2004: Yet another Exciting Year Ahead

Stanford University Taekwondo Program

Upcoming Events on Stanford Campus in 2004

May 29-30:
Stanford Taekwondo Spring Open Championships
http://tkd.stanford.edu/spropen2004

August 11-15:
Stanford Taekwondo Advanced Residential Summer Camp
(12-17 years, red and black belts)
August 16-20:
Stanford Taekwondo Novice Day Summer Camp
(8-12 years, no experience through blue belts)
http://tkd.stanford.edu/summercamp

September 25:
Stanford University Taekwondo Foundation Fundraising Banquet

An Interview with Stanford Taekwondo Team Member Julie Padilla by Vincent Lo

This interview was done by Vincent Lo on the Stanford campus on Dec. 9, 2002.

Tell us something about yourself.

I’m 19 years old. I’m from Grosse Pointe, Michigan. It’s a little suburb outside of Detroit. I’ve lived there pretty much all my life. I’m a freshman at Stanford. It’s exciting; I like it a lot out here.

How do you like Stanford so far? Is it a big adjustment from being a high school student?

I didn’t think it was going to be that big of an adjustment, but it’s a huge adjustment because I’m not used to having my friends live like five feet from my door! It’s a little harder to manage my time. I really like being here. It’s nice to be somewhere that it’s warm most of the year.

When did you start your taekwondo training?

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An Interview with Stanford Taekwondo Team Member Julie Padilla (continued)

I started it at the beginning of eighth grade. I was 13, like a month shy of 14. Pretty much doing it consistently since then. I’ve never really taken time off.

Who started you in taekwondo? Your friends? Or your parents?

I had a friend in it that was really good. And I’ve always been kinda interested in the martial arts. My mom would always say, “Oh you know you can’t do that it’s too violent! You (Continued on page 4)

A Brief History of Stanford Taekwondo

by Chris Kim

Taekwondo at Stanford University has enjoyed a long history marked by both challenges to its existence and periods of exceptional growth. Throughout, there has remained a consistent group of dedicated students and community members who continue to promote the tenets and practices of taekwondo at Stanford. Due largely to the efforts of these individuals over the years, Stanford Taekwondo has enjoyed a sustained period of success, making it one of the most popular and longest-running martial arts on campus. The following is a brief history of the inception, development, and current era of Stanford Taekwondo.

The first known taekwondo practice on the Stanford campus took place in 1980, when a medical resident at the Stanford Medical School began informal training with a small group of interested students. Soon thereafter, Master Woo Kon Kim was invited to oversee the operation of the taekwondo classes at Stanford in 1981, although high ranking black belts from his local private studios (and, later, Stanford students) generally led class instruction. In this way, the Stanford Taekwondo Club was born and began a steady period of growth mirroring that of taekwondo in the United States as a whole.

Due to the growing popularity of the martial arts at Stanford and active support by student leaders, the Department of Athletics chose in 1986 to add taekwondo and other martial arts to its schedule as physical education classes. Students were given the option of registering for one unit of academic credit to attend the martial arts club of their choice for one quarter. Taekwondo in particular experienced increased enrollments due to its elevated visibility in the Stanford Time Schedule and the introduction of taekwondo in the 1988 Summer Olympics in Seoul, Korea. With a steady influx of students, guaranteed workout space, and an established connection with the Department of Athletics, taekwondo at Stanford experienced an extended stage of growth over the next decade.

By the mid-1990’s, however, taekwondo and the martial arts in general had begun to decline somewhat in popularity at Stanford. Growing interests in yoga, aerobics, social dance, and weight conditioning siphoned students away from the martial arts and into other PE classes, making it difficult for many of the martial arts to maintain the 30-member class sizes mandated by the Department of Athletics to stay financially viable. At the same time, Athletics began to question the quality of instruction in the martial arts and its ability to monitor this instruction. Without anyone in Athletics who possessed a martial arts background, and with many martial arts classes meeting in the evenings, the department felt that it could not properly oversee the instruction of the martial arts and could no longer justify their inclusion as Stanford-sanctioned, for-credit classes.

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Stanford Taekwondo Youth Summer Camp

by Sterling Sakai

On August 20-24, 2003, the Stanford University Taekwondo Program hosted its first-ever taekwondo summer camp for elite young competitors. The camp was open to all 12- to 17-year-old red and black belts. Fifty athletes from California and other states across the nation including Alaska, Ohio, Nevada, Oregon and Florida convened on the campus for four days of training and fellowship.

