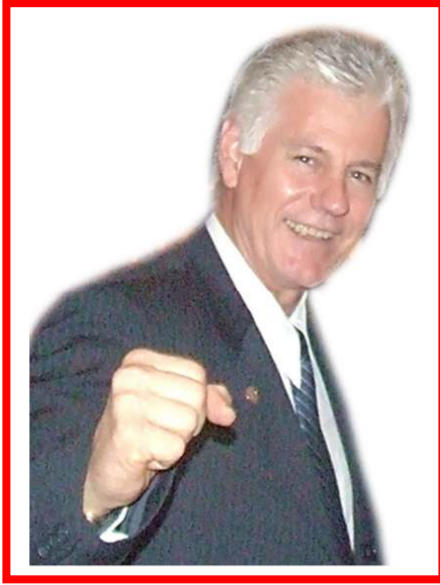


Graham Healy's Background



Master Graham Healy 8th Dan Chief Instructor & Founder
 Healys freestyle Tae Kwon Do & Boxing Academy
 Principal of Healys Health & fitness
 ABN 50 711 604 560
www.healyshealth.com
 President and founder of ISDA Pty.Ltd.
www.isdaselfdefence.com
 Certificate (4) Sports Coach ICMA
 Certificate(4) Master Personal Trainer (fitlink)
 Member of Australian National Boxing hall of Fame
www.anbhof.com

As a Professional Master Personal Trainer & Master Instructor in Martial Arts Tae Kwon Do & Boxing

**Graham brings over 30 years of experience to help you reach your goals in
 Body fat loss , Nutrition, Self-defence, and all aspects of gym programming
 both in the Health Center and at Home .**

**From the 'inexperienced' beginner to the 'athlete' Graham has
 mentored thousands of happy clients.**

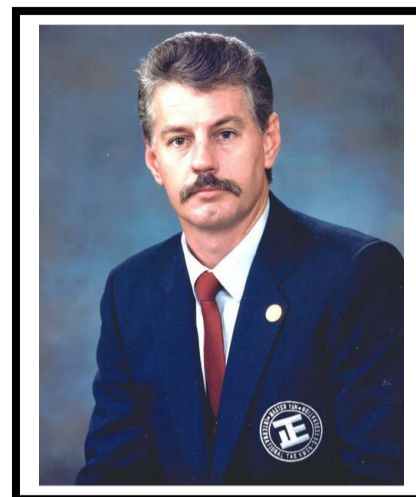
Here is a brief overview of Graham Healy's background history
 at the 'end of the day' you can't buy experience and Graham is happy to teach and pass
 on the 'hard earned' knowledge to Healy's Clients, his skill is the ability to
'Put it all together'

- Competitive 'Olympic' weightlifter trained under Olympian medalist Nev Perry
- Owned my own ' Nautilus Fitness Center' with over 1,500 members
- Marketing manager Pacific Fitness
- Professional Tae Kwon Do 'International' Instructor trained by Master Chong Chul Rhee 8th degree & Grandmaster Young Ku-Yun 9th degree TKD/YJD
- Also I was a competitive Boxer Trained by my father 'Qld champ 1948' and my Grandfather (Bert Healy snr) who ran a 'pro' boxing gym for 50 years.
- Specializing in the 12 week transformational Challenges / before & after Programs
 (The Original Body for Life™ coach in Queensland)
- Fitness & fat-loss consultant/sales/marketing for many Weight loss & Health Centers
I hope you find my background interesting as you browse the next few pages , many associates suggest that I write a book one day , I think I will take their advice and the writing of books , dvd's is not that far away....

.....Yours in Health & Fitness ,

Graham Healy

Graham Healy's Boxing & Martial Arts Background & Profile.



I quote Silvio Morelli the Editor from Vol 15 no1 Australasian Taekwon Do printed 30th march 2006
“The main difficulty in relying on ranks and certificates as an indicator of ability arises from the fact that it remains impossible to impersonate somebody of skill but easy to forge or fabricate rank.”

I personally judge some body's ability on what they can do rather than rank , ***Ideally the rank should match the skills , experience and ‘mentoring’ background of the practitioner.***

[By this I mean who actually taught and mentored the Instructor ? be it boxing or martial arts the ‘way of the warrior’ has always been an Master and apprentice relationship.

My Grandfather ‘a Master Boxing trainer of 50 years Professional experience’ would listen to the ‘wrap’ spoken by various boxers that entered his boxing gym, and no-matter what titles they held(or claimed to hold) he would always ask them to ‘have a punch on the bag’ . Within 30 seconds he could tell if the ‘wrap’ matched the ability.

As Silvio Morelli stated you cannot ‘impersonate skills’, and this is the ‘real litmus test ‘ of ‘Rank’.

I respect somebody's ‘ability and skills’ along with ‘attitude’ and if this matches up with ‘rank’ then great , if not well we all know the all too common story .

On saying that I personally always ‘listen to the wrap’ people give themselves and do the same thing that my Grandfather used to do , ask them to demonstrate on the punching bag, be it kicks or punches , to see if the ‘talk matches the walk’ . Its amazing how a 30 second test can sort it out.

Many Black belts with all ‘authentic’ certificates have entered my Gym/Do Jang and I have asked them to do a punching combination on the bag, only to be sadly disappointed, and then the same test with kicking ability applies.



WHO ARE THE INSTRUCTORS AND INTERNATIONAL INSTRUCTORS

“From a sea of potential, a select few share our secret. Only the purest spirits will ever teach our art.”

Many martial arts share the same philosophy of Yun Jung Do, however, the most important factor in one's training, is one's instructor. Not only must he be someone you can respect as your teacher, but one who sets an example by practising what he preaches.

Therefore, Yun Jung Do's prime concern is to model the instructor to be of the highest standard, not only physically but also mentally and spiritually so that the students can grasp the true essence of what our art has to offer.



The First Yun Jung Do Instructors from right:
 Grandmaster Yun, Ross Cameron, Graham Healy,
 Steve Ryan and Roy Tapuni.

RECOGNITION ? What is in 'recognition' ? to be recognized ? by whom and by what standards ? .

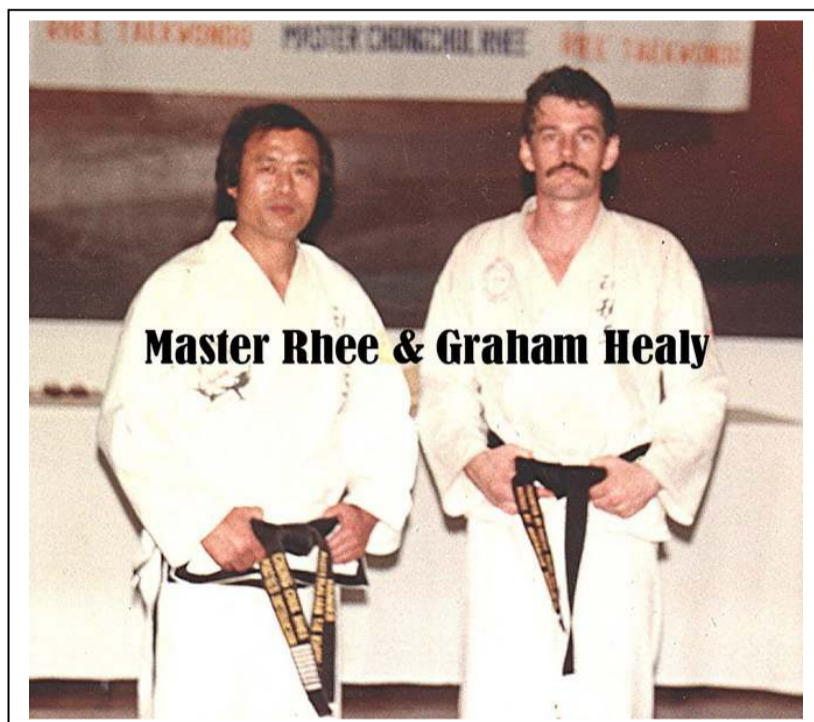
Recognition for the Independent martial arts school is difficult because who is really 'qualified' to 'recognize' ?

The answer lies in the person doing the 'recognizing' and what background and experience have they got? And what skill level ? What gauge do you use ? .

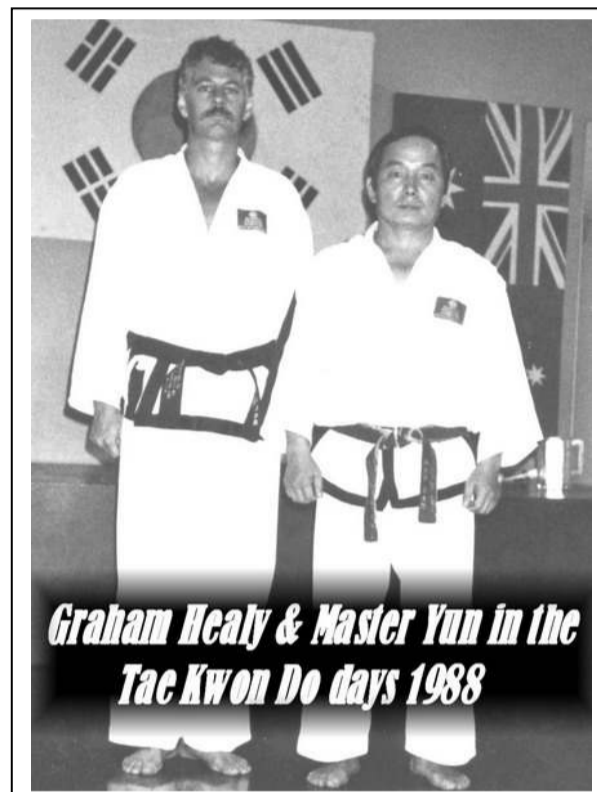
If we are looking for recognition I suppose a 'pedigree line' is a good gauge . for example in Boxing if you were personally taught by Muhammad Ali, Kosta Tsu , or Angelo Dundee this would be a good indicator, or Martial Arts wise if you were personally taught and mentored by an established GrandMaster then this would be a good indicator.

The rest is 'experience' and 'skills and demonstrated drills' ability both physically and mentally.

Most of the original Masters of Martial arts were personally mentored by 'their master' and passed the skills down the line, the same applies in boxing which is an 'authentic form of martial art' when used in the 'bare knuckle self defence mode' as were its original roots before 'sport boxing' , like Martial arts before they become 'sport arts' .



Master Rhee & Graham Healy



Graham Healy & Master Yun in the Tae Kwon Do days 1988

Degrees of Dans of the BLACK BELT ? What is the criteria for this ? in General Choi's Tae Kwon Do encyclopedia Volume one page 93 and 94 states the requirements for 1st Degree to 7th Degree black belt. which is 1 year for each Dan level based on 4 hours per day 6 days per week or 1248 hours (quoted as time required for 1st degree) .

