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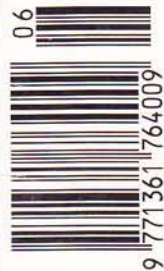
TKD

AE WON DO

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The Un Yong Kim Cup

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Extravaganza!
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*The Force of
Kuk Sool
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FRANK MURPHY
I'm Addicted to TKD!

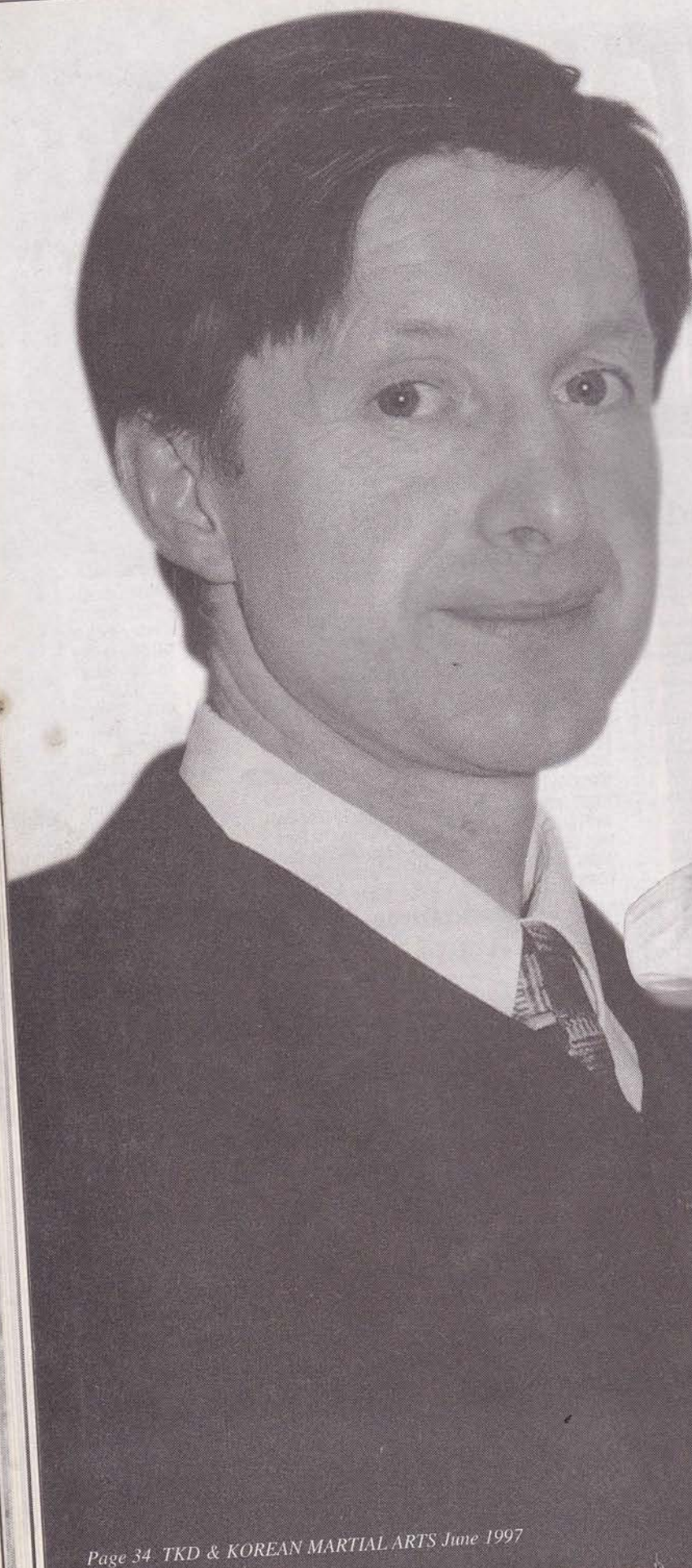
PLUS: Newsline, Letters, Tournaments, Courses, Features and a whole lot more!!!

