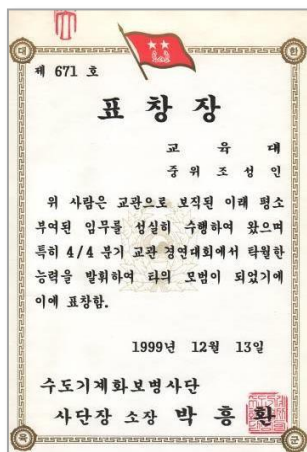


## About Master Jo



Master Jo started training in Taekwondo in Seoul, South Korean in 1985 he was 10 years old. His interests and expertise included various Korean traditional martial arts such as Sibpalki (Korea traditional military martial art base on Muyedobotongji<sup>1</sup>), Hapkido, and weapon techniques (including long staff, nunchaku, and sword). Master Jo was also interested in other martial arts and therefore trained in Chinese martial arts Kung Fu, and in the Japanese martial arts Judo and Kendo.

Through martial arts training Master Jo learned respect, consideration for others, courtesy, perseverance, initiative (to lead by example), leadership and spirit as a martial artist. Master Jo believes that the spirit is more important than techniques for a martial art practitioner and so Master Jo focus more on those spirit as a martial arts training person.



While a university student in Seoul Master Jo was president of the Korea traditional martial arts university student association where he contributed to the study and dissemination of Korean traditional martial arts. Because of these experiences, when he was an officer (first lieutenant) in the military, he taught Taekwondo to Korean soldiers in recruitment training camps. His efforts were much appreciated and Master Jo was awarded a prize for best instructor.

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<sup>1</sup> Commissioned by King Jeongjo (1740~1810) in 1790, the Muyedobotongji (or *Muye Tobo Tong Ji*, translating to "Comprehensive Illustrated Manual of Martial Arts") expanded on the eighteen weapons systems identified in the *Muyeshinbo* of 1758. Written by Yi Deokmu (1741~1793), Pak Je-ga (1750~1805) and Baek Dong-soo (1743~1816), and published in four volumes in 1795, it preserved the methods and practices of the earlier work while adding equestrian training by executing six of the earlier weapons on horseback, extending the system to "eighteen martial arts methods"

After university Master Jo worked for department of education team of Hyundai and Kia Motors, and continued to study, earning a master's degree in HRD (Human Resource Development). He then joined LG Electronics, working as an expert of educational program developer, while continuing his studies to complete a doctorate program in HRD.



Master Jo is a 5<sup>th</sup> degree black belt in WT Taekwondo, a 4<sup>th</sup> degree black belt in Hapkido, and a 2<sup>nd</sup> degree black belt in Sibpalki. He also holds an instructor certificate in Taekwondo issued by Kukkiwon (headquarters of World Taekwondo). This certificate, recognized worldwide, required long and challenging training, culminating with a difficult examination. Taekwondo practitioners from around the world are still challenging this examination to receive this certification. As well Master Jo holds a certificate of instructorship in Hapkido issued by The Korea Hapkido Total Association.

In Korea, Master Jo is well versed in official World Taekwondo poomsae as well as the new poomsae (Bigak, Himchari, etc.). He learned new poomsae in Korea from Master Ji, a former Korea national poomsae competitor, and currently a poomsae instructor for the Korean national competitors. Also, he has trained Taekwondo and Hapkido form Grand master Hwang of The Korea Hapkido Total Association in Seoul.

In Canada, Master Jo continued to study taekwondo under the direction of Grand Master Jung (8<sup>th</sup> Dan), a former national competitor (both Korea and Canada), world champion, Olympic medalist, and Canadian national team head coach. He also served as an instructor at Woo Yong's Taekwondo Academy.