This is equal to 1248 divided by 24 hrs equals 52 days of continuous training ...or 12 months at 4 hours per day for 12 months at 6 days per week.

or 'click' onto the official International Tae kwon Do Federation 'link' under Governance 'by laws'

and you will find 1st to 2nd = 18 months , 2nd to 3rd = 2 years, 3 to 4th degree = 3 years, 4th to 5th degree = 4 years , 5th to 6th = 5years ,6th to 7th =6 years , 7th to 8th = 7 years , 8th to 9th degree = 8 years ...this means to become a 5th degree 3+4+ = 7 years waiting period after being promoted to 3rd degree refer <http://www.tkd-itf.org/OrgGovByLaw.htm>

Page 15 of 24 in ITF official web site . (refer separate table to compare time v's Dan levels accepted as an International Standard and compare yourself and your experience against this table....click 'here')

Please feel free to 'check around the Do Jangs today' to see who is running that schedule ? however, one could conclude that ***continuous training under the tuition of an established Master in a martial art or Master Boxer or trainer one could draw the conclusion that 12 months of intensive training would certainly produce a good 1st degree black belt and from a boxing perspective a competent boxer with matched 'skills and drills' accordingly .*** Therefore even doubling the time requirements for 1st Dan to 7th Dan to 14 years or (2 years per Dan level) one should have the 'skills and drills' to match .

Unfortunately, many of the 'commercial art schools' fall short of the mark and belt rankings have become a 'commercially purchasable item' .

At Healy's freestyle Tae Kwon Do and Boxing Academy we 'recognize' skills and drills' and attitude first and look at the 'claimed rank' second.

As president and founder of the ISDA International Self Defence Association we have the same attitude 'show us what you can do first and then we will 'recognize the rank' .

Finally, as Silvio Morelli editor of the Editor of Australasian Taekwon Do magazine stated

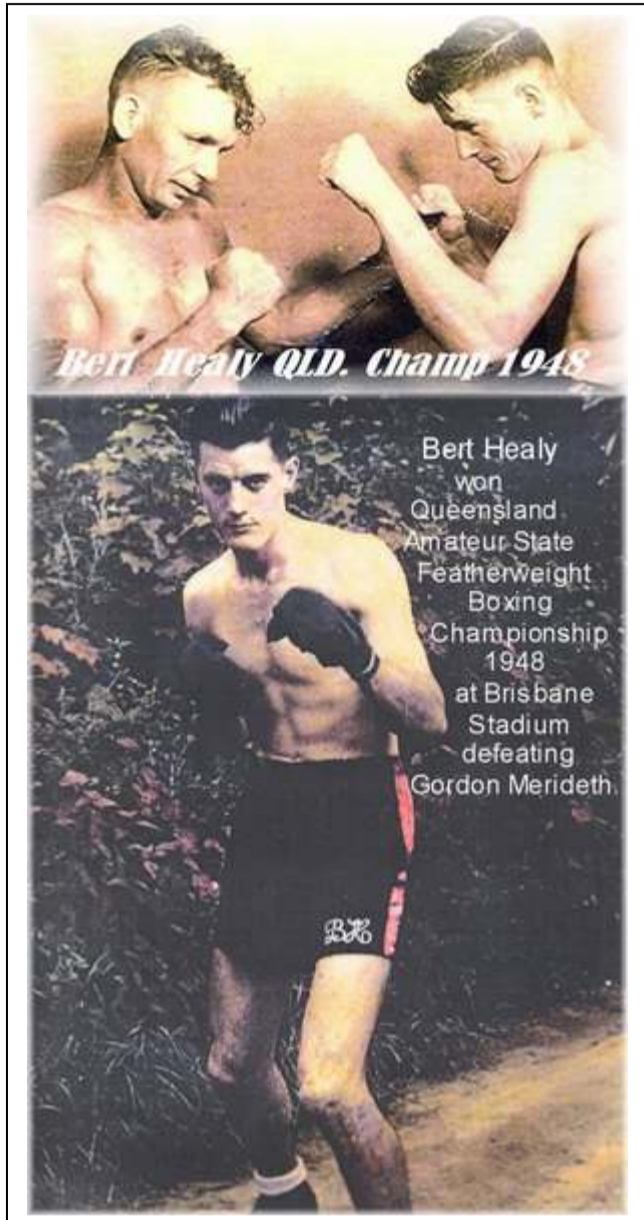
“The main difficulty in relying on ranks and certificates as an indicator of ability arises from the fact that it remains impossible to impersonate somebody of skill but easy to forge or fabricate rank.”

“Standard is important and the Student will usually reflect the Instructor” quote Graham Healy.

The following page is the ‘pedigree’ ‘back-ground on **Chief Instructor Graham Healy** not only can he share his training background but can ‘demonstrate’ the ‘Skills and drills’ to accommodate the profile .

Please feel free to Invite Graham to conduct a workshop or seminar at your Do Jang to ‘live the legacy of Bruce Lee’ and ‘absorb what is useful and disregard the rest’ email: healyshealthandfitness@hotmail.com

Web: www.healyshealthandfitness.com or become an associate of ISDA at www.isdaselfdefence.com



1967- at age 12 years Started boxing training under Bert Healy (senior) at Gordonvale outside Cairns North Qld. (Bert Healy Snr.) Ran a ‘pro’ boxing gym for 50 years and was well recognized as a Master Boxing trainer)

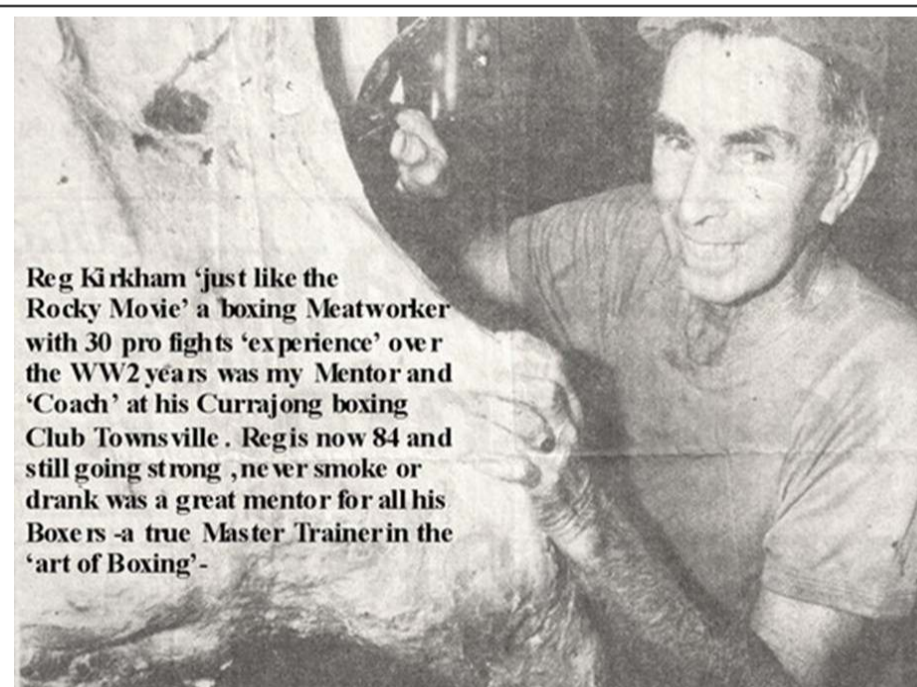
1967-1972(over that 5 years) played various sports , competitive swimming, running, Rugby League, but I always returned to my favorite Boxing training, become sparring partner for several state boxing champions both amateur and pro.

-Joined NFC boxing club in Townsville North Queensland become sparring partner for Aboriginal fighter Frankie Minacon (for 12 months) , from this Gym my old school friend Neil Pattle went on to become Australian light middleweight Pro Boxing Champ with the Famous Tony Mundine (Heavyweight) at Reg Laytons Gym at Brisbane Qld

-Joined the famous Reg Kirkham’s boxing Gym at Currajong Townsville and became sparring partners for Robbie Thomson (Qld middleweight champ) The Vitali Brothers (Both golden gloves holders and State Champs), Dessie Greaves (who fought as a pro against Henry Nissin), Simon Templar (The Saint) , and ‘very carefully’ had some light sparring practice with the Qld Heavyweight pro and ‘knock- out expert’ Johnny Atherton

During this time I was tutored by Reg Kirkham personally as well as My Father Bert Healy (Qld state champ 1948) and came to Reg’s gym with a stack of sparring experience from N.F.C. and my Grandfathers Gym in Gordonvale..


The atmosphere at Reg’s gym was great and all the fighters were ‘good mates’.



Reg Kirkham ‘just like the Rocky Movie’ a boxing Meatworker with 30 pro fights ‘experience’ over the WW2 years was my Mentor and ‘Coach’ at his Currajong boxing Club Townsville . Reg is now 84 and still going strong , never smoke or drank was a great mentor for all his Boxers -a true Master Trainer in the ‘art of Boxing’-

During these years I had thousands of rounds with top pro and amateur fighters ,I also had a few amateur bouts along the way proving to myself I could ‘handle it’ in the ‘real world’ re-enforcing the ‘skills and drills’ that my Grandfather and Father ‘instilled’ into me over time and developed a ‘lightning fast’ ‘straight left’.

-Age 19 years ,I decided that a career in Boxing was not my future , however, the ‘skills & drills’ and training methods stayed with me forever. My Boxing apprenticeship spanned over 5 years and I still love the sound of the speed ball and the ‘rhythm’ of skipping on a wooden floor (music to my ears).



Tommy Uren

Tommy Uren was born July 13 1893 in Leichhardt and died of a heart attack on May 30 1954.

Tommy Uren won Australian titles in 3 different weight divisions

Won Australian Lightweight title Oct 2nd 1915 against Herb Mc Coy.
Won Australian Welterweight title Dec 4th 1915 against Fred Kay
Won Australian Middleweight title 1917 against Mick King


Held the Welterweight and middleweight titles at the same time.

Fought Fred Kay eight times for 5 wins

On April 7 1917 Tommy Uren defeated Eddie Mc Goorty who had 2 fights with Les Darcy.

Tommy also fought former world champion Jimmy Clabby eight times for 5 wins.

Tommy Uren retired from boxing in 1930 and bought a Hotel in Orange.
Total Bout's 109 .80 wins 24 by KO .29 losses.



<http://www.anbhof.com/uren.html>

Refer <http://www.anbhof.com/uren.html> re Tommy Uren

-The lineage of the Healy's boxing background Tommy Uren trained Keith Sindal who trained my Grand Father Bert Healy(snr) 50 years pro boxing coach and life member Qld boxing Association who trained my father
Bert Healy Queensland Champ 1948 .
Fortunately I had the training from both my Grandfather and father in the 'Art of Boxing' as well as my Coach 'Reg Kirkham'. Both Reg and my Grandfather were 'mates'. Reg loved Boxing ,Horseracing and Greyhounds and my grandfather was a race horse and boxing trainer ...a dangerous Australian combination .



