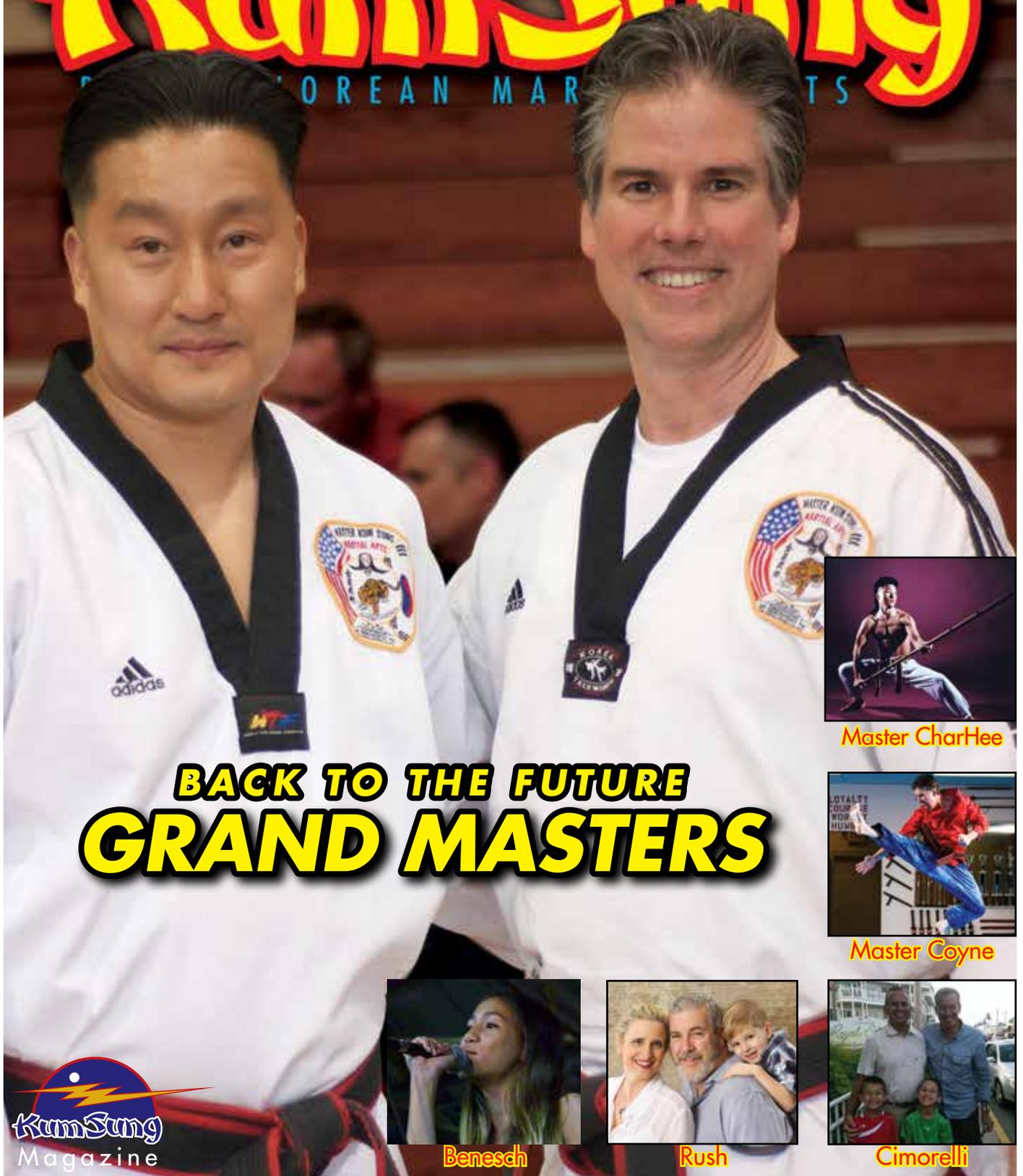


# KumSung

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## BACK TO THE FUTURE GRAND MASTERS



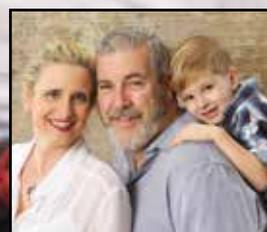
Master CharHee



Master Coyne



Benesch



Rush



Cimorelli



“There is certainly nothing more important in life than what we do at the present moment.