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GTI's Chairman, Frank

TKD-KMA: What grade are you, how long have you been training, and how did you come to be involved in the martial arts?

Frank Murphy: I'm a sixth degree black belt and I've been training since 1974. I began training in taekwondo after I was severely beaten up by four sailors in Cork city. I can remember it clearly now - it's still a painful memory! I had no knowledge of martial art then and tried to stay standing for as long as I could. Then I worked out that I'd take less punishment if I went to the ground,



URE FOR ME!

Mc Murphy, tells us how he became addicted to taekwondo.

so that's what I did. I huddled myself up into a ball and tried to protect my head, face and groin. I remember the face of the guy who was kicking me and in the middle of what was happening, I vowed to get revenge on him, so I spent three years trying to discover who he was. I never did find him - and now I'm glad I never did.

Shortly afterwards, I saw an advert for an exhibition in Cork and found myself watching Master Rhee Ki Har. No one else was doing demonstrations like that and I really enjoyed it! I thought I could really fit into taekwondo though I admit that my first interest was getting even, so I asked my instructor to teach me some quick, neat moves that I could use. I didn't want to do all the fancy moves and it took me seven months to get my first yellow tags because I wasn't interested in gradings, the uniforms, or things like that.

TKD-KMA: Were you particularly interested in taking up taekwondo?

F.M: No, I'd have taken up anything that would have helped me get revenge on those sailors! I did some boxing at the Sunnyside club but I couldn't understand why they wouldn't let me into the boxing ring until after I'd done a lot of physical training - skipping and things like that. I also did a little Shotokan karate and it wasn't until I was 18 years of age that I finally took up taekwondo. Around seventy or eighty of us huddled in the Arcadia Ballroom in Cork City at the time of the Bruce Lee boom.

TKD-KMA: When did you take your grades?

F.M: All my coloured belt grades

were awarded by Master Rhee in the Irish version of the UKTA - the RITA. My black belt first degree was awarded by a panel and Master Rhee awarded my second and third degrees. Then in 1983 we left the ITF and I took my 4th dan under Hee Il Cho - he came to Ireland before ever he went to the UK. I took my 5th degree in 1987 and I took my 6th degree under Ted Hopwood last May.

TKD-KMA: What is your present position in taekwondo?

F.M: I'm Chairman of the GTI, I was elected last March in London and this year will mark my first anniversary in office. Officers are elected for two years and I'm very pleased to have had the chance to work with these good people. Some of the GTI people I work



with are famous in their own right and have been at taekwondo for longer than I have. I feel this position has come to me at an age when I can give good service and do the job well.

My main responsibility is as a role model - I have to lead by example, so I can't afford to make a bad decision which would bring taekwondo - and martial arts in general - into disrepute. I regard

two reasons for this, the first being that I believe that as you give, so you receive - though I'm also doing it for the children's benefit, of course. When my face is seen in this connection, it will be as someone who repre-

tor. These people have been in similar positions in other associations and I think their diverse backgrounds have given the committee a lot of strength. We've just enjoyed a good honeymoon period but now we're ready to begin the next phase of our development.

I think that many people are happy with me as chairman because they know I've been training for a lot of years and am a high dan grade. I don't personally believe that you need either of those things to be a good chairman because so far as I'm concerned, the Chairman needs vision and commonsense more. A good background does help, though!

TKD-KMA: What motivates you to continue to train?

FM: There's no substitute for being completely fit! It's not just a physical thing though because through martial training, you feel on top of the world! The social side of training contributes to this feeling good because you are mixing with people who share your enthusiasm. I really enjoy going into the gym to train. Beyond a doubt I'm addicted to practice now and there's no cure for me!

myself as an ambassador for my association and this means that my behaviour and appearance have had to change. When people see me and how I behave, they are seeing the standards of my association. That is why I take care to behave correctly at all times. I believe very strongly in leading by example!

