



TAE KWON DO

International
Five-Man Black Belt
Benefit
Karate Tournament

50¢



Once you try it you'll wonder what took you so long.

What are you waiting for? You can't just sit around wondering what Dr Pepper tastes like. And no one can tell you. Not even us.

We can tell you that it looks like a cola.

But that's where the comparison ends.

We can tell you that there are 23 flavors in every bottle.

But we can't describe how delicious or how unique it tastes.

You'll have to find that out for yourself. But when you do, don't say we didn't tell you.

Staff

Co-sponsors

Partners
Inter-Community Action Association (I.C.A.A.)

Promoters

Lou Thomas
C.E. Sereff

Tournament Director

Larry McGill

Business Manager

Veronica Martinez

Publicity Coordinator

Robert DiMarco

Public Relation Consultant

Clarke Watson

Editorial and Graphic Design

Ike Ikelman
Bob Haddock

Advertising

Karen Turner
Richard De Loach

Staff Assistants

Lilmer Alexander
Ron Thomas
Pam Thomas
Helen Gomez
John Wilson

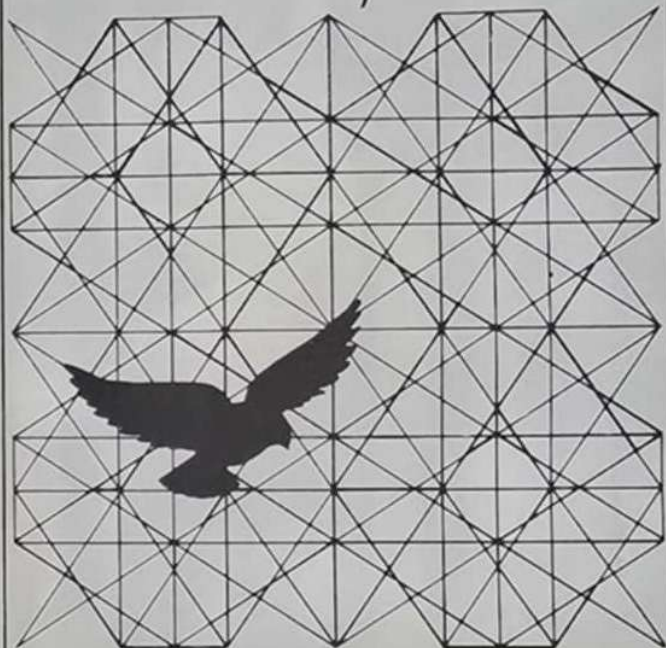
Typesetting and Layout

Southeast Denver Graphics

Printer

Bradford Printing

A Way Out:



Efficiency

Efficient use of available power can keep our land, air and water clean. Proper selection in home appliances and entertainment products can help meet this goal.

Our Sales Counselors can match your future appliance, stereo or television purchase to your home and to your family. Quality merchandise with the latest features for efficient operation. All priced for savings!

COLORADO'S LARGEST BRAND NAME TV AND APPLIANCE DEALER
downing's
A DIVISION OF SILO ONE OF AMERICA'S LARGEST BRAND NAME APPLIANCE CHAINS EST. 1961

NORTH 110 WEST BATH AT VALLEY HWY 428-5772	EAST 9900 E. COLFAX AT FLORENCE AURORA 344-2370	SOUTH 5555 S. BOWY BETWEEN BELLEVUE AND LITTLETON BLVD 798-4824	WEST 1585 WADSWORTH AT W. COLFAX 738-0702
FORT COLLINS 2716 SOUTH COLLEGE AVE. FT. COLLINS 493-5880	GREELEY 1213 8TH AVENUE GREELEY 356-2741	CENTRAL 785 SOUTH BOWY AT VALLEY HWY BROADWAY EXIT 777-6183	COLORADO SPRINGS 3278 E. PLATTE WEST OF THE CITADEL 634-6670



Benefit tournament promoters Lou Thomas (left), and C. E. Sereff.

WELCOME to the first international 5-man Black Belt karate tournament held in the Rocky Mountain region.

