

Chae Myung-shin (채명신,; 蔡命新; November 27, 1926 – November 25, 2013) was a [South Korean army officer](#) who commanded [South Korean military forces in the Vietnam War](#). He was also the co-founder of the [Korean Taekwondo Association](#).



Chae Myung-shin



Chae in [Saigon, South Vietnam](#) in 1969

https://en.wikipedia.org/wiki/Chae_Myung-shin

Many do not really understand the serious & deadly origins of Tae Kwon Do as a combat martial art

the Korean Tiger Division headed by General Myung-Shin demonstrated this in the Vietnam war where they killed the VC bare hands in man to man combat.

<https://blackbeltmag.com/tackwondo-history-the-tiger...>

This is Grandmaster Yuns origins as a 1st generation Master of TKD this generation were 100% martial art.

of course as a "civilian martial.art" the focus in 2021 is personal development and mind body spirit balance in Grandmaster Yun development into Yun Jung Do

👉 www.yunjungdo-healy.com

Regarding Competition , tournaments etc ?

It has its place, I suppose, but it's very hard to maintain a spirit of love care and protection ❤️ when you are trying to strike someone with a spinning heel kick ? which can potentially kill a man easily.

As a experienced combat man myself (not military but several serious conflicts including shotgun armed defence etc in the real world) I can say this that real "live" self defence is totally different from sport orientation , the Focus is totally different, each counter attack your life depends on it and you had better trained appropriately.

How do you train with a sharp samurai sword ? VERY CAREFULLY! and you never remove the sword unless you mean business.

So in Yun Jung Do (and my Intergrated system HISDA Healys Integrated self-defence Academy) I simply "go through the skills & drills" and teach students the same way WITH A BIG FOCUS ON FUNDEMENTAL BASICS .

As a Martial Art (human Art) we are refining the mind, body spirit through training & dedication with moral Integrity and a pure spirit .

I always say there is 4 levels of self defence

- 1) Spiritual (listening to your inner voice)
- 2) mental (overcoming negative mind sets)
- 3) Legal (proportionate responses)
- 4) physical (only as a last resort)

Graham Healy

Founding original Instructor of Yun Jung Do

one of GM Yuns original 1st generation Instructors .

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