

FMA

Informative

Propagating the Filipino Martial Arts and the Culture of the Philippines

Informative Issue No. 217

2016

International Taekwon-Do Federation

Davao, Mindanao, Philippines



Reynaldo "Ryan" Cordero Jr.

Establishing of the International Taekwon-Do Federation
ITF - Davao, Mindanao
Traditional Techniques
Modified Techniques



International Taekwon-Do Federation

#90 cm recto St.

Davao City, Mandanao, Philippines

Contact: ryan_bagani@yahoo.com

Facebook: ITF Taekwon-Do Davao Region: [Click Here](#)

The FMA Informative met Instructor Reynaldo “Ryan” Cordero Jr. of the International Taekwon-Do Federation (ITF) Davao Region Head Instructor, while visiting Davao, Mindanao, Philippines.

A very energetic practitioner Instructor Cordero besides teaching Taekwon-Do is also assist in teaching LSAI under Master Teacher Manolo Luis Del Rosario. And has trained in Moo Duk Kwan Tang Soo Do and MAA in his earlier days of the martial arts.

With the support of Instructor Cordero’s wife Lyra Cordero Instructor Cordero has established an International Taekwon-Do Federation school and is the Davao Region Head Instructor. To note this is the first school representing the International Taekwon-Do Federation in Davao. Along with his assistant instructor Junno Hiramis, they have set the foundation and are continuously prospering in the promotion of the International Taekwon-Do Federation. Instructor Cordero is a 2 times Gold Medalist in International Taekwon-Do Federation Philippines Nationals for 2011 and 2014.

Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

The authors, publisher and owner of this online magazine are not responsible for any injury, which may result from the instructions contained in this online magazine. Before embarking on any of the physical activates described in the magazine, the reader should consult his or her physician for advice regarding their individual suitability for performing such activity.

The ideas and opinions expressed in the FMA Informative online magazine are those of the authors or instructors being interviewed and are not necessarily the views of the publisher, editor or owner of the FMA Informative. The articles are the property of the author’s that wrote them and cannot be used without the permission of the author.

The FMA Informative is for the promulgation and promotion of the Filipino martial arts and the Culture of the Philippines. NO issue can be printed and Sold for Monies, without the express permission of the Owner and Publisher of the FMA Informative.



Bagani Martial Arts Center: [Click Here](#)

The Establishing of the International Taekwon-Do Federation (ITF)

Choi Hong Hi was also known as General Choi, was a South Korean army general and martial artist who is a controversial figure in the history of the Korean martial art of taekwondo. Choi is regarded by many as the ‘Founder of Taekwondo’—most often by International Taekwon-Do Federation (ITF) organizations. Others, such as World Taekwondo Federation (WTF) Organizations, portray Choi as either an unimportant or a dishonorable figure in Taekwondo history, whether by omitting him from their versions of Taekwondo history or through explicit statements.

Choi combined elements of Taekkyeon and Shotokan Karate to develop a martial art that he called “Taekwon-Do”, which means “foot, hand, the way” or “the way of hand and foot” and it was so named on 11 April 1955. Choi founded the Oh Do Kwan, and held an honorary 4th dan ranking in the Chung Do Kwan. Due to accusations of dishonesty, Choi was stripped of his rank and position in the Chung Do Kwan. During the 1960s, Choi and Nam Tae Hi led the original Masters of taekwondo in promoting their martial art around the world, though these would be only the first of many such endeavors.

ITF Taekwondo organizations credit Choi with starting the spread of Taekwondo internationally by stationing Korean Taekwondo instructors around the world, and have consistently claimed that ITF-style Taekwondo is the only authentic style of taekwondo, most notably in early sections of its textbooks. He was also the author of the first English Taekwondo

syllabus book, Taekwon-Do, published by Daeha Publication Company in 1965. In 1972, Choi went into exile in Canada after the South Korean government objected to his introduction of the sport into North Korea, and the South Korean government formed the WTF in 1973. He moved again in 1979 to North Korea where he was welcomed by the government and supported in his project of spreading Taekwondo to the world.

He was remembered as the founder and champion of taekwondo.

Choi passed away of cancer on 15 June 2002 in Pyongyang, North Korea. Choi is listed in the Taekwondo Hall of Fame with various titles: “Father of Taekwon-Do,” “Founder and First President of the International Taekwon-Do Federation,” and “Founder of Oh Do Kwan.” Choi is survived by his wife, Choi Joon Hee; his son, Choi Jung Hwa; two daughters, Sunny and Meeyun; and several grandchildren.



