buicks.

-Ken Pence



Chris Perry

As best as I can remember it, the story goes something like this: When Mr. Haw was a young boy, he heard a story about a certain street in Seoul being haunted. He was led to believe that if you went to this place very late at night, you would encounter a terrifying monster. Now this was something that he just had to see, so he snuck out of his house in the middle of the night to go to this place and see the monster. He was fully expecting to see a hideous beast (as all young boys know, there really ARE monsters), and he was shaking with fear. Nevertheless, he trod on and finally reached the haunted street. But there was no monster. The young Mr. Haw returned home, having faced his fear, and realized that there was, after all, nothing to fear.

I always took this story to mean that one can have fear without truly being afraid. I distinctly remember Mr. Haw prefacing the story by saying that he was never afraid of anything, yet he described himself as a little boy, literally quaking as he approached that haunted street.

-Christopher Perry



Tim Priddy



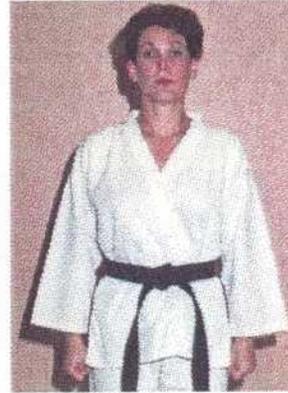
Greg Pulliam



Jon Rogers



Michael Roshan



Mindy Schwartzberg



Ari Siemaska

I believe it is your expert ability as a teacher that makes the TKD class such a powerful experience for your students. The combination of your dedication, high expectations and teaching has bound us together as a family and continues to enrich our lives long after we have gone our

separate ways. As I start to teach again, I hope that I can give my students a chance to experience the rewards of TKD training in your special style.

-Rodney B. Piercey and Katarzyna Piercey Ljubljana, Slovenia



Brad Smith



Hung Tran



Buzz Piercey



Irv Rubenstein

Relationships evolve over time as a function of commitment and performance. Thus did ours evolve from student to lawn-mower to assistant to a stage few ever achieve with a superior: friend. You had always said, "If you have a problem, money or otherwise, come talk with me." How many have taken you up on this offer? Not many, I would guess. As mundane as it may seem, a girl I had been dating dumped me, not an unusual event, but one that hit hard this time. Devastated (hell- I was still under 30, just an aged teen), I called you at work and asked if I could come see you. You met me in the hall and shared my despair and concern with my ability and desire to attend class that evening. Mind you, I had never missed class until my divorce in 1987. You suggested I not attend if I were not up to it, even for a couple of days. Of course I did go to class. The point is, you were there when I needed you, you listened, you empathized, and you withdrew from the position you'd held in the past— "Just be there!" In honor of this anniversary, I would like to express my thanks for what few of us have dared to know, your very real humanity. I believe that that is what provides you the power we acknowledge and respect.

-Irv



Justin Rubenstein



Donnie Walls



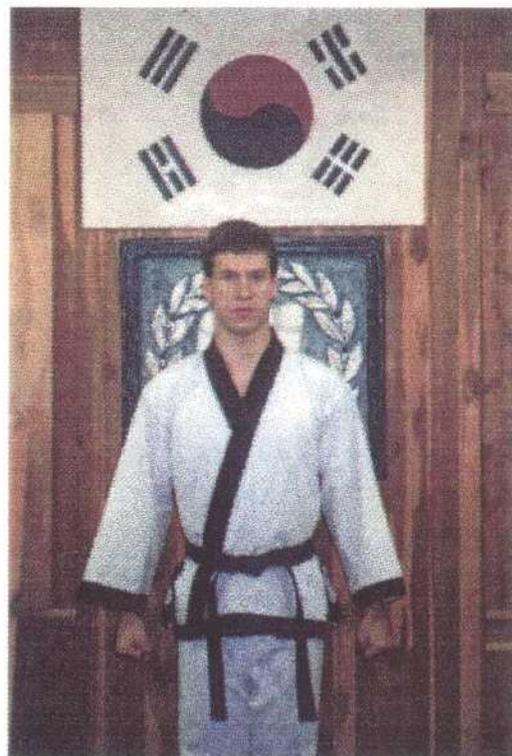
Larry Weitz



Jay West

I admire your dedication to teaching others and your demanding attitude toward learning. You were and inspiration and taught me many things, not the least of which was the value of persistence. I often think of your many anecdotes about training and have applied them to work and school. I liked most your description of running up a mountain taking a few more steps each time you run. To me this story is more about channelling one's will than about steadily getting in better shape. The most difficult part of most achievements is maintaining the willpower to sustain the activity as it becomes progressively more difficult.

-Charlie Scott



Charlie Scott



Wayne Wood



Andrew Zachariassen



Katie Zachariassen

Sal Soraci

I remember my first class. There were six beginners, including myself. In a short time, it became painfully obvious that I was the beginner with the least physical skill and the worst memory. Two years later, however, I could say that I was the best of those six— I was the only one left. I believe I remained because I listened carefully to the few remarks you made to all of us. In particular, I listened to “be in yourself,” a comment you made quite frequently. At first I thought this comment was a little strange. Later I realized that your expression was well said, and that my adherence to pragmatics prevented me from understanding. There are many lessons that you have provided all of us, even though you said so few words. Many of these lessons were learned just from observing your tremendous humility and grace. I am very grateful that I have the honor of being one of your students and thank you for all your teachings.

Respectfully,
Gabriel Tornusciolo
Mr. Haw, sir:
I never did drink saki again.