I wear two hats - one when I am representing the GTI at interviews like this and another when I'm running my own club. The two have different responsibilities. Fortunately, I've got some excellent staff in my academy!

I'm doing a thirty walk for Children in Need soon. There are

sents the standards and objectives of the GTI. So it's very difficult to separate the public from the personal image.

As for my other duties, I also run all the instructors' courses for the GTI and I organise the seniors of the association and promote seminars. Recently we held one for all our fourth degree black belts and it was well attended.

There are eight people on the Executive Committee so I have to be something of a personnel manager! Each of them has a different personality and so I've delegated jobs to members according to their personalities. You'll find no better coach than Tony Sewell and a good man - George Coburn - is my Vice Chairman. We've also got a Treasurer by the name of Jane..... and Alan Sparkes is our tournament direc-



**Spinning back side kick
4th degree black belt
grading
1983**

TKD-KMA: Do you have a full-time club?

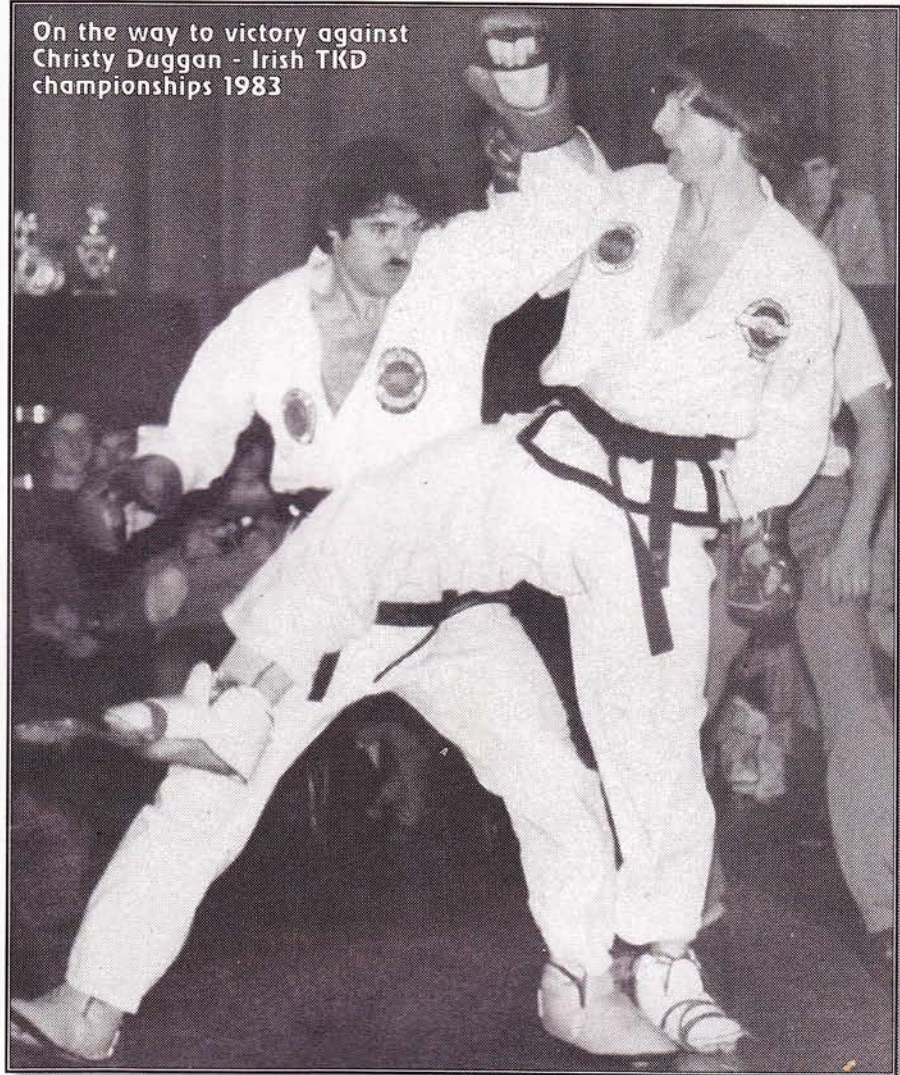
F.M: I do now, yes, though I began hiring halls and sharing facilities. The way the caretakers would arrive early to close up and stand there twirling their keys really got up my nose. I also hated waiting for other people to leave the gym before we could go in and I remember the way they used to sneer at us in our white pyjamas. In the end I became fed up enough to open the Academy and now people know I'm going to be here for a long time to come.

