

## THE HANDBOOK

As soon as the student starts training, the purchase of the Central Taekwondo Association Handbook should be considered. The book contains all the information, requirements, and forms for practice and promotion up to 4th Degree Black Belt. Progress is much more difficult without these explicit aides.

The standardizing of the technical requirements has been carefully worked out to provide equality of technique throughout the system and to provide a broad knowledge of history, organization, vocabulary, and administration.

To keep the student moving toward a personal goal, it is important to stress participation in examination as soon as the specific requirements and time in grade have been completed.

When the student is promoted, he will receive a new Central Taekwondo Association card and certificate attesting to his new rank. He may then wear the proper belt color fitting to his newly won status.

Each student should wear a CTA patch on his left sleeve in the prescribed place. If he is a United States Karate Association member he should wear the USKA patch over the heart on the left breast and his dojang patch underneath on the left side. All other ornaments and patches are to be discouraged.

The Central Taekwondo Association technical committees can provide special instruction and coaching in all areas of the martial arts. The student or member club may contact the organization to secure an expert on the desired aspect. The designated expert together with the chairman of the technical committee and the member will then schedule an appropriate date and location.

Handbooks are available to members at: AKRON KARATE SUPPLY, 394 Storer Ave., Akron, Ohio 44320 (216) 836-6985

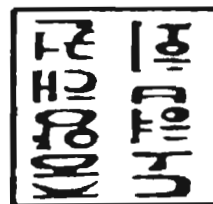
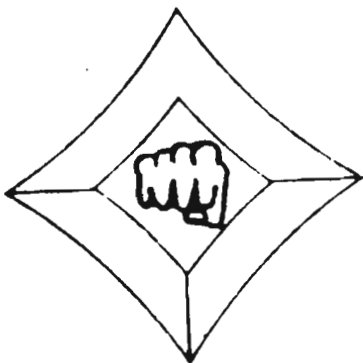
空手

KWAN MU KAN



柔術道

태권도



# CENTRAL TAEKWONDO ASSOCIATION

for

NAME \_\_\_\_\_ NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY & STATE \_\_\_\_\_ TELEPHONE \_\_\_\_\_

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Kwanmukan Mudo Association  
1326 Orlando Ave  
Akron, Ohio 44320, U. S. A.

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394 Storer Ave.  
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## ABOUT THE AUTHOR

Mr. Anderson is well known as a coach and practitioner of Taekwondo. Born in Akron, Ohio in 1931, he graduated from Akron Garfield High School, attended The University of Wichita, Kansas, and later The University of Akron.

A life resident of Akron, he married Joan Housley of Cuyahoga Falls, Ohio in 1950 and they have 5 children.

Teaching comes naturally to Mr. Anderson. His father taught school in Akron, his mother taught music, and his brother instructed mathematics at Norton High School.

In 1950, while attending college in Kansas, Mr. Anderson started the practice of Ju-Jitsu. Returning to Akron he enrolled at national champion Jack Stanley's gym for weight-lifting and there was introduced to and worked out with many professional wrestlers. Discovering that a childhood friend, Mr. T. R. McClanahan, had just returned from studying Judo and Karate in Japan, he sought him out and started a life of study which has encompassed Judo, Shotokan Karate, Hapkido, Kung Fu, and Song Moo Kwan Taekwondo.

With his Taekwondo instructor, Mr. Il Joo Kim, he traveled widely and enjoyed practice and instruction as an official and had the privilege to associate with major Korean instructors.

Mr. Anderson has served as an official and coach in many large tournaments in the eastern U.S. since 1965 and his students have proven to be a steady threat in competition and have gathered many form and sparring trophies. (Mr. Anthony Clarke of the Akron Karate Center is 1976 National AAU Men's Senior Champion.) The superb philosophy and skill of the senior KWANMUKAN students is recognized throughout the region.

Independent from Mr. Kim in 1972, training was continued and the KWANMUKAN was established. A black belt in Judo was earned and awarded through his first instructor, T. R. McClanahan, who has continued to instruct him in Judo and its related fields.

In addition to his teaching duties at his various gyms, Mr. Anderson finds time to instruct for The University of Akron, where he teaches accredited courses, the Special College, and coaches the Taekwondo Karate Club. The Women's Anti-Assault Program was established there under his auspices and is currently taught as a course in the Special College.