A person’s entire life consists of nothing more than one moment piled on top of another, over and over again.

Once enlightened to this, the warrior has nothing else to worry about, because he realizes that he has only to live in the present moment with the utmost intensity.”

- Hagakure: The Book of the Samurai

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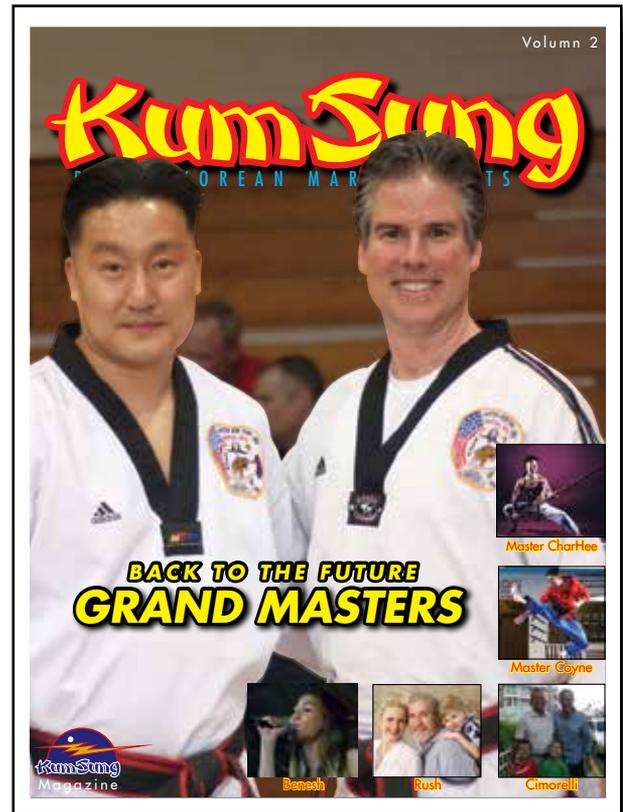
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ROYAL KOREAN MARTIAL ARTS

# KumSung Magazine

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### Victoria Benesch

We recently sat down with local teenage rock/pop singer Victoria Benesch to talk about her newest release - her first song EP, "Laggrated Circus".

KS: Victoria, congratulations on your EP release! You must be very excited!

VB: Thank you, and yes it is very exciting. The entire process from creating the EP to me finally being able to release it was an experience. The first song I wrote was "Laggrated Circus" and I'm excited to see how it goes. I'm working on putting something together including iTunes, Amazon, and Spotify.

KS: Where did you record the EP?

VB: The EP was recorded and at Lakehouse Recording Studios in Edison Park, New Jersey between October 2014 and June 2015 and was produced by Eric Bennett and Dylan McLean. It was absolutely amazing working with the people at Lakehouse. They made me feel like part of the family, and it was a great environment.

KS: Laggrated Circus is certainly a unique name. Is there any significance to it?

VB: Yes, it's intended to reflect the current social media environment. From reality TV to the news - it's certainly a unique and definitely exaggerated. Each song relates to this concept, and definitely exaggerated. Each song relates to this concept, and definitely exaggerated. Each song relates to this concept, and definitely exaggerated.

KS: Who is in the band? I noticed someone with your last name on the credits.

VB: The EP was recorded with all studio musicians, with the exception of the drum player who is my dad. Eric Bennett and Dylan McLean are the producers. I'm working on putting something together including iTunes, Amazon, and Spotify.

KS: Tell me about working with your father. That must have been very special.

VB: (Laughs) Yes, it was great! He made the process much easier. I'll give it to him in the next one.

