

Mon, Feb 27th, 2017.

Sat, Feb 25th, 2017. Yes 2017, not a typo. I've not been keeping up with my entries for 3 years!!!. No excuses, got side tracked and especially with the introduction to Facebook, I concentrated more on it. Somehow, Facebook to me is not as personal. This is more like a journal entry and only those who are interested would read what I write. Facebook is so widespread, anyone and everyone can "like" for no reason.

What's so special about today... a student who started training with me about 22 years ago finally took his Black Belt test. He did not train continuously for 22 years (stopped for university, first job etc). He probably will never be a great fighter, it's just not in his DNA, but you can't fault him for effort and perseverance. Technically he is able to execute the techniques, it just lacks fire. He will always give his best and that is enough for me to award him his Black Belt. Congratulations Justin!

Sun, Feb 9th, 2014. Time flies by faster and faster. It's good to see that the kids training at our Streetsville Center are slowly starting to show progress. A lot has to do with the parents. They are also beginning to realize that for their kids to get better in anything in life, they cannot spoil them too much. I see parents actually encouraging their kids to train hard, not just have fun. This is good... I can now do my work properly.

Sat, Jan 18th, 2014. Ooi's Taekwondo is 40 years old. It all started at an old church hall in Hackney, East London, England. Quite unbelievable that so much time has passed! If only I knew then what I know now!!! I wonder how many of the half dozen or so students in my first class realize that they were the founding members. I remember I had a Turkish Cypriot called Ali and a Greek Cypriot whose name I can't remember. The other four or six, I'm not sure who they were.

Tue, Dec 31st, 2013. Another good year coming to a close. Thank you all, for another wonderful year and looking forward to making 2014 even better. 2014 is gonna be extra special being the 40th anniversary of Ooi's Taekwondo-Tangsoodo!

Thu, Nov 14th, 2013. Steve called from the Cayman. Always good to talk to him. Talked about "the boys" in England.

Thu, Oct 31st, 2013. ☐☐ **Happy Halloween!** We're closed today as everybody's getting ready for tonite. It's always a fun nite for the kids! Stay safe!~

Thu, Sep 5th, 2013. Again I have neglected to keep this page updated. A lot has happened over the summer. GM Loke, my Tangsoodo brother and old friend was here for 10 days. It was a great 10 days that flew by so quickly. Although we haven't seen each other for a good 10 years, it was like yesterday.

Mon, Mar 25th, 2013. Good class at Streetsville. Kids here are less disciplined than Cawthra and Toronto, but signs are showing they are beginning to see the light. This will only benefit everyone... classes will be smoother and more can be done. This is encouraging.

Sat, Mar 16th, 2013. Dinner with about 20 or so of our members at Man Doo Hyang, local Korean restaurant. Little disappointed with the food. Still, the company was good with a few faces I had not seen for a while. At the end of the day as always, it's the company that matters.

Sat, Mar 2nd, 2013. Cawthra kids are progressing as time can now be spent on teaching them new stuff instead of teaching them what they should already know. Streetsville kids still lagging behind in discipline! There are some that are incapable of training "fun stuff" without getting stupid and spoiling it for others. The answer is a big stick and a swift swipe to the butt... I'll try push ups first!

Mon, ☐ Feb 1st, 2013. One month into 2013. It's been a busy but great month! Still trying to

keep my New Year resolution "to be nicer to the kids" in class. Our Cawthra Div. kids are really shaping up and training harder. I introduced a new training concept to them and they have embraced it. If they keep it up, there will be a new generation of up and coming stars! Will try to motivate the Streetsville Div. with the same. Somehow, kids at Streetsville Div are not as focused. Will give it a shot anyway!

Jan 25th, 2013. GM Loke just emailed me the news that yet another mutual Tangsoodo friend has passed on. Stephan Coleman passed away last month. He trained in Tangsoodo when he was in Korea with the USAF in Osan Korea. Then he was transferred to the UK in '73 to the USAF base in Alconbury. He quickly established a Tangsoodo club at the base and that's when he joined the UK Tansoodo Federation and we became friends, as we were all the same age with the same testosterone level. For a big guy, Stephan was deceptively quick and agile. I was always the only one dumb enough to agree to fight him at all the demonstrations to promote Tangsoodo in England. We had good times together. RIP buddy!

