

OUR JOURNEY

VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE



태권도



A TWINS STORY IN TAEKWON-DO ITF





OUR JOURNEY



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1. INTRODUCTION

The special relationship between identical twins is that, if there's anyone else in the world that's going to be the confidant that you need, it's a twin. For sure everybody finds it at least interesting to see identical twins. They usually look the same, dress the same and act the same. From the time that we started our Taekwon-Do journey with our white belts, to the time that we now test for our 7th degree, we as identical twins, have walked nearly the same path.

Our journey is a two-lane highway to the same destination. In this thesis we will focus on our past, present and future. Giving insights to what we've been taught, teach and will focus on in the future in our beautiful Martial Art. Not only with each other but also with our whole family.

Before you lies our thesis "Our Journey." This thesis was written as part of our 7th degree test for the International Taekwon-Do federation. From October 2020 to February 2021 we were busy researching and writing the thesis.

We would like to thank our dad, Sahyun Art van der Lee and native-english speaker uncle David Philo for the fine guidance and their support during this process. We have also received wise counsel from our friends and (Taekwon-Do) family. Moreover, they supported us morally in the 30+ years of practise. Finally, we would like to thank our parents in particular. Their wisdom and motivational words helped us to get to this point in time.

It is important to mention that the arguments and opinions in this thesis are written from our personal vision and views. We hope our thesis meets the requirements for testing to 7th degree by world-wide ITF-standards.

We hope you enjoy reading it.

Taekwon!



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2. PERSONAL DETAILS



Sabum Edwin van der Lee (born first)
Born on the 3rd of July 1979 in
Rotterdam, The Netherlands.

Started Taekwon-Do at the age of 10

VI Degree H-6-12

International Instructor - 1316
International Referee B-625
Instructors Plaque Number 18030

Member

Dutch Technical Committee since 2010

Member

Marketing and Communications Committee
since 2019

Webmaster for ITF-Netherlands

Favourite technique: Bandae dollyo goro chagi
Favourite Pattern: Moon-Moo
Other hobbies: 2CREATE, Netflix, Gaming



Sabum Ron van der Lee
(born second, 10 minutes after Edwin)
Born on the 3rd of July 1979 in

Rotterdam, The Netherlands.
Started Taekwon-Do at the age of 10

VI Degree H-6-13

International Instructor - 1317
International Referee B-624
Instructors Plaque Number 18031

Member

Dutch National Team 2008 - 2012

Member

Training and Selection Committee
I.T.F. Netherlands 2014 - 2017

OHDOKWAN Club Coach

Favourite technique: Bandae dollyo goro chagi
Favourite Pattern: Tong-II and Moon-Moo
(yes, me too...)
Other hobbies: Photography, Netflix, Barbecue
and family-time!

So to finally get a clear understanding of 'Who is Who' here's a brief overview of the Van der Lee Twins. ;)

Edwin: Birthmark on the left upper lip, a bit more hair on top of the head (usually combed forward), bit more firm, two crowns on the back of the head. It says Edwin van der Lee on the Ti.

Ron: A little bit taller than Edwin, bit more slim, less hair on top of the head, one crown on the back of the head, scar above left eye. It says Ron van der Lee on the Ti.



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3. PAST

History of Ohdokwan, the gym of our way.

1977, the year that our father Art van der Lee started Taekwon-Do at the age of 23. He was always interested in martial arts and once went to Taekwon-Do with someone. In a room in the Engelsestraat in Rotterdam-West Taekwon-Do was taught by Mr. E. Fonseca. He was a 2nd degree black belt, instructor for Jan Willem Stoker, one of the first Taekwon-Do practitioners in the Netherlands. Mr. Stoker was a student of the Korean instructor Park Young Soo, who taught in the Netherlands in the 1960's. Grand Master Park was one of the instructors sent by General Choi Hong Hi to promote Taekwon-Do in the world.

In the meantime, dad had started collecting all the books related to self-defense because he wanted to learn from all those martial arts. Not only from the books but also visited various schools to get lessons: Karate, Judo, Kempo, Aikido, Kendo, Pencak Silat and also WTF - Taekwon-Do. Because he wanted to teach more often, he started giving Taekwon-Do lessons at the Kralingen community center in Rotterdam. He did this for a number of years, first alone and later with Riche Sandifort, 1st degree WTF Taekwon-Do. His cousin came along with him, someone who is also WTF - Taekwon-Do practiced at the school "Huk-Ti" of the late Mr. Theo Salm. That cousin's name was John Verkerke and at the time he was brown belt. Taekwon-Do immediately fascinated: Fast high kicks, Punches and blows and of course the spectacular jumping techniques, it suited our father completely and he immediately became addicted. At the time, exams were only taken for "whole" belts, but exams were only

taken once a year. What we now call "Tul" was then called "Hyong". When he turned brown belt after almost five years (later changed to red belt), he was allowed to teach regularly. Mr. Fonseca was not that young anymore and our dad was 26 years old.

My brother and I, born in 1979, grew up on the east-side of Rotterdam in The Netherlands. A happy childhood in close family surroundings. We would have been triplets, but one of our siblings did not fully develop during pregnancy. It would be very interesting to know what that would have been like. Could we still be practicing Taekwon-Do together? Could we be testing for the World's first ITF Master triplets? Who knows...

Our dad wanted more and in 1989 he planned to start his own Taekwon-Do school. He had already read a lot about the origin of Taekwon-Do and about General Choi Hong Hi. The General had named his first school "OHDOKWAN"; or "The Gym of My Way". This was a great name for a Taekwon-Do school, especially because he always had (and has) certain ideas about HOW a school should be run.

What was missing at the schools where our father trained was fun, friendship and humor, coupled with hard and serious training. He also likes to make democratic decisions together with the other instructors and not just do "the master's" way.

So he asked his friends Riche Sandifort and John Verkerke if they wanted to start their own school with him and after a night of talking they took the plunge. They paid 100 guilders (around € 50 euro)



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5 year old Sabum Edwin, Sabum Ron & Sahyun Art van der Lee



10 year old Sabum Ron & Sabum Edwin



10 year old Sabum Edwin & Sabum Ron



10 year old Sabum Edwin & Sabum Ron



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3. PAST

each to rent the gym and then stuffed the neighbourhood's letterboxes with flyers. They had no idea if anyone would come. To their surprise, 15 boys and girls showed up. My brother and I were also present for our first "real" lesson. Being impressed by the kicks and punches and being impressed by the pleasant way the lessons were taught, we began our journey.

Since then OHDOKWAN has grown more mature; more students, teaching more times a week. Riche Sandifort stopped after a few years, but one of our students at the time, Martijn de Groot, then took his place as an instructor. After about 5 years we joined a Taekwon-Do Association that practiced our style (Chang Hun style of General Choi Hong Hi). OHDOKWAN wanted to compete and get certified ITF graduations. Pioneering with different schools with which we organized competitions reinforced that feeling.

Through an advertisement in a martial arts magazine OHDOKWAN came into contact with ITF-Netherlands and during one of their events Sahyun Art met with Mr. Kiet Tjon-A-Pauw who was the secretary of ITF Netherlands at the time. To be admitted, Sabum John, Boosabum Martijn and Sahyun Art had to be tested on their technical skills. They went to Volendam, where Sabum Gerrie Stolp (6th degree at the time) had a school and they showed what they could do. At the end of the test, Sabum John and Boosabum Martijn were promoted to 1st degree and Sahyun Art got promoted to 2nd degree. 3 years on, when we were blue belts, we started assisting the teachers. Leading a small game to warm up the class, or teaching single bits of stretching, as we were both very flexible at that

time. After a few years the teaching expanded to lessons of 45 minutes. After about 5 years of practice, starting from 1989, we (16 years old at the time) took the test before the ITF Netherlands Promotion committee for 1st degree and succeeded to 1st degree.



Growing up together, sharing most hobbies together, being around each other most of the time and always having a training buddy with the same level of competence, we got to know each other fairly well (understatement). These are numerous things such as knowing each other's abilities in training, mentally and physically. Just a nod or a wink would suffice to know what the other was going to do. Even when we teach now, a slight head nudge will be enough to make my brother do a Bandae Dolly Goro chagi for instance.

Starting Taekwon-Do at the age of 10, Taekwon-Do has made a great contribution to the development of my character. During the lessons I learned (and am still learning) more than just being physically active. In the beginning, our dad took us to every lesson. With our father being our teacher, it was not too difficult to attend all the lessons. At that time, we lived across the street from our gym. (a rented school gym hall at the Adenstraat in Rotterdam) From the moment we entered the gym, our father became our teacher and by the time we left the gym, our teacher became our father again. In my mind there was a clear line during class from the start. The benefits of having a 'teaching dad' was (and still is) always having a mentor, tutor and living Taekwon-Do encyclopedia nearby.



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Boosabum Eddy Fonseca (Sahyun Art's teacher)



Boosabum Eddy Fonseca & Sahyun Art van der Lee



Sabum Ron

Boosabum Frans

Boosabum Martijn

Boosabum Chris

Sabum John

Sahyun Art

Sabum Edwin



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3. PAST

Even on summer holidays abroad we could practice our patterns on the beach together. Nowadays, before class starts, we always try to practise a few patterns, getting into details and discussing applications.

General Choi Hong Hi has come up with a number of basic ideals for Taekwon-Do practitioners that contribute to the development of the character. These are the following basic ideals:

- By developing an upright mind and a strong body, we will gain the confidence to always be on the side of justice.
- We will unite all people in a brotherhood without regard to religion, race, national or ideological boundaries.
- We will dedicate ourselves to building a peaceful society in which justice, morality, trust and humanism prevail.

These ideals are not mentioned in every lesson, but they do form the basis of how we interact with each other during the lessons. By following lessons for years I was formed by this. What I mainly learned from this is that we must respect each other and with this, gaining respect for ourselves. Which in itself contributes to a peaceful human society. This behavior also stems from the Taekwon-Do learner oath. The oath describes the following:

- I will respect the Tenets of Taekwon-Do.
- I will respect my instructors and seniors.
- I will never abuse Taekwon-Do.
- I will be a champion of freedom and justice.
- I will contribute to a more peaceful world.

In addition to the development of my character, the specific physical training of all those years has ensured that I have also undergone a physical and mental development. Without Taekwon-Do we would have become two completely different people. Taekwon-Do has ensured that we have become physically and mentally stronger, that body and mind are in balance and that we are healthy. We are able to persevere, to surpass ourselves and to achieve better performances.

In my youth I was a bit shy and introvert. The properties of our Taekwon-Do helped me to learn new qualities and be more self-aware. For example, the graduation system has helped me to be less shy. This has also made me more confident in teaching.



I can't really add to this... Sabum Ron and I experienced our past nearly the same ;) In my recollection of when we

were young, we always had each other. Always someone who was there. Always a mate. Not that we hadn't had other friends to play with, we had numerous... Never having the feeling of being alone. There are so many stories of brothers and sisters who couldn't stand each other, had fights, been in arguments. None of this ever occurred with the two of us... The times we had a misunderstanding or a slight disagreement in the past 42 years, can be counted on one hand.