Internationally, Mr. Anderson serves as Style Head for the United States Karate Association, supervising, regulating, and standardizing activities involving the Taekwondo system on behalf of that organization. In the AAU, Mr. Anderson holds a Class A International Official's License and is on the National Official's Certification Committee as an Official Certifier for the Central U.S. He also chairs the National Sub-committee for Collegiate Karate and is the Lake Erie Association Karate Chairman.

Nationally, in addition to serving with the U.S. Karate Assn. and the AAU, he is a director of the Central Taekwondo Association and is the head of its ranking and technical committees, being responsible for the grading and standardizing of technique. He also serves as chief official for the C.T.A. Having a positive interest in law-enforcement instruction, Mr. Anderson is

## ABOUT THE AUTHOR (cont)

a licensed instructor with the Ohio Peace Officers Training Council under the Attorney General of the State of Ohio, a certified USKA National Police Instructor, and is on the board of The National Police-Sheriff's Kenka Association. He assists Mr. T. R. McClanahan as a director at police seminars and is considered an authority on riot self-defense training.

Mr. Anderson believes that each "complete" martial artist should be trained in both Judo and Karate and should have field variety experience in the non-sporting applications of each (Kenka). This can be learned through cross training and interchanging information and instruction. The goal is to bring together all the various elements within his scope and to encourage continued practice in previously new areas for the serious martial arts practitioner.



# United States Karate Association

NATIONAL HEADQUARTERS

PHOENIX, ARIZONA

DIRECTOR  
ROBERT A. TRIAS  
Karate 9th Degree  
Judo 3rd Degree


December 1, 1976

To Whom It May Concern:

This letter is to advise that GEORGE E. ANDERSON has been dutily appointed by officials of this organization as Head Taekwondo Style Chairman with the Technique and Research Board.

Mr. Anderson is authorized to supervise, regulate and standardize karate activities involving the Taekwondo system on behalf of this organization as stated under Article VIII, Section #11 A-D. This appointment also authorizes Mr. Anderson to make direct Taekwondo promotions up to the grade of 5th dan in compliance with the United States Karate Association by-laws and Constitution.

Yours for World Karate,



R. A. Trias, Director  
United States Karate Association

cc



## A R T I C L E S

### ZEN

Bronstein, D. J. Search for Inner Truth Saturday Review: (40:22-3) Nov. 16 1957. Bronstein considers Zen in focus of 2 recently published books edited by William Barrett and Ruth Nanda Ansher.

Buddhism in the U.S.: a yen for zen? Senior Scholastic: (86:12) Mar. 25, 1965

Fingester, P. Beat and Buddhist Christian Century: (76:226-7) Feb. 25, 1959  
What lies behind the appeal Zen is coming to have for so many of our young intellectuals.

Graham, A. (review). Merton, T. Zen Catholicism America: (108:752-4) May 25, 1963. Zen makes a point of exploding all forms of spiritual self-importance.

Hand, T. G. Challenge of Zen. America: (120:159-61) Feb. 8, 1969. Zen is from start to finish a way of concentration. All its methods lead from recollection to deep concentration, from concentration to deep insight.

Jung, H. Y. Ecology, Zen, western religious thought Christian Century (89:1153-6) Nov. 15, 1972. In seeking a solution to the ecological crises, we must learn to set aside old forms of religious, cultural and ethnocentric parochialism.

Kapleau, P. All is one, one is none, none is all. New York Times magazine (26-7) March 6, 1966.

Mahoney, S. Prevalence of Zen. Nation: (187:311-15) Nov. 1, 1958. The difference between "Beat Zen" and "Square Zen".

Making brainwaves, findings of Japanese scientists. Newsweek: (75:92-3) March 23, 1970.

Real spirit of Zen? Newsweek: (54:121-2) Sept. 21, 1959

Ross, N. W. What is Zen? Mademoiselle: (46:64-5) Jan. 1958

Watts, A. (orig. article) Hayakawa S. (review) Zen show me the way. Saturday review: (44:19) March 25, 1961. Relates how the Japanese actor used Zen methods in his work.

Young, R. B. Go west, young Zen; cultists at Chico, Calif. Newsweek (65:46) June 14, 1965.

Zen. Time: (69:65-6) Feb. 4, 1957. Short description of Zen. Couple of paragraphs about Dr. Suzuki - Columbia U.



