

Sensei Says

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It's just amazing what you can find on the Internet. I haven't spent as much time on-line as the average three year old, but I do plug the jack into my brain on occasion. I mentioned in the last newsletter that I would like to find out about good martial art websites. Well, during my own search I found one that I recommend you check out. The address is www.bstkd.com. It's the homepage of the University of Montana Taekwondo Club. That's where I spent the first nine years of my martial arts training.

If you want to find out more about the history of our style, this is a fantastic site to check out. You'll find a list of all my old training buddies on the Black Belt Society page. Click on the link for my old sempai Steve Capener and you can read some interviews with him and read some of his taekwondo research. Master Capener now lives in Korea and was the first non-Korean to receive a Ph.D. in taekwondo from a Korean University. He also received the first gold medal ever awarded for taekwondo in the Pan American Games.

In the photo gallery you can see a very young me (about 16), and many of the photos on the page were taken by me. It was quite a surprise to see my photos right there on the ole [www](http://www.bstkd.com).

The University of Montana Taekwondo Club has a fascinating history that has significantly affected the course of the sport in this country. I am glad to see that it is being documented so the newer generation can understand their connection to the past.

If you follow the links on the website they will lead you all over the world. You can find the websites of many major martial arts organizations. They even have a Korean Culture Website of the Month. You can also link up to the University of Montana's Judo Club's homepage and find a wealth of information on judo.

The Webmaster and head instructor of the club is Kim Sol. Kim (now known as Master Sol) was my best training partner and a great friend during my Junior and Senior year of high school. We would spend every Sunday afternoon at the gym training for hours. He was better at judo than me; I was his senior in taekwondo and karate. Invariably the taekwondo sparring sessions would end up with me on the mat getting choked out! He was an old guy at the time (a little younger than I am now), and he was a driving force in my decision to become an uchideshi (apprentice).

I know it is hard for me to not be biased on the subject, but this is the best martial arts website I have seen. Someday BMAI will have our own website, but for the meantime I suggest you check this one out. (We have one now!)

- Alan Best