Participants are members of the International Tae Kwon Do Federation, headquartered in Toronto, Canada. The local black belt teams are affiliated with the United Tae Kwon Do Federation of Colorado. The Inter-Community Action Association and Partners, both non-profit organizations, wish to thank you for your support by attending tonite's tournament.

Tournament promoters Lou Thomas and C. E. Sereff hope you will enjoy the program.

武士道

Bushido

MARTIAL ART SUPPLY SHOP

Complete Line of the Finest
**UNIFORMS - WEAPONS - BOOKS
 TRAINING EQUIPMENT, ETC.**

Exclusively for Every Martial Artist

WHOLESALE - RETAIL

— OPEN: 6 DAYS A WEEK —

1639 SO. BROADWAY
 DENVER, COLO. 80210

TEL: (303) 722-5477

Congratulations to
Partners and Inter-Community Action Association

FROM

First Westland National Bank
 Westland Shopping Center

AND

Wheat Ridge National Bank
 44th and Wadsworth

Both members FDIC

SPECIAL GUESTS



Gen. Choi, Hong Hi, left.

Gen. Choi, Hong Hi

What word does one use to describe a man who has been a major general, an ambassador, founder of modern Tae Kwon Do, president of the International Tae Kwon Do Federation and ninth-degree black belt holder? Gen. Choi has been these things and more. A man of international reputation, he has been recognized by the governments of a number of countries other than his native Korea and he enjoys the highest esteem of the 13 million plus Tae Kwon Do students around the world. In addition to his many responsibilities as president of the ITF Gen. Choi has written a massive book on Tae Kwon Do - without a doubt the most definitive and authoritative martial arts publication of the decade.



Kong, Young Il, right.

Kong Young Il

Noted for his style and perfection, Kong, Young Il, is a special guest at the International Black Belt Benefit Karate Tournament. Kong is a sixth-dan Tae Kwon Do practitioner teaching in Maryland and North Carolina. He is also chairman of the International Tae Kwon Do Federation Expansion Committee.



Ra Yung Chul, right.

Ra, Yung Chul

Speed, power and total dedication to Tae Kwon Do are the characteristics which identify Mr. Ra. A newcomer to the U.S., he is a fifth-degree black belt and is the senior instructor in the Rocky Mountain chapter of the United Tae Kwon Do Federation of Colorado. Ra is one of 10 or 12 students of Rae Kwon Do in the world who has mastered all twenty-four Tae Kwon Do patterns. An uncompromising perfectionist, Ra lives and breathes to study and practice this ancient Korean art. As a master of the martial arts, Ra has thrilled Denverites with his displays of explosive power and perfect control.

The federation takes great pleasure in using this occasion to introduce Mr. Ra to Denver.

Program

Introduction of guests

Opening speech by Gen. Choi, Hong HI

Team Introductions

Pattern demonstration and explanation of pattern scoring.

Pattern competition

Explanation of breaking competition

Breaking competition

Special Demonstration

Sparring demonstration and explanation of sparring scoring.

First round sparring

Denver A team vs American Tae Kwon Do All Stars from Chicago, Ill.