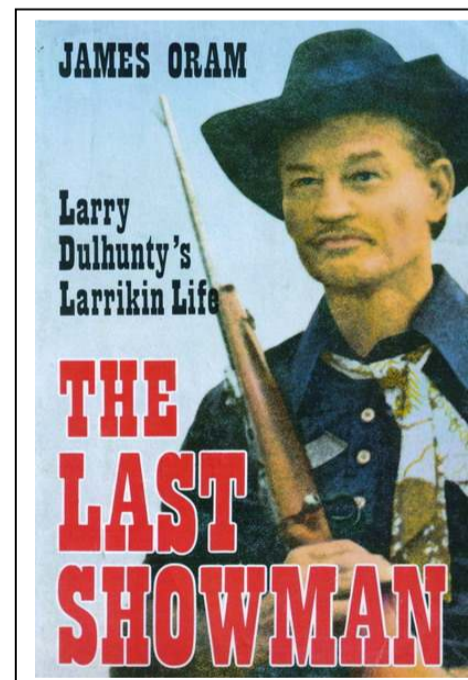
Graham Healy teaching student the finer 'art of a right cross' in Boxing

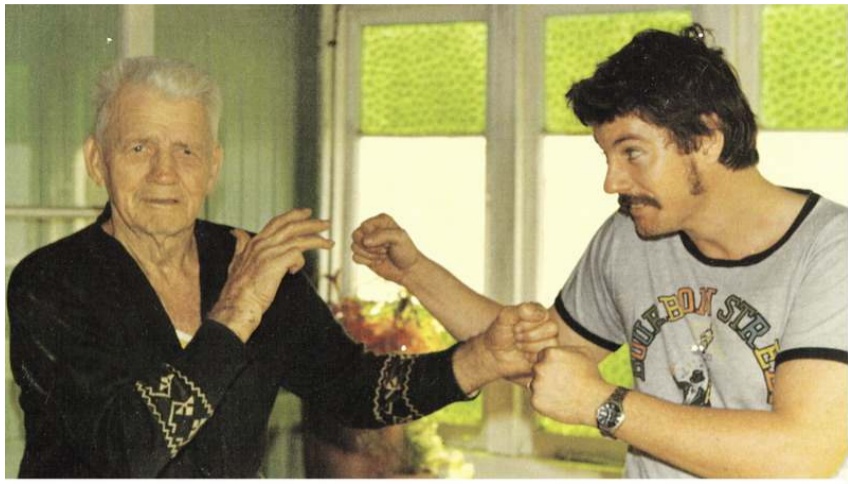
Larry Dulhunty was a mate of mine and well known 'bare knuckle fighter' who had a traveling wild west show and boxing troupe like the famous Jimmy Sharmans refer:

<http://www.smh.com.au/articles/2003/04/14/1050172535850.html> Larry was a WW2 Commando in PNG refer interview by George Negus of 60 minutes fame <http://www.abc.net.au/gnt/history/Transcripts/s1183011.htm>



Larry's perfect 'straight Left' in action





My Grandfather Bert Healy 50 years 'Master' Pro boxing trainer Awarded life member of Qld Boxing association

For a full history of Bert Healy's fight record and 'blow by blow' description of how he trained and 'rapidly' fought his way to the **Queensland State Championship in 1948** please click ['here'](#) . Dad had written an historical account of my Grandfathers 'tough' career and an accurate account of his fighting record , which will bring back a lot of memories to the 'old timers ' around Cairns and Gordonvale, Ingham and Townsville area of North Queensland.



BILL Dowker admires his life membership badge of the North Queensland Boxing Association.

Hard work pays off for Bill

By JON WOODWORTH

VETERAN Townsville athlete Bill Dowker, 69, has been awarded life membership of the North Queensland Boxing Association.

Dowker, a member of the Wellington Street Police Youth Club since its inception 15 years ago, received the award for the many hours spent training young boxers and raising funds for the club. Dowker is president of the Wellington Street PYC's boxing club, and says he has seen many good amateur fighters

come through the club. A former Queensland welterweight champion (he won the title in 1929), Dowker travelled with the legendary Jimmy Sharman (sen) Boxing Troupe during the Depression. "They were tough years when you had to fight for a quid," Dowker said. He was awarded life membership of the Queensland Police Youth Club three years ago and is also a life member of Townsville's Tourists Swimming Club. He is well known as the organiser (and oldest competitor) of the annual TAA Pacific Festival Aquathlon Championships.

Bill Dowker a great Mate of my Grandfather Bert Healy awarded life membership of NQBA . I accepted My Grandfathers Life membership on the same night as Bill. Bill still was a competitive athlete into his 70's . great mateships were forged during the hard times around ww2 ...comments by Graham Healy.

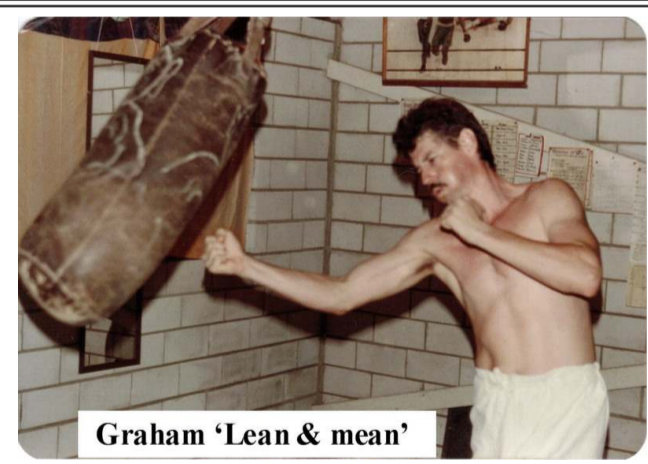


Allan Healy tests for Black belt 'boxing'

Allan Healy Black-Belt Boxing



My wife Petrina arm bar "now will you do as your told" ...yes dear !....

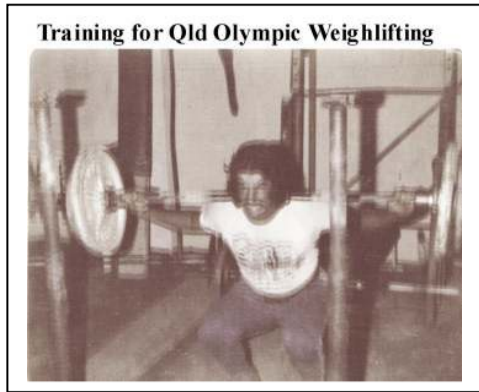


Graham 'Lean & mean'

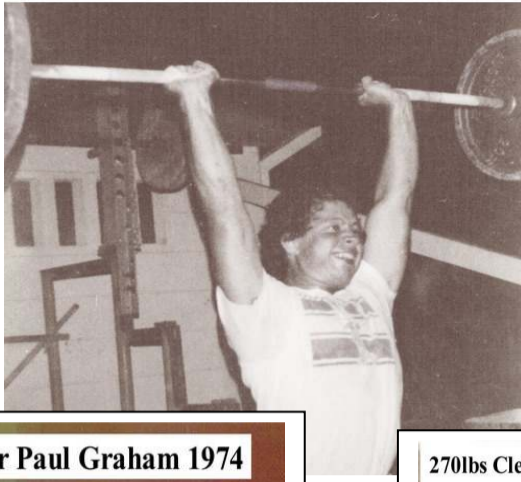


Bert Healy's Boxing Gym Gordonvale
1930 to 1980 established 50 years

1976- Age 21years- Decided to be an Olympic weightlifter – trained personally by the Commonwealth Games Gold medalist Neval Perry.

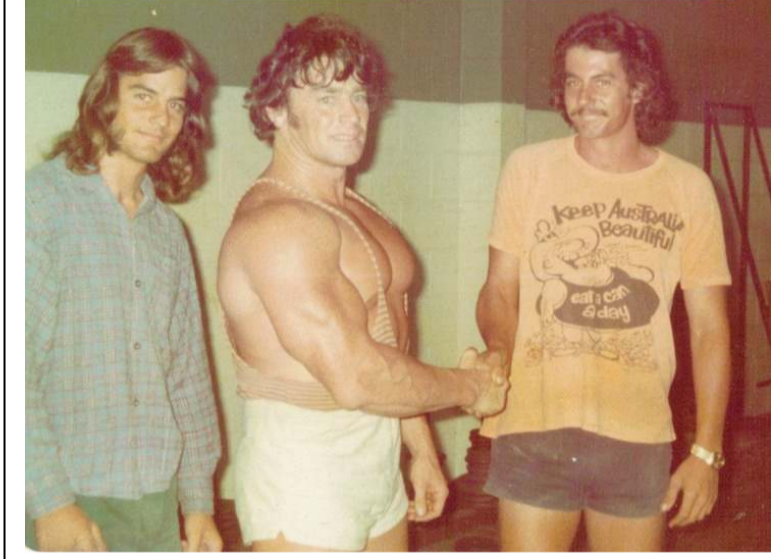


Graham Farrel (training partner) 1976 Qld Titles
230 lb Clean & Jerk

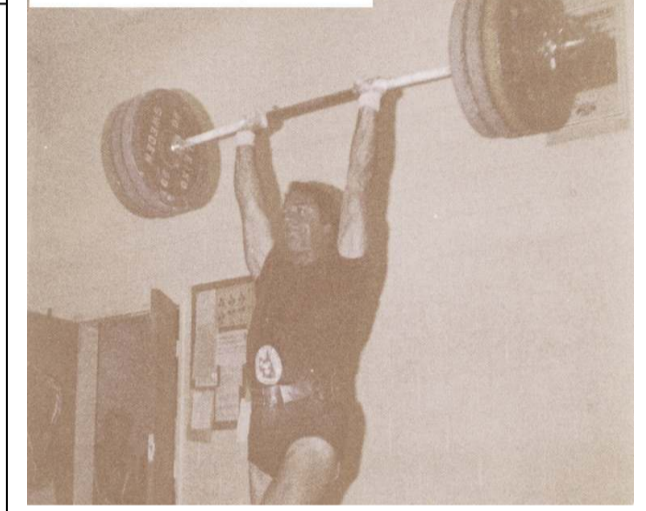


- 1) Graham Healy squatting 300lbs (136kg) three by 20kg plates either side for reps
- 2) Graham Farrel 230 lb C& J
- 3) 270 lb Clean & Jerk Qld Olympic Weightlifting Titles

Graham meets famous bodybuilder Paul Graham 1974



270lbs Clean & Jerk Qld titles 1976



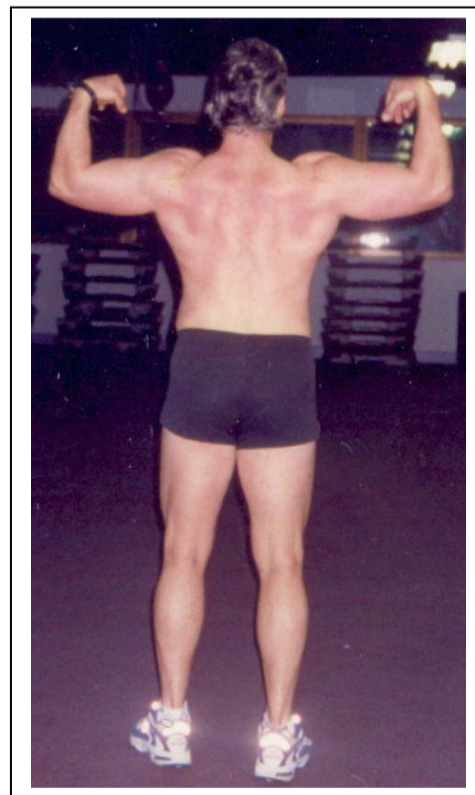
Neval was also a bronze medalist in the 1966 Olympic Games representing Australia where he met Muhammad Ali personally (Ali won Gold and was on the way up to 'legend status')

-I Competed in the Queensland titles as a middleweight Olympic Weightlifter .

-after 12 months as an apprentice 6 days per week under the watchful eye of Neval Perry I decided to train my weight down (looked like Dean Luken) and started to do some boxing training and distance running .



Keith Sydney Bullock the natural Mr. Olympia a personal friend of mine and we have worked together on several health & fitness projects. I have also facilitated promoting Keith on TV and shopping center promotions refer keiths CD Rom on how to 'cut up 'naturally in 16 weeks http://www.australianmuscle.com.au/estore/leanclan_cd.htm Graham to the right > (back shot) not quite as good as Keith –but not bad for a 50 year old.