Wed, Jan 2nd, 2013. Yet another blast from the past. This time not from a former student of mine but of the late GM Lee Bheom Jhoo. It's in French, so will have to get Yonge to have a look at the email. Boussalla El Hassane is currently a Tangsoodo Instructor in Brussels, Belgium.

Noel called and had a chat with his brother as well. They are starting their own training gym in London England Best of Luck!

Tue, Jan 1st, 2013. ☐ **Happy New Year!!!** It's gonna be a good one. It's all about attitude...!

Still another former student that I had not heard from for over 30 years just contacted me thru Facebook. I can't explain how rewarding it feels. Odd how I remember all these former students. She barely trained with me for more than a couple of months. Nice to hear from you Kumi Shirakawa.

Also had a good chat thru Skype with Master Loke. We've both been around the block together a couple of times and good to see he's enjoying the fruits of his labors. Keep it up old friend!

Looking forward to going to class next Monday. Eager to see how I can make the young ones rise above themselves. I think I'm gonna really like it this year..... it's all about attitude!

Mon, Dec 31st, 2012. Last day of 2012. One can't help but reflect over the past year. Did I accomplish all that I set out to do... mostly Yes! What mattered most was accomplished, the rest didn't really matter.

I believe our younger members have improved, our senior members are getting older but still as gungho. Got to train smart so as to avoid injuries. Fortune always smiles on me when it comes to people who join us. We got more great people that I really look forward to class.

Our International Divisions are doing well. Plans are for a training workshop in Jamaica for around March 2013. Hope to meet up with our Caribbean Div chiefs. Cayman Islands has been operating on a small scale since Hurricane Ivan, but Master Graham has got a small group of veterans with a lot of experience. It will be interesting to meet them all in march.

Fri, Dec 21st, 2012. Last training day of 2012, then stand down till Jan 7th 2013. As expected the die hards still came and we had as good a class as always. Looking forward to taking time off and returning with renewed enthusiasm to improve our training methodology to get our members even better technically.... it can be done!!!

Tue, Dec 18th, 2012. Our kids at the Cawthra Gym seem to be really stepping up on their training. I'm quite impressed that they are fighting well and working on their forms w/o being told. If this keeps up, we'll have a few more Jr Black Belts real soon. The "old boys" are soldiering on in our adult classes and I have to take care and remember not to push too hard.

Sat, Dec 15, 2012. Our final Promotion Test for the year! It was a good performance from all three schools.... there is hope! Nick's truly proving to be a good Black Belt, his fighting has improved so much! Good job! Kids from TO div have great attitude and are great in forms but need work on kicks. Shawn is also making his mark as a Black Belt. I still remember his first class as a white belt with his brother Grant.

Been really negligent as this is only my 5th entry since the beginning of 2012. Gotta come here more often.

Sat, Aug 18, 2012. We had our 3rd annual BBQ at Ryan's and again the 3 Amigos pulled off another great day for all, and especially for me. Thank You!

Fri, Aug 17, 2012. Over 8 months has gone by w/o an entry. Just got side tracked and neglected to keep events updated. A lot has happened and some projects are ongoing and will be announced as soon as there is confirmation. An unexpected email came from Wayne Mohammed, a former student from England, who is himself an instructor today. His son competed in the London Olympics and won the Bronze medal. He emailed me the good news and although I never taught his son, I am still proud of the legacy I left behind in the UK.

Thu, Jan 5, 2012. First day of training... looks we have all been really "merry" over X'mas. The adults' class had an 80% turnout and we took it easy. Good to see them all!

Sun, Jan 1, 2012. "A Happy & Healthy New Year one and all." My resolution... to offer even more than I did in 2011! I know I can make a difference, and I will!

Sat, Dec 31, 2011. Last day of the year. I can quite safely say it has been a good year! There has been many good friends made and good friends made stronger. Business has also grown as a direct result of the great relationships with our members. Our younger students are getting stronger and discipline is getting tighter. I think they are beginning to understand it is for their own good!

Thu, Dec 15th, 2011. It's almost year end with just a couple more days of classes. Has it been a good year...? You bet, it has! Stronger ties and relationships have been forged and there is a new crop of staunch members that are clearly exhibiting their willingness to commit more to training and being part of the organization. The old guard is still holding the fort, but the new guard is taking over some of the weight. I can only see us growing stronger.

Sun, Nov 20th, 2011. Competition yesterday went off smoothly. Thanks to a great support

team of volunteers and regular supporters. It never fails to amaze me how many are willing to help with their time. I have to let them all know somehow, how appreciative I am.

