

My Roles in ITF Taekwon-Do in Ethiopia

Thesis for grading to Master VII Degree

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I. Introduction

When I started practicing Taekwon-Do in 1986 as a police officer complying with the rules and regulations of the Ethiopian Police Force, I did not expect to reach the 7th Degree or Master's degree that I am currently competing for.

But as much as I understood the art of Taekwon-Do, I had a strong desire and vision to reach the heights of the art in my country-Ethiopia. So, with all the effort and sacrifice required to master the art, I was able to complete my training time and practice better alongside my regular work.

During my practice, I secretly mobilized some of my civilian friends and trained them to transfer Taekwon-Do from the military to the civilian community, striving to have a skill set that would benefit other people, not just the military but also other civil society practicing Taekwon-Do.

This process was so new that it took a lot of sacrifice, but I faced it. The situation changed, so I spent my full time in practicing and expanding Taekwon-Do. All of this is because of the deep love and passion for Taekwon-Do despite making no money out of it. Yet, it costs me a lot and made me pass through various challenges that I took them as adventure.

However, the sacrifices I have made to reach out to the community as needed by the art of Taekwon-Do and to bring great growth and expansion to our country have made it worthwhile.

After the change of government in 1990, the situation in the country was very tense to practice Taekwon-Do, but we were able to establish clubs all over the country. Recognizing the importance of Taekwon-Do art in the federation, the government has realized its importance and had been working to expand it throughout Ethiopia to make it a better place in the community.

Then, with the establishment of the Ethiopian International Taekwon-Do Association (EITA) to make the movement more professional and better, I became the president of the association and everything went smoothly.

Following the good relations with the International Taekwon-Do Federation, Grand Master Paul Weiler came to our country in 2008 and solved many of our training shortcomings and stood by us not only for Ethiopians but also for our African compatriots of the art.

In the first seminar, 3 participants from Kenya had attended the seminar. My club “Brothers International Taekwon-Do Club had particularly taken the responsibility in solving the technical situation and the uniform problem of the uniforms in collaboration with Taekwon-Do students in Ethiopia .We honestly showed them how we are supportive and in all matters they were facing. Besides, we gave them professional guidance and support to make their path of the Taekwon-Do Art.

Grand Master Paul Weiller , then after, repeatedly visited, reviewed the situation, and arranged for the 76th IIC in 2012 so that we could receive a life changing training for trainers from Grand Master William Jacob Boss and Grand Master Marano. They made me take the 5th Degree exam and was able to pass my 5th degree on this historic training to do the best in my life and do my job well.

Then, for the first time in history, I was sent to Kenya at the expense of the International Taekwon-Do Federation, with the goodwill of Grand Master Paul Weiler.

This was a time of great emotion and motivation for me. In the meantime, I gladly accepted the assignment and headed for Kenya. They took me to a place outside of Nairobi with their own Taekwon-Do understanding, although not as we were used to do in Ethiopia.

After my return from Kenya, I continued to work on the usual practice and teaching the art of Taekwon-Do that later engaged me in expanding it in each

of the regional governments, but after a long period of practicing the art of Taekwon-Do, I felt illness and prohibited me from doing my job well. I felt that I could not be treated properly as I felt pain inside that was recurring time and again.

I spent my time in rendering Taekwon-Doart for free keeping my treatment away for a while. Some Taekwon-Do students supported me financially and I had to go to a Korean hospital to operate on it. The medical operation has been done at great expense to receive treatment which particularly covered by Sabom Elias Kumel (A student of my student).This was really a heavenly support and made me back to my practice and teaching at last.

Meanwhile, the director general of the Ethiopian Sport Federation, Solomon Berhanu, General Secretary of EITA-Sabom MeseleWodajo had to leave for West Ethiopia-Benishangul Gumuz Regionl State to offer training on Taekwon-Do development and umpire-ship. We took a bus known as “Selam Bus” to get to our destination. After giving the training we had to go back to Addis Ababa. Unfortunately, the buss went off the road and turned up down after crashed against a mountain in a village called-Nejo in Wollega town.

The driver was tragically killed when several people were injured in the crash. Everyone rushed to get out of the wreckage, but I had an operation on my stomach, and I was unable to get out as fast as I could. Luckily, Sabom Mesele Wodajo who went out of the wreckage took me out and I survived.