Graham and his Team of Fitness Instructors 1995

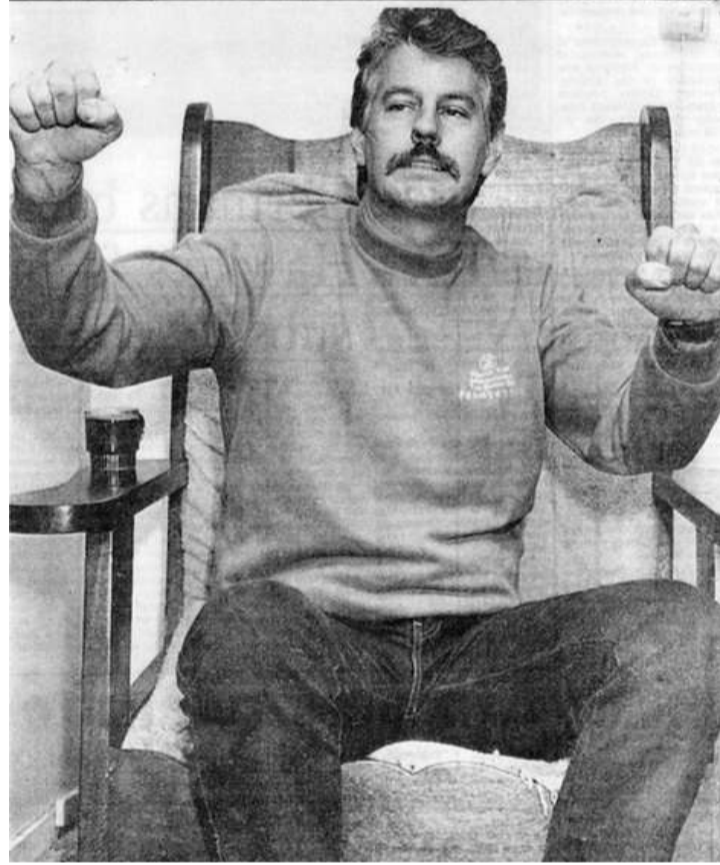


Above Graham formed an 'elite' Personal trainers Group in 1995 pictured at Golds Gym . The group included members and staff of His 1,500 strong Health Center 'Healy's Family Fitness Center'



Graham
BFL 2002
16% b'fat

Black belt hero foils armed robbery



Above Graham make 'headline news' foiling a robber wielding a loaded shotgun . nothing like 'real life' experience to test your 'self-defence'skills. In the 'Real World'

<Left Graham as Body for life™ entrant and coach



Dads Golden Gloves, Queensland 'Q' Champ medal and Stopford Memorial Medal 'most outstanding fighter'

Boxing Tuition

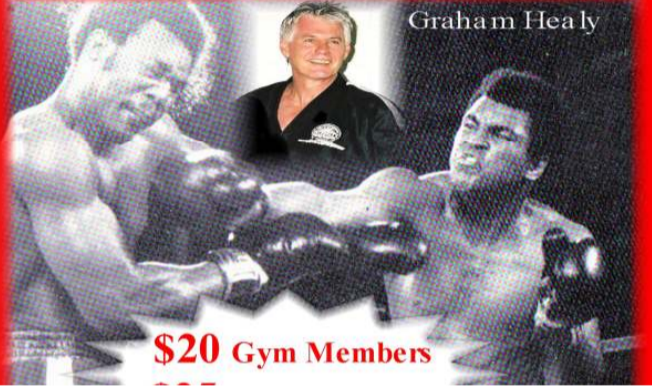


Bert Healy Qld Champ 1948

Graham Healy * Ladies welcome * Bert (Snr) 50 yrs pro boxing coach



Boxing Workshop

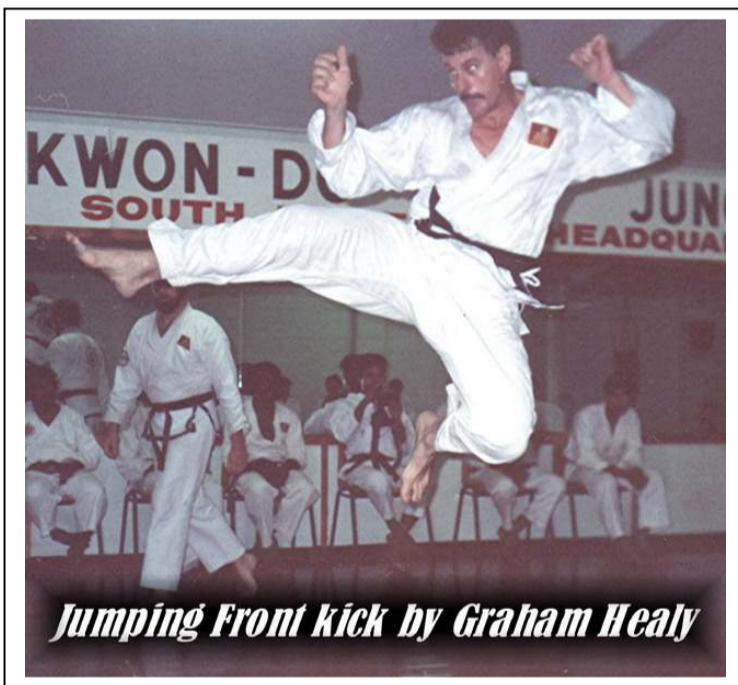


***Learn Correct Technique
*Combinations & Power
*Suitable for Men & Women
*Non Contact "Skills & Drills"**

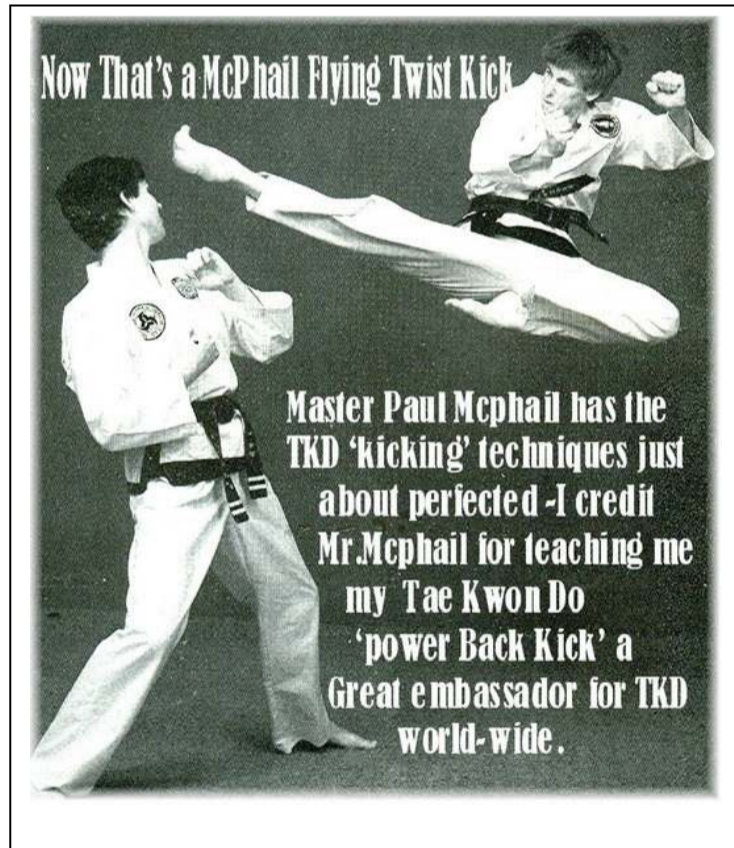
**Inquiries : Graham Healy
Mobile 0411 393 503**

Boxing 'skills & drills' workshops conducted regularly by Graham Healy

Tae Kwon Do training Begins



Jumping Front kick by Graham Healy



Master Paul Mcphail has the TKD 'kicking' techniques just about perfected -I credit Mr.Mcphail for teaching me my Tae Kwon Do 'power Back Kick' a Great ambassador for TKD world-wide.



Graham 6 tile Knife hand Chop

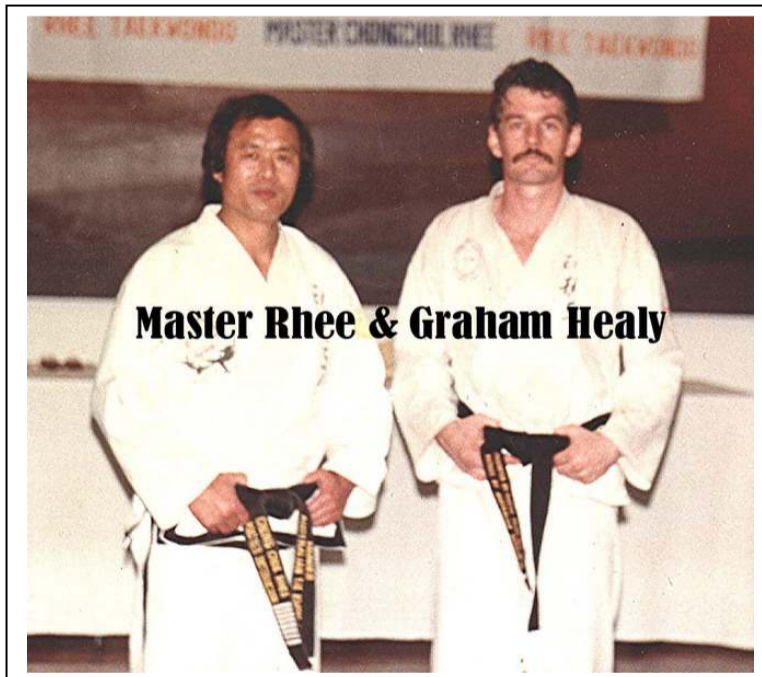


General Choi & Master Yun opera House 1972

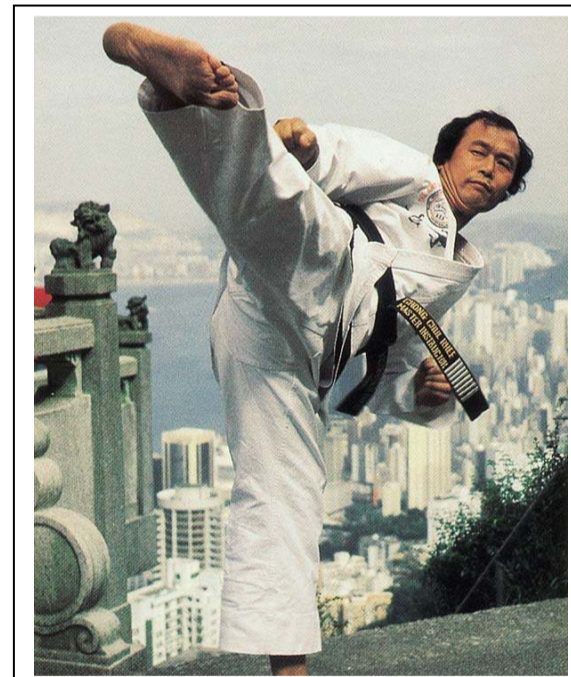


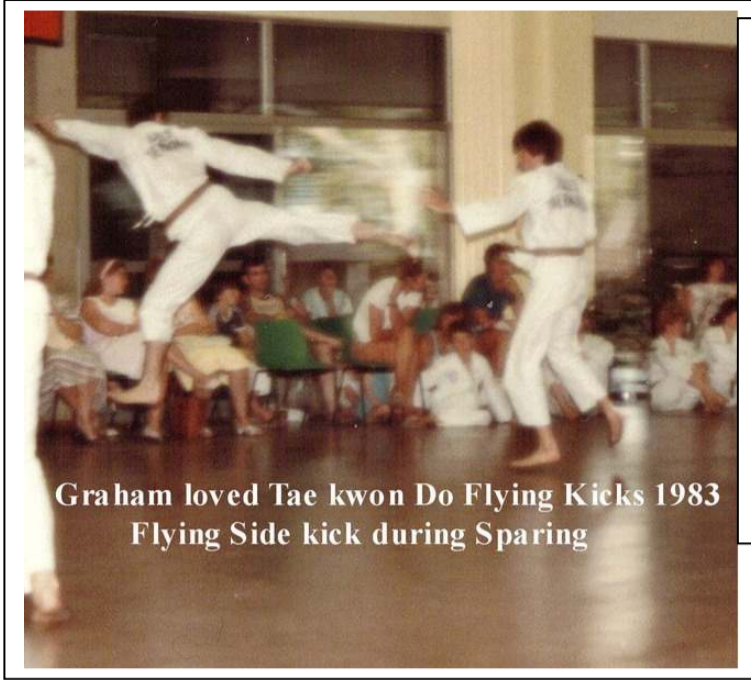
Graham Flying Side Kick

-1981-Age 24 years my brother in Law took me to a Rhee Tae kwon Do class in Townsville North Qld