The number of current students training with me varies between eighty and one hundred and ten and the majority of those are kids. I wish there were more older people though I've learned a lot about teaching children from my girlfriend, who's a school teacher. She understands their psychology and is a force behind the GTI's success.

Kids represent the future of the GTI and we must provide them with a lot more than we do now. There isn't a day that goes by when someone isn't lamenting the loss of respect and moral values in our society and I think that if we can teach the children these values, then we are helping the future.



On the way to victory against Christy Duggan - Irish TKD championships 1983



TKD-KMA: Tell us a bit about your training methods.

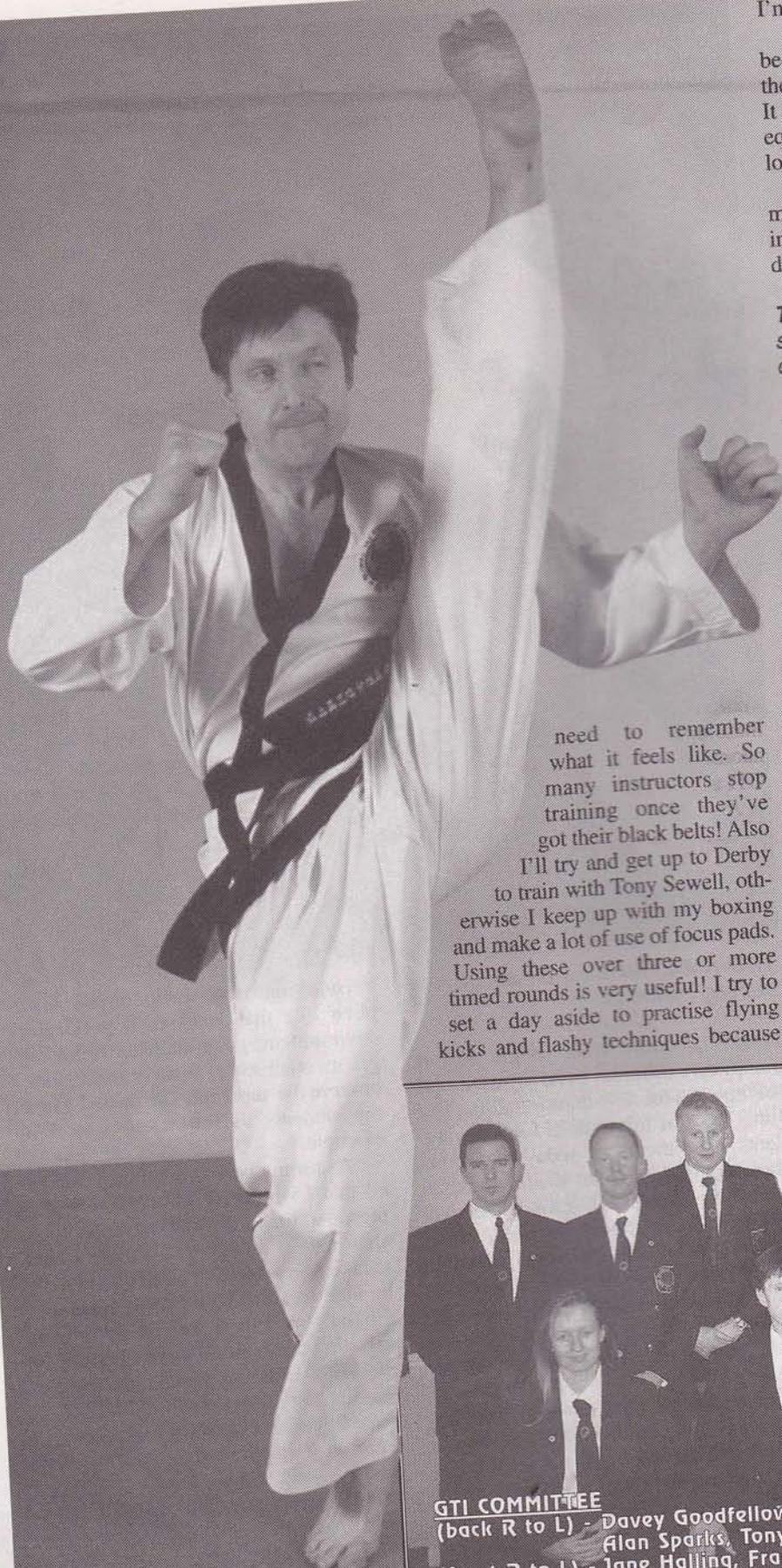
F.M: The way I train people now is completely different to how I used to. I use music a lot now during training and I mix a lot of fun with it. I ask the students how they feel today and I get them doing things like shadow-boxing. Many of these ideas have come over from the States, though people are creatures of habit and many are afraid to change the way they've been doing things. I think martial artists must be willing to accept change. They need objectivity and vision if they are to develop.

