



**Thesis 9th dan promotion
Master James Tjin-A-Ton Netherlands**

Peaceful World



Table of contents



	Page
Introduction	3
Goals	3
Projects	5
Implementing the Taekwon-Do Oath	6
Conclusion	9

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Introducion:

I have practised Taekwon-Do Since 1976 as a contestant at national and international tournaments at which I won the necessary prizes. Later I started working as a Taekwon-Do instructor. On a national level I have been chairman of the ITF-Netherlands and on an international level jury president of the centre square. See my Curriculum Vitea for further information.

During my Taekwon-Do career I became more aware of the Taekwon-Do tenets, the Do and the Oath. Implementing these components in the Taekwon-Do lessons requires a lot of creativity, since most students who come to practise Taekwon-Do want to learn 'punch and kick' and/or to defend themselves.

Through means of this thesis I want to show what the club and I have accomplished next to the regular Taekwon-Do lessons in relation to the Taekwon-Do Oath: Peaceful World.

The Taekwon-Do goals, tenets like respect, integrity, standards and values, discipline, perseverance, self-confidence and self-control usually derive from the parents, not from within the students themselves.

Goals Taekwon-Do

Our school "**Taekwon-Do IN NAE DO KWAN**", founded in 1975 is one of the oldest and largest schools of our union ITF-Netherlands. I run the school together with my wife Liesbeth Willems. In the area of our primary location, in the district of Overvecht and Hoograven (city of Utrecht, 30 km from Amsterdam) a lot of people are from Moroccan origin. Therefore 90% of those members are from immigrant heritage, mainly the youth groups.

At the moment we are dealing with the so-called second generation immigrants, mostly Moroccans, who feel as though living in two worlds in the Netherlands (Utrecht, our district, Overvecht/Hoograven). They don't feel Dutch in The Netherlands and in Morocco they are not regarded as Moroccan as they don't speak the language, dress differently and behave differently (namely as the Dutch who usually have more money to spend). The result is that they are looking for support with each other. They form groups and have the feeling that everyone is against them. They disagreed against Dutch society and commit crimes accordingly.

Results from a recent survey held under 2500 youth from the second and third grades from secondary schools show that the percentage of youth running a greater risk of showing behavioural problems is higher than average in this district. The problems are: aggression, vandalism, stealing and violent and criminal behaviour. A third of all youth admit that they have behaved aggressively in the past year. For example: threatening to beat someone up. One in three also has given in to vandalism and/or stealing. Furthermore: only half of them are members of a sports club. As a club we try to contribute in a positive way.

Because we have been located in this area for so long, everyone: teachers, primary schools, welfare organisations and the municipality know who we are. We function as an example in this community. We have trained several teachers from Moroccan origin: men as well as women. We as a school are characterizing ourselves, not only in practising

Taekwon-Do as a sport, a form of self-defence, way of life, but also a mean of improving ones behaviour and building a better society and the Taekwon-Do tenets as the student's Oath:

I shall be a champion of justice and freedom.

I shall build a better and a more peaceful world.

In which ways are we contributing in a positive way next to our regular lessons?

In the city of Utrecht we participate in several projects, which are also supported by the City.

As a Martial Arts/ Taekwon-Do club we have acquired a certain status with the municipality as we meet the city requirements such as our way of teaching and the contact with members, the qualified teachers, we practice what we say and we have structured acquaintance lessons of high quality at primary schools all over the city of Utrecht. We are well known and many parents know that their children learn more than just 'punching and kicking'. By this we mean making the kids exercise through Taekwon-Do with which we give them something they can use positively in the rest of their life. This by teaching them the Taekwon-Do tenets: respect, politeness ,perseverance, integrity, self-control and Indomitable spirit

Here a summary of projects in which our club was involved next to the regular Taekwon-Do lessons.

Project: "Time for martial arts" in collaboration with the Ministry of Public Health, Welfare and Sports.

Objectives: Promote the integration of immigrant youth and increasing the defensibility and feeling competent. Furthermore, reducing the problematic behavior from immigrant youth.

ITF Taekwon-Do is extremely suitable to reach the objectives above since the following cases emerge during the lessons.

- Conformity: Conform to the standards and values practised within and outside the club, to set aside the personal interest to that from the school and the sport (ITF-protocol).
- We offer a clear hierarchy (Taekwon-Do gup system/belts), structure en order (tenets)
- Also of great importance is deriving pleasure from practising the sport and learning. Instead of the old days: just running only up and down, and practicing exercises/training back and forward, but different practical forms and a lot of fun elements in the lessons.
- We as teachers do function as a role model.