When I think of how he carried me out that accident, I believed that our love and respect in the Taekwon-Do was one of the greatest secrets to our success. This tragedy reminds me of how united we are.

Another milestone in our history was the long-awaited World Championship. Soon after, the efforts and support of Grand Master Paul Weiler gave us the opportunity to get acquainted with the international community in participating in the first World Championships in Beindrom-Spain with the strength and motivation of our members.

The reception from the international community was so appealing that I will never forget it. Two years later, our participation at the world champion in Italy and at the World Cup in Budapest-Hungary were great opportunities to promote our activities in other countries.

In addition to my role as President of EITA, I was elected as President of the African Taekwon-Do Federation. It was the time I participated in the congress with these double responsibilities. And this was another milestone in my life.

But unfortunately I did not do much being the new president of the ATF. Using my personal contact to take the IIC which is held in New York-USA, the American Taekwon-Do Federation sent me an invitation letter. Following this, I request the embassy of USA in Addis Ababa-Ethiopia and got the American visa.

When I applied for a visa at the US Embassy, I was allowed to go to the USA, but I did not have a plan to stay more than the request time of visa issuance, especially the fact that I did not fully recognize all the work done by our government and I was keen to spend all my free time on Taekwon-Do.

After I left for the United States, my former Taekwon-Do students in Ethiopia and living in the USA knew the time I had spent for the love and passion for Taekwon-Do, So they persuaded me to stay more and not to return my home country-Ethiopia. My financial shortcomings particularly not to be able to afford my children's school fees and other family expenses were the reasons to be convinced in staying in the USA more. My students there rushed me to work in the United States to earn some money.

Although I made some money during my stay, my life was at home and revolved around Taekwon-Doart in spreading it to my people. I believed that it would be imperative to practice Taekwon-Do at home and share my experiences & knowledge to my students in particular and the people in general. However, it was sad to hear that I was sacked from being the president of ATF too early without discharging my utmost potential for the African

compatriots. Above all these, my concern at the moment was the situation of my country regarding the Taekwon-Do art and my family primarily.

After 2 years and 5 months, I returned to my homeland. From then on, I decided to continue practicing and teaching Taekwon-Do to my people for the rest of my life with my 3 children and my dear wife Hanna Debebe, who were eagerly awaiting my return.

My next plan is to serve the youth regardless of race, religion, sex and political view in training them the general Taekwon-Do not only in our country but also in Africa, especially in the future of Taekwon-Do. I have decided to teach students in a brotherhood and sisterhood manner guided by the right Taekwon-Do discipline. This makes the youth more productive and strong ever in their life career.

- Understanding the basic principles of Taekwon-Do that our country's and our continent's Taekwon-Do followers to know the Taekwon-Do art not only in terms of their level but also in terms of their knowledge and skills.

Therefore, I will try my level best to get the students realize

- Taekwon-Do: As a sport.
- Taekwon-Do: As a martial art.
- Taekwon-Do: As a way of life.
- Taekwon-Do: As social interaction.

- Taekwon-Do is an art of self-defense with bare hands and feet without weapons. In addition, it is a world-renowned art of developing problem-solving and positive thinking by improving the integration of body and mind, making Taekwon-Do better accepted by educating our countrymen and young Africans to make it their culture and use it as part of their lives.

II. The emergence of Taekwon-Do in Ethiopia

It is vague and not clear when Taekwon-Do practicing was started in Ethiopia. But there is a historical myth that the Taekwon-Do Art was secretly and illegally given by various foreigners who visited Ethiopia for tourism and for various NGO activities in the 1960s.

However, the tangible and known story how the art was started was in the late 1970s, a total of 10 people were sent to Pyongyang, North Korea, to be trained in Taekwon-Do from the security forces (5 trainees) and the police (5 trainees).

After these 10 people returned from the training, they were sent back to their respective institution and give training to other citizens, the security and the police. But it was not as satisfying as expected.

In particular, due to the inability of the police to train as many as expected, the then Commander-in-Chief, General Worku Zewde, spoke directly to the founder of the Taekwon-Do art and the then ITF President, General Choi Hong Hi, to bring Korean coaches to Ethiopia. The training process was so strong and focused on trainees who were physically fit that it could not be used as much as the institution required. Thus, the training was started in 1978 at the Police Academy in Kolfe recruiting trainees from the graduated police officers for further training. The training focused primarily on defense and attack, but it was not so deep and not including theoretical concepts of the art but only on physical strength.