I am lenient with novices, though I expect them to behave with courtesy. I help them develop a good self image because this is of foremost importance to them in their lives. I expect excellent discipline from my black belts and their behaviour in all respects should be

beyond reproach. Encouraging discipline like that leads to a good class environment, good students and a bigger membership. I always make sure I observe the same rules as those I expect my students to follow, so I lead by example.

As for my personal training, I decided that I would try to continue with a personal timetable but because I am chairman of a large association, I have to take every day as it comes. I'd love to be able to work to a proper timetable, though, but things keep cropping up and any timetable is soon knocked on the head. Even so, I maintain my cardiovascular fitness through sessions three times a week. Most days I jog and I aim at doing two quite hard sessions where I work out on my own, and one where I work out with a partner, or partners.

Sometimes I work out with my senior students and I still spar because I



I'm asked to do a lot of demonstrations. Yoga training is very useful to me because it adds a balancing softness to the otherwise hard martial art I practise. It needn't be Yoga though - it could equally well be Tai Chi or Chi Kung as long as you balance your training.

Diet too becomes very important at my age because my metabolism is slowing down now. A balanced lifestyle is definitely a help!

TKD-KMA: What has been the most significant thing to happen to you during your long training career?

F.M: That would have to be gaining my first black belt. The panel that graded me included J.C. Kim, K.H. Rhee, Teh Hok Aun, General Choi and C.K. Choy. The grading took place in August 1977, around the time when the world's top masters were giving a major demonstration in the Kelvin Hall in Glasgow. Teh Hock Aun really impressed me - he was one of the best technical people I remember, though later he went on to found tuido.

Ask any instructor of taekwondo and they'll tell you that the best day in their life was when they put on a black belt for the first time. It's a physical achievement, it's a mental achievement and it's also an emotional achievement.

Coming across from Ireland to Britain was also a major event in my life. I remember I got off the boat and got on a bus, and the bus took me to Bristol. I had £120 in my pocket and I lived for 6 weeks on that! Mike Dew met me at the bus station and got me a

need to remember what it feels like. So many instructors stop training once they've got their black belts! Also I'll try and get up to Derby to train with Tony Sewell, otherwise I keep up with my boxing and make a lot of use of focus pads. Using these over three or more timed rounds is very useful! I try to set a day aside to practise flying kicks and flashy techniques because



GTI COMMITTEE

(back R to L) - Davey Goodfellow, Steve Breakwell, George Cockburn, Alan Sparks, Tony Sewell, Sean McGoldrick
(front R to L) - Jane Halling, Frank Murphy, Clive Harrison

job as a chippie in Jersey.