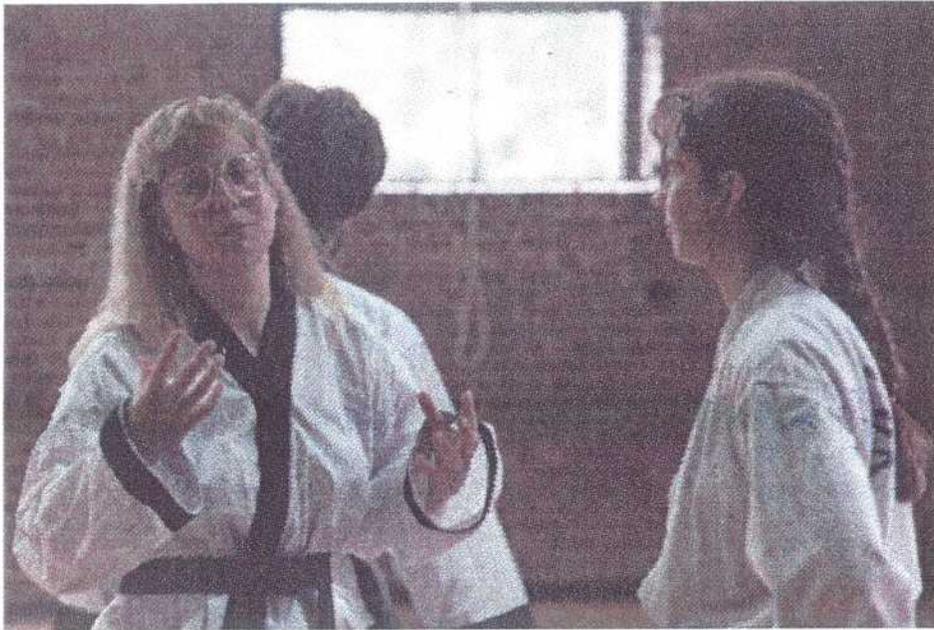
Shortly after transferring from the Vanderbilt class over to the main gym, I was in the corner continuing my attempts to learn the side kick. I noticed out of the corner of my eye that Mr. Haw was watching me. Soon he came over to me, stopped me, and shared the following: “Your kick reminds me of a letter without a stamp— it’s not going anywhere.” Of course, he immediately proceeded to sift through the forty or fifty things I was doing incorrectly and targeted on the one thing that made a great deal of difference at the time.

- Jim Clarke



Anyone can jog around a track for their physical well-being. Anyone can lift weights. Anyone can do aerobics. Tae Kwon Do is a way of life. It teaches you honor and respect. No matter whether it’s toward your country or to the person on the street, you obtain honor and respect from others if you treat them with honor and respect.

-Ron Stockton

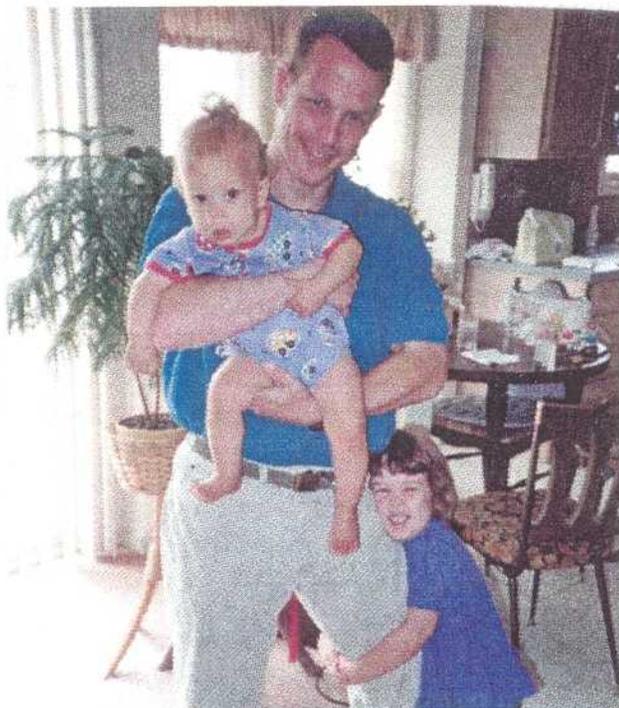


I was deeply impressed the first time I saw Mr. Haw. I remember thinking I had never seen such a powerful, focused, disciplined man before in my life. Powerful, both physically and mentally. As I recall, my mother's awed exclamation was "His legs look like tree trunks!"

After I joined the class, I was impressed by how seriously Mr. Haw took his responsibility to "protect" me. To the best of my knowledge, he was never asked to do so, he simply took it upon himself to ensure my safety and well-being. He always made sure I had responsible rides to and from Tae Kwon Do events, that I didn't drink at TKD functions until I was of age, etc. He truly was a father figure to me

in many ways. I felt a very real bond with the other members of the class— as if we were extended family. Though it has been many years since I practiced Tae Kwon Do, I find myself even today relying on the inner strength and courage I learned from Mr. Haw all those years ago. I was recently diagnosed with cancer, and it's quite serious. It may well be the fight of my life. But somehow, I know that deep down inside I have the strength to deal with it because Mr. Haw showed me that strength in myself when I was his student so many years ago.

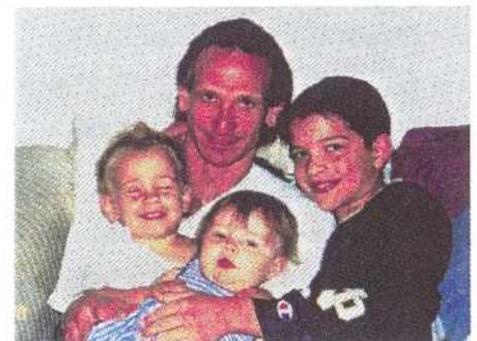
You are a gifted teacher and a compassionate human being, Mr. Haw. Thank You for teaching me so much about myself and so much about life.
-Nancy Sherburne



Mr. Haw taught me three very important things when I was a young man that I still carry with me today:

endurance, perseverance and working through pain. These early lessons still serve me well.

-John Clark





"Eagle Beaks!"