In spite of the fact that it was able to build a very special ability to perform better foot and arm movements on the physical strength, little or no knowledge was fetched on the concept of the Taekwon-Do art.

It then became famous throughout the country. The institution was established under the name of “Taekwon-Do for the Police Force Main Division” which was capable of carrying out all military and police duties. The institute has been

practicing full-time Taekwon-Do training since its inception until 1983, when a change of government took place.

Accordingly, I was a member of the training process and the division, so the benefit of conceptual and theoretical subject of the art deeply remained in my mind. This was because the training was restricted to civil society and was allowed for the military and security departments. Then after, I developed a great passion for training the civil community of my people and began to train some of my friends secretly envisioning that it would be inevitable for me to expand the art throughout the country.

After the 1983 coup d'état, however, I left the police force for political reasons and decided to pursue a the Taekwon-Do career as my full-time work, realizing my long-held dream and spreading Taekwon-Do. But I had to work hard to bring this unusual art back to where it is now and to make our society take it as a culture.

Following my decision to get engage myself in the art deeply, I had to do two extreme and difficult tasks,

These are: 1. The new government should realize the importance of Taekwon-Do and recognize its benefits to the country and its people.

2. To make the community aware of the importance of Taekwon-Do and take the training in person.

These were difficult and demanding tasks, but they were not easy to get involved with. Because of the change of government and the change of the system, the sacrifices made by the previous government to bring the society out of this situation and to get to the desired line were very difficult.

However, because of my strong intentions, the government and the government have been instrumental in explaining and convincing the public and government bodies about the importance of Taekwon-Do in other ways, so that it can be recognized and licensed in our country like other sports and so

that the future generation can become a more productive citizen. The time required to realize my dreams come true was not an easy one, as the community's cooperation was crucial in materializing the birth of the art in the civil society.

So I took the time to work on my Taekwon-Do students whom I was secretly training them without permission and used them as an example to show that the Taekwon-Do art has the potential to make the community more convinced and acceptable to the public and the community. We did our level best to convince the society how Taekwon-Do is the art that can particularly make the youth more productive. We did this through showing our performances in various governmental exhibitions and public gatherings.

Basically, I was practicing and giving training out of town on the field in an awkward situation such as in the jungle and on the time before the civil servants rush to office. As the number of trainees increased, so did the attention of the local people.

There came the time when hot discussions broke out among the trainees, and some students began to express strong opinions. The government claimed that it was guided by democracy and right so the people. We argued that Taekwon-Do is universally accepted by all human beings, and that the we, as citizens, must be respected and permitted to exercise our right of training the Taekwon-Do we want and love and the government should allow it to be legalized. We began to think strongly about the need for having a suitable space from the government's side.

Based on this, I tried to persuade the government to work closely with the relevant government bodies to promote Taekwon-Do by focusing on the possible facts and documents to support and ease the bureaucracy.

In particular, the government officials feared that Taekwon-Do could be a security threat as they claimed Taekwon-Do is a defensive and offensive art. During the training, all Taekwon-Do students should be aware that the

behavior of the Taekwon-Do students outside of the training ground can determine the existence of Taekwon-Do skills. By teaching them to be more effective, knowing that their first Taekwon-Do civilian students will be a reflection of both good and bad; I have worked tirelessly with my first civilian students in giving my time, interest and morale free of charge to convince the people and the government in supporting our cause and to recognize and support our work.

Therefore, in order to strengthen this work, we began to search in the internet and reach for an International Federation that goes against corruption; we began to see many things. We also felt that we had found the right place.

Our first written letter was sent to the then president Master Tran Trin Quan who gave us a satisfactory reply for our letter. He got us in touch with the Secretary-General, Mr. Wim Boss who sent us a letter stating that we were warmly welcomed from their end and contacted us to the federation where the right Taekwon-Do experts and leaders were found. Our joy was unbounded.

We felt that we had found the right place, and we were request to send all the necessary documents to from the Secretary-General, and we mailed a copy of all our documents as requested including our levels during our membership in the Chang Ung Group.