Master Rhee & Graham Healy

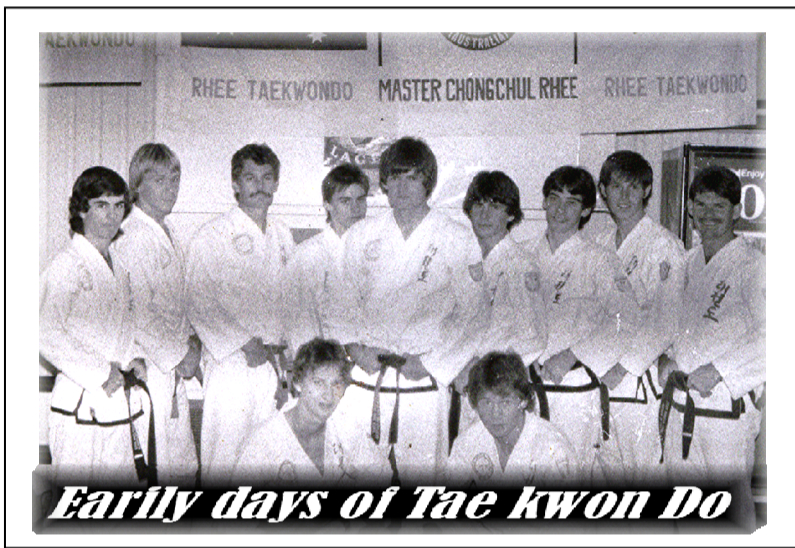




Graham loved Tae kwon Do Flying Kicks 1983
Flying Side kick during Sparring



Graham Flying side



Early days of Tae kwon Do

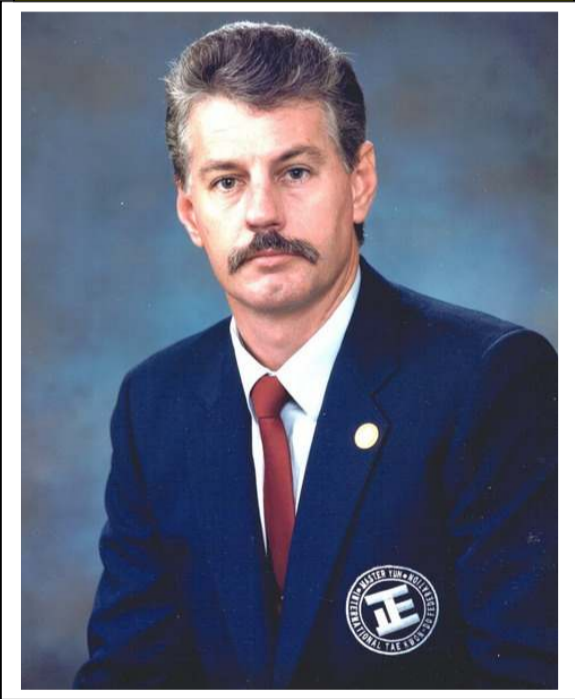
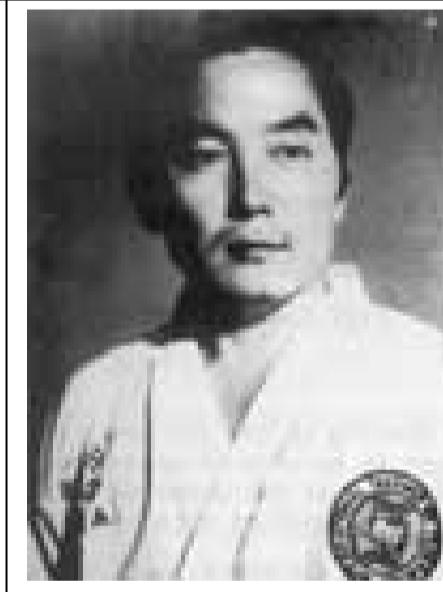
-1983-Age26 years –awarded Black Belt by Master Chong Chul Rhee (Father of Australian Tae kwon Do)
** Master Rhee was a former Korean Commando and one of the ITF Masters to arrive in Australia before forming his own organization Rhee International TKD.*
-Become Senior Instructor Instructing various clubs all over Townsville under Master Rhee Black belt Instructor (for 3 years) . served under Master Rhee for 6 years

1984 -Resigned from RHEE TKD , Joined Master Yun Ku-Yun ITF 8th degree The Chief Instructor in charge of ITF South Pacific Tae Kwon Do under Grandmaster YUN and Tae kwon Do Founder General Choi.

General Choi founder
 'Father' of ITF Tae Kwon Do
[Click photo for the ITF history](#)

[Graham Healy](#) Chief Instructor under
 Master Yun MYITF Tae Kwon Do

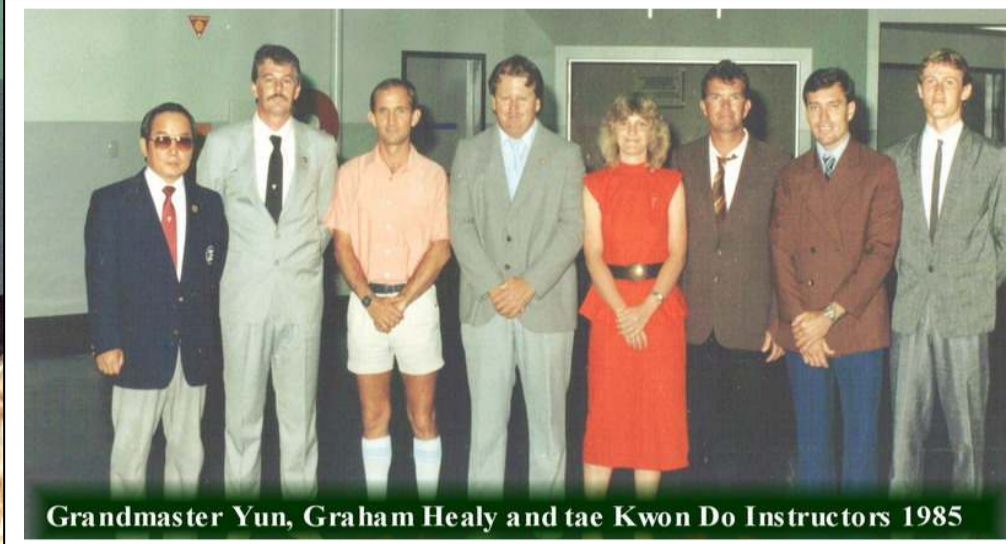
Master Young ku-Yun 8th Dan
 Chief ITF instructor South Pacific



Graham Healy as Chief Instructor North Queensland with Grandmaster Young Ku Yun 8th Degree ITF 1984



< Graham Healy as Chief Instructor for MYITF North Queensland introduces Master Yun to students and Instructors



Grandmaster Yun, Graham Healy and tae Kwon Do Instructors 1985

(reference ITF new Zealand history <http://www.itfnz.org.nz/about/history.html>)

At that stage we were under the banner of the Master Yun International Tae Kwon Do Federation and Master Yun was the appointed ITF master in control of the South Pacific Region.

Master Yun's incredible Tae Kwon do history is listed here for the reader as I believe training under Master Yun as a full time professional Instructor of 'Prime Importance' Later Yun selected myself and 3 other Instructors to Introduce Yun Jun Do from some 500 black-belts throughout the South Pacific to be the Founding Instructors of Yun Jung Do at the time -I was the Chief Instructor for MYITF(Master Yun International Tae kwon Do Federation) North Queensland and at my peak had 100 students and 9 black-belt instructors.

This seminar conducted by Master Park Jung Tae, 8th dan in May 1984. at Brisbane Master Yun's Brisbane headquarters. (Master Park seen here smashing 6 boards in jumping back kick) refer current web site for his fantastic history <http://www.gtfaekwondo.com> more Photo's http://www.ntkd.no/bilder/park/page_01.htm Master Park's close association with General Choi & Grandmaster Rhee Ki Ha in the foundational stages and beginnings of TKD refer <http://www.itf-information.com/information02.htm>





Master Young Ku Yun, Peter Wong, Park Jung Tae

Master Yun and General Choi In Auckland
New Zealand courtesy ITFNZ
<http://www.itfnz.org.nz/about/history.html>

Master Peter Wong (center) has trained under four first generation Tae kwon do Masters . Masters Yun, Park, Chong Chul Rhee , Jhoon Rhee. Master Wong is one of the most experienced TKD instructors for ITF in Australia. Refer web www.taekwondokidokwan.com



'Blast from the past'
Master Paul McPhail 7th dan I.T.F. NZ
& Graham Healy 1987



**The Key point in listing Master Yun's background is the 'impeccable TKD Record and Standing with General Choi' he had as Chairman for ITF technique World wide , who better to learn from (other then General Choi himself) the essence of TKD. Yun was a 'Master kicker' and has the 'fastest recorded spinning heel kick in the World'. He would train on the floor with you 'one to one' this 'one to one ' training with the Master left an 'impression' upon me that developed my kicking technique to world class standard . In essence Master Yun 'imparted' himself to the four founding Instructors of YJD as we lived and slept on the floor in the do-jang over a full three month period . That's 7 days per week 24 x 7 full time 'one to one' with one of the most credible TKD Masters world wide 'irreplaceable experience' . We learned the 'finer points' from a real Master of TKD,*

before we moved on to develop our own versions of the 'art' in my case Healy's freestyle Tae Kwon Do & Boxing Academy. The total 'objective' of my TKD training was to train as a 'full time' Instructor 'one to one' with a Genuine Master of the Art of TKD . I successfully achieved this Goal and thank Master Yun for the impartation of time , energy and effort to be one of the 'few' in the world to under go this kind of 'personal training' it was well worth it.