Learning Taekwon-Do has helped a great deal in life. Being much more secure, able to talk in front of groups, being a leader. But also being humble, helpful and honest.



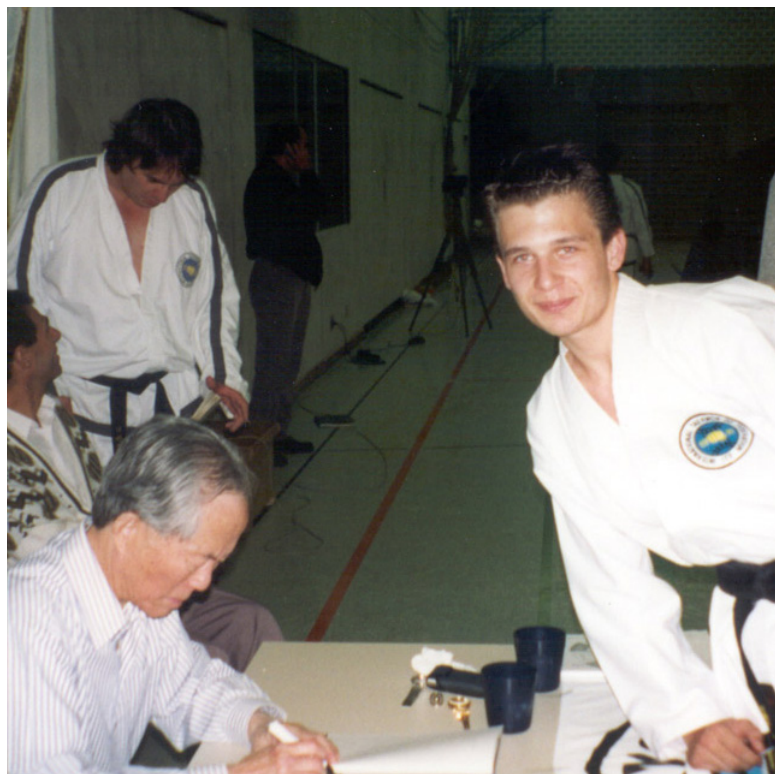
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Founder, General Choi Hong Hi & Sabum Edwin



Founder, General Choi Hong Hi & Sabum Edwin



Founder, General Choi Hong Hi & Sabum Edwin



Sahyun Art van der Lee, Founder, General Choi Hong Hi
Grandmaster Choi Jung Hwa & Sabum Edwin van der Lee



4. GRADING

From the start, my brother and I always tested together. As we both tested and had very similar results, funny remarks were made like to tattoo a letter 'E' and 'R' on our foreheads or have us wear bright ear tags to keep us apart. The teachers at that time had regular difficulty to see who's who. Even colored doboks were mentioned. We would have loved to see that. Even now, when we are back to back in similar doboks, teachers and students have some trouble picking us apart. Hence the description at the beginning of this thesis.

I

1st Degree

After testing successfully for all our Gup grades at our own school, we tested for our 1st degree in front of a grading committee of high degree black belts from our National Association in Utrecht in 1996. One of the founders of ITF-Netherlands (Sabum Kiet Tjon a Pauw) conducted the test. We remember being very nervous testing for this 'milestone'. Performing all the patterns, matsogi and power tests. After a successful grading we didn't even realise this was just the beginning. Looking back the video of this test only shows the evolution we made in these decades.

We also started teaching at this time. Thanks to Taekwon-Do, we have developed ourselves on a personal level and our character in such a way that we are now confident people with an assertive and proactive attitude. Of course we still had a lot to learn.

II

2nd Degree

After a year and a half of practice, reaching our 2nd degree test, we tested successfully with Sabum Gerrie Stolp (6th degree at the time) in Volendam in December 1997. Again being there as twins, working together and knowing what to expect of each other has helped a great deal in preparing for this test.

III

3rd Degree

After a couple of years in our 2nd degree level, we went to our very first International Instructors Course (IIC) Seminar in Cologne in October 1999 where we met the Founder of Taekwon-Do, General Choi Hong Hi for the first time. A real honour and looking back on this, glad to have had this opportunity. Students and teachers nowadays can't get that privilege anymore. During this seminar we successfully tested before Grandmaster Choi Jung Hwa, son of General Choi and Grandmaster Lan and Grandmaster Christa Wintzer for our 3rd degree.

In between our 3rd and 4th degree, we took time to develop our international referee skills. During an International Umpire Course (IUC), February 2005 in Cologne, Germany with First Grandmaster Rhee Ki Ha, we successfully completed the course and due to an age/degree limitation, became International B referees. Our father obtained an International A-class referee status. In the past, my brother and I led lots of national competitions as referees, judges and jury president.



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IV

4th Degree

Our fourth degree to International Instructor level was also held in the city of Cologne, Germany, during an IIC, June 2006 before the ITF Technical Committee (Grandmasters Bos, Marano, Lan, Trajtenberg and ITF President Tran Trieu Quan). **Fun Fact:** Our grading picture got published in the ITF Taekwon-Do generation 2008.

Side Story: *Testing for this exam for me (Edwin) was the most important exam (until now). For me this was also the moment (in Dutch) 'waar het kwartje viel'. The moment where I realised, 'This is it!' An incredible amount of practise, not just us, but the entire OHDOKWAN group prepared for the test. Training together, having theory evenings, for months we trained several days a week. We can look back at a great grading, sadly, due to prior knee injury, Sabum John didn't pass his test. He was devastated. Can't speak for Sabum Ron, but aside from being a very proud new Sabum, this didn't feel right. I guess we all have had moments when we thought of quitting Taekwon-Do, Yes, I have too... and this was it for Sabum John.*

Our Taekwon-Do family was there, gave us the support we needed. After so many years of practising, quitting is not really an option... After the grading Sabum John mentioned he wanted to quit... I really understood why... But being there for him, being 'family', talking, motivating, has helped a great deal. Yes, this took time, but I'm very glad Sabum John decided otherwise. Glad he's still with us today and hopefully this year he'll test for 6th degree.



Article in Taekwon-Do magazine about IIC Cologne in 2006

Very Very proud of Sabum John of this display of Perseverance.

V

5th Degree

Our fifth degree test was held in Utrecht, The Netherlands during the IIC in November 2010 before the ITF Technical Committee (Grandmasters Bos, Marano, Lan and Trajtenberg). IIC in our own country! Usually we travel across Europe to visit other countries that host an IIC. ITF Netherlands (Sahyun Harry van Schaik) hosted this IIC in Utrecht, which is in the center of The Netherlands. Very crowded with lots of international participants. At the end of the seminar, we were taken apart with a few other Dutch instructors who wanted to test for a new degree.

Side-story: *At this seminar, our dad tested for his 6th degree. About 2 years before this IIC, our dad had a heart attack just before a regular class. Very weak and turning almost white of color,*



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4. GRADING

Sabum Ron and Boosabum Martijn de Groot rushed him to the hospital nearby, where he directly went into surgery. Waiting for an ambulance would probably have turned out for the worst. (Unfortunately in the male-part of our Van der Lee family, heart-disease is hereditary.) After a successful surgery, our dad had to go through a long physical rehabilitation, but the mental part of - wanting to go to class, but can't - was probably the worst thing. He literally said it was like getting hit by a bus, over and over again... After just 2 years he still wanted to complete and test in the Dutch IIC. In the beginning of the seminar he unfortunately also twisted his ankle during a playful exercise and couldn't do much more during day 2. He persevered, tested for his 6th degree and succeeded. Compliments of the grading committee were given for having an indomitable spirit and lots of perseverance.

After this great seminar, my brother and I also tested successfully for our 5th degree and, as seen in the picture, Sahyun Vanberghen also tested successfully for 8th degree!



6th Degree

Our sixth degree was held in Lokeren, Belgium during a private test with Grandmaster Vanberghen, May 2015. Early in the morning, our dad and we travelled to Lokeren to see Senior Master Vanberghen, 8th degree at the time. We arrived at their gym very early. Almost an hour before our appointment. We even trained a bit in the local parking lot. As Saseong Vanberghen pulled up in his car, we almost immediately could start our test. In about 3 hours, we were done. Preparation for the physical test took us nearly

half a year in which we trained about 3 times a week. Every pattern, matsogi, hosinsul and power test we prepared to the letter. In my opinion, one of the best tests we have done.

We succeeded. In my opinion (and example), with a good mental and physical preparation, a test can be done fairly quickly, if everything goes according to plan.

Grading

In our opinion, testing for a higher degree is not only a moment in front of superiors, showing patterns, matsogi, power tests and in-depth knowledge, but also a showcase of what we have done and achieved in the past for our National Association, own club and social surroundings. With this in mind, we sent out a dozen requests for letters of recommendation. Not only to National (Grand)masters, but also International (Grand)masters who can vouch for our skills and contributions. (All attached in the appendix)

Our preference is being tested in front of an international panel. To undo the slightest bias or "friendly politics", we do not want to be judged by a National Council or a Dutch Grandmaster. This was even the case when we graded for our first yellow stripe and all other gup grades. Not having our father in the grading panel showed we were doing this on our own. With all sincere respect in mind, we didn't want to pass our only Dutch Grandmaster Tjin-A-Ton without his approval. We humbly asked him for a letter of recommendation and we quickly received it.



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Summercamp 2014



Sabum Ron & Sabum Edwin



Sabum Ron & Sabum Edwin



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5. PRESENT

As we write this piece, we are often reminded of the following statement: After 32 years of practicing Taekwon-Do: This is a way of life, the right way of life...

We are currently teaching at OHDOKWAN's single location in Capelle aan den IJssel, close to Rotterdam. OHDOKWAN has a large number (67 and counting) of degree holders, and the most of our National Association's International Instructors. There are already many students who have become Dutch Champions and have won international prizes at International Championships, either in (pre-arranged) Sparring, Special techniques, Powerbreaking or Pattern. The board of OHDOKWAN also works in various committees of the I.T.F. Netherlands. We are not a large school, but we have one of the highest 'cling-on / stick to your school' rates within ITF-Netherlands. We think the greatest strength of OHDOKWAN is actually the close-knit team, the friendship, the different qualities of the teachers and especially the feeling that our school is family. Taekwon-Do is family.

Over the years we have created the Ohdokwan syllabus. An extensive book with not only all the rules and regulations of our school, but also history, moral guides, examples for all types of matsogi and all Taekwon-Do techniques from all patterns (except U-Nam... for now).



Teaching today (after 26 years) is not a 'must'. It's a habit, a way of life. When there is something obstructing my weekly teaching/training, I feel a loss in my mind and body. Even if I miss just one training a week,

my body objects... When I teach separately from my brother (it happens), I will often see my brother teach the same exercises in class that I taught the week before, without any form of communication.