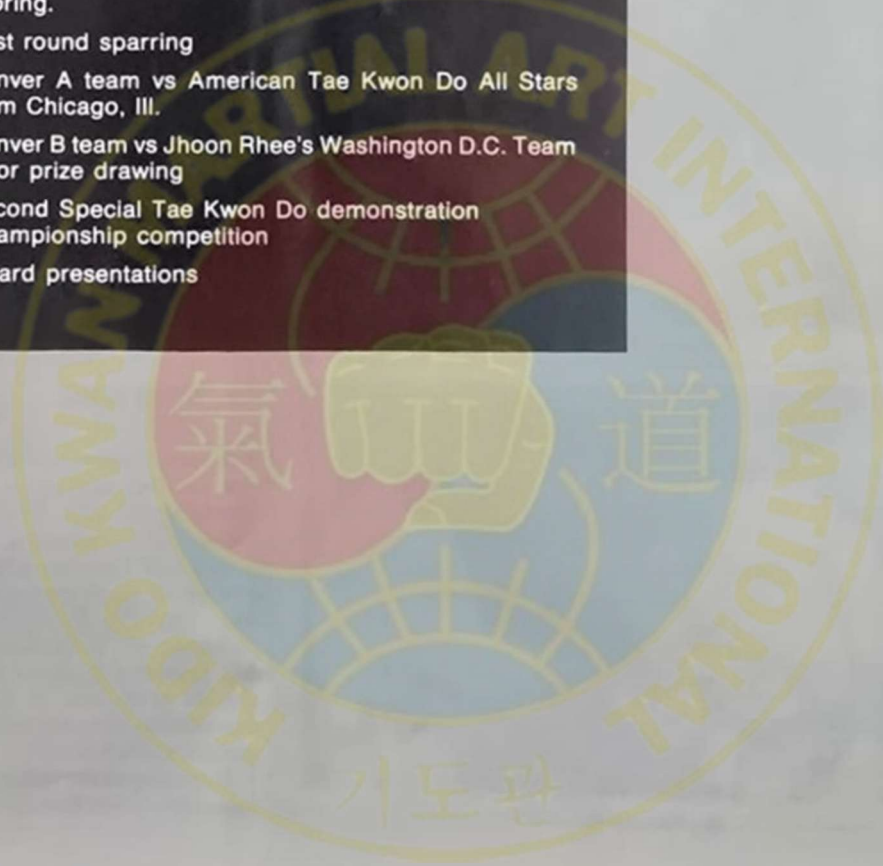
Denver B team vs Jhoon Rhee's Washington D.C. Team

Door prize drawing

Second Special Tae Kwon Do demonstration

Championship competition

Award presentations



Tournament Rules

The International Five-Man Black Belt Benefit Tournament tonight will feature three areas of competition — patterns, breaking and sparring. The team with the highest total points for its five-men is the winner.

Pattern

The pattern is a set sequence of movements of attack and defense in a logical order. Imaginary opponents are dealt with in sequence logically and systematically under the assumption of various situations. Practice in the pattern enables the student to go through the fundamental exercise, to develop sparring techniques, to improve the flexibility of movements, to familiarize with the body shifting, to build up the muscles properly, to control the breathing and to acquire certain special techniques which cannot be obtained from fundamental exercise alone. Each player's (karate student) pattern is scored by four judges. A player may receive a score from 1-10.

Breaking

A means whereby the karate player can demonstrate power and technique by breaking boards or cement. The purpose of breaking in demonstrations is to prove the power of each blow not only to the spectators but to the student as well. It also demonstrates the ability to attack opponents accurately beyond obstacles or at a distance. Players are awarded five points for each board which is broken on the first attempt. No second attempt is allowed.



Free Sparring

Fighting conducted between players without any pre-arranged mode is known as free sparring or match sparring. Thus, in sparring, both participants are completely free to attack and defend with all available means and methods. Unlike boxing matches the attacker must stop the striking kick or punch before hitting his opponent. This technique is known as focus. Players may still lose points for excessive contact.

Each match is two minutes long and when either player makes contact with his opponent, the clock is stopped while the judge and referees ascertain whether or not a point was actually scored. There is one judge and four referees scoring each match.

The Tae Kwon Do scoring system allows for one point for a hand or standing kick technique to the body, two points for a flying hand technique to the head, two points for a flying kick technique to the body and three points for a flying kick to the head.

American Tae Kwon Do Federation All-Stars



Nam Tae Hi, Instructor

Nam Tae Hi is one of two persons in the world who possess an eighth-degree black belt in Tae Kwon Do. Nam served as president of the Asian Tae Kwon Do Federation from 1967-1972 and is current president of the American Tae Kwon Do Federation (ATKDF).

He is known for his superb self-defense demonstrations, one of which (in Vietnam) was attended by over 300,000 persons. Nam was so influential in teaching self defense in Vietnam that he is known as "The Father of Tae Kwon Do in Vietnam."

He recently founded Nam's Tae Kwon Do Institute at 5415 N. Lincoln in Chicago, which is also the American Tae Kwon Do Federation Headquarters.



Sung Mo Ko, Assistant Instructor

Sung Mo Ko received his seventh-degree black belt in 1969. The native Korean lives in Chicago, instructing Tae Kwon Do.