There were only 2 instructors at the time. We were I, Wogayehu Behailu and Sabom Getachew Shiferaw (4th degree). Our other members were 2nd and 3rd Degrees and below. In this case, we received an exciting letter stating that they would send someone to see us while we were waiting for the next step.

Accordingly, when asked in 2008 by to go to Africa, the ITF Vice President - and now ITF President Grand Master Paul Weil (9th degree)-Master Paul Weiler decided that he would leave for Ethiopia without knowing anything about Africa in general, and then he agreed to come to Ethiopia. The joy we felt when we were told that he would visit our country, we were greatly delightful.

I was joined by my co-workers, saw him leaving the airport. He was greeted and welcomed by my daughter Galila Wegayehu, who had a flower on his hands. He had an amazing personality and a deep spirit and preaching of the passion and discipline of Taekwon-Do. Then, on the way to his booked hotel, we hoped to meet the Taekwon-Do father, who showed us the strength and good manners of his actions every minute, without saying a word.

Because he gave us a deeper idea of what to do; we felt a sense of accomplishment that we found to be incomparable to the art of teaching Taekwon-Do and to the words of his whole personality.

From this point on, we realized how difficult our skills and knowledge were about taekwon-Do and realized that we did not have enough knowledge and skills to train even ourselves, but from the moment we met him, we learned not only how to do Taekwon-Do but also how and why to have in-depth training to fill our gaps. He also showed us a good way of coaching and leadership, not only about Taekwon-Do but also about the new way of life.

This convinced us that our long-term aspirations and efforts, which have opened a new chapter in the development of Taekwon-Do for our country, Ethiopia, are such a hope, and that we must focus on making the situation sustainable.

By following his instructions, I as a president particularly have found a coach who showed me the way of the art and life. We were lucky to have such an amazing coach and believe that we had the opportunity to make our country's Taekwon-Do future and destiny better so that we can move from a sense of developing "For Me" to a sense of belongingness and "For Us" mentality. The key to success is to improve our Taekwon-Do skills; Grand Master Paul Willer had a firm conviction in this regard.

Focusing on our priorities in training, the technical gap, especially saine wave-jumping, sliding, shifting, slow and fast motion as well as Sambo Masogi, Ibo masogi and Ilbo Masogi.

Not only the activities in the Pattern and how far they could be performed when these Taekwon-Do skills can be made, but also what we need to know about the pattern in general, as well as the deep secrets of practice, harmful and beneficial practices, how to solve our long-term problems, focusing on things and making a difference.

If people focus on what they believe and work hard, they will make a big difference in the lives. Everything that is done every minute of our meeting can be instructive for us, and it will play a key role in our transformation and growth. When he taught us the much-anticipated first training at the Kokeb College Hall in Megegnagna-Addis Ababa, the process showed us our many problems and showed us the indomitable spirit in action. Not only Taekwon-Do training, but also the unique life experience and lifestyle we have gained from him, especially those of us who are in charge of his courtesy.

In general, the process that started in this way has been strengthened and we have focused on the trainings and invited the masters and grand masters we know only on the web to give us training in our country and they have transformed our lives in giving their amazing skills and knowledge at different times.

Accordingly, he demonstrated us his exemplary and commendable skill and tried his level best in rendering 3 International Instructor Courses (IIC) 2. International Umpire Course (IUC.) as well as 2 International KID Development Program (IKC) as well as in making us participate in 4 World Championships 1 World Cup and various competitions and receive training materials.

III. Taekwon-Do's contribution to our community

Taekwon-Do is a world-renowned art of self-defense, and it is a world-renowned art of problem-solving and positive thinking by combining body and mind in a highly repetitive manner. Therefore, having such a problem-solving and positive minded citizen for our society at this time, especially when the moral decline of the youth is a matter of concern, is a skill that can create a citizen who understands things in a straightforward and balanced way.

Taekwon-Do is a way of thinking and living, especially in the promotion of moral civilization and the development of the power necessary for justice. It is a wonderful art that helps the younger generation to move beyond the age of social status or sexual influence, to understand strategic concepts and to develop social skills with their friends and to play the necessary game effectively.