At OHDOKWAN we have a large group of children, a large group of seniors (by which I mean 40+ students) and a lot of families. Quite a lot of parents and kids train with us. I love teaching our white belts. I think they are my favourite group. With enthusiasm, a bit of science and most importantly FUN, teaching this group the basics, that's where I am most comfortable. Not only teaching kicks, but also teaching moral values with our Tenets in mind. Nothing better to see a kid breaking a board with the recently-gained confidence and technique.

We also have a quite large amount of elderly (50+) participants in our club. Our eldest student is Jeja Willy, 74 years old and still very active. Willy started Taekwon-Do in the years Sahyun Art trained with mr. Fonseca. He stopped training for a while, but after many years he saw us on social media a couple of years ago and he came back as a student. He returned as a white belt and is now a blue belt. Great to see them work out enthusiastically, together with the youth students and even attending the online classes. Everybody is welcome. We see there is a need for this age group to practise our beautiful art, so we train them, while keeping their age and ability in account. Taekwon-Do is a great tool to (re)vitalise, enjoy the social aspect of group lessons and be active and improve the quality of life.



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OHDOKWAN Teachers during IIC Amsterdam 2018



Sabum Ron & son Jayce, Sahyun Art & daughter Kira, Sabum Edwin & son Milan



Having fun teaching



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5. PRESENT

A very important piece for me is the etiquette part.

I believe every student (especially young kids) can do with a little bit extra in these modern times. The students of our school must adhere to the household rules in our Dojang, but also try this at home. An important quality in a teacher, but being a dad as well, it is my responsibility to set a well-mannered example for my kids and students. Giving respect leads to receiving respect, appearing clean and tidy, not only for training, listen when being taught and speaking decently (no one-word answers). These are a few things that are unfortunately not too common nowadays. This naturally is what our Taekwon-Do Tenets reflect on us on a daily basis.

At all times observe the tenets of Taekwon-Do martial art, not only in the school, but in daily life as well:

- Ye Ui
Courtesy and humility
- Yom Chi
Integrity and Integrity
- In Nae
Perseverance
- Guk Gi
Self-control
- Baekjul Boolgool
Indomitable spirit and courage of life

Our Taekwon-Do passion lies with patterns. Sabum Ron, ex-member of the Dutch national team (2008 - 2012) and ex-Member and coach of the Training and Selection Committee for the Dutch Team (2014 - 2019), also trained our

club-selection who go to European and World Championships. The preparation in perfecting patterns for competition is what lies closest to heart.



As Sabum Ron mentioned, Taekwon-Do is a way of life.

This is not just seen in the Dojang, but in everyday life. How to go about with the family, having a strong moral culture, being there for others... The Do is everywhere.

In these Covid times, the government decides what we can and can't do. A normal family visit isn't possible for almost a year now. We still feel the strong urge to be together, still practice sports together, though not being able to actually be together. So something needs to happen and this is where the present technology (IT) comes in.

We've all been in a Teams-, Skype-, Meet-, Webex-, Zoom-, Whatsapp-, Facetalk-, Lifesize meeting. This seems to be the best solution for being in contact while not being actually there... In the Netherlands a few online alternatives are given by our NA, so we can join these classes. A lot of schools in the Netherlands have their own programs and so do we, initially having the possibility to train outside. As well known, this pandemic has spread giving us less and less options. Initially we decided not to teach online, but seeing Covid progress and mutating we need to do this to keep our students and ourselves involved.



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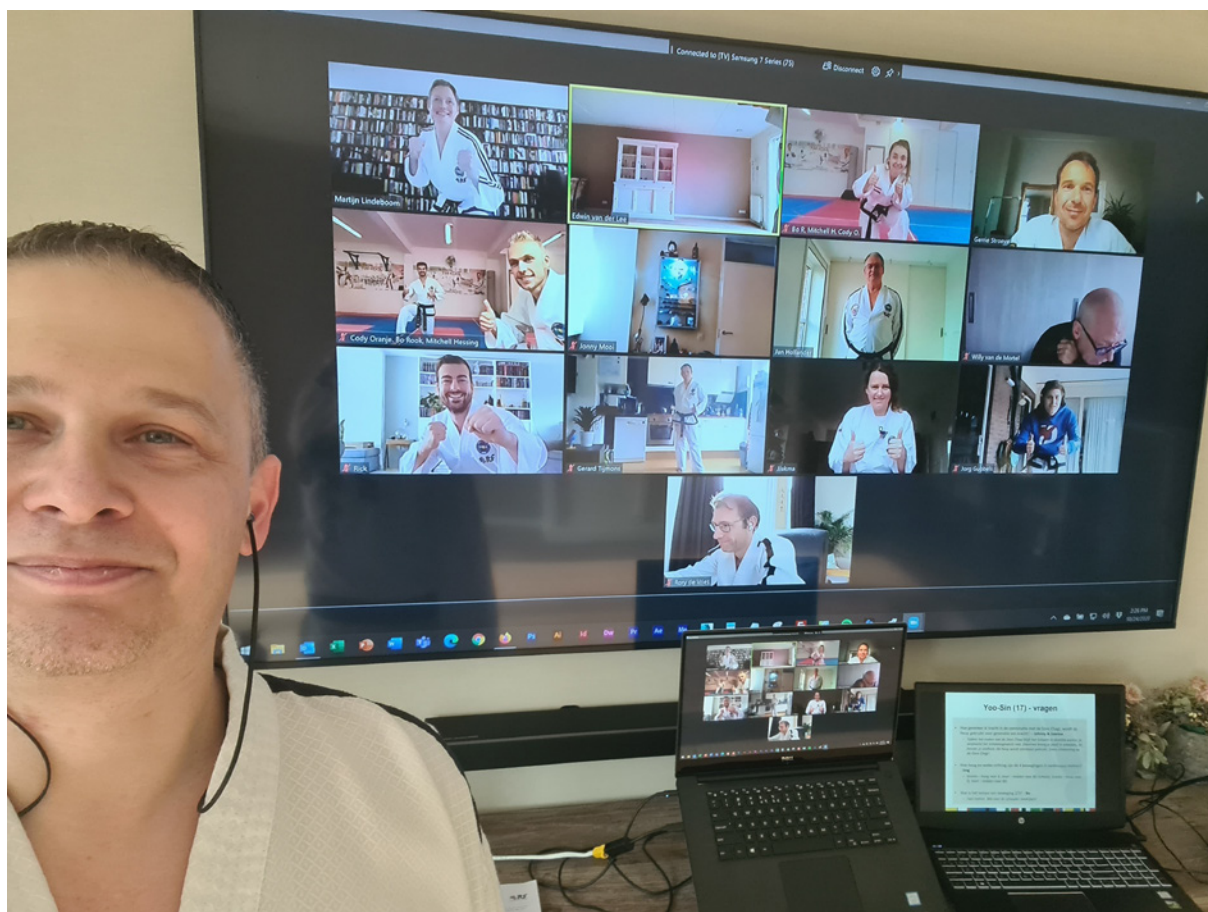


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5. PRESENT

The Online training programs we provide are not just for students at our own school. We also provide this for our NA. Together with the other members of the CTO (the Dutch Technical Committee) we provide LTC's (national training) and Teacher Trainings to all members of the ITF-Netherlands. This is to provide the requirements for Degree gradings. These trainings have been quite successful. The last LTC's we conducted had 105 participants.

After the first Covid wave, to me it felt a bit weird being in the Dojang again. Sadly the second Covid wave was not long after. I think we all knew this was going to happen.





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6. SWOT ANALYSIS

As we talk about ‘family’ in our school, every member is entitled and valued to their opinion. Last year we did a SWOT analysis amongst our Black-Belt members to see and hear what our family’s opinion was of our weekly lessons. We asked them to write keywords on a large piece of paper, without us being present in the group, Opportunities and Threats.

We also asked every black-belt member to answer the following question: What is OHDOKWAN to you? Not to judge the opinions, but to learn and gain more insight to what we do well and in what we can improve. A very valuable 1.5 hour session. Every positive and negative comment noted was answered with ‘Yes’, and ‘thank you’. We can only learn from this.

OHDOKWAN is for me:

- Trusted
- Family
- Relaxation
- Part of my life
- Health
- Sports together
- Make myself stronger
- Challenge mentally and physically
- Feeling at home

A great list of positives and points of attention where we can learn from. A recommendation for each club to do.

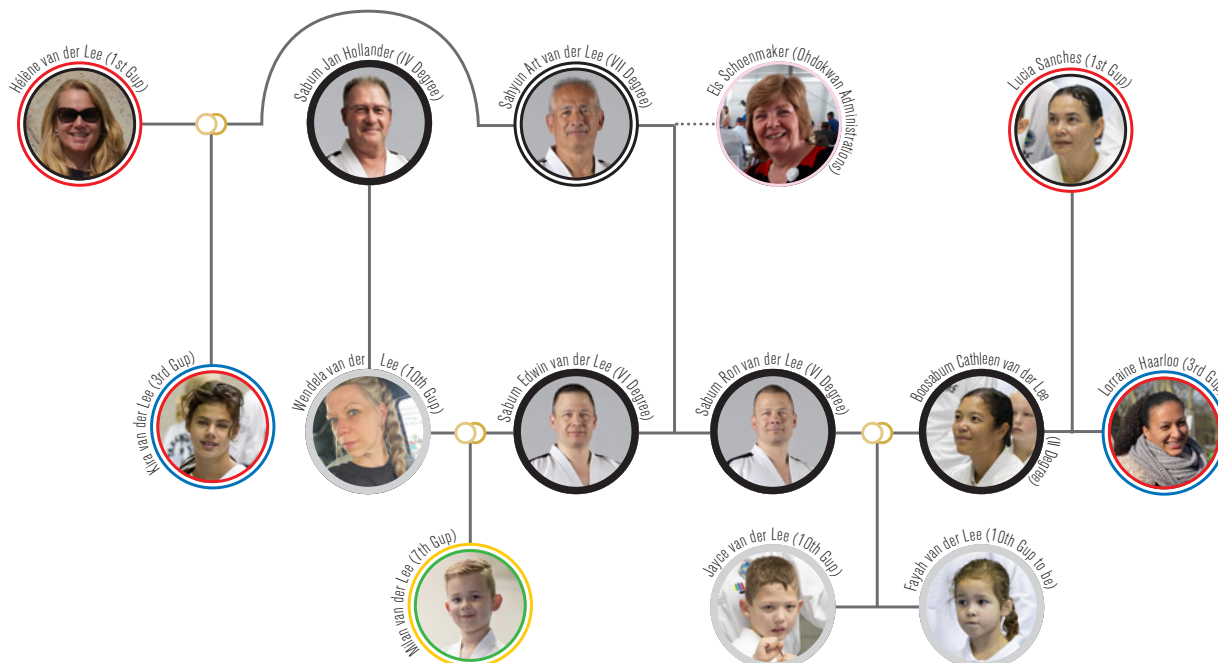
STRENGTHS	
• OHDOKWAN connects	• Teachers listen
• Very technical school	• Open atmosphere
• Young & old train together	• Rollmodels
• Diversity in the classroom	• Knowledge
• Respect to all	• Affordable
• You learn to teach	• Very involved with the National Association
• End of year training	• Tul - Lots of Patterns
• Teacher-Student Involvement	• Power-break opportunities!
• More and more women subscribe	• Experienced Referees
• Every lesson is different	• Experienced in International tournaments
• Security	• Dutch Selection gets time and space to practice
• Everyone is welcome	• An arsenal of experienced black belts

WEAKNESSES
• More sparring lessons wanted
• Needs more Hosinsul
• Sometimes having to teach too spontaneously
• Accept more input from black belts
• Gym sometimes too small for many students
• Too nice, must be more strict
• Too few stepsparring repetition
• Training VS Current Society
• Needs more structure in weekly lessons
• Needs more ‘DO’ lessons

OPPORTUNITIES
• Apply for (Municipal) subsidies / funding
• Find more sponsors
• Split lessons
• Collaborate with other martial arts
• Doing more for others (teaching at schools)
• Get more guest lessons / instructors
• Open dojang 1,5 hour / 1 day per week
• Kids fitness training 1 x per month
• Start competition group again
• Make more use of social media

THREATS
• Differentiate lessons in age categories
• To many regulations from ITF Netherlands
• Wanting too much of every Taekwon-Do subject
• Other Taekwon-Do school near

7. FAMILY TREE



As we teach and train over the years, our actual family became interested as well.