Many participants were state- or nationally-ranked competitors including three US Junior National Team members and Junior Olympics medalists. Campers trained at the Ford Center, lived in the Toyon Hall dormitory, and ate their meals at the Stern Hall dining facility. Each day campers participated in conditioning before breakfast and two 90-minute-long taekwondo training sessions in the morning and in the afternoon. Daily activities also included personal enrichment presentations such as workshops on competition match visualization and academic preparation for college.

In addition to conditioning, training and meals, the campers took advantage of fun camp activities such as walking tours of the campus and the student center, participating in fountain hopping (a traditional Stanford student activity), enjoying a movie night (featuring Drumline) with snacks, and taking a special bus trip to Manresa State Park Beach for a picnic, beach soccer, sunbathing and playing in the surf.

The camp staff were an amazing group of dedicated professionals and volunteers led by camp director Tim Ghormley, the head coach and master instructor of the Stanford University Taekwondo Program. The featured camp coach was none other than Chul Ho Kim, the US Senior National Team head coach. Coaches Kim and Ghormley designed a training regimen based upon the daily training routine of the US Senior National Team. These ses-

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Stanford Taekwondo Celebrates Four Years with Coach Tim Ghormley

Before becoming the head coach and program director of the Stanford University Taekwondo Program in 2000, Mr. Tim Ghormley spent six years at California State University, Hayward, where he had taught and coached as a member of the faculty in the Department of Kinesiology and Physical Education.

A fifth-degree black belt in taekwondo and former national and international competitor, Mr. Ghormley brings a unique mix of experience gained through over 26 years of training both in the U.S. and overseas. Beginning taekwondo in California’s Central Valley at the age of 12, at nineteen he moved to San Francisco to expand his martial arts skills, studying and performing with the National Chinese Wushu Association of America while continuing to train in taekwondo, hapkido and judo. A Biology major at San Francisco State University, he later switched to kinesiology, the scientific study of human movement usually associated with athletic performance. Training with a number of prominent instructors, Mr. Ghormley eventually became affiliated with the University of California, Berkeley where he became a national-level competitor.

It was Dr. Ken Min at Cal who arranged for Mr. Ghormley to live and train at the Korean National University of Physical Education in 1986, an experience that had a profound effect on his future. “I went to Korea expecting to improve my physical skills and technical

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An Interview with Stanford Taekwondo Team Member
Julie Padilla

(continued)

know I don’t want you doing that!” I started in eighth grade. I didn’t make my eighth-grade basketball team. I needed to do something. I started Taekwondo with a friend of mine who was already in the program for a while.

What about taekwondo at Stanford so far? What is your impression of it?

I am really pleased with the program. I was nervous to leave my taekwondo school at home, because I didn’t think I’d be able to find the same caliber of program without going to a really big state school, or something like that. I didn’t know if I’d be able to find a good academic school and a good taekwondo school at the same time. I love it. It runs similar to how my school is at home. So it’s kinda reassuring, and I like Master Ghormley a lot. And the people are fantastic in the program.

What do you think are some of the shortcomings at Stanford Taekwondo?

Our biggest problem right now, from what I see, is mostly space. The classes are kinda big right now, which is not too bad. But sometimes it’s kinda hard to get certain things done. And just more training time, if not for the club, for at least the team. I know Master Ghormley is working on that. All my complaints are everybody’s complaints.

Did the Stanford Taekwondo Program affect your college application? Was it one of the factors in applying to Stanford?

When I first talked to Master Ghormley, he offered to write me a letter. I turned in my application like a week or two before I actually came out to visit. So I really didn’t need a letter from him. But any time I end up having to write a letter or a personal statement about myself, I always end up talking about taekwondo, because it’s a huge part of who I am.

Care to tell us if Stanford was your first choice?

Definitely. I only applied to two schools: University of Michigan and Stanford. I had no idea where I wanted to go. I wasn’t even going to apply to Stanford. But they called me up. It’s the Fall Visitation Program. They said, “Fill out this application. We are going to pick sixty kids, and we may fly you out here.” And so I thought, “If they’re interested in me, maybe I should fill out the application.” Then I applied to the University of Michigan. It’s a pretty good state school. Most kids in my area applied to the University of Michigan.

What about training in high school in your club? Do you think that prepared you well enough for competition?

Yeah I think so. It’s really however much you wanted to put in. I started off going like three days a week and then it gradually picked up. When I could drive, I was there a lot more. Like my senior year, I’d pretty much go home, grab something to eat, and I’d go to my taekwondo school. You know we had classes for little kids and stuff, so I trained whenever I could. But when I wasn’t training, I’d be sitting in the back doing my homework or something like that. It’s all how much you want to put into it.