Sat, Nov 5th, 2011. It's been a while since I added anything to this blog, just been busy with the new school year and the upcoming competition. We've had quite a successful start to the school year with new members and surprisingly a few teens. Usually, we get young kids but I'm pleased to see teens who are level headed with good attitude.

Sat, Oct 29th, 2011. We now have Nick join us in our Black Belt corps. Good on him, he has certainly tried hard over the years to make it. Another great guy to join our ranks.

Sat, Sep 17th, 2011. Promotion Test at Toronto Div. As always, great attitude and spirit from the Toronto members. All credit to Master Hutch whose dedication and inspiration to the students is reflected by their performance. Toronto Div has the highest average for students getting double promotions at their promotion tests.

Fri, Sep 16th, 2011. Introduced the first advanced training class for a long time at the Streetsville Div. Good turnout and worked on some grappling technics. Guys liked it and some had good potential.

Wed, Sep 14th, 2011. Classes are getting busier with more students coming back from the summer hols. Most have neglected training and it shows in their performance. I'll just have to ratchet up the training to bring them up to par.

Those who were fortunate to have good parents growing up, honor them while you still have that opportunity. It can be quite challenging especially if they need care... but you were given unconditional love and care when they raised you, till you were able to provide for yourself. You will not have to care for them for as long as they had to care for you!

Mon, Sep 5th, 2011. Labor Day's here! Yet another summer break is now almost over! In a way I look forward to starting the "work year" again preparing for all the events coming up. Our annual tournament will again be at Mississauga SS, a great venue. Time to stoke the fire and

get the students training for it. The Malaysian Division may send some competitors over this year. It will be good if they do.... gonna be more work for me though!

Mon, Aug 22nd, 2011. Summer is coming to a close and the start of a new school year begins soon. It's been a really nice summer for me and I enjoyed time with my family. I'm anticipating a busy start to the Fall and Winter season and am prepared for it. I keep thinking about how I can improve how we teach and what we can introduce to motivate the students to push themselves to be better. We'll be losing a few good students leaving for university or college. Hopefully, they will continue to train when they are away.

Thu, Aug 18th, 2011. I just viewed the video of Saturday's get together and it was just hilarious! Nice one boys!

Sat, Aug 13th, 2011. It's been a great summer so far and today could most likely be the highlight of this summer. The "3 Amigos", Mark, Ryan and Sam hosted the 2nd summer get together and it was a great time for all. There were a whole bunch of food, but the best part was the show they put on. Last year, they also put on a show and it was also great, but this year it just moved up to another level. They put in a lot of prep and time and I really feel honored to have students like them. Thanks so much guys....!

Sun, July 3rd, 2011. Nice long weekend... just chilled and caught up with some zzzzzs. Maybe had a bit too much to eat and not enough activity. Got to get more active.

Tue, June 27th, 2011. Just dropped Steve off at the airport. Always good to see him again. It was a short visit and just caught up with each other.

Sat, June 4th, 2011. Somehow, the entries between Apr 7th to date got lost. I know I made at least one entry, at our dinner for all my senior belts after the Black Belt Promotion Test.

Thu, Apr 7th, 2011. Our Senior Rank Class was great today! I've been inspired by a picture Quah sent me from Australia. Pic was taken in 1973 (I remember because I had just left the service) and it was a pic of yours truly in classic jump side kick. I don't know how Quah had this

pic as I didn't have a copy myself. Anyway, I've raised the bar for my senior ranks and introduced more advanced jump kicks into the training. This has been going on for three weeks now. The best part of it all... they rose to the challenge and training has kicked up a notch or two.

Sat, Mar 26th, 2011. Yet another month has gone by, so too another testing of our students. Our students must be making progress as I was not as critical or stressed with this month's candidates. I have consciously made it a point to reach out to the weaker students and also instructed our instructor staff to go out of their way and help students that need that extra personal attention. It seems to be paying off.

Sat, Mar 12th, 2011. Spring break! It has been a cold winter and it seems to be dragging on. We've had many new members since the beginning of the year and again it seems like the young ones are less fit than they ought to be. We have our work cut out, but I guess that's why parents bring them to us.

Sun, Feb 20th, 2011. We must always be willing to keep on learning. I just completed the CFSC/CRFSC which was a two day course and I must say, it has been a very long time since I was a student and not the teacher. I found the course to be very rewarding on many levels... especially what it was like to be a student again. Most of the attendees were mostly related to law enforcement and were all motivated to learn.