Some started practising a bit sooner, others a bit longer. Here is a small list of our extensive families which practice(d) or related to our club OHDOKWAN.

- Our father Art van der Lee (currently 7th degree) - The Head and Founder of OHDOKWAN and awesome dad and teacher.
- Our mother Els Schoenmaker (club administrations and finance 1989 - 1997)
- Our Stepmom Helene van der Lee (1st gup - retired)
- Our half-sister Kira van der Lee (currently 3rd gup)
- Sabum Edwin's father-in-law Sabum Jan Hollander (currently 5th degree)
- Sabum Edwin's wife Wendela van der Lee (10th gup - retired)
- Sabum Edwin's son Milan van der Lee (7th gup)
- Sabum Ron's wife Boosabum Cathleen van der Lee (2nd degree - retired).
Pursued a career in Salsa Dancing, ultimately winning the Dutch Salsa Championship in 2012.
- Sabum Ron's son Jayce van der Lee (10th gup)
- Sabum Ron's daughter Fayah van der Lee (10th gup to be),
- Sabum Ron's sister-in-law Lorraine Haarloo (3rd gup - retired)
- Sabum Ron's mother-in-law Lucia Sanches (1st gup - retired)
- And several Uncle's, Aunts, Nieces and Nephews also practiced Taekwon-Do in the past.



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

8. FUTURE



In our case, and many around us, Taekwon-Do is for life. As our dad regularly says: "Once you start wearing the dobok it will always be part of you. There is no stopping". Looking to the future, we can say a couple of things which are most likely / certain to happen. Sabum Ron and I will continue running the school our father and Sabum John started. We will do this with the same mindset. I personally think we can do with some technical improvements though. :) Teaching Taekwon-Do in general has changed over the last few decades. The social part of attending lessons is much more important to the practitioners today than actually learning to be a big strong fighter. (This was the case in the 1970's when Bruce Lee dominated the big screens. He was an example for many). Nowadays (especially children) attend classes with their friends, having a good time.

7th degree to me means more responsibility. Not just knowing the details of a Tul or Matsogi, but being in control and paint a path / way (Do) to the future. Educating students, not just physically but also teaching them to be a decent person with the right attitude... Creating a better world. They say "Practise makes Perfect", but in my opinion there is no 'perfect'. So we can only keep practising... and failure is a part of this as well. We rise, we fall... It's the 'getting up part' which is important. We can only try to be the best we can. This goes every single bit in life.



With our job expertise as graphic- and web design, we can use our trades to support our school with social media, website and flyers. After more than 30 years of Taekwon-Do in a rented-high school-gym, my dream is to move OHDOKWAN to a self-owned building/hall, where we can have our OWN school, where we can proudly hang our ITF Plaque on the wall. Writing this thesis has given me more insight into what Taekwondo-Do means to me and has an important contribution to my daily life. Taekwon-Do has largely shaped me into who I am today, how I live life, how I treat others, how I respect and treat others equally. I also want to convey this to others.

I am never finished developing and perfecting. Get out what's in it and keep trying. Not only with Taekwon-Do but also in other areas such as personal development, family and work. The Tenets of Taekwon-Do help me on a daily basis to tackle things that I otherwise would not dare to do. This motivates me to keep practicing Taekwon-Do physically and mentally every day and to achieve my goals in the future. In the near future, I would like to work more with our National Association again. My professional background in Graphic Design could be a supporting role in the Marketing and Communications Committee.



Sabum Ron with daughter Fayah



OUR JOURNEY



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9. COVID-19

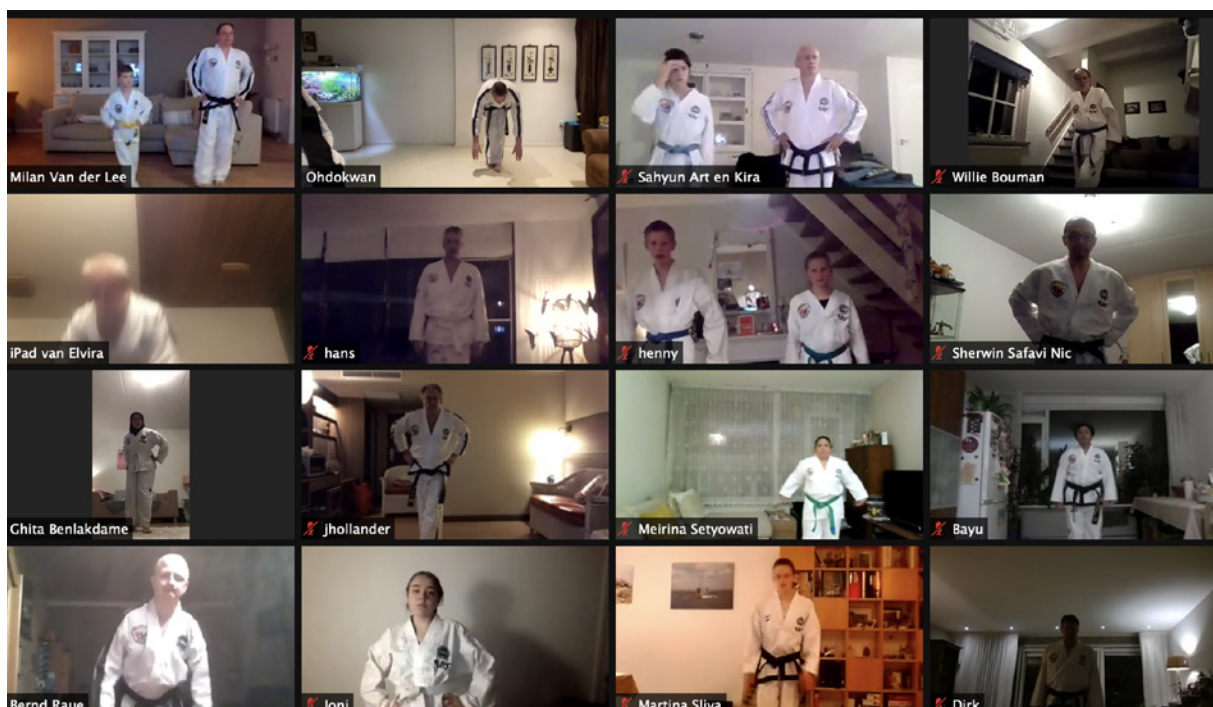


Due to the Corona virus we are forced to give the lessons online. Zoom is great platform to get the students together and train via an online connection. Simply quitting and not providing the training is not an option. At first this was difficult and we experienced this in a very different way than in the Dojang. No feedback from the students, just telling what needs to be done. No interaction ... In addition, a large overview of students on a screen and not being able to help or correct physically here and there.

Not only our own lessons, but also the National Technical Courses, the referee and teacher trainers are taught in this way. For each graduation, the participants were taught or instructed about certain components. We're now getting used to the way of teaching online, but this is of course not our preference.



Due to the Corona Virus outbreak last year, the future is not certain but in our minds surely positive. Of course we hope things will be better this year. As we may continue our beloved martial art, the school needs to expand again as we think every school worldwide has to cope with Covid-19 issues and probably a loss of students or worse. Luckily now the vaccines are starting to be administered to the needful ones first, at least. Our government tells us they hope to have the majority vaccinated this summer. I am willing to take the vaccine, for several reasons. To be as safe as can be, to be able to give my family a big hug again, to be given the GO to enter our gym as soon as can be, and be physically in front of the class again, instead of online training. Hopefully we can attend an actual IIC soon...





OUR JOURNEY



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10. ITF NETHERLANDS



Training- & Selection Committee

In 2011 I joined the Dutch National Team as an assistant coach to compete at the

European Championships in Bratislava, Slovakia. Being short one coach due to illness, the Dutch National Team asked me to help out a few competitors in Special Techniques. At that time, the long jump Yop Chagi was still practiced. I was one of 2 coaches responsible for holding a plastic breakable board. The Dutch competitor (mr. Joshua Arens) ultimately won the gold medal. From that time on, coaching became more and more interesting to me.

Teaching the Dutch Team was quite an honor for me. After competing many times against Master Suska, Master Doulay and Sabum Persia in Pattern at world-level in Viking Cups, WorldCups, European and World Championships (as shown in my attached resume), this was the next best thing. Together with fellow Dutch coaches Sabum Stephen Tapilatu, Sabum Tim Kool, Boosabum Vincent Vrijzen and Boosabum Nathalie Frankis, we organised national training days and developed a training program for the aspiring Dutch squad members.

Being able to share my knowledge and see progression every time we trained. A rewarding feeling. Traveling to New Zealand for the World Championships was the ultimate highlight. Not yet having kids at the time and a very supportive (sponsoring) corporate real-estate company I worked with, I was able to travel and see the world with my wife and compete in the martial art I love.

A summary of events where I was a coach of the Dutch National Team:

- European Championships 2011
Bratislava, Slovakia
- World Championships 2011
Wellington, New Zealand
- 4th ITF WorldCup 2012
Brighton, England
- European Championships 2013
Skövde, Sweden
- European Championships 2015
Motherwell, Scotland
- World Championships 2015
Lido di Jesolo, Italy
- European Championships 2016
Tampere, Finland
- World Championships 2017
Dublin, Ireland
- European Championships 2018
Maribor, Slovenia
- World Championships 2019
Inzell, Germany

After 2017, the Dutch National Coach program changed to a 'club coach' model. From 4 National Coaches with few assistants to many Club Coaches. Every Dutch team member had to bring their own coach from their own club to the international competitions, but representing The Netherlands. In 2018 and 2019 I went along as a National Club Coach, supporting 3 Dutch National Team members of our own club. Due to wanting to spend more time with my family, wanting to expand our own creative company and having other obligations to tend to, I am leaving my club coach position this year.