## B O O K S

- Lau, D. C. Lao Tzu, Tao Te Ching Penguin Books, 1963. Anthology of wise sayings compiled in about 4th Century B.C. Advances a philosophy of meekness as the surest path to survival.
- Launsbery, G. C. Buddhist Meditation. Tucson, Ariz.: Amen Press, 1973  
Outlining of the essential ideas of Buddhist meditation. Includes: peace, good will, compassion, joy, serenity, morality, fresh breath and others as they pertain to subjects of meditation suitable for Western Culture.
- Linsen, Robert Zen: The Art of Life New York: Pyramid Communication Inc.  
Author presents a philosophic and historic view. Shows how Zen affects painting, poetry, intellectual endeavors and everyday life.
- Sohl, R. and Carr, A. (eds.) The Gospel According to Zen: Beyond the Death of God. New York: Mentor Book (New American Library) (Times Mirror) 1970. Brings together parables, riddles and poems to explore "new consciousness" that is thrusting modern religious thought beyond theology.
- Suzuki, D. T. An Introduction to Zen Buddhism New York: Grove Press, Inc. 1964. Zen is not only a philosophy--a way to self-understanding--it is also "primarily and ultimately a discipline".
- Watts, Alan Meditation. Millbrae, Calif : Celestial Arts, 1974. Through meditation "you come to your senses." In this second in a new series, Alan Watts shows how to meditate and why.
- Watts, Marie S. You are the Splendor: The Way to Spiritual Illumination. New York: Exposition Press, 1963. Author professes living as an illumined identity is to live normally, freely and to constantly experience peace, joy, fulfillment and perfection.
- Watts, Alan Zen and Now Videarecard (videotape) 1972. Watts contrasts the western view of the world with the Zen view. Emphasis is on the development of sensory awareness.
- Wilhem, R. and Baynes, C. F. The I Ching: or Books of Changes. NY: (Bollingen Series XIX:) Princeton University Press, 1975  
One of the first efforts of the human mind to place itself within the universe.
- Sayings of Buddha Mt. Vernon, New York: Peter Pauper Press, 1957. The teachings of Buddha describing a way of life, a way to rise above the troubles of life, and a way to achieve the ultimate happiness of Nirvana.

## F I L M

- The Puzzle of Pain 1966, color, 13 min. (rent \$10) Contemporary Films.  
Impulses from pain can moderate skin transmitted signals and thus modify

(Karate-Yoga-Zen)

SELECTED READINGS  
IN  
BUDDHISM (WITH THE EMPHASIS ON ZEN)

1. THE THREE PILLARS OF ZEN, Edited by Philip Kapleau, Boston: Beacon Press (1970).
2. THE WHEEL OF DEATH, Edited by Philip Kapleau, published by Harper & Row, Hardcover only, 1971, 91 pp.
3. THE ZEN TEACHING OF HUANG POON THE TRANSMISSION OF MIND, translated by John Blofeld, hardcover, published by Rider & Co., London; paperback by Grove Press, N. Y., 1958, 135 pp.
4. THE ZEN TEACHING OF HUI HAI ON SUDDEN ILLUMINATION, translated by John Blofeld, hardcover, published by Rider & Co., 1962, 160 pp.
5. ZEN: POEMS, PRAYERS, SERMONS, ANECDOTES, INTERVIEWS, edited and translated by Stryk and Ikemoto, paperback only, published by Doubleday Anchor, 1965, 160pp.
6. THE PRACTICE OF ZEN, by Chang Chen-chi, hardcover, published by Harper Bros., also by Rider & Co., 1959, 199 pp.
7. THE TIGER'S CAVE, compiled and translated by Trevor Leggett, hardcover, published by Rider & Co., 1964, 191 pp.
8. THE ZEN KOAN, by Miura and Sasaki, hardcover and paperback, published by the First Zen Institute of America in Japan; available in the United States, 1965, 156 pp.
9. THE PLATFORM SCRIPTURE, translated by Wing-tsit Chan, hardcover, published by St. John's University Press, 1963, 193 pp.
10. MANUAL OF ZEN BUDDHISM, by D. T. Suzuki, hardcover and paperback, published by Grove Press, 1960, 192 pp.
11. THE EMBOSSED TEA KETTLE (of Zen Master Hakuin), translated by R. D. M. Shaw, hardcover, published by Allen & Unwin, London, 1963, 196pp
12. THE WORLD OF ZEN, an anthology compiled by Nancy W. Ross, hardcover and paperback, published by Random House, 1960, 362 pp.
13. THE MATTER OF ZEN, by Paul Wienpahl, hardcover, published by N. Y. University Press, 1964, 162 pp.
14. FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Govinda, hardcover, published by E. P. Dutton, 1960, 370 pp.
15. A BUDDHIST BIBLE, compiled by Dwight Goddard, hardcover, published by E. P. Dutton, 1952, 677 pp.