Rocky Balboa's Techniques for Successful Sparring— as taught by Mr. Haw... and told by Becky Sharpe

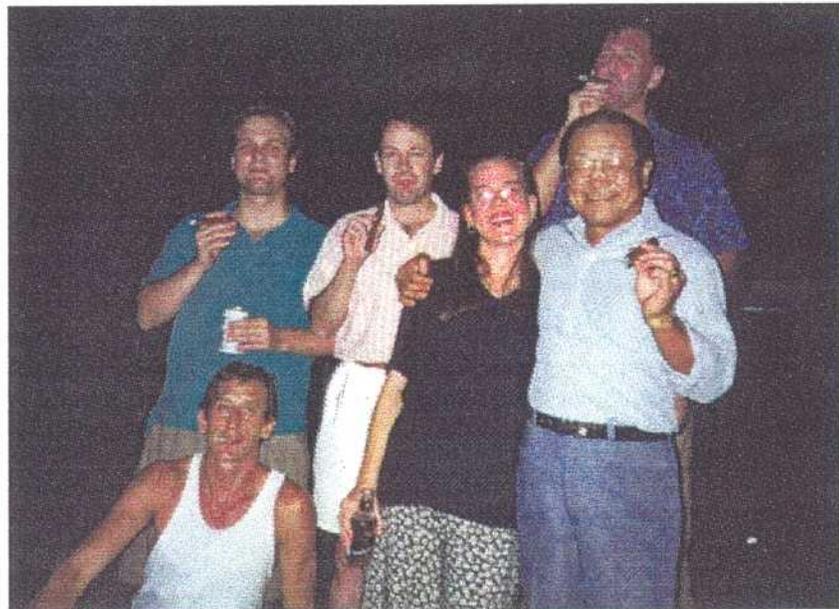
Scene: Laura Schact and I were having a heated sparring match which Mr. Haw was observing intently. At several points he tried to get us more motivated by using the usual techniques, like saying, "move faster!" and "get in there!" It was not working to his satisfaction. So he tried what has come to be known as the Rocky Balboa technique for improved fighting. Here's how he introduced it to me in the aforementioned scene:

Circling around us, he curled his upper lip over his gritted teeth, leaned in and snarled, "GET THE CHIKKEN!!!!!"

Epilogue

Laura is still receiving therapy for the hernia she got trying not to laugh...

Becky did laugh and has been allergic to chocolate ever since...





PEPPERDINE UNIVERSITY

MALIBU, CALIFORNIA 90263 ☐ TELEPHONE 310/456-4000

June 28, 1995

Dear Mr. Haw,

In just a matter of days after you have read this, my first book—*Character is Everything: Promoting Ethical Excellence in Sports*—will have been published.

While there is certainly no way I can begin to repay you for what you have taught me and for the way you have supported me over the years, it is with the utmost, heartfelt appreciation that I tell you now that I have dedicated my book to you.

In addition, there is one chapter of the book in which I try to give the reader a sense of just how profoundly I am indebted to your wise instruction. I have re-printed that chapter for you on the following two pages, especially because I wanted to give you the opportunity to read it before anyone else.

Please consider both the dedication and the chapter as small tokens of my tremendous gratitude and respect for you.

If there ever was a martial arts instructor who was deserving of the title "Master," it is you.

Always in your debt,

Russ Gough

8.

A Coach Of Character

When it comes to talking about character, especially building character, few expressions come to mind as quickly as the time-honored "sport builds character."

There are countless thousands of past and present athletes—including U.S. presidents such as Gerald Ford—who credit their coaches for helping them learn first-hand the profound meaning and significance of that expression. You may very well be one of those countless thousands.

I've often said that athletic coaches shaped my character as profoundly as anyone else—with the exception of my parents, of course, and one minister.

Of the many coaches I'm indebted to, coach stands out above all others, a coach to whom I can never repay my debt. A coach who has not only profoundly shaped my character but who has taught me much about the essence of character—about what it is, about how it is developed, about what it can be, about how it is *everything*.

That coach is the one to whom I have dedicated this book, Mr. Tae Wae Haw, my Tae Kwon Do instructor of some 10 years or so.

In the tradition and spirit of all truly great coaches, Mr. Haw coaches and teaches about character more than anything else. He is most definitely a master at teaching skills—like those of self-defense—but his greatest mastery lies in his dedication and ability to teach skills of character.

It took me quite awhile to realize, even long after I had earned my 1st-degree black belt, that what Mr. Haw is all about—what he is really after—is personal character. And I don't mean "character" in the abstract or in theory. His approach to teaching and coaching is always very practical, sometimes painfully practical: Developing and honing these specific strengths of character; facing up to and overcoming these specific weaknesses of character.

He's the type of mentor *par excellence* who helps you learn the hard way about character what you thought you "knew" the easy way. And sometimes, hard lessons about character can only be learned the hard way.

Like the first time I got kicked—and kicked really hard—between the legs while sparring. Predictably, I fell to my knees and doubled over, grimacing in pain. All I remember is that next, in an instant, Mr. Haw picked me up from behind, made me stand up, and thundered, "Are you just going to stay down and cover your head like a frightened puppy after someone has attacked you on the street?! Are you going to ask them, 'please wait a second so I can catch my breath?' You'll be dead!"

Then immediately he said in a "don't-make-me-say-it-again" tone of voice: "Continue!"

I continued. For the life of me, I really don't know how I was able to continue sparring, because it *did* hurt, and it hurt badly. It was the kind of hurt that makes it hard for you to breathe, muchless move. But I did continue, with Mr. Haw's help, of course.

Knowing that he could read me like a book, I have no doubt that Mr. Haw knew it was much more than just a matter of working through the pain of getting hit between the legs. He knew that I was so afraid of getting hurt that I probably *was* going to get hurt unless I confronted that fear. It was a matter—a lesson—of overcoming fear and learning to exercise courage in the face of adversity.

It proved to be a defining moment for me—not so much in terms of self-defense but just in terms of *self*. In other words, my character.

There was also the time when Mr. Haw told me to use a small balloon to help perfect my punch. He told me to hang the balloon by a string at about face-level, and to begin punching it. That's all he said.

For literally months and months I kept trying to figure out what the heck I was supposed to be learning from punching a balloon that weighed no more than a few feathers. After throwing countless thousands of punches at that blankety-blank balloon, I was still asking myself: Is it supposed to help me learn how to shift my weight better? Is it somehow supposed to help me focus the energy of my punches better? Am I supposed to learn how to break the balloon with a single punch? Am I supposed to learn how to make it bob up and down—and not sway—like when punching a heavy bag correctly? And, finally, what *is* the deal with this stupid balloon?!

Mr. Haw never answered any of these questions for me.