KS: Is this your first release?

VB: No, last year I released a single called "Remember How" (it did to be). I donated all of the proceeds to charity. It was a great success! We raised money for a good cause. I definitely plan to do that again.

### KumSung Tournament

KumSung Tournaments are closed events that ensure that every competitor receives trophies for organization gets from tournaments is the joy of every competitor.

### Karen's Corner

Dear Karen,  
How do I help my child with tournament anxiety?

**The morning of tournament**  
Help your child think positively about how his body needs to stress. When his heart thumps, have him pump up the brain not a sign he's amazing up, gears up to work better!

**During tournament**  
Tell him to breathe deeply and think about the reasons he'll do well - he went to karate practice or he attended workshops class. Focusing on success can ensure that your child performs at his best.

### The Rush Family

The Rush Family is proud to participate as students at the KumSung Toms River, NJ location and we are equally proud to offer our on-site document destruction services from our family run business. Awarded throughout New Jersey!

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# November 2015 Edition

ROYAL KOREAN MARTIAL ARTS

# KumSung Magazine

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# DID YOU KNOW?

Grand Master Char Hee / Grand Master Coyne

Because of Grand Master Kum Sung, both Master Char Hee and Master Coyne were able to train in Korea, China, and Japan to earn their first Black belt. Dr. Sung, also known as "Kato Sung" in the motion picture business helped CharHee and Coyne become actors in movies and t.v. shows. Dr. Sung says that in life you have to be strong-rooted in order to be successful. Kum Sung is more than just martial arts, it's a path to GREAT OPPORTUNITY!

## Grand Master Char Hee

1. President World Kumdo / Tae Kwon Do Federation
2. Was asked to be Donald Trump's personal body guard
3. Featured in several major movies: Ninja Way,



Teenage Mutant Ninja Turtles and Asian movies plus Action Pack TV shows

4. Won World Grand Championship
5. Actor - "Action Pack" TV show
6. Actor - Asian Action movie "Charisma"
7. Sent 4 men to the hospital after racially motivated attack. Judge said to attackers, "You picked the worst person to assault."
8. Married according to Korean custom; parents approved the bride
9. Has Been performing since 12 years old, Madison Square Garden, Nassau Colosseum and several casinos
10. Loves food - especially "Italian"

## Grand Master Coyne

1. Received his first black belt in Korea from the President of the World Tae Kwon Do Federation
2. Studied in Korea for an extensive amount of time and trained with the Korean Tae Kwon Do Olympic Team
3. Studied in Hong Kong (where he trained with Jackie Chan)
4. Studied in Osaka, Japan



5. Stunt-man/actor in movies and TV commercials
6. Grand Champion at numerous tournaments throughout the country
7. Hall of Fame Award winner for Instructor of the Year, several times over
8. Competitor of the Year – Expert Weaponry
9. Stopped the mugging of an elderly woman in Point Pleasant; she willed him a 1968 Mustang.
10. Video Game (Double Dragon) character is based on him

# Kum Sung Tournament



**Kum Sung Tournaments are like no others. Other tournaments give out three trophies for a field of 35 to 60 competitors and may ask competitors to wait to compete for up to eight hours. Kum Sung Tournaments avoid long waits and Grandmaster Sung insures that all competitors are winners and come home with a trophy.**