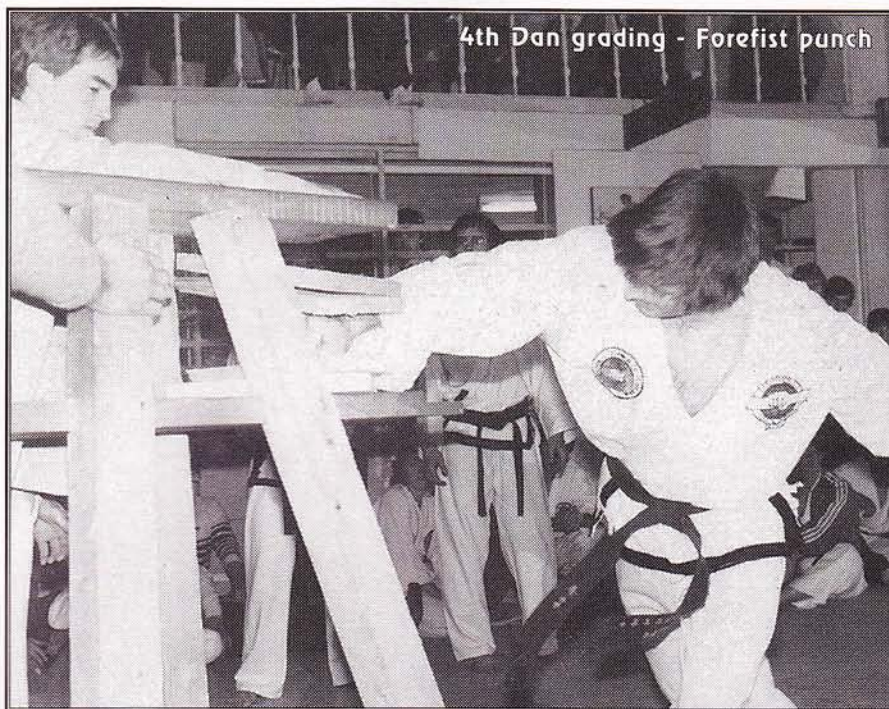
TKD-KMA: What did you do after that?

F.M: After that I worked on a variety of building sites though that was the time of the Warrington bomb and it was difficult to get a job if you had an Irish accent! One of the places I worked was in Watford and I helped with a demonstration there - because I could always perform a good twisting kick. I jumped up, did the kick and broke three pieces and that impressed the audience, so I use a drawing of that technique now as my trademark.

After that I took over the club in Watford and another in Crawley in Sussex and I looked after both clubs for a time. I was a member of the TAGB then. I parted from them in Watford with mixed feelings because it seemed a crazy thing to do at the time. I was amazed when Tony Sewell and Kim Stones came with us, and the GTI has certainly grown since that time.

TKD-KMA: Do you regret anything about the split with the TAGB?

F.M: Yes, on the personal side of things.



When you listen to people talk about the Kim Stones, Tony Sewell and Kenny Walton era, it's sad to realise that now these three are in three different associations! Kim was originally part of the GTI and he and I once fought each other in Argentina. He left us because he felt

that he was going a different way to the GTI. Often these disputes are over quite small matters - like syllabus issues, or the number of stripes on a belt. He has his own academy and is following his own path, so I wish him the very best of luck!

TKD-KMA: What ambitions do you have for yourself?