Were there comparable competitors to work out with you at the old club? Or you felt there was some sort of ceiling that was limiting your performance?

My school at home was very small. But I felt like we produced a lot of quality fighters. It was pretty much me training with a bunch of guys. I think they are great. I’ve never felt like I’ve gotten to the point in my school where it’s like I’m whipping on everybody and I’m not getting better. I’ve always felt like my school is always giving me a chance to get better.

Was your previous experience consistent with the current situation of the club, that is we actually don’t have a lot, or any, high-caliber female competitors. Is it pretty common in your experience that the top competitors in the club are dominated by the males?
Yeah, like I said, I come from a really small school. So anything here is great, like we train at Burnham Pavilion, that’s fantastic. It’s huge! My taekwondo school is very small at home, and you know I have no problem training with guys. I have no problem training with people that have a hundred pounds on me. Because at my school, you fight everybody. If we try to divide up men and women, and try to match people with people that are close to each other’s weight, I’ll have nobody to fight ever. So I have no problem fighting a variety of people. And I think it’s good, because you have to fight a 6’2” 200-pound guy different than you fight a 5’2” 90-pound woman. I have no problem training with guys. Doesn’t bother me at all.

What are the aspects of taekwondo you like most?

I like the fact that it’s like exercise, but it doesn’t really seem like it. Like I have fun when I am training. I like it as opposed to being like: “Oh it’s time to go to the gym, and I have to go lift weights and run.” I mean those are all aspects of taekwondo too, but I enjoy exercise when I’m doing taekwondo.

Is sparring always at the top of your priorities? Or you actually like other things like self-defense techniques, or poomsae?

I like to spar. My school at home we did self-defense. Poomsae is okay, but I always feel like with poomsae, because I do like sparring, and I do practice it a lot, there’s always somebody who’s more willing to devote time to poomsae than I am. Every time I’m doing poomsae, I could be doing footwork instead. I could be doing something in my head. I could be sparring that guy over there, or practicing a different combination. It’s mostly sparring for me. Poomsae is all right. Self-defense I think is definitely important. I have learned a few things from it.

What kind of training do you still do now? Do you lift weights on your own? Is it just for fun, or is it for taekwondo?

Right now I’m just mostly doing training with the team. When I was injured I was lifting weights and doing a little bit of swimming. And then I’m doing running in the mornings with the team. I’m pretty much just kinda doing whatever Master Ghormley suggests. If he tells me to lift weights, I’m gonna lift weights. If he tells me to swim or something like that, I’m gonna swim.

I don’t have a lifting schedule, but three days a week there’s running. Then there’s the club training, three days a week. Then right now we have one-day-a-week team training, but we’re gonna be adding more to that next quarter, hopefully. There’ve just been so many problems with space, and stuff like that. And then on my own, like on the days I’m not running, I’m usually jumping rope, or stretching, footwork, whatever. I am training hard.

You are probably best known in the circle for getting the bronze in the 2001 Nationals. Something to share with us about that experience?

It was only my second year at Nationals. It was a total surprise. I just went in there to get experience. I was just going to go out to my court and try my best. I don’t know I just kept winning and then all of a sudden I was in the quarterfinal, and I won that. I was so excited. That was huge for me.

How was that different from the Junior Olympics? Do you think people were more competitive?

The chance of coming across a higher-level fighter is I guess a lot greater. There are some really good kids at Junior Olympics. There are some really good kids at Nationals. I guess Nationals tends to be a little more nerve-racking, because Junior Olympics is just 14- to 17-year-olds, but Nationals is pretty much open. You could be fighting somebody who trains two to three days a week. Or you could be fighting somebody that trains seven days a week, six hours a day. And you never know.

As a referee myself, I am wondering what you think about the new rules. The USTU is allowing full head contact for kids 12 and above, and no head contact at all for kids 11 and under. Do you think it is a good way to make the matches more exciting, or it is just too confusing for competitors, coaches, parents, and referees?

There’re a couple of things that bother me about the no head kicking for 11 and under. One, because it’s a new rule, the judges aren’t consistent with it yet. Like I’ve been to tournaments, where kids from my taekwondo school get smacked in the head and the referee doesn’t call anything: “Oh it’s an accident.” But it doesn’t matter if it’s an accident or not. It’s against

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the rule. You need to either call it consistently or don’t. And I don’t think it’s a good rule in general, because the whole goal of the USTU should be preparing competitors for international fighting. And to have a kid fight all the way up to 11 years old with no head contact, and all of a sudden he gets tossed in with some 12-year-old, it’s almost like teaching him two different styles of fighting. At my taekwondo school, we still teach kicking to the head. We just let the kids know that they can’t do that in tournaments. I don’t like that rule at all. As far as the rule for seniors, the two points for head kicks is good and bad. It’s good if you’re losing. It’s bad if you’re winning. You know all of a sudden you can lose your lead, ‘cause you get kicked in the head. But it’s great if you’re losing, because if you smack him in the head it’s two points as opposed to one.