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World Championships 2011 Argentina - Sabum Ron vs. Sahyun Suska



European Championships 2008 Poland - Sabum Ron vs. Sahyun Suska



Representative of The Dutch National Team during European Championships



Coaches of The Dutch National Team in Motherwell, Scotland



The Dutch National Team in Maribor, Slovakia during the European Championships 2018



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10. ITF NETHERLANDS



CTO

National Technical Committee

While progressing and learning within the ITF-Taekwon-Do we also think it's very important to transfer knowledge. We (Sahyun Art, Sabum John and myself) decided to join the Dutch Technical Committee in 2010.

This gave us more insight, more details and learning abilities to improve our school and ourselves. Having the ability to train with others in this committee has helped a great deal. This also gave us the ability and responsibility to teach all ITF-Netherlands members from 2nd gup to 3rd degree. ITF-Netherlands requires a presence attending these National courses to be able to grade to a next degree. This often places the committee in front of 100+ participants. I really couldn't imagine standing in front of such a group when I started Taekwon-Do... Today this is not a problem whatsoever.

This committee organises the National Technical Trainings, keeping track of the technical properties which are needed for testing for a degree.

Our main goals are:

Quality - Spread - Guard

Setting a high technical standard within ITF Netherlands. Discover, track and bind degree holders with specific qualities (performing, governing and technical) towards committee activities. Spreading the high technical standard ITF Taekwon-Do amongst the Committee and the degree holders. Guarding the high technical standard of ITF Taekwon-Do within ITF Netherlands.

Current members of the CTO committee:

- Sahyun Willy van de Mortel
8th Degree - Technical Director
- Sahyun Martijn Lindeboom
7th Degree
- Sabum Edwin van der Lee
6th Degree
- Sabum Jack de Smit
6th Degree
- Sabum John Verkerke
5th Degree
- Sabum Rory de Vries
5th Degree
- Sabum Wouter Meijer
5th Degree
- Sabum Claudia Martowirono
5th Degree
- Sabum Jeroen Joosten
4th Degree
- Sabum Tjerk Mens
4th Degree





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10. ITF NETHERLANDS



MCC Marketing & Communications Committee

My professional education in Multimedia Design, Web Development and IT enabled me to help in the Marketing and Communications Committee as well. Since 2019 I've been a member of this committee. My work here revolves around: Communicating with other members of the committee and the ITF-Netherlands board, especially head of the committee Sabum Bernd Raue and current ITF-Netherlands secretary Boosabum Bo Rook. Placing content and keeping the website of the ITF-Netherlands secure, up-to-date and online. Using the Member Administration Portal to send out Newsletters and Developing the ITF-Netherlands Elearning Platform. (Used for online courses)

This committee has the purpose to professionally provide our members and linked schools and clubs, the information about all items concerning our National Association.

Next to this, the committee has the assignment to develop, implement, promote and manage the marketing plan for ITF-Netherlands.

Current Members of the MCC committee:

- Sabum Bernd Raue
6th Degree - Head of the committee
- Sabum Edwin van der Lee
6th Degree - Webmaster
- Boosabum Hans Slegtenhorst
2nd Degree - Marketing and Sponsors
- Boosabum Jasper Slegtenhorst
1st Degree - Social / Video content





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11. 2CREATE DESIGN

Starting a company together... That already sounded self-evident after graduating from the Graphic Lyceum. Together we own 2CREATE DESIGN. Our full service advertising agency for 6 years already.

Our Team:

- Edwin van der Lee: Multi-Media Director
- Ron van der Lee: Creative Director
- Wendela van der Lee: Executive Secretary

2CREATE DESIGN helps its clients achieve business objectives. We like to create our own trends. Not like sheep to follow the crowd. Think first, show a little guts and let's go!

Our team together has nearly 40 years of relevant work experience. With a service-oriented, personal approach, a good dose of energy and fun, we come up with solutions that make our customers successful. Always looking for new concepts that work. Never just any creative splurge, but working together towards your intended result. We love a good idea and a strong design. Clear texts and powerful images. On paper, screen or on your wall.

From concept to implementation. From business card to brochure and from (mobile) website to social media campaign. Short communication lines and fast, flexible delivery times. Let us develop your product. We combine creativity and high-end development. In this way we develop resources for customers large and small who want to make a difference. We successfully created this together.

From the nail specialist on the corner to the real estate multinational. We use a tailor-made

approach for every customer. In addition, we have a weakness for companies that consider sustainability to be of paramount importance. Of course we take your budget into account. Every investment must of course also be earned back. After all, your success is also our success.

Our clients pay for our creative look and expertise. We translate the ideas quickly, creatively and effectively into all possible expressions. Because they can expect this sincere service, it ensures a relaxed relationship. Gathering up for a meeting and seeing we've dressed the same... Again (this happens way too often to be a coincidence)

We specialise in Print (in various forms) and Website solutions, but we also offer Photography, 3D Design, Audio and Video editing to a wide range of customers. This is where the tenets of Taekwon-Do also come in.

- We are honest & polite to our customers (Ye Ui)
- We keep our promises (Yom Chi).
- We handle large projects ourselves (In Nae)
- And have the patience to do so (Guk Gi).

We give back to the community where possible by helping the ones who are in need. Of course we need to make a living, so money is involved, this is where the corporates come in, but we also offer free services (where we think it's needed) to many different clients. Our friend and longtime Taekwon-Do practitioner, Martijn de Groot has an osteopath practice, we offer him our services. Family members with a photography studio, Nail Salons, Yoga Studios.



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11. 2CREATE DESIGN

We started the company with the true belief of making our company a success (Baekjool Boolgool). This is now a rewarding full-time job for Sabum Ron.

We have a professional work relationship with quite a number of different Taekwon-Do in around the world. We offer our services to Senior Master Hutton from Scotland, Sabum Yves Pollefeyt from Belgium, the National Association and many national Taekwon-Do schools in the Netherlands.

Please see: <https://www.2createdesign.nl> for more information.





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12. ACKNOWLEDGEMENTS

Sabum Edwin



In growing up my brother and I were nearly identical. The same clothes, same hair, same nearly everything...

Of course our lives grew apart when we left our elderly home. We have our own story to tell. This is a natural thing, but we always have Taekwon-Do in common.

Twin brothers are what best friends can never be...

I have the best brother in the whole world (a lot of people can say this). Having my back when needed without asking anything in return. A true 'famiLEE' man as well.

So what's different? I guess the part of our youth before grading to first degree black belt was nearly the same. We both entered the same competitions, were at the same gradings and demonstrations and so on. I did start to lose interest in competition quite a bit earlier than my brother. I decided not to participate in competitions after attending the 3rd World Cup in Riva del Garda, Italy. Though no prizes were won, this was an amazing experience for me (being also my first World Cup) but I also knew this wasn't my future.

Ron did go on in Taekwon-Do competition. He became successful in multiple European and World Championships. Not only as a competitor but also as a coach of the Dutch National Team over several years. I am really proud of him doing so. #veryproudtwinbrother

Sabum Ron



Our journey on the same highway has taken a small detour. Sabum Edwin took the left lane, as I took the right,

but both in the same direction. Interests changed a bit around our 4th degree. Mine was competition. I took the opportunity to compete worldwide with our Dutch National team. Sabum Ed had left the 'arena' to pursue a Taekwon-Do career in teaching our National Association (C.T.O. = Committee in Technique and Education). With this committee of high degree Masters and Instructors, he has now proudly taught the whole of ITF Netherlands, including also our Dutch National Team sometimes, in every aspect of Taekwon-Do for more than 10 years, which is very respectable.

Writing this thesis is harder than I thought, but more rewarding than I could imagine. None of this would have been possible without my first friend, best friend and partner in crime.

Thank you brother! #veryproudtwinbrother



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APPENDIX

COMMUNITY PROJECT

SABUM RON VAN DER LEE





13. APPENDIX • COMMUNITY PROJECT - SABUM RON



The ultimate goal of Taekwon-Do ITF:

Creating a better world, one step at a time.
Using our capabilities and talent to help others who can't have the pleasure to practice our beautiful art.

Why? A very basic thought of mine: Every kid has to have the opportunity to practice sports. Every year, more than 550 children in the Netherlands develop cancer. At this moment, 75% of these children are cured, but sadly, 1 in 4 still dies from the disease. Cancer is the number 1 cause of death by disease in children in The Netherlands.

What does KiKa do?

KiKa is the only charity in the Netherlands that funds research on all forms of childhood cancer. KiKa raises funds for innovative research and other activities in the field of childhood cancer, aimed at less pain, more cure and a better quality of life. Furthermore, KiKa focuses on education on childhood cancer.

Cancer in children

There are many different types of childhood cancer. In addition, the type of cancer can be further divided into different types with different properties. To be able to make a precise diagnosis, a child with cancer must therefore first undergo various examinations. The most common form of childhood cancer is blood cancer, also called leukemia. In this form of childhood cancer, there is an uninhibited division of lymphocytes (a certain type of white blood cells). As a result, there is no more room to produce healthy blood cells.

Treatment of childhood cancer

Doctors treat childhood cancer with drugs, surgery or radiation. Sometimes different methods are also combined. The ultimate treatment depends on the type of cancer. The duration of such treatment varies from a few days to years. Unfortunately, there is also a downside to different treatments. Many drugs destroy not only tumour cells but also healthy cells. As a result, organ damage can occur immediately or at a later age. Examples include heart problems, growth disorders, infertility or the development of other tumours.

KiKa therefore also supports studies into reducing side effects and effects in later life. Thanks to the results of completed research, the chance of a cure for cancer in children increases through successful treatment.

The Princess Máxima Center

There are many different forms of childhood cancer. Because each form occurs rarely, specific knowledge is needed for every treatment. Until recently, research and treatment were carried out at several university hospitals. Due to this fragmented approach, it was difficult to gain experience and train specialists. Now, care and research for all childhood cancer patients in the Netherlands are concentrated within one center: the Princess Máxima Center for pediatric oncology. This is the largest research and care center for childhood cancer in Europe. KiKa is the main financial supporter of the Princess Máxima Center.



13. APPENDIX • COMMUNITY PROJECT - SABUM RON

Setup:

1. Create awareness for childhood cancer
2. Create a KiKa Kick Challenge
3. Start Fundraising (for 1 month)
4. Execute Kick Challenge during
OHDOKWAN Summercamp Weekend
5. Collect sponsorships and funds
6. Host Meeting with KiKa

Every 5 years, we organise a summer camp for all of our OHDOKWAN students. A weekend full of fun, games and of course some Taekwon-Do training. This edition (2 years ago, summer of 2019), we went to Heino, near Zwolle in Overijssel. A very nice camping ground, large enough to host a couple of clubs at a time. It has a very large grass field, large indoor gym, swimming pool, restaurant, theater, disco, outdoor sports possibilities and so on.

One month before the start of our summer camp, we started creating awareness for childhood cancer by inviting an ambassador of KiKa at our school to tell why it's so important for everyone to know what KiKa does and what it stands for. Pretty amazed by the stories and numbers, our students got excited to make some real effort for KiKa. We made a flyer with detailed info about KiKa and why we are doing this. We also made a subscription list for every student. They could ask their family and friends to subscribe and sponsor them for every kick in this Challenge.