Team Members



Tae Wan Hong



Thomas Jarrett



Richard Huestis



Mack Newton



Bacn Wauhegau Illinois



Denver's United Tae Kwon Do A-Team

C.E. Sereff, Instructor

During 14 years of study in the martial arts, Chuck Sereff has pursued Tang Soo Do, Hap Kido and Yudo in addition to his principal pursuit of Tae Kwon Do. He has worked under such outstanding instructors as fourth-dan Robert Thompson, under whom he began his serious study of karate over a decade ago and with master instructors Shim, Sang Kyu and Baek, Moon Ku. Sereff, a former marine sergeant is recognized as one of the outstanding martial arts instructors in the United States. Under his direction, the United Tae Kwon Do Federation of Colorado has grown from a single central location in the Denver metropolitan area to three modern facilities in northwest, central and southwest Denver with branches in public and private schools, colleges and universities throughout the state of Colorado. There is little doubt that the growth of Tae Kwon Do in the Rocky Mountain region is due primarily to the efforts of this gentleman.

Sereff is fourth-dan in the International Tae Kwon Do Federation, the first award of that rank ever made to a non-Korean.



Team Members



Walt Lang



Ernie Harris



Dwaine Cook



C. R. Robe



Mike Winegar

Washington, D.C. All-Stars

Jhoon Rhee, instructor

Jhoon Rhee is a seventh-degree black belt and native Korean who first came to the United States in the 1960's while in the Korean army. While stationed in Texas, Rhee began teaching Tae Kwon Do to U.S. servicemen. Upon completion of his army commitment for Korea, Rhee moved to the U.S. setting up schools in Washington D.C. He now has numerous schools and thousands of Tae Kwon Do students.



Team Members



Jeff Smith



Mike Coles



John Worley



Pat Worley



Wayne Booth

Alternates (no pictures available) Larry Canahan, Wayne Van Buren.

United Tae Kwon Federation B-Team

Larry McGill, Assistant Instructor

Larry McGill, tournament director, is also a third-dan instructor for the United Tae Kwon Do of Colorado.

"I am pleased to welcome you to the largest international black belt competition in the Rocky Mountain region. I hope you will enjoy the matches."

Larry McGill
Tournament Director



Team Members



Terry Merriman



Mike Roller

Craig Maul



Frank Elliot



Darrell Elliot

Alternates (No pictures available) Charles Martinez and Ted Walker

WATCH & CLOCK REPAIRING

sales & service on
SEIKO & TIMEX
CLOCKS LIMITED

781-0291

shamrock mall
cinderella city



14 Denver
Locations
To Serve You

Jack-in-the-Box invites you to take life a little easier...make life a little easier...with Jack's delicious, satisfying food. And so convenient, too.

- Jack's menu features 100% beef hamburgers, cheeseburgers, the double-decked **Bonus Jack**, and the "big appetite" **Jumbo Jack**, which includes fresh tomato, onion, lettuce and pickle. Other meat items are zesty **tacos** and the hearty **Moby Jack** Icelandic cod fish sandwich.
- Great shakes and soft drinks, flavorful apple turnovers, crisp onion rings and french fries—good taste, good quality, and good value.
- Owned and operated by Foodmaker, Inc. of San Diego, your neighborhood Jack-in-the-Box is part of a growing network of more than **700 units in 19 states**. Foodmaker is a subsidiary of Ralston Purina Company.

Jack can help you take life a little easier.

BACON & SCHRAMM ROOFING

*Inquire about our
Bonded Roofs*

244-6563

ROOFS BY BARRETT
RUBEROID — CAREY
ADDEX ROOF TREATMENT

*Roof Repairs and
Maintenance*

4020 Brighton Boulevard
Denver, Colorado

A-K Trailer Center

**ROADRUNNER & SIESTA
TRAVEL TRAILERS**

PICK-UP CAMPERS AND MINI-HOMES

*Sales • Service • Repairs
Bank Terms*

8630 West Colfax

238-7748

SUZUKI — Tough & Beautiful



The World of Speed, Unlimited
FAMILY SPORT CENTER

5595 Sheridan, Arvada, Colorado

Phone: 491-5990



OFFICE SUPPLIES
OFFICE FURNITURE
ENVIRONMENTAL DESIGN

344-0550
KISTLER KWILL



HEAVY-DUTY TRUCKS
ON AND OFF-HIGHWAY
CITY-SUBURBAN
CONSTRUCTION-FIRE

"Built like a Mack Truck . . ."