Taekwon-Do philosophy is based on morality and spirituality, so it is important for Taekwon-Do students not only to apply what they have learned in their training, but also to apply it to their lives. Moreover, it has got a great impact on the social integration and philosophy.

Concepts and courses that Taekwon-Do students learned in their training

- Courtesy
- Integrity
- Perseverance
- self control
- Indomitable sprite

When trainees are taught the basic principles of taekwon-Do, they not only bring it into their lives but also live it and live according to it. This contributes significantly to the taekwon-Do students' social relation.

In the process of training, the students developed an oath that can be applied in any place and at any time associated with Taekwon-Do. These are:-

- I shall observe tenets of Taekwond-Do.

- I shall respect the instructor and seniors.
- I shall never misuse Taekwond-Do.
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.

What they do best reinforces the principles of Student Oath, not only because it reinforces what is traditionally and well-practiced in our Ethiopian culture.

Therefore, young and old alike, by practicing the Taekwon-Do skills acquired and developed in the process of training, will never be able to use them outside of his ideas and philosophies as they are instructed under the oath they make. The art teaches the students show kindness to all human beings and animals through developing internal strength, freedom and justice practically focused as a part of life, it contributes greatly to the positive impact of our society.

Taekwon-Do has made a significant contribution to our society, especially in the context of cross-border civilization, especially when the moral decay of the youth is becoming a concern. Taekwon-Do's contribution for the transformation of the lives of the youth in developing the positive personality that can make them be the future productive generation. This by itself makes them armed with having the proper physical fitness and productivity.

Although the role of Taekwon-Do coaches is crucial to facilitate this movement, it is important to show the importance of the art to the public and the government to open their eyes in supporting it well enough.

The authorities' recognition and support for Taekwon-Do by creating bureaucracies is less than what the expert does. As a result, things did not go as planned as the sport policy is designed and released through political and administrative decision rather than by professionals/experts.

Therefore, in order to solve and fix this problem, the expert will do his best to spread Taekwon-Do across the country and fight for its implementation.

IV. International Taekwon-Do from a social point of view

Taekwon-Do is a sport that is of great benefit to human beings. It expands the horizons of the future of the country, builds good morals, and develops leadership skills.

They also learn that you can lead a healthy life. On the other hand, it is a sophisticated way for them to find their true and authentic identity, and it is a matter of concern to us by wearing the International Taekwon-Do ritual that we follow in all events that take place in our country.

Therefore, since our followers have been guided by Taekwon-Do ethics in our country, we have been working hard to bring Taekwon-Do to the people by not only performing Taekwon-Do shows for our society but also doing meaningful work in our country.

As an example:-

-When the Ethiopian Heritage Board was established at the national level, we planted seedlings on Mount Entoto and organized a Taekwon-do art show for the community in the seedling planted area.

- We raised all the Taekwon-Do students through a performance, when the Ethiopian Relief Coordination Commission was transformed into a Disaster Preparedness Commission and re-established.

-We have been monitoring the situation as a stakeholder since the outset of the Axum Obelisk's efforts to bring it back to our country from Italy, and we have raised funds for the event by organizing competitions and performances.

- We have raised funds by organizing a show program to help and rehabilitate those affected by the recent floods in Dire Dawa-Ethiopia.

- As we are guided the Taekwon-Do art, we are on the right path of wisdom by helping people in our area and those in need.

-We are doing our best to support the Nile Dam as it is the basis of our renaissance and the true manifestation of our identity.

- We are fulfilling our social responsibility by supporting our country, Ethiopia, by supporting the green fingerprint program and participating in tree planting. We are ready to fulfill any social responsibility at the national level in the future.

V. International Taekwon-Do in respect to health

The importance of Taekwon-Do in terms of health is the greatest gift of life and practicing anything against good health is the greatest sin of mankind.

According to East Asian philosophy, if a person does not humiliate or harm his body, including his hair, he is considered to be obedient to his parents.

Taekwon-Do can be replenished with wealth, fame, and physical beauty. Everyone is responsible for their own health and well-being.

International and Taekwon-Do is an art that can be developed individually or as a group without the use of any weight or special equipment. Most situations are almost exclusively a matter of practice. It is well known that Taekwon-Do activity does not build big muscles but converts fat cells into thinner tissues, which is very important to improve our health.