(Karate-Yoga-Zen)

16. A SURVEY OF BUDDHISM, by Bhikshu Sangharakshita, hardcover, published by The Indian Institute of World Culture, London, 1966, 527 pp.
17. BUDDHIST TEXTS THROUGH THE AGES, ed. by Edward Conze, hardcover and paperback, 1954, 322 pp.
18. THE SURANGAMA SUTRA, translated by Chas. Luk, hardcover, published by Rider & Co., London, 1966, 262 pp.
19. THE PILGRIMAGE OF BUDDHISM, by J. B. Pratt, hardcover, published by The MacMillan Co., 1928, 758 pp.

F I L M

Involuntary Control Color, 25 min. (sale \$275, rental \$25) Wiley Education Services. Current research into what inner parts of the body can be consciously controlled.

The Mind of Man Color 119 min. (Rental \$33) Indiana Univ. AV Center. Deals with the relationship between mind, brain and body.

## THE PROFESSIONAL KARATE-KA: A PHYSICAL EDUCATOR

America is in the midst of a genuine participant sports boom. We are buying more bicycles than automobiles; sports fashion and athletic footwear have become major industries; the number of skiers and tennis players has tripled; and the number of young women participating in scholastic sports has quadrupled in a decade. Joggers, backpackers, and bicycling commuters are commonplace. Professional karate men and women must be aware of this trend and be prepared to capture a large part of this growing market.

The American public is becoming more educated to the value of physical exercise and a sound exercise program. The far majority are not interested nor do they relate to the gentlemen handing out his brand of street fighting. They are legitimately interested in their good health through a regular physical program for fitness. On all sides the evidence is mounting that physically fit persons live longer, perform better, and participate more fully in life than those who are not fit. Regular, vigorous exercise is essential to good health, and it enhances the capacity for enjoying life. We, the professional karate-kas, must be able to show to the American public how our special brand of exercise can fill the bill for what men and women today need and are searching for.

Karate must cross the cultural line if it is to become more fully absorbed into the American way of life. Much of the seemingly mystical powers of karate will not attract the educated American in the future. Karate instructors will rise and fall on the basis of their being able to cope with the assimilation of karate into the American way of life, and on their ability to project themselves as physical educators of the highest quality. Although people may appreciate the fortitude of hard fighting and difficult board-breaking, they are not always interested in performing such feats themselves.

In competition with other forms of exercise, Karate is looked upon as an alternate physical fitness program. Ability to defend oneself is considered an attractive by-product but not necessarily the main goal. Traditional beliefs are one thing, but we are a market structure. As the market progresses so also must karate progress if we are to survive. Ability to respond to demand and a good product are keys to any successful venture. The fact that we must take this seriously is found in the decline of many long established gyms both in Ohio and across the country. Failure to provide a good product, and failure to attract new students in this time of growing demand played a substantial part in their decline. It is becoming more difficult to attract new students on the basis of karate's previous magnetism.

The Karate world is changing. Full contact karate will wean out many Karate-kas who do not have the time and/or the dedication to hone their bodies to the fine tune necessary for this vigorous<sup>SPORT</sup>, but who will attempt to present themselves as the embodiment of the contact fighter. We cannot allow the American public to assume that the apex of Karate training lies down this avenue. Rather we must commit ourselves harder to the conviction that a proper physical exercise program (i.e. Karate) will lead to a strong, healthy body, a clean fresh mind, and a relaxed mental outlook. It is necessary to convince the American public that Karate has value in this regard and that it is the best overall sports program available.

## THE PROFESSIONAL KARATE-KA (cont'd)

There is a growing awareness that in Karate as in other sports, the best competitors are not necessarily the best instructors, trainers, and coaches. Ability to relate is not necessarily connected with the ability to perform. As a professional Karate-ka, it is time to become more aware of our new role as physical educators and to present karate as a total exercise program designed to make physically fit persons who will live longer, perform better, and participate more fully in life than those who are not fit. Competition will not be the mainstay of the lifelong advocate of karate.

It is necessary today that Karatemmen broaden their outlook and view themselves in a much wider sense as professional physical educators with a product tapered to meet the demands of the sports-minded public.