It's part of the language

TRUCKS

Sales

825-1201

Parts and Service

4850 VASQUEZ BLVD.

DOWD's
FURNITURE-TV-APPLIANCE CENTER

1735 W. 48th Ave. Chaffee Park Shopping Center 433-8911
4385 W. Florida Mar-Lee Manor Shopping Center 922-8391

LEE M. TOONE AGENCY
REPRESENTING FARMERS INSURANCE
7390 LOWELL BLVD.
428-6511

HAPPY CANYON LIQUORS

5014 East Hampden
757-4212

THE CANNERY

5275 E. YALE AVE.
758-6454

honeywell air cleaners
7825 E. Prentice
771-2340

FIRE and POLICE BADGES
RIBBON and CELLULOID BADGES

SACHS-LAWLOR

1800 Lawrence Street
255-3422 Denver, Colo.

WESTERN
RED CEDAR
RESIDENTIAL
RETAIL
FREE
ESTIMATES BY
EXPERIENCED
ESTIMATORS
AT NO
OBLIGATION

AMERICAN Beauty® Link
COLORADO FENCE

433-6587

275 W. 43 AVE.

PROPERTY LINE PROTECTION

INDUSTRIAL
WHOLESALE
FINANCING
AVAILABLE

Southwest State Bank

1380 South Federal

934-5511

Denver, Colorado 80219

HODEL'S DRUG

Belcaro Shopping Center

744-1039

COMET GAS COMPANY

18360 E. Colfax, Aurora, Colo.

364-5528

Coachman Restaurant 1740 Glenarm

892-9629

ELNORA'S Unique Health Salon

2750 Gaylord, Denver

244-0492

COLORADO CONSTRUCTORS, INC.
Division of Green Construction Co.

380 West 62nd Avenue

428-5054

Just a short drive from...

**the Denver
Tech Center...**

living as it should be
the Pinery



A Great Place to Live Near a Great Place to Work—Denver. Vigorous and vital.

Growing. Lots of things are happening in our Mile High City, and the Denver Technological Center is more than just a symbol of our forward-looking spirit. It's where it's happening. The Denver Tech Center... a great place to work. And just a short drive from the Center is The Pinery, Terracor's planned recreation community. A great place to live.

Spend More Time With Your Driver and Less Time Driving—The Pinery is five miles south of Parker, just over the line in Douglas County. (The Douglas County schools enjoy a fine reputation.) Just a short drive from the Tech Center and you soon can be reaching for that long drive off the number one tee. The Pinery will feature three 18-hole golf courses. The first 27 holes and the practice range and greens will be ready for play this fall.

Total Family Recreation... designed for family recreation. In addition to the 54 holes of golf, you'll enjoy: ■ A family clubhouse ■ A 25-acre sailing lake which also offers a neighborhood fishing hole ■ Swimming pools ■ Tennis courts ■ Riding

And clear, clean air. An unmarred view of the mountains, unmarred by power poles and such. (They will be underground.) The Pinery offers country living closer to the city than you'll think.

Discover How the Short Drive Will Improve Your Golf Score—The Pinery is only minutes from the Tech Center—or downtown Denver. Check the map. Take the short drive. If you work at the Tech Center, you should live at The Pinery. You'll get in a lot more golf... and swimming and tennis and hiking and family time and...

Call Chuck Grant at 841-3195 or better yet, take the short drive and come out and see him at The Pinery.

THE PINERY Chuck Grant
Route 1, P.O. Box 33
Parker, Colorado 80134

I'd like to know more about family recreation living at The Pinery.

Name _____
Address _____
City _____
State _____ Zip _____
Telephone _____

the Pinery



TERRACOR COMMUNITIES Birmingham (Utah), The Woods (Wisconsin), Stanbury Park (Utah), The Pinery (Colorado)