Choi Hong Hi
(9 November 1918 – 15 June 2002)

International Taekwon-Do Federation - Davao, Mindanao

Instructor Reynaldo “Ryan” Cordero Jr. a 3rd degree Black belt, learned his skills in Taekwondo-Do from his instructor Jose Antonio Sta-ana who is a 5th degree Black belt, in Quezon City, Philippines.

Starting his martial arts experience in Moo Duk Kwan Tang Soo Do- started in 1997 he switched to MMA in 2006, however in 2010, Ryan wanted something more traditional and he came across Taekwondo-Do from the International Taekwondo-Do Federation (ITF).

Training hard Ryan wanted to make a business of the art, so with his wife Lyra Cordero they started the 1st International Taekwon-Do Federation School in Davao Mindanao. And at the time of this writing it is the only recognized International Taekwon-Do Federation School in Mindanao.

With his assistant instructor Junno Hiramis, also a black belt in International Taekwon-Do Federation instructor Hiramis has been with Instructor Ryan Cordero 5 years.

Instructor Cordero believes some of the important basic principles of what he teaches is to have speed, equilibrium, control of breathing, to maximize assigned weight (use of mass) and reaction force.

The International Taekwon-Do Federation is a strong traditional Taekwondo style. Techniques are powerful and stances are long, which teaches basic kicking and striking techniques, patterns (tul), breaking and self-defense.

In traditional Taekwon-Do Federation there are 24 patterns or tul developed by General Choi. These patterns are a great way for

you to learn and practice your basic techniques. As the student studies the patterns they get into their deep muscle memory and become quite meditative to perform.

Instructor Cordero gives some basic advice to his students: First you are unique individual. You have strengths and weaknesses just like everyone. The right self defense moves for you depend basically on you the individual. They depend on things like age, physical build and condition and the level of your training.

There are thousands of self-defense techniques. And many of them are basic and simple. Simple is a good place to start. When you start learning self-defense, concentrate on good, solid basic techniques. And work on them until they are right.

First let us talk about the stances; the stance is the base on the ground. It is the students’ connection with the earth. The student must get their stances strong and solid.

Some of the most important stances are the sitting stance, a solid, symmetrical stance, the walking stance, the low stance, the L stance, and the rear foot stance.

Second the Taekwondo blocks - learn how to make them strong, blocks are strong Taekwondo moves are designed to stop attacks like punches or kicks from hitting the body or head. To be effective Taekwondo blocks have to be fast, strong, and well timed. There’s a blocking arm, and a chambering arm. The two arms give an action and reaction. They counter each other. And allows bring body strength into the block. Ultimately two arms working



together make the block stronger. It’s also important that there is a twist on the end of each block. This twist also brings more power to the technique.

Taekwondo is the way of the hand and foot. And hand strikes are an important part of Taekwondo. Kicks are fine when at the right distance, however if the opponent is at close range, then the hands are what is needed.

Learning to punch well is the first stage, a strong, fast, powerful and accurate punch is a great weapon in self-defense, however remember that some other Taekwondo strikes include knife-hands, back-fists and ridge-hand strikes.

Learning to defend one’s self is an important part of any Taekwondo-Do training program and so taught is about moving to avoid the attack, blocking and then finding a way to disable the attacker while making an escape.

Notes

1. The spelling of “Taekwondo” varies widely in English usage. The WTF and affiliated organizations typically use “Taekwondo,” while the ITF and affiliated organizations typically use “Taekwon-do” (as Choi used this spelling). In Wikipedia, the default spelling is “Taekwondo.” This article follows this standard, but uses “Taekwon-do” when referring specifically to the ITF or affiliated organizations’ names.

2. In Park’s (1993) article, the note on Choi’s promotion to 2nd dan in Karate is followed by a note about the outbreak of World War II, which would suggest that Choi’s 2nd dan promotion occurred no later than the early stages of that conflict (1939–1940).

When commencing your training and the strikes, blocks, and kick are learned one of the first things to learn is to avoid, evade and block. One of the first rules of self defense is “Don’t be there.”

Traditional Techniques

Defense and Counter against a middle punch



Defense and Counter against a front kick and a side kick



Defense and Counter against a downward hand chop strike and a high punch



Then in time the student can let his or her own self-defense program evolve as they evolve. It's great to discover your own unique talents and as the student's skills develop. As the great martial artist Bruce Lee said 'absorb what is useful, discard what is useless and add what is uniquely your own'.