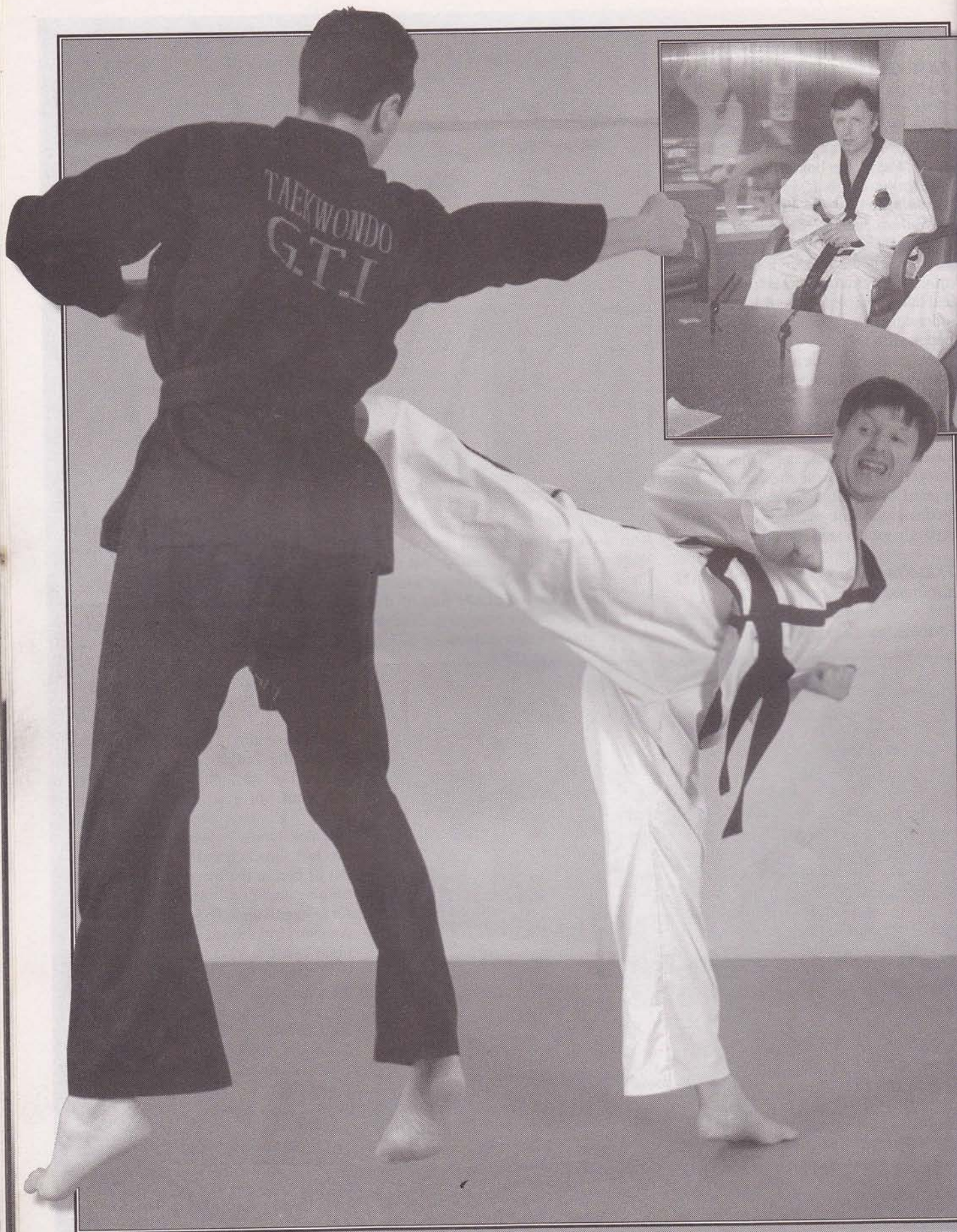
F.M: I have tons of ambitions! They can be broadly broken into a number of fields. For example, I have training ambitions - or goals, as I prefer to call them. I am very much into ambitions/goals because without them, you lack direction and the purpose to get out of bed in the morning! So my first training ambition is to be the best I can for my age - though I am too old now to compete. My second ambition is to continue to set a good example. Even if I only have a hundred students, getting them all going in the same direction remains a main ambition of mine. My third ambition is to be happy and successful at what I do. If through my efforts, I can make life a little better for others, then I'll be happy because it means I am a success.