The idea was to create a KiKa Kick Challenge to gather funds for The Princess Maxima Center.

The Kick Challenge was very simple:

- 1 Minute of kicks, with an amount of € per kick.
- Kick as fast and as many as you can. It didn't matter what or which kick(s) are executed.
- The partner holding the kickshield counts the kicks.
- The number gets written down.
- The number of kicks, multiplied by the numbers of Euro(cents) received per kick, are collected in the month after the kick challenge.

Our students (and ourselves) had one month to collect sponsors. All of them did really well, encouraging their colleagues to sponsor as well. Some even directly got large amounts of cash, directly from their families and companies they work with. Really humbling to see the community gather and support our cause.

Finally we arrived at our Summercamp location Heino, near Zwolle and had a great weekend. On Saturday, after the first Taekwon-Do lesson, we took a small break. I introduced the Kick Challenge to our students. Got them ready to give it their all. We split the group in half. One group was kicking, the other half was holding the kick shields. After the countdown 3, 2, 1, the first half of our students started with their fast kicks. Numbers topping 100 were made by some students. (very fast dollyo chagi's). After that minute, the numbers were written down. The other half was getting ready. The second minute started and the second half of our students went at it. Again a super performance with students numbering above 100 kicks. A great performance by all. Exhausted, our students gathered their info and we continued our fun summer camp.



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13. APPENDIX • COMMUNITY PROJECT - SABUM RON

After our weekend, we gave our students 1 month to visit their family, friends and sponsors and collect the sponsorships. Most sponsors were amazed by the performance of our students. Some sponsors had enthusiastically filled in one Euro per kick, thinking not too many kicks were being made.

After all sponsorships were collected, we hosted a meeting with KiKa. An Ambassador of KiKa came to our school and was treated with a giant cheque of € 2.200,- Euros. Proud as a peacock, I got to write the amount on the cheque which was held by a couple of students. We were very humbled and proud we could present this to KiKa and the Princess Maxima Center, supporting this great cause.

Having the honour to organise this for our community.

Yours in Taekwon-Do,

Sabum Ron van der Lee
VI degree - Taekwon-Do vereniging OHDOKWAN
ITF-Netherlands.





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APPENDIX

SOCIAL PROJECT

SABUM EDWIN VAN DER LEE



13. APPENDIX • COMMUNITY PROJECT - SABUM EDWIN



Taekwon-Do Camp

The best weekend in september...
every five years (our 5-year lustrum)

OHDOKWAN organises a camp weekend.

This started in 2009 when we celebrated our 20th anniversary. This is to celebrate the anniversary of our school. The last three editions, of course with help of our board and volunteers, I organised this weekend. Being at Camp Heino (near Zwolle, Drenthe) gives a weekend together and getting to know each other on a whole different level, then just attending class. The social interaction between students (and teachers) brings us together in a way we could never achieve in the Dojang. Really getting to know each other, aside from the classes and competitions. This brings a family-feeling to our school. In my opinion this is as much Taekwon-Do, as the Taekwon-Do we train in the Dojang.

Yes, we practise Taekwon-Do at this camp, but this isn't the important part this weekend. We also organise a lot of games and there is time to socialise.

A brief overview of a camp day:

07:00 - Wake-up

07:15 - Breakfast

09:00 - Training outside (Technical lesson)

11:00 - Soccer Tournament (Youth)

12:30 - Water Balloon fill

12:45 - Lunch

14:00 - Obstacle Run

17:00 - ALS Challenge

17:30 - Dinner

18:30 - Soccer Tournament (Adults)

20:00 - Free time

ALS Challenge

During one of the camps we organised the ALS challenge. ALS stands for Amyotrophic Lateral Sclerosis. This is a disease of the nerve cells that control muscles. This neuromuscular (nerve / muscle) condition leads to the insufficient functioning of the muscles. This is because the motor nerve cells in the spinal cord and the lower part of the brain - called the brain stem - die. As a result, the signals from the brain no longer reach the muscles. The brain can no longer initiate muscle movements.

Their mission

Finding the cause and therefore possible future treatment, by stimulating and funding scientific research into ALS and creating a better quality of life and care for current ALS patients and their environment.

Their goals

The following strategic goals emerge from this mission:

- Promote scientific research into the cause of and options for prevention, cure and future treatment of ALS.
- Providing a communication platform for ALS patients, loved ones, next of kin and the environment (peer contact).
- Improve quality of life and care for ALS patients.
- Using the available money for scientific research as effectively as possible.



13. APPENDIX • COMMUNITY PROJECT - SABUM EDWIN

In order to achieve the strategic goals, we work with the following core goals:

- Supporting the ALS Center as an important basis in the Netherlands for optimal diagnosis, care and scientific research.
- Maximizing the available money for scientific research and care.
- Promoting national and international cooperation in scientific research and fundraising.
- Facilitate clearer and more efficient scientific research and care.

Also increasing and maintaining the (name) awareness of ALS, in order to create more support and understanding for patients and their loved ones, is also part of our mission.

Some facts and Figures:

- About 500 patients are added each year, but 500 people also die each year from ALS.
- The disease does not occur in children and rarely in young adults. The disease manifests itself between 40 and 70 years in 80% of patients. However, there are exceptions: from late teens to 90s;
- The disease affects more men than women (3:2);
- The average life expectancy of someone with ALS is three to five years after the first symptoms. 20% of ALS patients live longer than five years after the first complaints and 5% percent are still alive twenty years;

- In 1862, Jean-Marie Charcot (born 1825 in Paris) first used the name “Amyotrophic Lateral Sclerosis” to indicate an attack on both the first and second motor neurons. In 1874 Jean-Marie Charcot gives the first close observation of the clinical picture of ALS;
- In some countries ALS is also called MND: Motor (movement), Neuron (nerve cells), Disease (disease). In America, the condition is also known as “Lou Gehrig Disease,” named after the legendary baseball player who died of ALS in 1941;
- ALS is not contagious;
- ALS occurs all over the world, in all population groups.

The physical part of Taekwon-Do is all about moving... WE CAN, but the ALS patients can't, so we decided that year to support the research for the incredible good cause. The idea was, students and teachers could donate any amount. This would enable them to throw a lot of water balloons at the teachers. A very small price to pay for us...

The donated amount (€ 250,-) was then DOUBLED by our club, a very generous and noble gift.



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OHDOKWAN Beach Training

Each year (apart from this Corona year, in which we weren't allowed) OHDOKWAN organises a beach training, FREE for all ITF members. This is organised at the Hoek van Holland Beach in Zuid-Holland. Several schools of the ITF-Netherlands with members ranging from 8 to 88 years old attend this training each year. We've been organising this beach training for over 10 years already. We're looking forward to our first international participants from Belgium and Germany :)

On this 'always dry' day we practise Tul and several Matsogi on the beach. Usually we start this day with a severe 'up the dunes run' and end this beach day with a few games. We always go home in a wet dobok. This is due to our 'push-ups in the surf of the sea' traditional ending of this day. Always a great day to look forward to.

This also allows students from different schools to interact with others in a social way which can't be achieved in the Dojang.

Looking forward to the next summer where we hopefully can train together on the beach.





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13. APPENDIX

RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION

Dear Mr Ron & Edwin van der Lee, many thanks for the e-mail. According with ITF rules, you don't need letter of recommendation for examination to 7th or 8th degree, just your NA authorization. Anyway if this is a request of your NA, and knowing you from several IIC, you have my recommendation for master examination following ITF rules. Hope to see you soon as master sharing Taekwon-do again. Keep safe please,

Saseong Hector Marano

Dear Ron and Edwin,
I'm fine and thank you for your mail. I hope you both and your families are well and safe. Of course I'll support you for your promotions to 7th degree because I know you and your family more than 20 years. I remember that I took your 3th degree's grading by the IIC in 1999 in Cologne. :-). You and your family are always loyal to our ITF and really the Martial Artists. Hereby is my sincere recommendation to Ron and Edwin van der Lee for the promotion to 7th degree. Take care and big hug,

Saseong Ung Kim Lan

Hi Ron, Hi Edwin, Good to read this. It's been a while. Even in these dire times, indeed busy both with my ITF Audit Committee, as auditor AETF and Belgian activities... but we are heading straight for a lockdown due to political incompetence... I suspect you should submit this letter of recommendation to ITF-Netherlands? Give me some time, it's coming. You will know, send the thesis and CV 3 months in advance to ITF-HQ and examiners and you are okay with 2 IIC I saw, so OK.

Saseong Frank Vanberghen

Dear Sabum Ron and Edwin, Thanks for the explanation and I can already take him master exam together with both Grandmasters and you are certainly in good hands with them. When is it planned and what is your thesis about? Good luck and I would love to hear the good news.

Saseong James Tjin-A-Ton

Hello Sabums, Everything is fine here unfortunately the gym is closed due to the corona virus so we zoom but we always remain positive and expect better times. I've written a letter and hopefully it's ok. Keep me informed of the promotion date. Best regards,

Saseong Wim Bos

Some responses are translated from Dutch to English



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION

Dear Sabum Edwin and Ron, Of course I would like to write this recommendation for you guys is my pleasure. With 2 such resumes it does not seem that difficult to me and it is clear to everyone that we are talking about “TRUE” Taekwon-Do here. I’ll keep you informed. Best regards,

Sahyun Willy van de Mortel

Morning Sabum’s. Thank you for thinking of me as a referee for such an auspicious application. We have known & worked together for several years now, however make no mistake I would not hesitate in declining this request if for a moment I did not think you were both exceptional Sabum’s. I will be honoured to unconditionally support your application. Very best.
p.s. I will be there

Sahyun Mark Hutton

Dear sabums Ron and Edwin, Of course I like to! Nice to read how you have done a lot together, but also a lot separately, resulting in two different CVs. Good luck and have fun preparing! Regards,

Sahyun Martijn Lindeboom

Some responses are translated from Dutch to English



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION



From:
I.T.F. Netherlands
Marko van de Braak, appointed Certificate administrator
danaanvragen@itf-nederland.nl
Son en Breugel, 16th of february 2021

To examiners:
GM Frank Vanberghen, ITF id number 478051
GM Ung Kim Lan, ITF id number 483826

Subject: grading for 7th degree by sabums Ron and Edwin van der Lee

Dear Grandmasters,


As mentioned as a criterium in the I.T.F. by-laws, this letter is to certify that the board of directors of I.T.F. Netherlands fully supports and approves the request of sabums Ron and Edwin van der Lee to test for 7th degree.

They have both met all currently known criteria:

1. The appropriate waiting period has past. 6th Degree was achieved 24th of May 2015.
2. Taekwon-Do related thesis. This will be sent as a separate attachment via e-mail.
3. Taekwon-Do related resume (c.v.). This will be sent as a separate attachment via e-mail.
4. Two IIC's completed. Ron ; Paris 114-83 and Amsterdam 136-23. Edwin ; Paris 114-84 and Amsterdam 136-224.
5. Application form, completely filled out.
6. Paid yearly teaching plaque fee.