Fri, Jan 28th, 2011. January has been a great start to 2011. Although we have experienced a slight drop in attendance due to seasonal ailments of colds and flu, we've had quite a few new members sign up at both the Streetsville and Cawthra Divisions. I am determined to raise the standards by a notch or two as I feel our students are capable of doing better plus the fact that it is our duty and mission to do so. We will be having the first promotion test of 2011 this weekend and I am eager to see how the candidates will do. I have to make sure I keep the momentum from our annual tournament going and keep raising the bar.

Mon, Jan 3rd, 2011. A Happy & Healthy New Year to one and all! Keep healthy and Stay Healthy! Once you lose your health, you lose your freedom and freedom of choice. Allow yourself to be healthy and choose to be happy!

Mon, Dec 20th, 2010: As we reach the end of 2010, I look back to see what kind of a job I had done for 2010. The standard of sparring has definitely climbed up a notch, especially at our annual tournament, and the students have also improved in their fitness and technical performance. Discipline too seemed to have shaped up as the younger students mature and begin to understand more gets done when they follow the rules. All three Divisions have grown and indications are it will continue to grow. Was it all smooth sailing in 2010... of course not?! We had a parent who only saw things his way, well... they are no longer with us! Too bad for his kids!

Sun, Dec 5th, 2010: Ing and I had brunch with Mr. & Mrs. Navabi this morning. What a pleasure it was to have this opportunity to spend about 2 hours just chatting away. Mr. Navabi and I may have indulged a little too much on the buffet breakfast...! They leave for BC tomorrow.... safe journey!

Fri, Dec 3rd, 2010: Had lunch with David at La Castile today. The company was great and so too was the steak and I thoroughly enjoyed it. I've known David for over 25 years now, soon after I arrived in Canada. I have a great time working with him and always feel guilty I get paid for it. He has to be more consistent so I can take him up to the Black Belt level.

Sun, Nov 28th, 2010: The week flew by so quickly. The feedback from the Tournament has been very positive... so I was right about it being a success. Now is the time for us to review the videos and improve on our techniques and also how the organization for the event can be improved even more. One idea proposed was to have all the contestants assigned their rings as they sign in at the door.

Sun. Nov 21st, 2010: Our Annual Inter Division Tournament yesterday was a great success. There was a minor glitch on gaining entry as the doors did not open till 10:15am, but once we gained entry, the organizing team sprang into action. Mats were laid down, electrical connections, tables and trophies were set up without me having to direct them. It was fantastic how the organizing team was so efficient this year, learning from all past experiences. Special thanks to Tonda & Arturo who overseered the set up. As the set up was in progress, Kelly got the kids ready for our group photograph on the bleachers.

The competition started on schedule even with the late entry into the gym, which is a great testimonial to our set up team. Once the competitors received their ring assignments, the Forms competition commenced. The kids from the Toronto Div. of Ooi's Taekwondo really

dominated in this category with the 2 Mississauga divisions trying to hold its own. The kids really stepped up a notch or two and several surprised me with their performance. If only they tried this hard when training in class!!

Sparring Competition also commenced as scheduled. Here too, many of the kids that were "veterans" from past competitions now showed better technics instead of brawling. There were more strategy and tactics from previous tournaments. I would have liked quicker footwork, a more explosive snap to the kicks and less labored punches. Still it was entertaining to watch and know that the next tournament will surely be even better.

The event closed with the trophy presentations and of course my sincere thanks to all Black Belt officials, competitors and volunteers who helped make it a great day! I am always amazed at the willingness and cooperation of the parents to offer any assistance whenever needed. Thank you once again for a great day!

Thur. 18th Nov 2010: With our annual Tournament creeping up quickly, I get the same concerns from our newer members every year... how else will you get experience if you don't try it? Everyone who competes will focus their training so as to be able to perform their best, which in turn raises their level of proficiency. Tournaments are slightly different from promotion tests. Both require the student to perform their best but in a competition, your best may not be good enough if your competitor does better. So does it mean if you know your competitor is better than you, it is no point competing? On the contrary, even if you lose, it can push you past your comfort zone and to a level which is your personal best. I'm not the strongest advocate of Tournaments, but if it is well organized and fair, it usually benefits everyone! So go out there, dig down deep and rise up to the challenge!