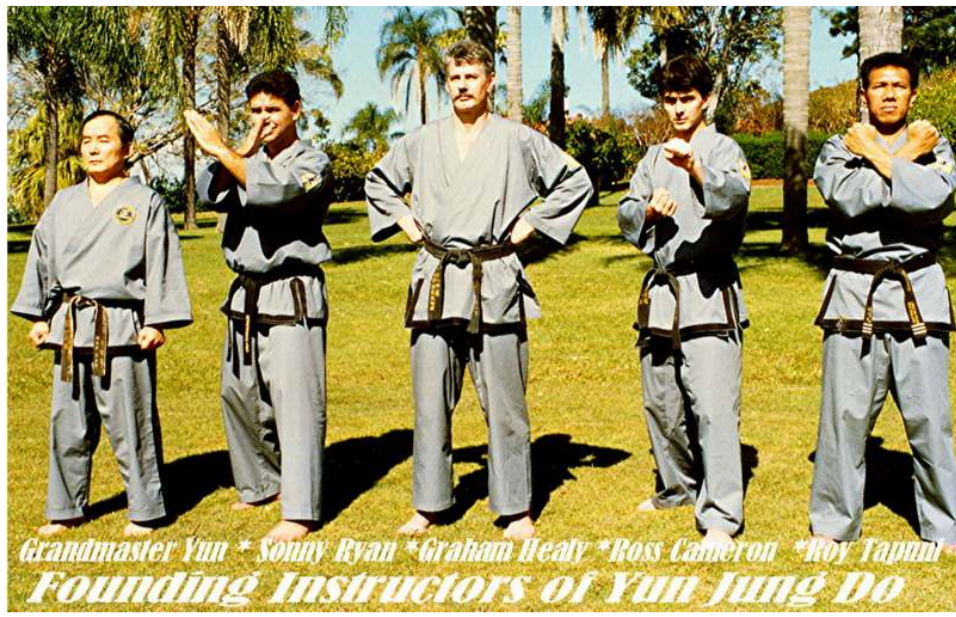
< Master Yun 'In action' Self-Defence Techniques



Below is Grandmaster Yun's 'impressive' background

- 1953 Grandmaster Yun began his career in martial arts at the age of twelve.
- 1964 In Korea. Grandmaster Yun established his first Tae Kwon Do (TKD) club while in the Korean Army.
- 1966 Grandmaster Yun became an International Tae Kwon Do Federation (ITF) Instructor soon after the formation of ITF.
- 1968 Grandmaster Yun travelled to Hong Kong, Indonesia, Singapore, Thailand, and Malaysia for a Tae Kwon Do demonstration as a member of the Demonstration Team for the ITF.
- 1968 In Hong Kong. Grandmaster Yun established the Kwoon Tong Tae Kwon Do Association and instructed there for one year.
- 1969 In Malaysia, Grandmaster Yun established three clubs: Kelantan, Trengganu, and Pahang States, and taught there for three years.
- 1971 Grandmaster Yun arrived in Australia as the first I.T.F. Tae Kwon Do Instructor to introduce the art to the country.
- 1975 In New Zealand, Grandmaster Yun established The Master Yun International Tae Kwon Do Federation (MYITF) with over 40 clubs throughout the country.
- 1977 In Fiji. Grandmaster Yun established the Fiji Tae Kwon Do Association and became one of the leading martial arts organizations in the country.
- 1978 In Papua New Guinea. Grandmaster Yun established the Papua New Guinea Tae Kwon Do Association in every province and became the leading martial arts organization in the country.
- 1978 *Grandmaster Yun appointed as Chief Representative and Chief Instructor for the Oceania by the ITF.*
- 1984 In Western Samoa, Grandmaster Yun introduced Tae Kwon Do to the country.
- 1984 *Grandmaster Yun was promoted to 8th Dan by the ITF*
- 1985 In Solomon Islands, Grandmaster Yun introduced Tae Kwon Do and became the leading martial arts organization in the country.
- Elected as the Chairman of the Techniques Committee at the General Meeting of ITF, Grandmaster Yun travelled throughout the world for approximately 9 months of the year for 3 years, promoting the art of Tae Kwon Do. Seminars (or Federation Instructors and Senior Members were conducted regularly until his official resignation in 1987.*
- 1986 In Cook Islands, Grandmaster Yun introduced Tae Kwon Do and became the leading martial arts organization in the country.
- 1987 October-Grandmaster Yun officially resigned from ITF after 21 years membership. During his service, he was the:
- Executive Director of the ITF*
Chairman of the Techniques Committee of the ITF.
- 1990 *Grandmaster Yun launched Yun Jung Do and established Yun Jung Do International (YJDI)*

Grandmaster Young Ku-Yun was the Commander of the South Pacific regions for the Founder Of Tae Kwon Do [General Choi](#) . not only was GM Yun the 'official' representative for ITF he was the only fully bonified ITF 8th degree Black belt Master holding ITF qualification and certification signed by General Choi himself.-in those Days GM Yun was 'the man in charge' for the South Pacific ...many 'claimed' to be 'authentic' but could not produce the documentation. What I liked personally about GM Yun was he was the type of Master who trained personally 'on the do-jang floor' with the students , an man who just didn't rest on his 'reputation' but remained 'true to the Art' by genuinely practicing daily himself. I later had the privilege of training 'full time' as a 'live in student' with the Master personally being one of the founding Instructors of Yun Jung Do (see photographic history on Graham Healy)



**Master Yun, Sonny Ryan, Graham Healy, Ross Cameron , Roy Tapuni
1989 Founding Instructors Of Yun Jung Do**

*-1989-Personally selected by Master Yun to be a 'full time professional' 'founding Instructor' of Yun Jung Do spent 3 months as a full time 24 x 7 'live in student/Instructor' at Master Yun's World Headquarters Brisbane.
As one of the four founding Instructors plus the Master (making a total 'five' including Master Yun) of YJD.*



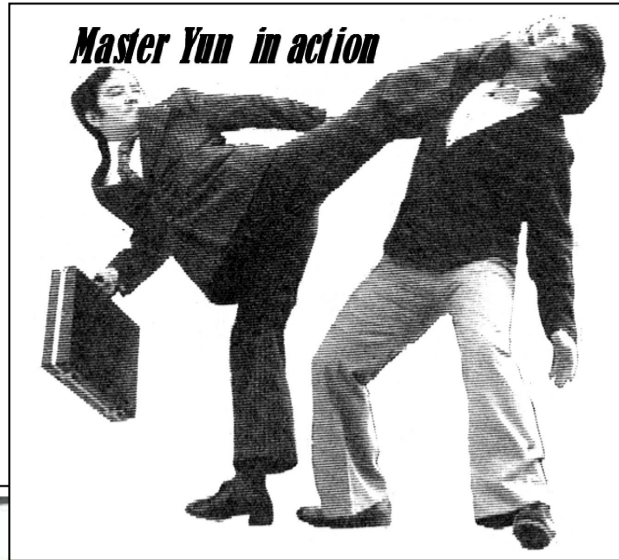
I personally contributed \$10,000 AUD towards the establishment of the 'new style' (as did the other four Instructors) this was our 'shareholding' in the foundation and establishment of YJD.
The Funds were used to promote via public television adds , brochures and newspapers as well as Public demonstrations conducted by the Founding Instructors of Yun Jung Do .
< Graham does classic 'General Choi' Observation of Nathan Chee's classic TKD side kick . Nathan has 'Bruce Lee' Flexibility



Graham Healy & Sonny Ryan P.N.G. 1993 as International Instructors for Yun Jung Do



Graham Healy and Black-Belts

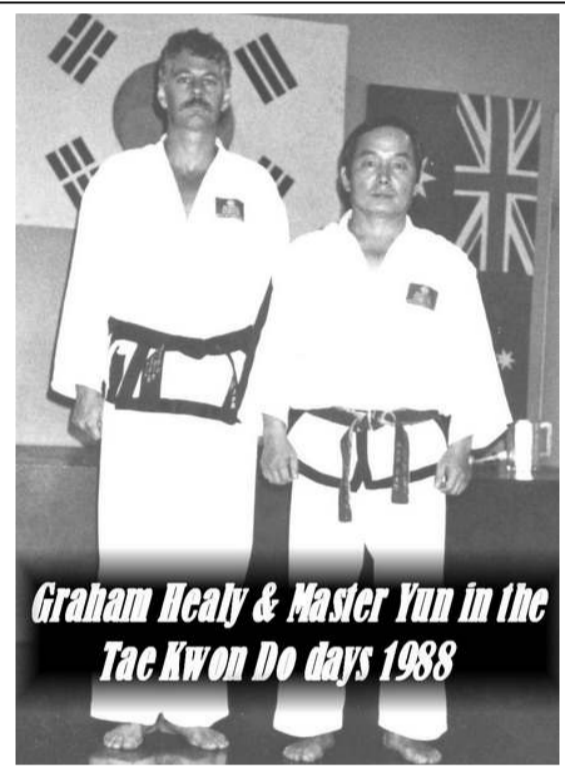


Master Yun in action



Introduction of ITF Tae kwon Do to North Queensland By Graham Healy Here Master Yun Grading Students at the Time Master Yun 8th Dan was General Choi's 'official' representative for ITF governing the South Pacific

Graham Healy (top) leading Instructors. (below) Grandmaster Yun address students 1984



Graham Healy & Master Yun in the Tae Kwon Do days 1988

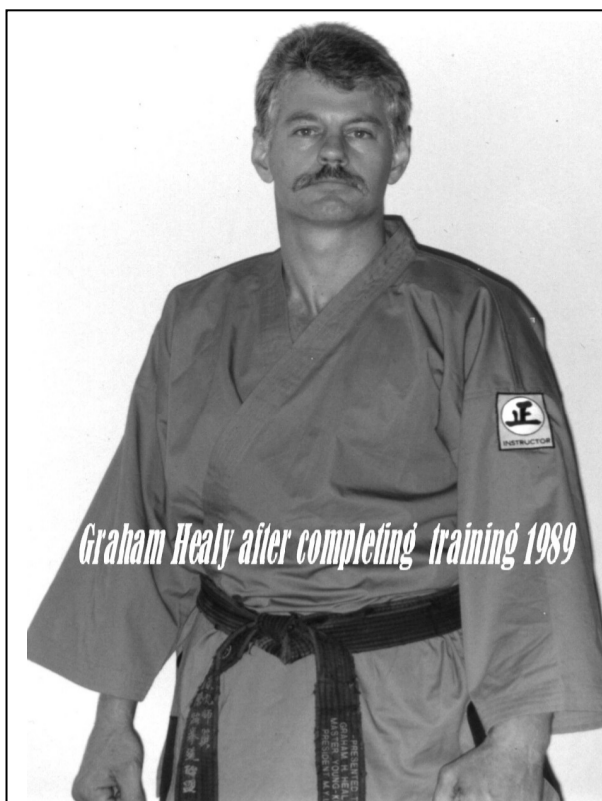


<Graham Healy speaking to the Patron of our Club mayor of Thuringowa Mr. Dan Gleeson

My son Allan Healy gets put through his paces by Graham Healy >



Allan Healy tests for Black belt 'boxing'



Graham Healy after completing training 1989

These were the original Yun Jung Do > Posters featuring the founding Instructors (Graham is 2nd from right) Also we did a series of Television adds featuring the Founding Group and these adds were broadcast throughout Queensland , including demonstrations, Newspaper adds, 1989-90

THE REFINED ART OF MARTIAL ARTS . . .

YUN JUNG DO

IN PURSUIT OF PERFECTION

Self Defence is the art of self-discipline. because the greatest rival you will ever meet will be yourself.

From a sea of potential . . . a select few share our secret. Only the purist spirits will ever teach our art.

**CLUBS THROUGHOUT QUEENSLAND
BEGINNERS ENROLLING NOW!!**

--1993-Travelled to Papua New Guinea as an International Instructor to Introduce Yun Jung Do to PNG .