We, board of directors of I.T.F. Netherlands, are convinced that sabums Ron and Edwin are an asset to our organisation, nationally as well as internationally. Therefor we are 100% confident they will pass the exam and will continue to support, and help improve our organisation in any way they can.

With best regards,


Marko van de Braak, appointed Certificate administrator.
On behalf of the board of directors of I.T.F. Netherlands.



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION



GM Wim Bos IX Dan

Rome, 29 Oktober 2020

van:
GM Wim Bos
Via Dei Maffei 28
00165 Rome, Italie

Aan:

President Tim Kool and bestuursleden ITF Nederland

Aan:
Secretariaat ITF Nederland
Boo Sabum Bo Rook (secretariaat@itf-nederland.nl).

Betreft:

Aanbevelingsbrief - Promotie tot Master in Taekwon-Do 7° Dan betreffende
Sabums Ron en Edwin van der Lee
ronvdlee@gmail.com
edwin@ohdokwan.nl

Geachte President Tim Kool en ITF Nederland Bestuur,

Hierbij zou graag de aanvraag van Sabums Ron en Edwin van der Lee voor de promotie tot Master in Taekwon-Do 7° dan ondersteunen.

Ik heb met ontzettend plezier de indrukwekkende cv's van beide Sabums gelezen en mijn ervaring is dat er maar weinig personen zijn met zo een cv en die zich voor zo een hoge dangraad aanmelden.

Daarom vraag ik het bestuur aan de promotie test te vervullen op het juiste moment en volgens de richtlijnen van de ITF en ITF Nederland.

Met vriendelijke groeten
GM Wim Bos IX Dan



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION



International Taekwon-Do Federation - Belgium

"Teaching You the Art of Life"

Grand Master Frank Vanberghen -IX degree Member:

Chair Audit , Risk and Compliance Committee ITF
Chair Revisory Committee AETF
Technical Director & Pioneer ITF- Belgium

Belgium , 1th November 2020

TO WHOM IT MAY CONCERN

Subject : Promotion request to 7th degree- Master

Concerns : Sabum Ron van der Lee , Sabum Edwin van der Lee –NA ITF-Netherlands

I have received a request from Sabum Ron van der Lee , Sabum Edwin van der Lee to support their candidature for VII° degree - Master promotion

I know them since many years

They have always been loyal to Our ITF.

Both of them were promoted in Belgium on May 24th 2015 were I can confirm that their technical standard and all-around disciplines knowledge was very high. Also in the past they were present on international competitions representing ITF- Netherlands as competitor or referee .

Both are teaching Taekwon-Do ITF since many years and one of the faces of ITF-Netherlands , as their father Master Art van der Lee.

They have the necessary IIC's.

I strongly support their candidature for Master , and ask to ITF-Netherlands to consider my supporting letter .

Kind regards

Grand Master Frank Vanberghen

IX degree - ITF Belgium



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION

Taekwon-Do IN NAE DO KWAN

Als sport
Als zelfverdediging
Als manier van leven
Als sociale ontwikkeling



Beste meneer, mevrouw.

Bij deze stuur ik u een aanbevelingsbrief tav het Master examen (7^e dan) van Ron van der Lee en Edwin van der Lee.

Beide heren hebben een indrukwekkende Taekwon-Do carrière zowel op hun eigen vereniging OHDOKWAN als nationaal als internationaal. Ze hebben vele prijzen, nominaties behaald en allerlei activiteiten verzorgt.

Daarnaast hebben ze ook altijd ingezet voor de landelijke bond ITF Nederland.

Het master examen zou een mooie stap zijn in hun carrière en daar sta ik dus volledig achter.

Ik wens hun veel succes bij het examen.

Vriendelijk groet en Taekwon,

Grandmaster James Tjin-A-Ton IX dan
Taekwon-Do IN NAE DO KWAN

BTW NL.8150.22.694.B01
KvK 30185252
NL28 RABO 0121 6583 09

www.itf-taekwondo.nl
info@itf-taekwondo.nl
+31 (0) 6 54 277 369





OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

13. APPENDIX • RESPONSE TO REQUEST FOR LETTER OF RECOMMENDATION

Aan: ITF Nederland
Bestuur en Danaanvragencommissie

Van: Martijn Lindeboom
Master instructeur (7^e dan)
Sung Zang Taekwon-Do Groningen
www.sungzang.nl



3 december 2020

Geacht bestuur, commissie,

Onlangs namen sabums Edwin en Ron van der Lee contact met mij op, met de vraag of ik hen wil ondersteunen in hun ambitie om de Master-titel te behalen en dat schriftelijk aan u over te brengen. Ik heb direct aangegeven dat ik daar zeker toe bereid ben.

Ik ken Edwin en Ron al sinds de jaren negentig, toen we alle drie nog meededen aan wedstrijden. Sterker, we hebben wel eens tegenover elkaar gestaan in het tul-veld. Ik ken beiden als integere, hardwerkende Taekwon-Doïen, met veel hart voor hun eigen school – Oh Do Kwan, onder leiding van hun vader, master Art –, ITF Nederland, en Taekwon-Do in het algemeen.

Beiden zijn bekwame instructeurs en in die rol ken ik vooral Edwin goed, door de jaren die we al samen dienen als leden van de Commissie Techniek en Opleiding. Edwin weet de deelnemers aan de Landelijke Technische Cursussen en andere trainingen te boeien en te motiveren met leuke en uitdagende oefeningen en duidelijke uitleg. Bij Ron vind ik het mooi dat hij als coach én deelnemer zijn leerlingen en anderen het goede voorbeeld geeft.

Twee goede Taekwon-Doïen die de aankomende jaren ongetwijfeld, ook in hun nieuwe rol als sahyun, veel zullen bijdragen aan hun leerlingen, hun school (een eigen school, ooit?), ITF Nederland en wie weet zelfs de wereldorganisatie.

Kortom: ik beveel u graag aan sabums Edwin en Ron van der Lee te steunen op hun pad naar de 7^e dan.

Met vriendelijke groeten,

Sahyun Martijn Lindeboom



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE



RESUME

SABUM EDWIN VAN DER LEE



TAEKWON-DO VERENIGING OHDOKWAN CAPELLE AAN DEN IJSSEL



ITF MEMBER NO.

Sabum Edwin van der Lee, ITF Netherlands
National ID: D53226
International ID: 18030

STARTED TAEKWON-DO ITF

September 1st 1989, Taekwon-Do vereniging
Ohdokwan in Rotterdam, The Netherlands

GUP DEGREES

- 10th Gup Degree - September 1st 1989, Rotterdam
- 9th Gup Degree - December 15th 1990, Rotterdam
- 8th Gup Degree - April 6th 1991, Rotterdam
- 7th Gup Degree - July 27th 1991, Rotterdam
- 6th Gup Degree - January 11th 1992, Rotterdam
- 5th Gup Degree - July 11th 1992, Rotterdam
- 4th Gup Degree - February 6th 1993, Rotterdam
- 3rd Gup Degree - October 30th 1993, Rotterdam
- 2nd Gup Degree - May 14th 1994, Rotterdam
- 1st Gup Degree - October 10th 1994, Rotterdam

DAN DEGREES

- H-1-235 (June 21st 1996) Utrecht, Netherlands
- H-2-103 (December 21st 1997) Volendam, Netherlands
- H-3-32 (October 10th 1999) Cologne, Germany
- H-4-34 (June 4th 2006) Cologne, Germany
- H-5-23 (November 20th 2010) Utrecht, Netherlands
- H-6-12 (May 24th 2015) Lokeren, Belgium

REFFEREE:

B-National: 0280002 (26-03-2000)
B-International: 625 (06-10-2002)

COMPETITIONS

- Multiple National Championships
- Multiple National Master Series Championships
- Multiple National Championships
- Multiple Promat Championships
- 3rd ITF WorldCup 2008 - Riva del Garda, Italy

DEMONSTRATIONS

- Alexanderpark - June 29th 2003
- Day of the Park - May 28th 2006
- Demo Alexanderpolder - May 1st 2008
- Capelse Sportmarkt - June 28th 2014
- Capelse Sportmarkt - June 19th 2018

INTERNATIONAL SEMINARS

- IIC Cologne, Germany - October 10th 1999
Gen. Choi Hong Hi & Master Choi Jung Hwa
- IUC Cologne, Germany - February 24th 2005
GM Rhee Ki Ha
- IIC Cologne, Germany - June 4th 2006
GM Tran, GM Marano, GM Trajtenberg, GM Lan, GM Bos
- IIC Steenokkerzeel, Belgium - Oktober 21st 2007
GM Marano, GM Trajtenberg, GM Bos
- IIC Miesbach, Germany - May 22nd 2009
GM Marano, GM Trajtenberg, GM Bos
- IIC Utrecht, Netherlands - November 19th 2010
GM Marano, GM Trajtenberg, GM Bos
- IIC Steenokkerzeel, Belgium - November 22nd 2013
GM Marano, GM Trajtenberg, GM Bos
- IIC Treviso, Italy - November 14th 2014
GM Marano, GM Lan, GM Bos
- IIC Paris, France - November 26th 2016
GM Marano, GM Lan, Master Paul McPhail
- IIC Amsterdam, Netherlands - November 17th 2018
GM Marano, GM Lan, Master Paul McPhail



TAEKWON-DO VERENIGING
OHDOKWAN
CAPELLE AAN DEN IJSSEL



TECHNICAL COMMITTEE COURSES

▪ National Technical Course	March 2002	▪ National Technical Course	Februari 2015
▪ National Technical Course	October 2004	▪ National Technical Course - gup	April 2015
▪ Technical Committe Course	February 2005	▪ National Technical Course	October 2015
▪ National Technical Course	October 2006	▪ Plaque Course	October 2015
▪ ITF Day	December 2006	▪ National Technical Course - gup	April 2016
▪ Stripes Course	October 2008	▪ National Technical Course	June 2016
▪ Teacher Course	November 2009	▪ National Technical Course	October 2016
▪ National Technical Course	November 2009	▪ National Technical Course	Februari 2017

CONDUCTED TECHNICAL COURSES

▪ Teacher Course	November 2010	▪ National Technical Course	October 2017
▪ ITF Day	February 2010	▪ Plaque Course	November 2017
▪ National Technical Course	October 2010	▪ Technical Committe Course	May 2018
▪ Teacher Course	February 2011	▪ National Technical Course	Februari 2018
▪ National Technical Course	April 2011	▪ Plaque Course	March 2018
▪ Technical Committe Course	October 2011	▪ National Technical Course - gup	May 2018
▪ Stripes Course	November 2011	▪ National Technical Course	November 2018
▪ National Technical Course	March 2012	▪ National Technical Course	Februari 2019
▪ National Technical Course	April 2013	▪ Plaque Course	March 2019
▪ Teacher Course	June 2013	▪ Technical Committe Course	May 2019
▪ National Technical Course	October 2013	▪ National Course Training	October 2019
▪ Stripes Course	December 2013	▪ Plaque Course	Februari 2020
▪ National Technical Course	Februari 2014	▪ National Technical Course - Online	October 2020
▪ Teacher Course	April 2014		
▪ National Technical Course - gup	May 2014		
▪ National Technical Course	September 2014		