He knew, of course, that *eventually* I would answer them all for myself. And when I finally did come up with some answers, I realized that his balloon idea was meant to correct a flaw in my character much more than one in my punch. Looking back, I appreciate now more than ever how Mr. Haw was helping me deal with an impatience and an attitude that said, "If I can understand it right away, then I can be good at it right away." That "stupid" balloon had taught me that if you want to become truly excellent at anything, then you must do it over and over again until it becomes second nature to you.

With many other lessons such as these, Mr. Haw taught me as much as anyone that personal character is where *IT* is at:

- That character is built more than built-in.
- That if you want to truly learn to master anything, you must first learn to master yourself.
- That when it comes to building good character---in or out of the competitive arena—there is simply no substitute for *sweat*, for hard work, for practice.
- That character is *what* you are when no one's looking.
- That character is *what* you are when everyone's looking.
- That Success or Excellence or Winning, whatever you want to call it, isn't about victories or defeats, it isn't about trophies, medals, or ribbons, it isn't about fame or fortune, and it isn't about statistics.

It's about *what you are and what you do with what you are*.
Its about *personal character*.

Community football tops IM action

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lon 6-0 and Pi Kappa Alpha defeat-
ed Zeta Beta Tau 6-0. In the black
league, Sigma Alpha Epsilon and
Phi Kappa Sigma tied at 0-0 and
Phi Kappa Psi defeated Sigma Chi
14-8.

Also, for the Vanderbilt Tae
Kwon Do Club there was a IK Kim
-Tae Kwon Do Championship
tournament in Cincinnati on Nov.
2. For Vanderbilt in the tourney,
Hoang Nguyen (lightweight white
belt) took first in form and first in
sparring. In the yellow belt divi-
sion, John McMillian (heavy-
weight) took third in sparring.
Dave Heydinger in an amazing per-

formance won second in sparring
(heavyweight). Alan Eisenberg
(lightweight) took third in sparring
and Hoan Dang (lightweight) swept
first in form and sparring. In the
green belt, heavyweight division,
Gake Tornusciolo won second in
sparring. In the red belt, heavy-
weight division, Jim Warriner took
third in sparring.

Furthermore, in the black belt
division Brad Smith took first place
in the heavyweight class, and Irv
Rubenstein won first place in the
middle weight class, as well as first
in sparring and third in forms.

— Compiled by Lee Zoslow

Legs important in Tae Kwon Do; finish the job karate starts

By KEVIN CUNEO

It seems that legs are the thing
these days and Tae Kwon Do has
taken advantage of the situation
stressing the importance of the
limbs in self defense.

"Tae Kwon Do is different than
Japanese karate because we
emphasize the legs since they are
longer, stronger and one blow can
do the whole job," said Irv
Rubenstein, holder of a green belt
and assistant instructor on the
staff.

"At present we have about 50
men and six or seven women
taking lessons," Rubenstein ad-
ded. "Personally I feel this is
because people can see how crime
is rising and women especially see
the need for defending them-
selves."

Rubenstein admits that the Kung
Fu craze sweeping the country has
helped the attendance at the Tae
Kwon Do classes but he also thinks
that the people are here to stay.
"In past years people would
always come out at the beginning
of the year and then when school
got tough they would drop out. It
seems as though they're sticking it
out and we can see a lot of people
improving."

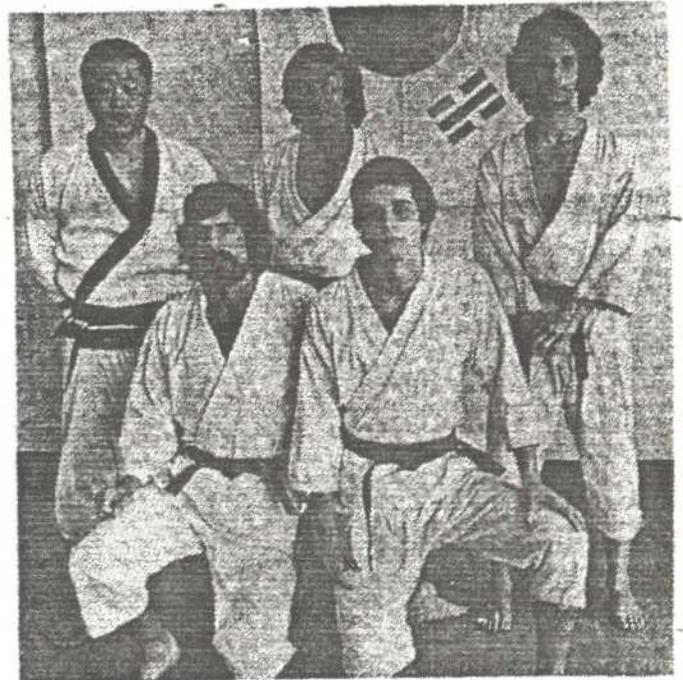
Tae Kwon Do is the Korean art of
self defense but the sport is so
complete that it can allow a person
who is attacked to turn the tables
and take the aggressors role if a
situation should ever arise. At
Vanderbilt classes run three times
a week with sessions slated from 5
to 6:30 p.m. on Monday, Wed-

nesday and Friday in the South
Lobby in Memorial Gym. The
classes are open to all students and
the public.