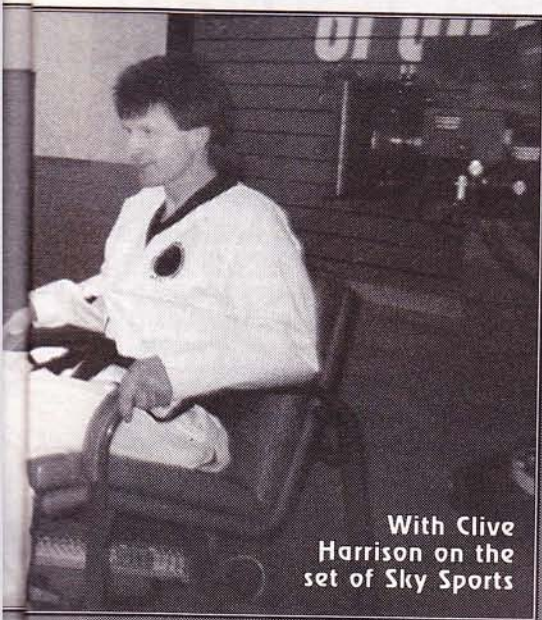
TKD-KMA: What ambitions do you have for taekwondo?

F.M: I'd like to see the public becom-



Discussing Taekwondo technique with Master Teh Hock Ann - Glasgow 1979





With Clive
Harrison on the
set of Sky Sports

ing more aware of it and the benefits it can provide for young children. My long term ambition will be to see this growing awareness through such films as *The Karate Kid*. This, I think showed the different benefits that martial arts can provide - not just winning at competition but learning how to conduct yourself.

I would love to see taekwondo introduced into schools because if it was taught there, then I think young people would learn respect and self discipline, making the world into a better place.

As for the GTI, we have our own in-house magazine and we are working on the grading system and getting all our instructors into a coaching course - but I don't like to use the word 'compulsory', especially when dealing with the people who've come to us from different associations. These people aren't novices at taekwondo and many already have long careers in the art, so we must take their ideas into account.

TKD-KMA: *How many members do you have the GTI?*

F.M: At the moment we have approximately 4,000 current members in the UK and another thousand in Ireland. I'd like to see an increase in that number, though we've already built from the 3,000 we began with. We've lost a few people of course - Kim Stones took a lot with him when he left - but membership's remained above three thousand

for the past two and a half years.

GTI is a democratically run association and all profits made through its operation go towards funding its operation - paying for teams, hiring hotels - that sort of thing.

TKD-KMA: *How do you think taekwondo's inclusion in the Olympics will affect you?*

F.M: It will be good for taekwondo because being in the Olympics means that we will be on TV. Judo has been in Olympics for many years, though it never enjoyed taekwondo's popularity. Perhaps that was because the judo people didn't capitalise on their chances at the time. Taekwondo is visually exciting and if the public can be made to understand what's happening, then it'll

be fantastic! The flashy kicks sell taekwondo because they are exciting to watch. A demonstration of its other aspects would be the icing on the cake.

I think taekwondo is going to succeed and it will be helped by regular exposure on the TV. I don't mind that WTF has succeeded rather than ITF because it is all taekwondo!

TV is the key rather than films because films nowadays are so violent that they don't stress the positive aspects of martial practice. Regular TV will portray taekwondo as an exciting sport and that will help raise its image.

TKD-KMA: *Thank you for this interview!*

F.M: I'm grateful for this chance to speak to your readership.