Taekwon-Do is especially recommended for women, as focusing on the limbs before any defensive or offensive activity can help to strengthen the inner thigh muscles, which we do not get any movement from. The other part of the lower abdomen is used to strengthen the pelvis and internal muscles.

This is because these parts of the body shape the femininity of young women of all ages. These areas are especially attractive after childbirth as they get feel worn-out. Taekwon-Do training strengthens these muscles and helps them maintain good health and shape.

In the Taekwon-Do training process, especially in order to train a large number of people in one place in an orderly manner, the lineup is in synergies.

However, according to their total number, i.e. 2, 4, 6, 8, etc., the number of left and right turns of each imaginary defense and attack exercise that each trainee is facing in front of him is missing; Left full number: Turning to the right and in pairs blank; When confronted with imaginary attacks and defenses, which

are like fighting against oneself alone, they become confident in the defensive and attack techniques they have learned.

As it is known, the training and education system starts with the use and connection of the training or teaching place, so Taekwon-Do training is usually given on the field and at home, so a systematic arrangement is required. Therefore, wisdom can be clear to the wise when its narrowing systems are observed.

Hence, it is appropriate to notice the following points well

- During training, students can attend a seminar and regular training program on their training /Dojang/ before the program begins.

However, the program director order in lauding out "Narani", all students must take their place in the classroom according to their senior level and as a matter of urgency. This makes each Taekwon-Do student better and fast at any place and time.

- Once everyone in the lineup is in the right place, the senior on the right will make a sound "Cheriot" that everyone can hear to be ready for the mission. Then all shall do what they are ordered and take care in sending all the messages to their minds through their sense organs, so that it allows them to see the end of visual horizon, with careful listening, with vigilant understanding their environment, with great attention using tasting and smelling. Then the first responsibility is to take care of the body and the mind by always doing the right thing by doing the right thing.

- The first thing in the training process is the orderly relationship between the student and the teacher, which starts with the greeting of the lined students. In this case, the coaches will introduce the training program for the day and enter the training. At this event, the senior student of the day instructed the students to pay their respects to the coach by saying "Let's greet our coach" (Sabuminemgeh Kunge).

In this case, the coaches will introduce the training program for the day and enter the training. Thus, Taekwon-Do art along with its intensive training are of great benefit to both physical and mental health.

Accordingly, in the process of Taekwon-Do and since its inception in Ethiopia, people have loved Taekwon-Do as a part of their lives, in addition to maintaining their mental and physical health. Taekwon-Do, therefore, has made a significant contribution to health in this regard.

In general, as I have been able to cite what I have said, perhaps, in a nutshell, as a starting point, it is impossible to complete everything in this article, as International Taekwon-Do is important to the people of our country, especially the youth.

VI. Summary

Although international Taekwon-Do has made great strides since its emergence in our country, its growth has been steadily rising since we left the Chang Ung Group and joined the current federation.

As I mentioned above, the first difficult issue is the increasing acceptance of society and the government. Due to the hard work done, the current acceptance has increased from being part of the Ethiopian Sports Commission to becoming a member of the Ethiopian Olympics.

At the community level, they encourage their children to play Taekwon-Do outside of school. This is a result of the good work done by all the coaches and the Grand Master Paul Weiler who came to our country repeatedly, gave frequent trainings and invited other high level coaches.

Another was the number of instructors we had when we left the former federation and came to this federation. So far, more than 40 instructors have been produced. Probably it may be a factor as to why they're doing so poorly in the previous time. I believe this will be a great achievement for our country and our continent, Africa. For me personally, being a candidate for this title is the greatest achievement of my life.

When we joined the federation, the total number of clubs was less than 30, but now there are more than 150 clubs across the country. We now have about 25,000 members, starting from the bottom line. This is a great achievement for the international and national federations, and the journey that has been made in the short term is a good indication that if this effort continues, it will be able to move from quantity to quality in a short period of time.

To sum up, everything we Taekwon-Do students and teachers do in the training process makes sense. To take this as an example, when we perform a stage show to promote competition or art in training, we wear a white Taekwon-Do uniform (Dobook) according to our standards & Taekwon-Do

lessons and wear a round gown. The main purpose of the belt is to teach the philosophical significance of Taekwon-Do to our students and to categorize them. Therefore, at a special meeting of directors on July 1, 1985, it was decided that the belt should be wrapped around the waist only once rather than twice.