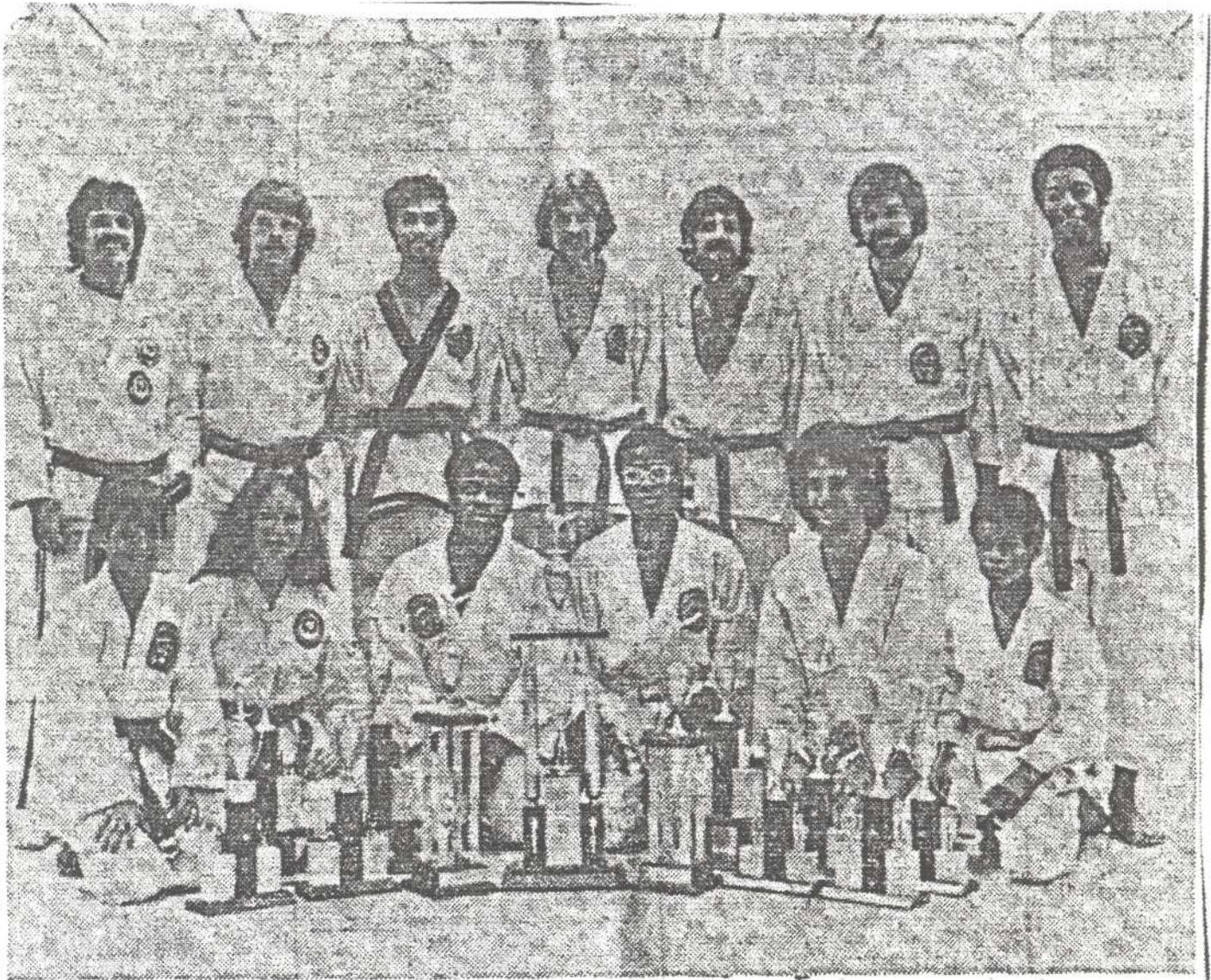
The art is broken down into five
divisions with two levels in the
white belt class, two in the yellow
belt, three in the green belt, three

in the red belt and two in the
highest black belt group.

"Our best performers competed
in two tournaments in February
and we are hoping to take part in
another month," Rubenstein
concluded. Tae Kwon Do, be
careful how you use it.



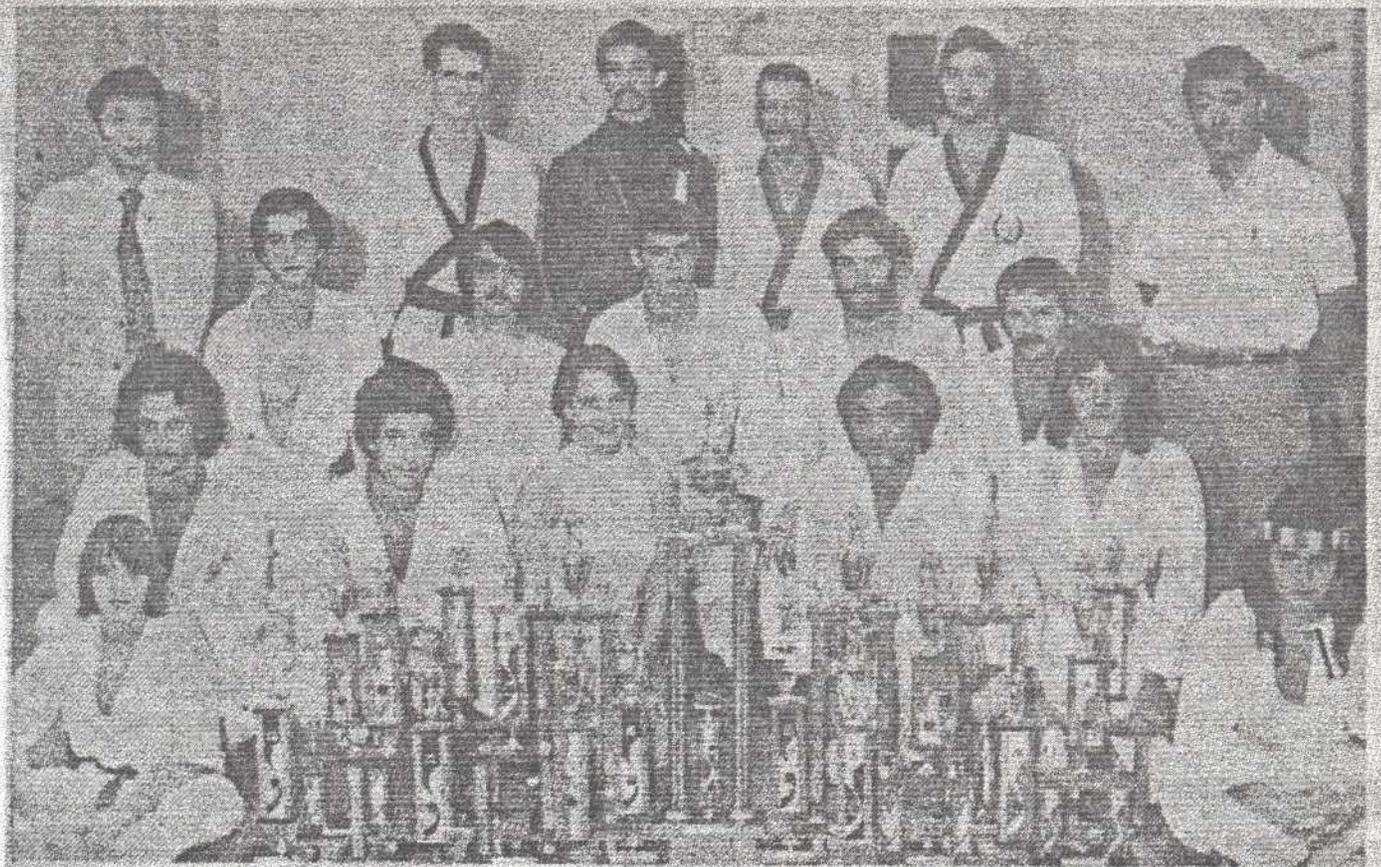
The Vanderbilt Tae Kwon Do competition continues to ride high thanks to the efforts of (back row left to right) Tae Whan Haw, Anthony Chung, and Irv Rubenstein. Scott Mendes and Robert Wright (front row) have scored high in every tournament.