Time and practice are all it takes. And with time and practice your movement and block will become an instinctive part of your Taekwondo self defense.

Questions that one can ask themselves as they develop their skills are: kicks your strength? A roundhouse or turning kick to the stomach or groin followed by a side kick to the knee could be pretty effective. Or you could step in and punch to the ribs.

Everyone's self defense starts from nothing, just an awareness of how to move and block is enough to start a student on the road to good self-defense techniques. Just because the student has great Taekwondo timing, blocks and kicks it doesn't mean he or she can defend themselves. Great self-defense techniques only work in the hands of someone who has a cool enough head to use them under stress, if the student freezes or panics, their techniques won't work.

Modified Techniques

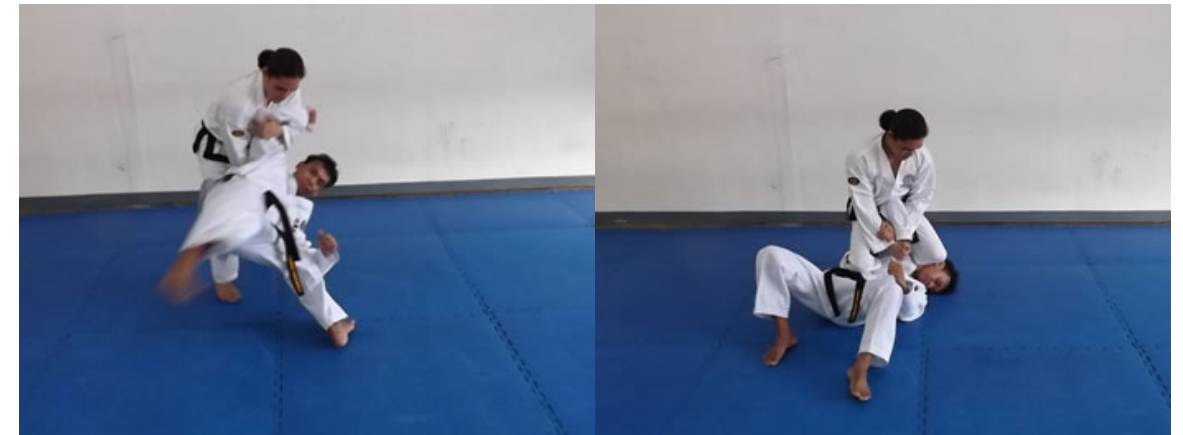
Defense and Counter Against Downward Strike



Defense and Counter Against a Kick



Defense and Counter Against a Brawler's Punch



Instructor Cordero says a good instructor will guide the student slowly through self-defense. And help them to gradually build their techniques on top of a solid Taekwondo base.

School Submission

The schools listed teach Filipino martial arts, either as the main curriculum or an added curriculum.

If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

Be Professional; keep your contact information current. - [Click Here](#)



Event Submission

Submit your event whether - Seminar, Workshop, Training Camp, tournament, or Gathering - [Click Here](#)



Advertisement Submission

Advertising in the FMA Informative Website is FREE.

An Ad in the FMA Informative can create Business. Your Advertisement for Filipino martial arts forums, blogs etc, can be included in the FMA Informative. Advertisement is for the Filipino Martial Arts and the Philippines.



To submit Forums [Click Here](#). To submit advertisement for products and/or Services [Click Here](#)

Article Submission

Finished manuscripts should be accompanied by color or black and white photographs. Though we take care of materials, we can not be responsible for manuscripts/photographs and accept no liability for same. Every photograph or graphic must be accompanied by a caption Carefully key photos to caption information with a letter or number.

We reserve the right to use any photo(s) as cover material or additional compensation. We also reserve the right to edit material and to crop photographs.

We reserve the right to use articles or parts of articles that are given and approved from time to time as needed to promote the Filipino martial arts and the Culture of the Philippines.

Physical manuscripts should be typed in black, double spaced, and set to 1-1/2 margins (right and left).

Emailed manuscripts should be typed in Ariel or Times Roman, on programs such as Notepad, Wordpad, Microsoft Word, Word Perfect and can be sent as an attachment. Photo(s) can be sent as a .jpg, .gif, .bmp, or .tiff - to submit material for either the FMA Informative Newspaper or an Issue [Click Here](#)

We welcome your article, ideas and suggestions, and look forward to working with you in the future.