Papua New Guinea 1993 introducing Yun Jung Do



During this period as the Founding Instructors of Yun Jung Do it was our mission to 'lead the Charge' of the New 'art' world wide. Here Graham is pictured at the Papua New Guinea military base with Grandmaster Yun , Menson Penny , and Sonny Ryan . During this International trip **GM Yun announced to Myself and Sonny that we were now 'International Instructors'** . In fact we were the first International Instructors of Yun Jung Do . After I resigned from YJD in 1995 to develop my own system and style namely Healy's freestyle Tae Kwon Do & Boxing Academy and shortly afterwards the International self defence Association ISDA to cater for independent Instructors and schools to conduct 'non competitive' cross training with the mission to recognize, educate and associate with martial artists of similar philosophy and attitude.

YUN JUNG DO INTERNATIONAL

A Personal Message from Grandmaster Young Ku Yun

As the founder and the Chief Instructor of Yun Jung Do International, I would like to welcome you to our organization and it gives me great pleasure to introduce your instructor Mr Graham Healy.

Mr Healy is a fully qualified and certified instructor. This means that he has been personally trained by me. To achieve his status, he was first hand-picked from some five hundred blackbelts within the South Pacific, after which, Mr Healy attended a three month full time intensive seminar conducted by me at Headquarters. This makes him one of the elite few in the world who has been taught the finest details of true martial arts.

Mr Healy has had a wide and varied background including being a notable boxer before deciding to concentrate his talents on the martial arts, which he has done successfully for the last ten years.

He is an instructor who genuinely cares about every student like one of our family and I sincerely hope that you take full advantage of what he has to offer.

Of course, you will have to work hard to achieve results, however, I can guarantee you that both he and I will help you every inch of the way to achieve total health and a better way of life.

Finally, I wish you all the best in your Yun Jung Do training and look forward to meeting you personally.

Yours in Yun Jung Do,
In Pursuit of Perfection,



Grandmaster Y.K. Yun
Founder and Chief Instructor.

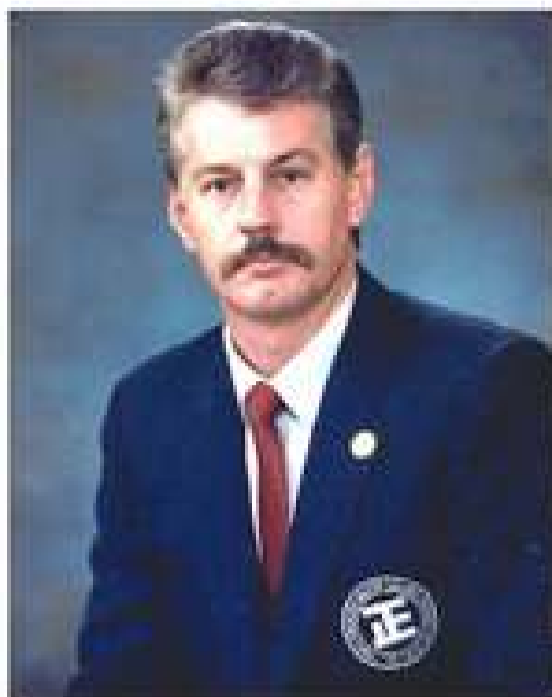


This is a very important reference letter from one of the most outstanding ITF Tae Kwon Do Master that General Choi produced, later of course Master Yun resigned from ITF and formed Yun Jung Do. Of which I was a founding Instructor as described.

This experience formed the foundation and platform for the 'evolution' of Healy's freestyle Tae Kwon Do & boxing Academy and the ISDA international Self-Defence association as founder of both organizations I first 'served my apprenticeship' both in the Art of Boxing and TKD/YJD as 'full time' professional Instructor, having been mentored 'one to one' as a live in student with both TKD/YJD and boxing you cannot compare this type of personal 'impartation' with seminar type experiences I Believe.

From Your Instructor GRAHAM HEALY

It took me several years of searching to finally find a true martial art that fulfilled all my expectations. Until I met Grandmaster Young Ku Yun, one of the highest ranked and Internationally renowned martial artists in the world, I never really knew the meaning of a true practitioner and it has only been through his teachings that I now have an understanding of martial arts.



Having had the experience of being personally trained by Grandmaster Yun, I feel greatly honoured for being chosen and will be forever grateful for the opportunities he has offered me.

Because of my background in boxing, I saw through many of the other systems as either a waste of time or simply monetarily motivated. I did not really join to defend myself as I could already do that to a certain extent through my boxing experience. Rather I was looking for a deeper understanding that I new true martial arts had to offer rather than a self defence.

When I met Grandmaster Yun, my search was complete. At last, I had found an authentic martial artist who actually practised what he preached. I quickly absorbed as much as I could only to find that I was still at the "tip" of the iceberg, in regard to the depth of knowledge yet to discover.

Unfortunately, many people do not understand that aggression is not the answer and that to be a true martial artist, the exact opposite is in fact required. I honestly believe that true friendship and understanding will mature with all human beings once the egotistical self is stripped away and Yun Jung Do is certainly the best system to become a humble yet quietly confident person in every aspect.

We all have so much to learn and gain. As your instructor, we can work together to strengthen each other's good points and correct our weak points, and through the spirit of mutual respect and love, assist each other along the path of progress.

Looking forward to having you as a part of our family.

Yours in Yun Jung Do,
In Pursuit of Perfection,

Mr Graham Healy
Instructor

Senior Regional Instructor Townsville Queensland.

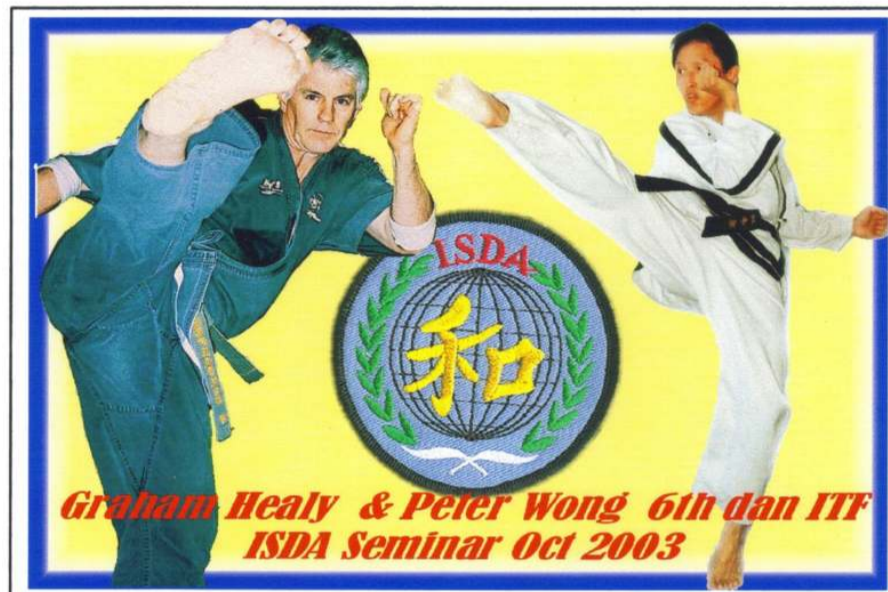
Historical Facts Sheet : 'Original 'Insert' that went out in all Yun Jung Do Brouchures in 1990 along with Grandmaster Yun 'endors ement statement' on reverse side(see next photo)

1995-resigned From Yun Jung Do and began the 'evolution' of Healy's freestyle Tae Kwon Do & Boxing Academy www.healyshealthandfitness.com and founded the International Self-Defence Association ISDA refer www.ISDAselfdefence.com



To Whom It May Concern:

I have personally known Graham Healy for over 20 years through our common interest, commitment and dedication to Martial Arts training. As one of the most experienced Martial Arts Instructors in Australia and the Pacific Region, Graham has a strong commitment to the Traditional Spirit and Philosophy of Martial Arts Training and he is a leader by example teaching these great values to his students. His strong moral character, integrity and humility together with his excellent technical knowledge in Boxing, Taekwon-Do and other Martial Arts make him one of the most experienced and highly qualified Martial Arts Instructors.



Peter Wong 6th Dan
Chief Instructor and Examiner

"Master Peter Wong has been associated with the I.T.F. International Taekwon Do Federation for over forty years trained under the Famous Rhee brothers (Chong Chul Rhee 8th degree the father of TKD in Australia), Master Young Ku Yun 9th degree former Chairman of technique of ITF world wide. Graham Healy was a professional International Instructor under Master Yun .
Master Wong is now directly affiliated with the original founder of TKD General Choi Hong Hi's son Grandmaster Choi Jung Hwa." *This is a direct heritage line with the origins of Tae Kwon Do.*



General Choi Hong Hi



General Choi & Master Yun



Master Chong Chul Rhee

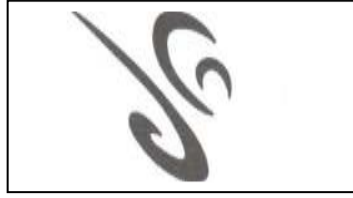
Master Peter Wong is a long term martial arts associate and friend he has conducted himself with Integrity all of his martial arts career upholding the original Tenants of tae kwon Do of *Courtesy* Integrity *Perseverance *self-control and indomitable spirit as laid down by General Choi . Many talk about these 'ideals' but few enact them . General Choi would be proud of Peter Wong as a true representative of the Spirit of TKD
Refer Peter's web site <http://www.taekwondokidokwan.com> NB : Master Wong 7th Dan promotion recently in Ireland by legendary Grandmaster Rhee Ki Ha one of General Choi's right hand Master Instructor (ITF UK)

Taekwon-Do History

Paul McPhail

CURRENT QUALIFICATIONS
 7th Degree Black Belt
 Vice President of Oceania Taekwon-Do Federation
 International Taekwon-Do Instructor (ITF)
 International Taekwon-Do A Grade Umpire (ITF)
 ITFNZ Chief Examiner
 Director of Techniques (ITFNZ)
 Instructor of Paul M. Taekwon-Do

Reference from Master Paul Mcphail 7th Degree ITF . Paul is a true ambassador for Tae Kwon Do and was very close to the late Father of TKD General Choi . I have known Paul for 18 years and have kept in touch over the years and believed in the ongoing Martial Arts 'brotherhood' . Paul is a Master 'technician' and can display the 'Art of TKD' like no other ...he is beautiful to watch 'in action' and I believe that General Choi is still smiling in TKD heaven and saying to the other Grand-Masters up there 'that's my boy' ...he's 'got it right' . That's Master Mcphail the walking talking 'copybook' of General Choi's TKD. and the 'nicest person' you have ever met , this is what TKD is all about Good Character and great technique and that's Master McPhail.