—Staff photo by Jimmy Ellis

Best in Karate Tournament

Nashville winners in the First Annual Music City Open Karate Tournament here included, from left: back row, David Deaton, lightweight black belt champion; Mike Vanatta, 2nd, light-heavyweight black belt; William Harris, Drew Dobson and Scott Mendes, team championship; Gary Faith, 3rd, green belt forms; and D'mitri Cannon, team championship; front row, Gary Curtis, 1st, peewee free fighting, 2nd, peewee forms; Nancy Beasley, 2nd, women's beginners; David Cunningham, 1st, heavyweight yellow belt; James Ridley, 1st, lightweight yellow belt free fighting, 2nd, yellow belt forms; Irv Rubenstein, team championship; and William Laird, 2nd, peewee free fighting. Dobson also won 2nd in red belt free fighting. Deaton, Vanatta and Beasley are from the Bushido School of Judo & Karate, the others from Kong's Tae Kwon Do Institute.



Staff photo by J. T. Phillips

They Won in Bluegrass Karate Tourney

Nashville winners in the Bluegrass Invitational Karate Tournament in Louisville last weekend gather around their trophies at Kong's Tae Kwon Do Institute, 728 Gallatin Road. From left are: front, Billy Fitzgerald, and Tony Pratt; first row, Irv Rubenstein, William Thompson, Barbara Glenn, Anthony Chung, and Randy Cain; second row, Robert Wright, Michael

Vincent, Lex Jolley, Drew Dobson, Gary Faith; rear, Shin Young Kong, chief instructor at Kong's institute, Ken Pence, instructor at the Vanderbilt University class, William Harris, Charles L. Fontenay, Alan Oakley, and Tae Whae Haw, chief instructor, Vanderbilt class.

Tae kwan do gets kicks in its 20th year

By JOHN MORGO
Staff Writer

The club sports at Vanderbilt have the problem of competing with the established athletic programs for the participation and the attention of the student body.

But, somehow, these clubs have managed to attract a following in the University community and have been able to survive.

The tae kwon do club, now celebrating its twentieth anniversary of teaching the Korean art of self defense to the campus, is one such example.

The club was founded in summer of 1970 by Mr. Tae Whae Haw, a sixth degree black belt.

Haw came to Vanderbilt to attain a masters degree in Electrical Engineering, and he trained United States special forces in Vietnam.

Not only does Haw help teach the Vanderbilt club, along with Irv Rubenstein, but he also operates a commercial school for tae kwon do across the street from Carmichael Towers on West End Ave., near to the Taj Mahal and below Stone Mountain.

"I joined tae kwon do in February of 1972," said Rubenstein, who holds a Ph. D. from the George Peabody College for Teachers.

"I was looking for an alternative to weight training. I wanted something that combined athletics, fitness, and self defense. There was no judo course



THESE MEMBERS of the tae kwon do club are part of a 20-year tradition of the martial art at Vanderbilt. The club practices year-round in the rec center.

The club, which currently has around 34 members, participates in several tournaments during the year.

The first one will be during the first weekend in November in Cincinnati. Attending will be from 20 to 25 different instructors.

The club has been able to survive through the 20 years of its existence.

"One of the reasons for this is that Haw and I provide consistency," Rubenstein said.

"There will be someone who is always there. The students who join now know that someone will be there tomorrow. It keeps the club stable and

in contact," he said.
"Our punctuality is another reason that we have survived. We are on Korean time, so we hold our practices on schedule, rain or shine. We practice during Thanksgiving and Christmas breaks.

"Then it's not as mandatory, and only a few people in the Nashville area come. But class will always be there," said Rubenstein.

The practice session usually starts off with some basic movements. Then the members perform some free style techniques, and the ones that enter the competitions work on forms and sparring. For this, they wear chest protec-

tors.
Sensos Doug Kreyfar has been with the club ever since his freshman year.

"I found it was a good way to keep in shape," he said.

"It helps you to stay in touch with your body."

"I was a wrestler in high school, and since there was no wrestling club at Vanderbilt, I joined tae kwon do. That was a good decision, because I enjoy this more," he said.

The club practices every Monday, Wednesday, and Friday, at 5 p.m. in the afternoon, at the Rec Center, across from the aerobics room on the second floor.

VU lacrosse club takes Peach title

Staff Reports

Ted Davis scored four goals and Eric Tolo had two, as the Vanderbilt lacrosse team defeated the Atlanta Lacrosse Club 9-6 to give the Commodores the championship in the Peach State Tournament in Atlanta last weekend.

Tolo also added four assists in the championship game. Rick Royston was named offensive tournament Most Valuable Player, and goalie George Clarke was named defensive MVP.

The Commodores defeated the Birmingham Lacrosse Club and Georgia Tech to advance to the championship game.