Therefore, the goal is to

- set a goal and keep that goal consistently
- Winning a success with a repetition of practice
- Also serving a master with unwavering loyalty and submission to his teachings

Based on this deep philosophical teaching, as I explained above, the two basic goals I set when I started teaching Taekwon-Do were as follows.

- Convincing the government body
- I am doing this not to build my personal image but to make my Taekwon-Do culture to be the culture of my people and spread it throughout my country, Ethiopia. Moreover, when I give up my whole personality in accordance with the discipline and wisdom of the art, I am not anxious to reach the level I am now at, but I have been able to reach my goal properly. I put this with my conviction because the wisdom has spread in the right way throughout the country. Although the government and the community are not as quick adaptors as we used to be, the former military-intelligence service is now gaining popularity in the civil society.

I am also on the verge of becoming a 7th degree master, working along the line with the right goal. The help and support of his honorable Grand Master Paul Weiler as well as the role of showing the right line will play a major role.

Although I have proven my long-distance Taekwon-Do experience to be the best at repetition, I have made significant contributions to international Taekwon-Do courses, both at home and abroad.

Combining my body and mind has helped me gain the self-confidence benefits of being bestowed in defense and attack by properly identifying the areas where energy is stored in my body. Better humility, better patience; Better persistence: I developed a better self-control and a more indomitable spirit. These are just some of the goal setting shareware that you can use.

Concerning serving a Master with unwavering loyalty, as you know, we Taekwon-Do students and teachers are always students of General Choi Hong Hi, the founder of Taekwondo.

Regarding the situation of our Ethiopians, the founder of the International Taekwon-Do Federation, Grand Master Paul Weiler, has come to Ethiopia 18 times in a row, acting practically as if digging precious minerals to get uplift and stand on our feet and lead us in the right direction.

Therefore, I assure you in this article that we will always be his students and we will serve him in accordance with his teachings, ideas and philosophies with unwavering loyalty. We keep our word so that Taekwon-Do can be spread in the right way.

VII. Bibliography

- Encyclopedia of Taekwon-Do written by General Chai Hong Hi third edition 1993, Volume 1 and 2.

VIII. Curriculum Vitae

Work Experience

- 1992 to date instructor, Owner and General Manger of “Brothers international Taekwon-Do Training Center” for 3 Branches
- 2004 up to 2018- President of Ethiopian International Taekwon-Do Association (EITA)
- 1995 to 2000- Chairman of international Taekwon-Do committee under the Traditional sports Federation of Oromia Regional State.
- 1994 to 1998- Member of the Technical Committee for the Ethiopian Martial Art Federation.
- 1992 to 1995- Member of establishing committee for the Addis Ababa Region Martial Arts Federation.
- Since the emergence of Ethiopian International Taekwon-Do Federation to date working as a member of technical committee. During this period, I have conducted various trainings and seminars to ITF Taekwon-Do instructors and ITF Taekwon-Do referees in different towns such as Harar, Hawassa, Nekemte, Adama, Debre Markos, Bahirdar, Mekele, Asossa, and Addis Ababa as well as on behalf of ITF in Kenya).

Certifications

- Certified international instructor of ITF Taekwon-Do.
- VI Degree black belt in international Taekwon-Do.
- Licensed coach of IFT (Plaque certificate).
- Certificates in international Taekwon-Do seminars such as :-
 - IKS (Twice) ,ITC (5 Times)

-- Umpire B and A in Ethiopia and USA respectively.

Black belt grading.

- I Degree --May 16/1989 from Ethiopia Police Academy by Korean Military Instructors.
- II Degree--Jan 9/2000 graded by Master Jamie Moore (VII Degree).
- III Degree--November 5/2002 graded by Master Jamie Moore (VII Degree).
- IV Degree--Feb 18/2005 graded by grand Master Leong Wain Meng from Chang Ung group and replaced the certificate our current federation.
- V Degree—July 26/2009 graded by grand Master Hector Marano, Master Millem Jacob Bos and Master Pual Weiler.
- VI Degree--September 01/2014 graded by Grand Master Pual Weiler, Master Donato Nardizzi, Sabum Tomaz Barada and Sabum Nikolas Enander.