PaulM Taekwon-Do

142 Great South Road, PO Box 75-549, Manurewa, Auckland, New Zealand
 Tel 09 268 8552 Fax 09 268 8553 Email: pmcphail@itfnz.org.nz
www.paulm.co.nz/tkd

9 May 2006
 TO WHOM IT MAY CONCERN

Mr Graham Healy

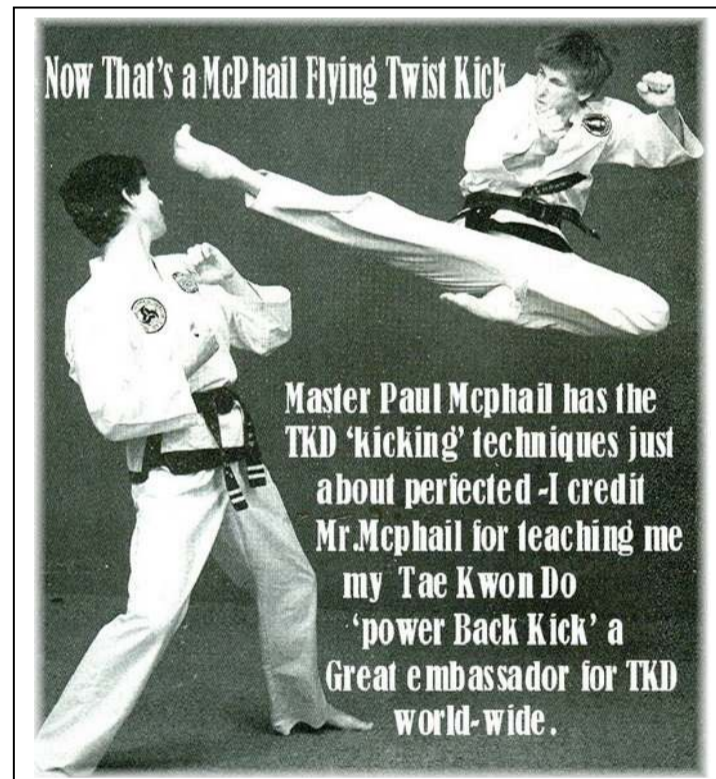
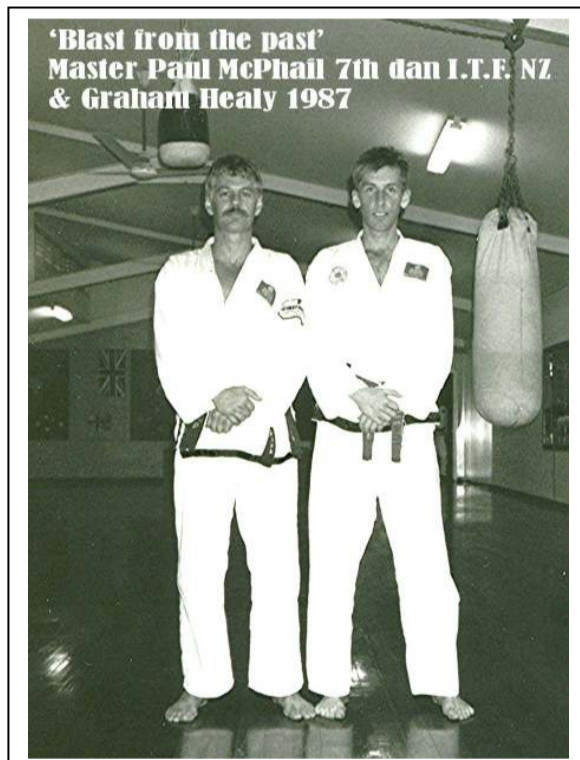
I have known Graham Healy since 1988 when we met at a Tae kwon-Do seminar in Brisbane, Australia. He had just joined the organization I was with and I recall clearly his enthusiasm and dedication to martial arts. His enthusiasm was contagious, and over the course of the seminar we became good friends and later went on to exchange photos, videos and emails, managing to keep in contact over the long distance between Australia and New Zealand.

I have always found graham to be keen to learn, share his knowledge with others and most importantly, enjoy what he calls the "brotherhood" of martial artists. He puts a great deal of effort and energy into practicing what he preaches - which is an inspiration to all his students.

Master Paul McPhail
 ITF 7th degree, ITFNZ Technical Director, OTF Vice President

I wish Graham all the best as his martial arts career continues.

Master Paul McPhail
 ITF 7th degree, ITFNZ Technical Director, OTF Vice President





**To whom it may concern,
RE: Mr Graham Healy**



I have known Graham Healy for approximately two and a half years as both a martial arts instructor and personal friend.

We met shortly after I moved into the Annerley area and began the search for a decent quality martial arts school.

I trained in Shotokan Karate under [Enoeda Sensei in the UK](http://www.karate-london.co.uk/enoeda.html),
(<http://www.karate-london.co.uk/enoeda.html>) achieving my Shodan (black belt).

I had experienced difficulty finding a karate school of comparable quality on my return to Australia.
In fact, by the time I moved to Annerley I had begun to look further afield - to other styles - in my search for a quality school.

I attended Graham's classes initially as much out of curiosity as out of a desire to resume 'real' training again.

I was and remain favourably impressed, not only with his obvious ability and knowledge, but also with his positive outlook and skills in pastoral care. Before I commenced my law degree, I worked as a high school physical education teacher for six years and so became familiar with the qualities that a teacher requires in order to be an effective classroom practitioner.

It is my view that Graham possesses those skills in abundance.

Unusually for a martial artist, Graham is not wedded to a particular style, but combines his extensive experience as a boxing coach, qualified personal trainer and martial arts instructor to great effect. He is able to identify with great skill where a given technique is undeveloped, and introduce modifications that almost inevitably improve physical efficacy.

He is one of very few martial arts instructors who understands fundamental biomechanical principles.

On a personal level, Graham is refreshingly free of the attitude that often accompanies outstanding skill in the martial arts, always remaining willing to learn and broaden his experience.

I unhesitatingly recommend him for any role in martial arts instruction and health education. Do not hesitate to contact me should you require any further information.

Yours faithfully,

Helen Dale

Helen Dale BA (Hons I) LLB (Hons I) Dip Ed.
Associate to the Honourable Justice Dutney
Supreme Court of Queensland

Judges' Chambers
Supreme Court of Queensland
PO Box 300
Rockhampton
QLD 4700

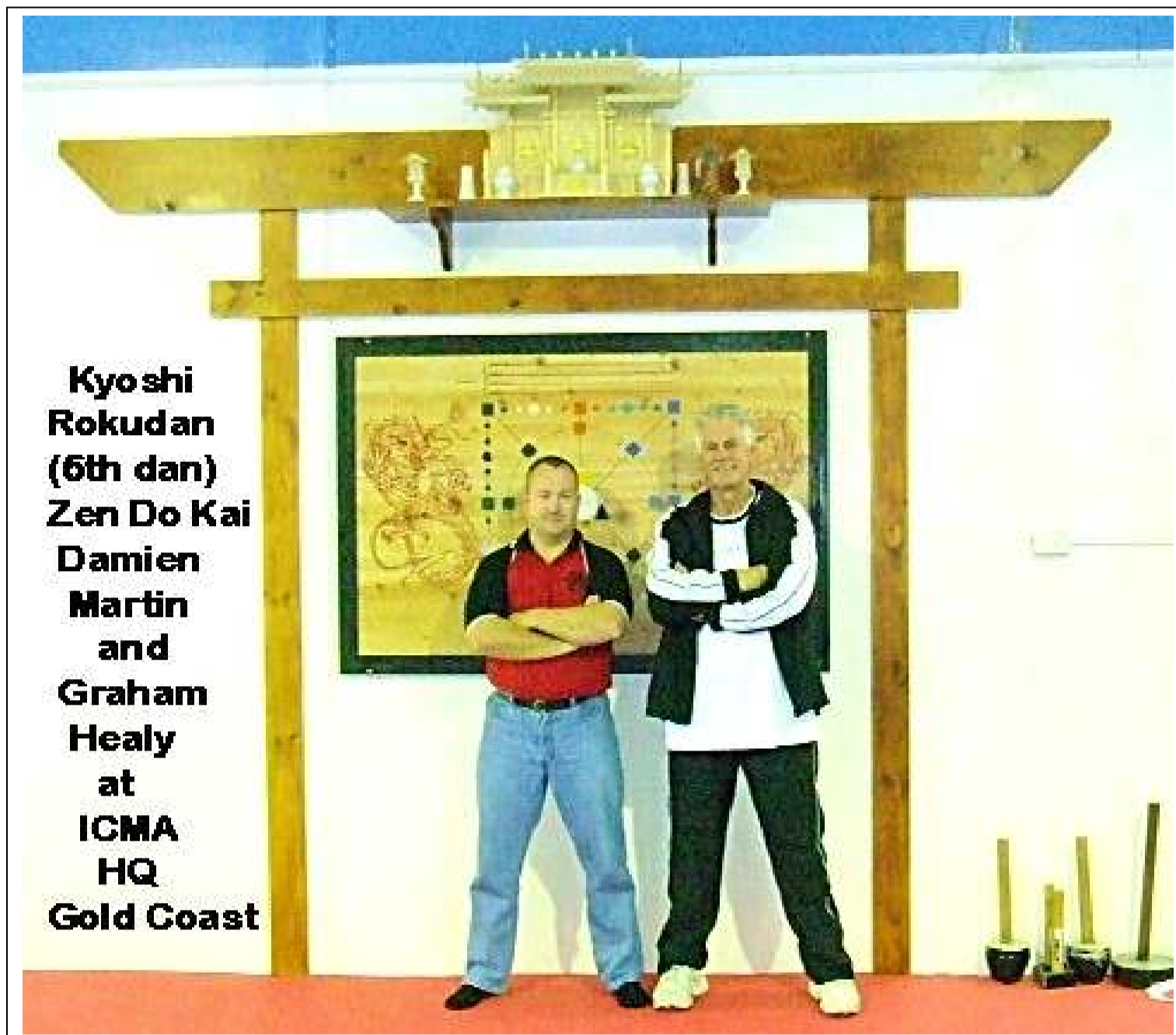
Ph: (07) 4938 4563

Fax: (07) 4927 5463

Email: associate.dutneyj@courts.qld.gov.au

Web: <http://www.courts.qld.gov.au>





**Kyoshi
Rokudan
(6th dan)
Zen Do Kai
Damien
Martin
and
Graham
Healy
at
ICMA
HQ
Gold Coast**

Damien martin Profile <http://www.budocollege.com/action-main-main-8--Faculty-Profile---Damien-Martin>

Damien has a wide and varied Business & Martial arts experience and is the Director of the very successful International College of Martial Arts on Queensland's Gold Coast hosting international students of martial arts from all over the Globe..

ISDA Founder & President Graham Healy will be working with Damien to deliver Government recognized (Cert 1 to 4) in Sports Coaching specializing in Martial Arts all VETEC Government accredited (Damien's organization is the Registered training Organization RTO) facilitating for ISDA & Healy's TKD & boxing Academy.

This Gives a **'educational pathway'** to all ISDA associates with **government accreditation** .

The **FUTURE** of the martial arts Instructor of any credibility will have to be certified with these accredited courses in Sports Coaching and Fitness training, personal training etc .

'The old' mentality of a black-belt is not 'enough' in today's sports coaching environment.

For example many of the old 'hyper-extensions' of Joints (knees and elbows) as taught by many of the 'old school' Masters in TKD and Karate has well documented evidence that these methods of instruction are the cause of 'knee' replacements and joint problems later in life .

Fitness education on these matters is all part of 'updating' the Instructors knowledge to teach his or her martial art more effectively without 'unsafe' training methods ...even though it may have been 'done this way' for a thousand years !

Graham and Damien have had a similar training background in respect to strength training and jointly agree on many of these essential biomechanical principals that are only understood through the X factorbeing eXperience. ISDA and ICMA look forward to a close association and strengthening relationships along the way to consolidating a **FUTURE** for all martial arts students of all styles and codes.

Update 2 Aug 2013

25

The above history was written about 10 years ago as Graham Healy ISDA and various associations were in the re-formation stage .

Please refer to www.healyshealth.com for current status and updates to 2013

Graham Healy