How about any bad experiences in taekwondo? Like injuries, bad experiences with coaches, masters, or instructors that made you feel like “I don’t want to do taekwondo”?

I’ve never had a bad experience with the coach. My coach at home is fantastic. Coming here, with the little experience with Master Ghormley, he’s great too. I think everybody goes through cycles where they hit a plateau: “Why am I doing this? What am I doing? Am I getting better?” I deal with those every now and then. The longest I’ve been out of taekwondo, besides recently I broke my toe, or sprained it really badly, I had mono in my junior year, and that kept me out for like a month. And then you can’t get kicked for a while because your liver and spleen get inflamed. That was just a horrible experience, because I wanted to train so bad, but at the same time if I did sneak out and start training, I would be just totally wiped and drained. It was very frustrating coming back from that, because any time I got tired I was never sure if that was just working out, or if that was mono coming back. It made me really nervous just about my health and stuff like that. It was a growth experience I suppose.

The Stanford Taekwondo Program is trying to secure funding for the coach and also for athletes to go out to compete. When you competed in the Junior Olympics and the Nationals, did you pay your way, or was it sponsored by some TKD program? How much do you think funding will help a university program like ours?

I think it will definitely help. Even what little money Stanford’s given us already, I think it’s great. I come from a private studio or dojang. I always had to pay for uniforms, travel costs, coaching fees, stuff like that. I’m not used to getting any money at all. So Stanford Taekwondo not having any money is not a surprise. For me, it’s nothing out of the ordinary.

Any big tournaments you are looking forward to next year? Collegiates, Nationals, Open, or even some big local tournaments like UC Open?

I’m pretty much looking forward to everything. I don’t know about Open; I don’t think I’m going to Open and fight this year. But definitely looking forward to State games, Nationals, whatever is coming up. I like tournaments ‘cause the more real experience I have at higher-level tournaments, the better, more comfortable I am.

Anything you would like to add to this?

I’m really really pleased with Stanford Taekwondo. The people in the program are great. There’re so many people that have a lot of past experience. There’re so many energetic people. It doesn’t matter if they’re serious competitors, or they’re just yellow belts. Everybody is so energetic. I like the way Master Ghormley trains everyone. I just like the atmosphere that he’s creating in the taekwondo program.

It was kinda a fluke. I came out for the Fall Visitation Program, and I was like, “Man I’m not going to Stanford if they don’t have a good taekwondo program. Man I’m gonna have a hard time telling people I passed up Stanford because they didn’t have a good taekwondo team.” It just so happened that that year was Master Ghormley’s first or second year in the program. He was brand-new and I went to talk to him. He outlined for me where the program used to be, and what he’s gonna do with it. It was really reassuring. It was just totally accidental that I ended up at this school.

Thank you very much for your time today.
Stanford Taekwondo Youth Summer Camp

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essions allowed Coach Kim to expose the campers to international-level training techniques and drills including match strategy and ring management. Conditioning sessions were designed and led by our certified strength & conditioning coach, Joe Schmelzinger. Campers were also privileged to meet and train with the likes of nationally- and internationally-ranked competitors such as Tim Thackrey (US National Senior Team member and 2003 Pan Am Games champion) and Steve Rosbarsky (former US National Senior Team member).

A description of camp staff would not be complete without mention of Team Leaders. Team Leaders were adult black belts responsible for the care of similarly aged groups of campers. Team Leaders were communicators, motivators, mentors, and friends to campers. The leaders made sure their team members were awake and dressed for early morning conditioning, watched over team members during training sessions, and made certain campers were in their rooms at the end of the day at lights-out. Campers were welcomed by their Team Leaders immediately upon their arrival on campus. Team leaders ensured that no camper would be forgotten or left behind during camp. Many thanks and appreciation go to these Team Leaders:

Kent Kitagawa, Head Instructor, KIK’s TKD, San Mateo, CA
Akiko Rod, Head Instructor, Youshin TKD, San Jose, CA
Ed Miranda, Head Coach, CSU Hayward TKD, Hayward, CA
Julie Padilla, Stanford TKD Team member
Ken Ashcraft, Stanford TKD Team member
Audrey Yap, Stanford TKD Team member