TAEKWON-DO VERENIGING OHDOKWAN CAPELLE AAN DEN IJSSEL



COLLABORATION WITHIN TAEKWON-DO ITF

- Member Technical Committee since 2010
- Member Marketing and Communications Committee since 2019
- Webmaster ITF Netherlands since 2019
- NOC NSF Certified Independent I.T.F. Taekwon-Do Sportsleader (in training) 2021 - 2022
- Master Hutton Fitness Website *Sahyun Mark Hutton, SCO*
masterhuttonfitness.com
- MHF Elearning Hub *Sahyun Mark Hutton, SCO*
tkd.masterhuttonfitness.com
- Taekwon-Do Kubz Website *Sahyun Mark Hutton, SCO*
taekwon-do-kubz.com
- So-San Website *Sabum Yves Pollefeyt, BE*
so-san.be
- Carlo-Do Website *Sabum Carlo van de Braak, NL*
carlo-do.com
- Elearning Platform ITF-Netherlands *Sabum Tim Kool, NL*
elearning.itf-nederland.nl
- Koguryo Website *Sahyun Chiel Rombout, NL*
koguryo.nl
- Taekwon-Do Middelburg Website *Sabum Nanne Boonstra, NL*
taekwondo-middelburg.nl
- HollandCup design *Sabum Tim Kool, NL*
- Open Dutch Graphic Design *Sahyun Willy van de Mortel, NL*
- Medal designs *ITF Netherlands*
- Medal design Open Dutch *Sahyun Willy van de Mortel, NL*
- Mightfist Gloves design *Sabum Johnathan Morris, FRA*

SPECIALS

- OHDOKWAN Summercamp
2009, 2014, 2019*
- Smashfest Powerbreak seminar January 12th 2019
Sabum Brendan Doogan, NZ
- Seminar Jaroslaw Suska September 22nd 2012
Sahyun Jaroslaw Suska, PL
- 25th anniversary ITF Netherlands
GM Wim Bos, IT
- Fuji-Mae KidsCup Mystery guest
Sabum Carlo van de Braak and Sabum Jack de Smit, NL
- Training - Airdrie Canada
Sabum Richard Kraska, CA
- Training - Barcelona Spain
Sabum Cha Tabragona Defensa
- Several Individual Seminars
Nina Meppelder, Iwan Clement, Tim Kool, Kamau Kempo
- OHDOKWAN Strongman competition
Boosabum Kevin Jansen
- Host Annual Beach Training
- Host End-of-Year Training with ITF Netherlands

* OHDOKWAN Summercamp 2019 - Please see ITF Social Project



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

RESUME

SABUM RON VAN DER LEE





TAEKWON-DO VERENIGING OHDOKWAN CAPELLE AAN DEN IJSSEL



ITF MEMBER:

Sabum Ron van der Lee, ITF Netherlands

National ID: NL-563927

International ID: 18031

STARTED TAEKWON-DO ITF:

September 1st 1989, Taekwon-Do vereniging
OHDOKWAN in Rotterdam, The Netherlands

GUP DEGREES:

- 10th Gup - September 1st 1989, Rotterdam
- 9th Gup - December 15th 1990, Rotterdam
- 8th Gup - April 6th 1991, Rotterdam
- 7th Gup - July 27th 1991, Rotterdam
- 6th Gup - January 11th 1992, Rotterdam
- 5th Gup - July 11th 1992, Rotterdam
- 4th Gup - February 6th 1993, Rotterdam
- 3rd Gup - October 30th 1993, Rotterdam
- 2nd Gup - May 14th 1994, Rotterdam
- 1st Gup - October 10th 1994, Rotterdam

DAN DEGREES:

- H-1-237 (June 21st 1996) Utrecht, Netherlands
- H-2-102 (December 21st 1997) Volendam, Netherlands
- H-3-33 (October 10th 1999) Cologne, Germany
- H-4-35 (June 4th 2006) Cologne, Germany
- H-5-22 (November 20th 2010) Utrecht, Netherlands
- H-6-13 (May 24th 2015) Lokeren, Belgium

REFFEREE:

B-National 0280003 (26-03-2000)

B-International 624 (06-10-2002)

INTERNATIONAL SEMINARS:

- IIC Cologne, Germany - October 10th 1999
Gen. Choi Hong Hi & Master Choi Jung Hwa
- IUC Cologne, Germany - February 24th 2005
GM Rhee Ki Ha
- IIC Cologne, Germany - June 4th 2006
GM Tran, GM Marano, GM Trajtenberg, GM Lan, GM Bos
- IIC Steenokkerzeel, Belgium - October 21st 2007
GM Marano, GM Trajtenberg, GM Bos
- IIC Miesbach, Germany - May 22nd 2009
GM Marano, GM Trajtenberg, GM Bos
- IIC Utrecht, Netherlands - November 19th 2010
GM Marano, GM Trajtenberg, GM Bos
- IIC Treviso, Italy - November 14th 2014
GM Marano, GM Lan, GM Bos
- Technical Seminar, Troisvierges, Luxemburg - July 4th 2015
GM Lan
- IIC Paris, France - November 26th 2016
GM Marano, GM Lan, Master McPhail
- IIC Amsterdam, Netherlands - November 17th 2018
GM Marano, GM Lan, Master McPhail

NATIONAL SEMINARS:

- National Technical Courses
2002 - 2019
- National Teachers Trainings
2009 - 2014
- National ITF Days
2006 - 2010
- National Stripes Trainings
2008 - 2013
- National Plaque Trainings
2015 - 2020
- NOC NSF Certified Independent I.T.F. Taekwon-Do
Sportsleader (*in training*) 2021 - 2022



TAEKWON-DO VERENIGING

OHDOKWAN

CAPELLE AAN DEN IJSSEL



COMPETITIONS:

- Multiple National Championships
- Multiple National PROMAT Championships
- Multiple National Master Series Tournaments
- Multiple National Open Tournaments
- Viking Cup International 2008 - Skövde, Sweden
- 3rd ITF WorldCup 2008 - Riva del Garda, Italy
- European Championships 2008 - Wroclaw, Poland
(2nd place, Team sparring)
- European Championships 2009 - Benidorm, Spain
(2nd place, Team Special - 3rd place, Pattern 4th/6th degree)
- World Championships 2009 - Mar del Plata, Argentina
- European Championships 2010 - Skövde, Sweden
(3rd place, Traditional Sparring)
- European Championships 2011 - Bratislava, Slovakia
- World Championships 2011 - Wellington, New Zealand
- Member Dutch National Team 2008 - 2012
- Member Dutch Training & Selection Committee 2014 - 2017

DUTCH NATIONAL COACH 2011 / 2019:

- European Championships 2011 - Bratislava, Slovakia
- World Championships 2011 - Wellington, New Zealand
- 4th ITF WorldCup 2012 - Brighton, England
- European Championships 2013 - Skövde, Sweden
- European Championships 2015 - Motherwell, Scotland
- World Championships 2015 - Lido di Jesolo, Italy
- European Championships 2016 - Tampere, Finland
- World Championships 2017 - Dublin, Ireland
- European Championships 2018 - Maribor, Slovenia
- World Championships 2019 - Inzell, Germany
- OHDOKWAN Clubcoach 1996 - 2020

COLLABORATIONS WITH TAEKWON-DO ITF:

- ITF Netherlands *Sahyun Boer* - NL
- Open Dutch Championships *Sahyun Van de Mortel* - NL
- Master Hutton Fitness *Sahyun Hutton* - SCO
- Taekwon-Do Kubz *Sahyun Hutton* - SCO
- So-San *Sabum Pollefeyt* - BE
- Carlo-Do *Sabum Van de Braak* - NL
- HollandCup *Sabum Kool* - NL
- Koguryo *Sahyun Rombout* - NL
- Taekwon-Do Middelburg *Sabum Boonstra* - NL
- Mightfist Europe *Sabum Morris* - FRA

DEMONSTRATIONS:

- Alexanderpark - June 29th 2003
- Day of the Park - May 28th 2006
- Demo Alexanderpolder - May 1st 2008
- Capelse Sportmarkt - June 28th 2014
- Capelse Sportmarkt - June 19th 2018

SPECIALS:

- OHDOKWAN Summercamps 2009, 2014, 2019
- OHDOKWAN KIKA Kick Challenge 2019*
- Smashfest Sabum Brendan Doogan 2019
- Sabum Trotter Seminar 2017
- Sahyun Hutton Fit-for-Purpose Seminar 2017
- OHDOKWAN Strongman competition 2016 - 2017
- Seminar Sahyun Jaroslaw Suska 2012
- 25 Year Jubilee of ITF Netherlands with GM Bos
- Fuji-Mae KidsCup Mystery Warming-up Guest
- Annual beachtraining for ITF Netherlands
- Training with Sabum Kraska - Alberta, Canada
- Ki-Sport Invitational Competition
- End-of-Year Trainings with ITF Netherlands
- Multiple Taekwon-Do Workshops for schools and companies

*OHDOKWAN KIKA Kick Challenge - please see: ITF Social Project



OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

15. THANKS!

A word of thanks to all our friends and family who supported us in this inspirational and on-going journey. Especially our wives and parents being there for us always, who still support and inspire us. Thanks to our dearest mom and our awesome dad who, in September 1989, took us to our first real Taekwon-Do lesson, we love you! And last but not least, General Choi Hong Hi, if not for him we wouldn't be where we are now in life... and not be writing this thesis.

A big thanks you to:

- **Sahyun Art van der Lee**

Father, Founder of OHDOKWAN.

- **Sabum John Verkerke**

co-founder of OHDOKWAN, inspirator and dear friend.

- **ITF Netherlands** for giving us the opportunities to excel in teaching and competition.

- **Mr. Fonseca**, our father's teacher, without whom we would never start Taekwon-Do.

- **All OHDOKWAN Instructors (10)**

- **All OHDOKWAN Members**

being there as family.

- **All ITF Members**

*Our friends world-wide,
practising the same wonderful Martial art.*

- **Our amazing wives and children**

for their endless love and support. We love you!





OUR JOURNEY



VII DEGREE THESIS ▪ SABUM EDWIN & RON VAN DER LEE

16. SOURCES AND INSPIRATION:

- OHDOKWAN Syllabus 2012 - 2018
- Ohdokwan website: www.ohdokwan.nl
- ITF Netherlands Website: www.itf-nederland.nl
- 2CREATE DESIGN website: www.2createdesign.nl
- KIKA website: www.kika.nl
- Stichting ALS website: www.als.nl
- IV Degree Thesis - Sabum Tjerk Mens



- HAVING EACH OTHERS BACK, ALWAYS -