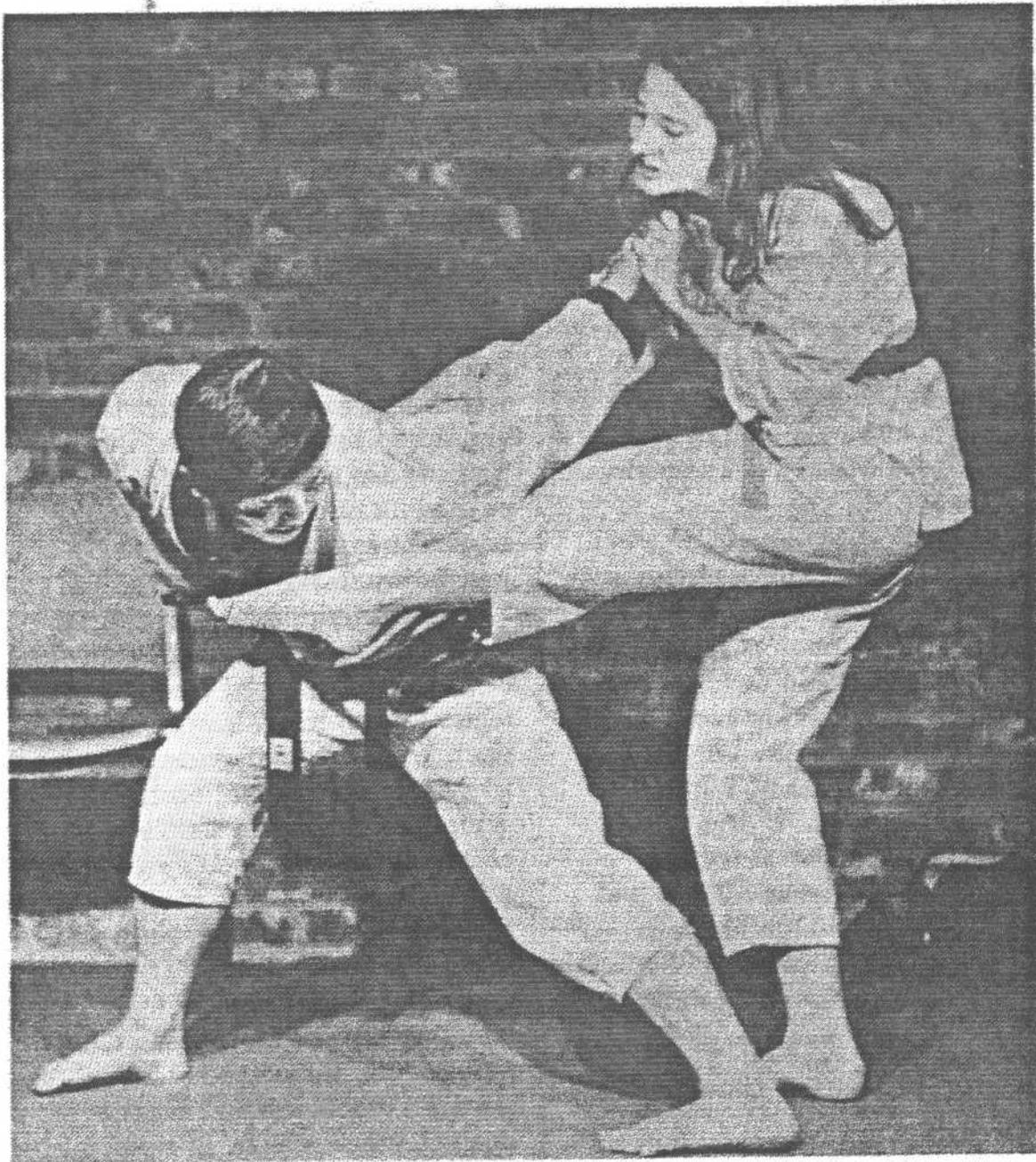
In an exciting first round game, the Dorcs trailed Birmingham for the entire game until with one minute left. Royston tied the game at nine. With twenty seconds left, Davis scored the winning goal.

In the second round, the Dorcs dominated the Yellow Jackets and won 19-9. Royston, Davis, and Tolo scored fourteen of the nineteen goals for VU.

Captain George Matouk said the performance was "probably the most effective and disciplined lacrosse the team has played in a couple of years."

The team's next home game is against the Memphis Lacrosse Team Nov. 10. Fall is considered preseason for the team, with a full slate of games not coming until second semester.

Defend Yourself, Girls



Tae Whae Haw, an expert in the Korean martial art of Tae Kwon Do, and his aid, Barbara Glenn, A'75, show a defense against a shoulder-grab during Haw's self-protection class for women only. About 60 women students took weekly free lessons at Carmichael Towers from Haw during the spring.

Martial artists swamp Tae Kwon Do tourney

Vanderbilt's Tae Kwon Do team, under the director of seventh-degree black belt T.W. Haw, won 22 trophies recently at the Music City Tae Kwon Do tournament. The tournament was attended mainly by Nashville teams but teams from as far away as Florida also came. In all, some 225 people competed.

Irv Rubenstein, an assistant instructor, placed first in blackbelt form and sparring while Brad Smith was first in heavyweight blackbelt sparring. Kristi Koch placed first in women's red-belt sparring and second in form. Greg Oliver placed first in green-belt sparring while Jim Werner was third in green-belt heavyweight sparring. Laura Temple captured first place in women's green-belt sparring.

At the yellow-belt level, Jack Morris was second in sparring, Brian Phillips was second in heavyweight sparring. Russ Gough was first in form and Frank Lacker third in form. Joyce Jacobs was first in women's yellow-belt sparring and Donice Rubenstein placed first in women's yellow-belt form.

At the white-belt level, Martha Glenn was first in women's sparring, JoAnn Ray was first in women's form, Valerie Justis was second in form, and Nora Galil was third in forms. Among the male white-belts, Greg Hayes was first in heavyweight sparring, David Jordan was second in heavyweight sparring, Richard Winston was third in heavyweight sparring and Robert Bradshaw was third in form.



Pictured above are members of Vanderbilt's Tae Kwon Do team which recently carted off 22 trophies at the Music City Tae Kwon Do tournament. (Photo by Steve Presnell)

Tae Kwon Do cleans up in Vol St. tourney

Feet flying, the Vanderbilt Tae Kwon Do team flew into the 1982 Volunteer State Championships at Belmont College and landed with an outstanding over-all team performance. Although no team scoring was kept, the Commodores finished third place or higher in 19 different events. Included in that number were seven first places.