Other camp staff support included:

Sterling Sakai, Camp Codirector; Board member, Stanford University TKD Foundation
Vincent Lo, Camp Registration & Communication; Board member, Stanford University TKD Foundation
Chris Kim, Board member, Stanford University TKD Foundation
Bob Gurrola, President, Stanford University TKD Foundation
Ed Chi, Stanford University TKD Club member
Jeannine Torres, Stanford University TKD Club member

This year the summer camp will be held August 11-15, 2004, and again will be hosted on campus. It is not anticipated that there will be significant changes made to this year’s camp, although improvements will be made to all areas including conditioning, training, and special activities. Coach Chul Ho Kim has agreed to once again be the camp head coach. For more information about last year’s camp including registration and Frequently Asked Question, please go to http://tkd.stanford.edu/summercamp.

Last year’s camp sponsors included Stanford University, Stanford University Taekwondo Foundation, Stanford University Taekwondo Club, and Xerox PARC.

Announcement: Summer Day Camp – Novice Taekwondo Students

The Stanford University Taekwondo Program is pleased to announce that it will host an additional day camp for beginning taekwondo students on August 16-20, 2004. This camp will also be held on campus, and will welcome beginning students, white- through blue-belt levels, aged 8-12 years. Held from 10:00am to noon daily, the activities will be designed with focus on taekwondo philosophy, basic techniques, conditioning, forms, and sparring. For more information and registration, please go to http://tkd.stanford.edu/summercamp.
Stanford Taekwondo Celebrates Four Years with Coach Tim Ghormley (continued)

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knowledge as a competitor, but left with a deep appreciation for the powerful effect taekwondo training in the collegiate environment can have in the life of a student,” said Mr. Ghormley. “It became a dream of mine to help create the same opportunities for training in taekwondo at a university in this country.”

A husband and father of two, Mr. Ghormley has been working with the Stanford Taekwondo Club officers and the members of the Stanford University Taekwondo Foundation to implement a strategic plan that over time seeks to make Stanford one of the premiere centers for elite and recreational Taekwondo training, research and competition. “I strongly believe that not only do we have the opportunity to help create a successful program,” he states, “but that we have an obligation to help promote our art and sport as a link to the tradition of excellence that Stanford University represents.”

A Brief History of Stanford Taekwondo (cont’d)

(Continued from page 2)

In the summer of 1999, the Department of Athletics informed all martial arts groups that it would no longer offer the martial arts as PE classes but that they were welcome to continue as student clubs. Stanford Taekwondo had registered as a voluntary student association (VSO) with Stanford earlier that same year as a means to generate more funding for club equipment and therefore was able to make the transition relatively easily into its new status. However, with the responsibility for club decisions now solely in the hands of the student leaders, many felt that there was a need to change the form and style of taekwondo instruction at Stanford. In the fall of 1999, Stanford Taekwondo ended its 18-year relationship with Master Kim and began a search for a new head instructor.

Student leaders carried out an extensive advertising campaign for the position, receiving a total of six highly qualified applicants, each of whom paid a visit to Stanford as a guest instructor and led a sample class for the club’s members. After several open discussions and a majority vote, Master Tim Ghormley was selected as the new master instructor of Stanford Taekwondo and began his tenure with the club in January 2000. Since that time the club’s enrollment has soared to the highest numbers in its history, and the club has embarked on new areas of development including a competitive team, a demonstration group, tournament committees, a sports research program, and a corps of trained referees.

2001 marked the creation of the Stanford University Taekwondo Foundation, a board of directors charged with fundraising and sponsorship to support a full competitive team which would represent Stanford in taekwondo competition at the collegiate, state, national, and international levels. That same year, the creation of the Stanford Martial Arts Program (SMAP), with Master Tim Ghormley as its current director, helped secure regular funding for taekwondo and 10 other martial arts groups through the Special Fee process, in which the Stanford student body votes to fund specific student groups for the upcoming academic year.

In 2002, Stanford Taekwondo completed the requirements to join the Club Sports Program within the Department of Athletics. This event marked an important return to Athletics as well as provided the institutional support to further advance the increasingly ambitious goals of Stanford Taekwondo. Today, the renamed Stanford University Taekwondo Program is well positioned to become one of the leading institutions of collegiate taekwondo in the country. In the spirit of those who have aided the progression of Stanford Taekwondo from its beginnings as an informal group to its present status as an established and esteemed martial arts program, the best is certainly yet to come.

The Stanford Martial Arts Program (SMAP) was founded by then graduate student Chris Kim in 2001. Master Tim Ghormley serves as its current director.