Sun. 7th Nov 2010: Wow... this internet thing is truly powerful!!! Tracked down again by another old student from England, Raj who I've not seen or met since 1987 and with Skype, we got to see how old we had got. Raj will be visiting Canada in two weeks time and I'm looking forward to spending some time with him as well.

SK who was visiting from Australia in Oct has come thru for me. I asked him to track down a mutual taekwondo brother SC, that I had also not seen for over 40 years and he found him. Hey SC, it was great talking to you and yes we are all old and not as spritely as we once were. Still, I think the martial arts has kept us "younger" than most of our other buddies that we used to hang out with, in our teenage days. I will make it a point to visit you and SQ down under.

Fri. 22nd. Oct 2010: Last couple of days Henry and I played host to Quah from Australia. We had not seen Q since the '70's and it sure was good to walk down the TKD memory lane as we all trained at the same gym. So much time has gone by so quickly and how our lives have changed... ! All too soon it was time for Q to go back down under. When I dropped him off at the airport, I had some moments of regret that I had not done enough to make his stay with me better. About 15 minutes later H called and voiced the same sentiment.

Henry is undoubtedly my oldest friend of about 53 years years, and we were in TKD together, in fact he started before me. He came to Canada about 3 years after I did and it was just pure coincidence/fate that we met up in Mississauga. Although H is no longer in TKD, H and I make it a point to meet up for lunch or just coffee at least once a month. It was a pact I proposed to him a few years after we had been in Canada when it occurred to me that we lived in the same city and yet hardly saw each other. We have since both kept the pact for over 15 years now..... thanks H, I always enjoy talking about the old days with you!

Tue. 5th Oct. 2010: Got an email from Kai Chee from down under. Of course his take of me is that of a somewhat brash, even misguided young man driving on the fast lane. It must be difficult to match the brazen school mate he tried to prepare for the final exams to the persona the website portrays me...! Thanks for all the times you gave me an alibi when I needed one and sorry about the car you had to ditch because it became a marked car!

To set the records straight for all my students ..., I may have walked on the wild side in my youth, but it made me a better instructor as I experienced first hand what worked and what didn't!!! I wouldn't encourage you to go that route as it could have so easily gone sooo bad!!!

Fri. 30 Sep. 2010: Jonathan, Tariq and Isaac are 3 fine teenagers that are the latest inductees to our Black belt Corps. Congratulations... now your training begins!

Mon. 27 Sep. 2010. Another former student/friend made contact via Skype, Raj. It was very good to hear from him and has been almost 26 years that we last met. The internet has made it possible for many past students to locate me and it is always good to reconnect. Hopefully Raj will be able to visit in November. I'm looking forward to it.

Tue. 14 Sep.2010: Another great day today! Mr. Navabi came by to visit together with his wife. It must be at least 5 years that I last saw him. Mr. Navabi moved to British Columbia about 7 years ago and has always inspired me with his enthusiasm for the great outdoors and keeping fit. When he was training with us, he kept up with guys more than half his age and even today looks just as great at 70 years young. When he was living in Mississauga, he organized many hikes along the Bruce Trail for our members which was challenging and amazingly enjoyable. My family and I have many fond memories of these hikes. Our most memorable time with Mr. Navabi was on one such hike. Sun (#2 daughter), who was about 6 or 7 years old at that time, could go no further on a steep part of the trail. Mr. Navabi just scooped her up and piggy backed her the rest of the way. Even with Sun on his back, I still had trouble keeping up with him... that was at Rattle Snakes Point along the Bruce Trail.

Yonge and I were so happy to see you today, Thank you Mr. Navabi... it was really so great to see you and Mrs. Navabi!

Thu, 26 Aug, 2010: Like vintage wine, I am truly blessed that after 38 years of teaching the martial arts, I am actually enjoying teaching now more than ever! Perhaps it is because I have come full circle. I started teaching because of my passion and love for it... then I had to teach because my living depended on it..., then later my family depended on it. Now my kids are grown and helping in my classes and I no longer have the worry & stress of running a school.... so I am back to teaching when I want and who I want... just for the love of it!!!

I truly look forward each day to going to the Dojang. I don't teach every class, only when I feel like it & when I do, I take over a class from my staff and sometimes single out members for a more personal and intimate session. This plus the fact that we seem to attract a fantastic group of people, not just the members but even the parents or spouses of students that I look forward to seeing them in class, makes it such a great time!!!

I wrote this because I had a great day with my students today... !!!