



**SELF DEFENSE CLASS**—Young L. Kong, center, instructs two of his pupils in Tac Kwan Do, a Korean method of self defense. John Fronheiser, left, demonstrates one of the kicks learned in the course while John Kerlin, right, blocks the effort. (Mercury Staff Photo)

## Tac Kwan Do Taught By Korean Instructor

Tac Kwan Do is a form of Korean self defense comparable to karate and judo. Through the efforts of the Phoenixville YMCA this intriguing art is now being taught to area residents.

The Phoenixville YMCA is sponsoring Young L. Kong, a 27 year old Korean instructor. Kong teaches classes at the Phoenixville YMCA and has opened his own school at River Road and Hanover St. in South Pottstown, North Coventry Township. Mr. Kong, as he is referred to by his students, previously taught Tac Kwan Do in Vietnam prior to coming to the United States. He holds a fifth degree black belt in Tac Kwan Do and a third degree black belt in judo.

### EARN BELTS

In Tac Kwan Do belts of different colors are earned through tests on knowledge of the art and are given by Kong. These tests are called forms and Kong has the authority to pass or fail a student. He received his instructors license from Philadelphia.

A fifth degree belt in Tac Kwan Do is the highest that may be earned, but there are four additional degrees which are on an honorary basis.

Kong is a three-time world champion, losing the title to his brother last year.

The basic moves in Tac Kwan Do, unlike judo or karate where the hands are also used, are with the feet. Most of the blows delivered and many blocks are done with the feet. The hands are used only to block and also as a distraction to land a blow with the foot.

### USES ONE LEG

Kong is able to hold off as many as three of his students for as much as 15 minutes while standing on one leg and using the other as a weapon.

John Kirlin, former member of the Pottstown Police Department, is going for his black belt and is also helping Kong with instructions at the school.

The school is open every night of the week from 7:30 to 9:00. Anyone interested in learning self defense may attend the school for a monthly fee and may attend as many sessions as is desired.