In collaboration with the primary schools in the area of our four locations in the city centre of Utrecht we do one or more acquaintance lessons in Taekwon-Do.

Project: Combination functions Taekwon-Do/Resistance Ministry of Public Health, Welfare and Sports.

Objectives: The goal is to increase the sports participation of the youth and with that to improve the mental and physical behaviour of the youth. We want to reach this by organising acquaintance lessons at schools and making the target group enthusiastic to practice sports at the different local sports schools.

Furthermore the goal of the combination functionary is:

- Making contact with primary schools and secondary schools in order to organise Taekwon-Do/defensibility- and self-defence lessons during the regular physical education lessons.
- Making contact with the sports associations in order to organise these Taekwon-Do/defensibility- and self-defence lessons at other locations in Utrecht.

We have succeeded offer the programme **ITF Kids** , in our club we call them the **TKD Cool Kids** to all 15 primary schools in our district in the first two grades. **TKD Cool Kids** is learning children in the age of 3 till 5 years to deal with the Taekwon-Do tenets and also, dealing with strangers and bullying good ,dealing with life skills such as traffic, water and fire, healthy nutrition, sports and fitness, teamwork, leadership and memory games.

Of course the Taekwon-Do attack and defence techniques are part of the lessons. Through different game and practice forms the children improve their speed, balance, coordination, stamina and flexibility. Besides that, etiquette, discipline, self-control and perseverance are stimulated.

The parents also play an active role in the programme at school by means of home guidance with the help of the Student book with many fun pictures, stories and games. Every last training of the month we have a parent-child class so that parents can experience the progress of their child and experience it for themselves.

Project: use the Taekwon-Do tenets in classes

Directors of the primary schools approach our club to use Taekwon-Do as a tool and especially the tenets. These are classes where the teacher does not have the pupils under control. From aggressive behaviour to each other (and the teacher) to not listening, bullying and to work together.

Project : Taekwon-Do lessons after the normal school. Our contribution to the community

Objectives: By offering five free Taekwon-Do en sports lessons at location (Utrecht, Overvecht and Hoograven) in the community centre we make sure that immigrant youth are not hanging around on the streets and in that way we are trying to reduce the criminality.

Through the Taekwon-Do lessons the youth find out that they are becoming increasingly more defendable, that we are teaching them discipline and respect for each other and others. Every week we offer the youth the opportunity to sport (Taekwon-Do lesson) under the guidance of one of the teachers.

“the ultimate goal of a Martial Arts is not the winning of an Olympic medal or the successfully defending of oneself against a rapist (although very important of course). It isn't about learning to beat external opponents but about the beating of the internal opponents within us”

Implementing the Taekwon-Do Oath: A Peaceful World. "I shall build a better and a more peaceful world."

We as a school have been thinking more and more about how we can make sure that the Taekwon-Do tenets and Oath are not only applied within the club but also outside of the club.

We often see that youth and young adults are behaving in an exemplary way in class and they follow the Taekwon-Do protocol excellently but outside of the school/dojang they seem to have forgotten everything.

We also often see this at home and at school. Within the family they are a different kind of child, behaving excellently and following the rules at school. As soon as they are on the streets their group behaviour is dominating again especially with immigrant youth. Often the power of the strongest, toughest and boldest counts the most. With money in their pockets and a nice car there is a lot of prestige involved.



Then we came into contact with the peaceful thought (our Taekwon-Do Oath) which is also taught at several primary schools in our district; Overvecht and Hoograven.

Peaceful district and Taekwon-Do school

Children sometimes live in separate worlds. At school, on the streets, at home and the Taekwon-Do club different rules apply and sometimes completely different expectations. To break through the situation and to strengthen the effect of The Peaceful School the idea is to implement the Peaceful thought in all organisations in the community who work with children in the primary school age groups. By joining the methods of the schools the pedagogical environments are combined and it becomes clear for the children that the same expectations are applied everywhere and the same rules and agreements count.

Objectives:

Solving conflicts in a different manner than using violence. But there is more, the school/club has developed itself to be an example of a democratic community where all the members (students, teachers, and parents) have a vote. They feel they are heard and seen and act in a positive way towards each other, they are independent and feel responsible for the whole. Because of this there is a better learning and working climate. We prepare our students to living in a democratic society and stimulate active citizenship.

These are the **goals** of the program:

- 1) Changing the culture in the direction of the school, club, and community as a democratic society. De student gets a vote and everyone has a chance to think and feel responsible and involved. Surveys show that problems with youth are much less present when there is social connection, when children feel involved as a member of a school, Taekwon-Do club or community.