Individuals finished as follows:

- Team coach Irv Rubenstein, first place in black belt forms and first place in black belt lightweight sparring.
- Brad Smith, third place in black belt heavyweight sparring.
- Nancy Sherbourne, third place in women's black belt sparring.
- Pam Franks, first place in women's red belt sparring.

-- Wally Park, second place in red belt heavyweight sparring.

-- Lucy Wilson, first place in women's green belt sparring and third place in green belt form.

-- Kristi Koch, second place in women's green belt sparring and first place in green belt form.

-- Laura Temple, third place in women's green belt sparring.

-- Joe Mim, first place in green belt lightweight sparring and first place in green belt form.

-- Vance Carter, third place in green belt lightweight sparring.

-- Tony Hong, second place in yellow belt form.

-- Matt Brown, second place in yellow belt lightweight sparring.

-- Mark Allen, third place in yellow belt heavyweight sparring.

-- Cindy Freeman, second place in women's white belt sparring.

-- Paul Jarrett, second place in white belt form.



Matt Vines

Tae Kwon Do

More than a sport — 'it is a philosophy'

By MATT VINES

In the south lobby of Memorial Gym, two large cases stand laden with all the trophies they can hold, a tribute to the most successful sport at Vanderbilt—Tae Kwon Do.

"Make me the biggest trophy case and I'll fill it up," says T. W. Haw, coach of the Vanderbilt Tae Kwon Do club since its beginning in 1970. "I have about 200 more trophies in my attic at home. There is not room for them all here."

Haw is an alumnus of Vanderbilt. He graduated in 1972 and then went on to earn his master's degree in electrical engineering. He now works for South Central Bell as a special service engineer.

Since the athletic department considers Tae Kwon Do a club and not a university team, Haw does not get paid for his duties as a coach. He considers this a fair policy.

"I'm willing to teach anything—whatever I know. After all, I'm an alumnus here, so even if I don't

donate any money, I can donate my sweat."

Tae Kwon Do is the Korean version of karate. It originated about 3000 years ago for national defense purposes.

"The techniques are slightly different," Haw says. "The Japanese have karate, the Chinese have kung-fu. We use the feet about 90 per cent of the time. Tae Kwon Do is superior to karate and kung-fu. Each year the National Open is open to all styles, and the top ten are always Tae Kwon Do. We can beat them up anytime."

Haw holds a 7th degree black belt in Tae Kwon Do. The highest possible belt is 9th degree, but these are exceedingly rare.

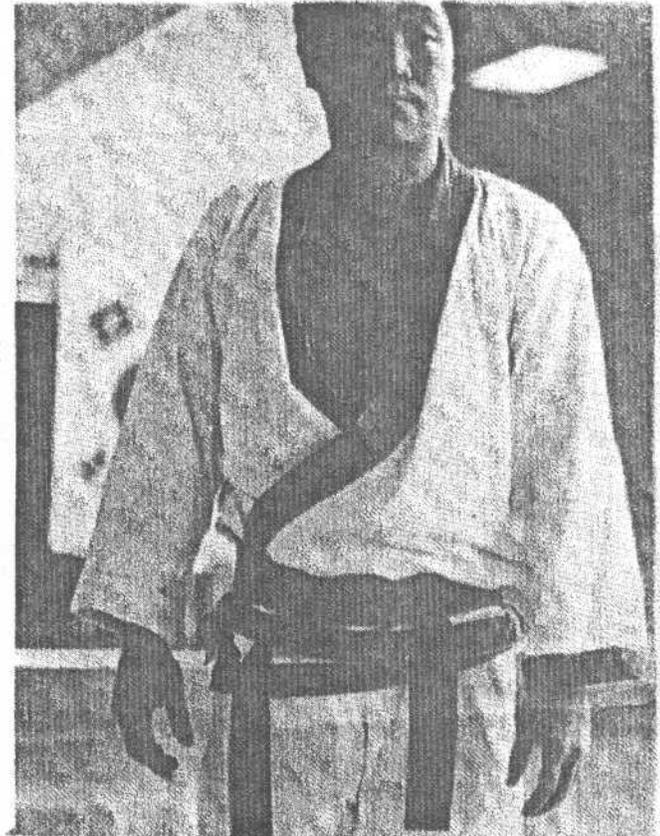
For two years during the Vietnam War, Haw served as a national representative, teaching special courses to American soldiers.

"In war time like that, there is no choice. I was teaching courses in how to kill in hand-to-hand combat."

Asked to compare Tae Kwon Do to a sport such as boxing or wrestling, Haw says, "I don't like to compare my martial art to a mere sport like boxing. That's a different story. To really find out the differences, we have to fight each other and be killed and it's not a very good way."

"Tae Kwon Do is much more than a sport. It is even more than an art. It is a philosophy, and to be a black belt in it, you have to live the philosophy. It is mental as well as physical discipline. It's like knighthood in Great Britain. You have priorities: your first priority is absolute loyalty to your country. The second is total obedience to your parents. Then comes faithfulness to your friends. It is used for good, not for streetfighting or something like that."

"Sure, it is an art of self-defense, but sometimes you have to be aggressive. You use it only to protect your family, your friends, and yourself. If your friends are attacked, you don't just stand



Matt Vines

Above left: Tae Kwon Do students work out in Memorial Gym. Above right: T.W. Haw, 7th degree black belt.

there and watch, you get in there and participate."

"I always emphasize to my students: if anybody tries to do you a favor, then return it. If somebody buys you a beer, then buy him a beer back. If someone tries to kill you, then you kill him. If someone tries to kill me, then I will kill."

"When you come into the gymnasium or class, you have to assume you are in an emergency or some urgent situation, so that's why I don't let anybody smile or laugh during the class. When they fight, in the street or something, they cannot smile, obviously. That is mental discipline."

In Haw's class, women fight against men, not just other women.

"Other girls will not attack the girls; MEN will attack the girls. In such cases, they will have to fight and that's the reason they are here, to learn to defend themselves against the boys. In other martial arts classes in the U.S., they don't do this. The girls fight only other girls. But this will not help them against the boys. Fighting boys is a different story. My girls in here they can fight with the boys anytime."

What would happen if one of Haw's students caused trouble?

"My students don't pick fights. If they do, then I beat them up."



"Just Practice."