2) Increasing social competence, especially skills in solving conflicts with students, teachers and parents. We want to realise a positive climate in the club where one deals positively with conflicts; conflicts are there always and everywhere, they are part of living together.

3) Improving group climate; better relations within the group, respect and appreciation for the differences (Taekwon-Do tenets).

Implementing the goals within our own Taekwon-Do club:

Sub1. The involvement the children feel at the club.

- We try to give the children the feeling that they belong to a group, our club by giving each and everyone of them positive attention. Giving positive attention, not only as teachers but also letting them give feedback to each other when someone does something well. For example: paying attention, listening, helping each other, showing good techniques etc. It is of importance that there is little or no negative feedback of the teachers and each other. Every child has his/her own talents
- Building a lot of fun elements in the lessons. The children need to have fun; they need to have smiling faces.
- The kids come in once or twice a week. One lesson is a classical instruction lesson, where the teacher chooses the practices and the other lesson the students can choose what they want to learn. We try to give the children a vote in what they want to learn. In the beginning it was a bit difficult since the children chose the parts they found challenging and exciting. Now every week they have to choose a different element and a different group. They train together in groups where the teacher has a supporting role instead of an instructor role



Sub2. conflict solving

- When there is a conflict within the class then the students are to try and solve it on their own, if necessary with the help of a mediator. Only when they can't solve the problem together the teacher becomes involved. With this method the children already learn skills such as standing up for themselves, giving and taking mostly positive feedback and less negative remarks towards each other. We hope that, eventually on the long run they will realise and learn the way we handle and solve conflicts within the club.

Sub3. Respect, standards and values of the Taekwon-Do tenets

- This goal is the easiest since it is already intertwined in our ITF Taekwon-Do. Here is the ITF protocol used mostly. From wearing the dobok and the belt correctly, arranging correctly, greeting each other, the room, the teacher, higher graduates till arranging and closing the lesson. Attention



has to be paid that it happens from within the heart and not because it is a rule from within the club. I do have to admit that when the students receive higher belts they understand more of the respect, standards and values of the ITF tenets.

- Another part is that in referring to the Taekwon-Do tenets the students make up different exercises in groups so that it becomes more real.

Fight Right Quality Mark

I don't know how it is arranged in other countries but in The Netherlands every first dan holder of a martial sport can start their own club since there are no standards or requirements from the ministry and union.

This is the reason why there is a Fight Right Quality mark. To make clear to, especially to the Municipality that there is a club who meets the twenty requirements that the Quality Mark expects. There were a lot of requirements we had to meet and everything had to be put in protocols which caused us the occasional headache.

Some requirements were:

- Sports education
- A declaration of impeccable behaviour for all teachers, diplomas and all CVs.
- Diploma First Aid/reanimation.
- Of course an application at the Chamber of Commerce.
- Statutes and house- and behavioural rules.
- Constant schooling and a transparent organisation structure.
- Appoint a counselor
- Conflict treatment and setting up a protocol.
- To deliver financial reports and budgets.
- Liability and accident insurance
- Lesson plans written out with arguments.
- Safe training areas and a flight plan.
- Demonstrate social engagements and initiatives.
- Protocol for emergency situations and complaint registration.



In addition, we subscribe the honour code of the sport with the Fight Right Quality Mark This is: 'Fighting happens only on the mat or in the ring and never on the streets. The techniques you learn are only to be used in defending yourself or others. You are not allowed to use your fighting techniques against someone who cannot defend him/herself. Honour and loyalty to the code is more important than any fighting technique or graduate title.

Especially to municipality and government agencies we can now show that we possess the Mark and thus meet all the requirements.

The Fight Right Quality Mark (FRK) accentuates and makes sure that clubs and trainers are handling the martial art, Taekwon-Do sport in a safe, responsible and pedagogical way.

See for further information:

<http://www.nivm.nl/partners/kaartweergave.aspx?cat=68>

We, as Taekwon-Do IN NAE DO KWAN are the only ITF Taekwon-Do School in The Netherlands that has received this **Fight Right Quality Mark** at the moment.

Conclusion;

In our own way we try to work on: I shall build a better and a more peaceful world. Taking into account to start with you as a teacher and as a role model and to send that out to the students. The different angles as described above can help with that. Our goal has been reached when after a while we see that an annoying, aggressive student has changed into a person who is open to feedback, helps others and respects us and his fellow students. Of course we cannot change everybody but changing and working for a more peaceful world starts with yourself.

Taekwon,

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The Netherlands