# Demo Teams



# 8 Point Star - Sword

Performed by Master Keith Huryk  
Photography: Terri Gerhard



Start



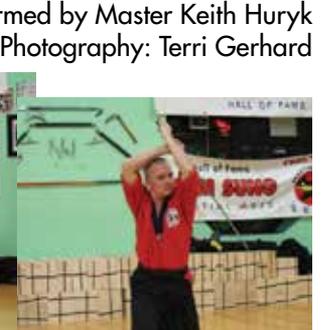
Step Forward  
Left 45°



Cut Down



Set



Step Forward  
Right 45°



Cut Down



Set



Set Left



Cut Down



Set



Step Right



Cut Down



Set



Step Back  
Left 45°



Cut Down



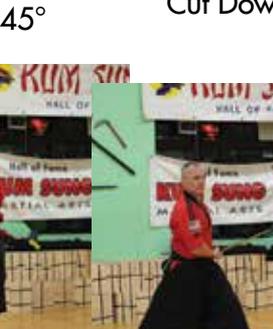
Set



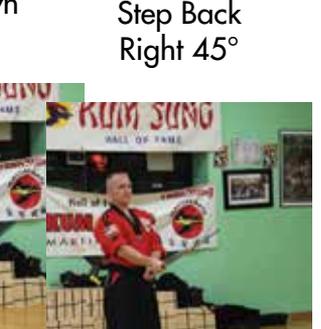
Step Straight  
Forward and Thrust



Set



Step Straight  
Back



Cut Across

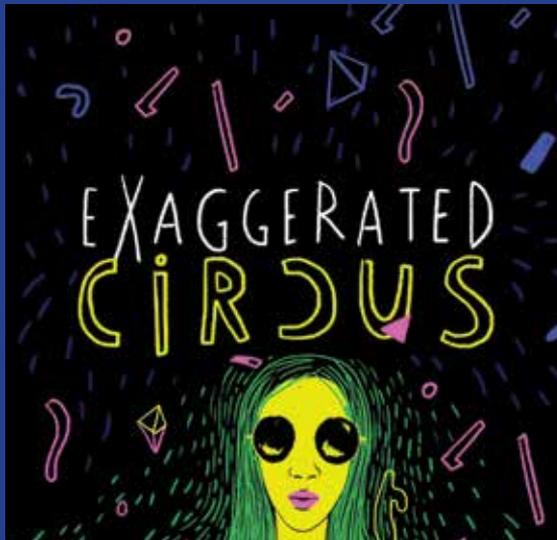
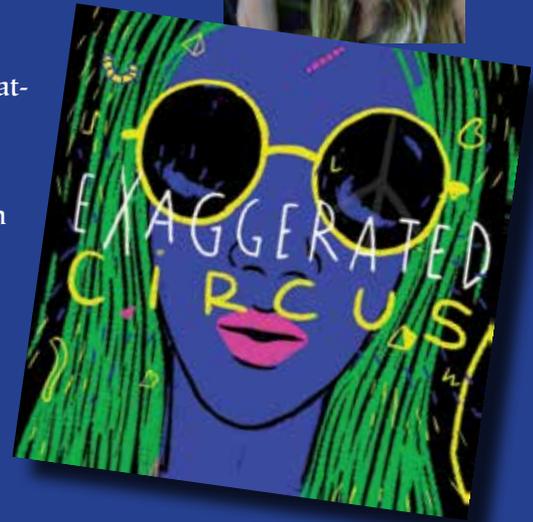
# Victoria Benesch



We recently sat down with local teenage rock/pop songstress Victoria Benesch to talk about her newest release - her five song EP, "Exaggerated Circus".

KS: Victoria, congratulations on your EP release!! You must be very excited. Let's start off by letting everyone know where they can obtain the recording.

VB: Thank you, and yes it is very exciting. The entire process from the first song idea to the final release was quite an experience. The release can be purchased on all of the electronic music retail sites including iTunes, Amazon, and Spotify.



KS: Where did you record the EP?

VB: The EP was recorded at Lakehouse Recording Studios in Asbury Park, New Jersey, between October 2014 and June 2015 and was produced by Eric Bennett and Dylan McLean. It was absolutely amazing working with the people at Lakehouse. They made me feel like part of the family, and it was a great environment.

KS: Exaggerated Circus is certainly a unique name. Is there any significance to it?

VM: Yes, it's intended to reflect the current social media environment. From reality TV to the news - it is certainly a circus, and definitely exaggerated! Each song alludes to this in one way or another, some more than others.

KS: Who is in the band? I noticed someone with your last name on the credits?

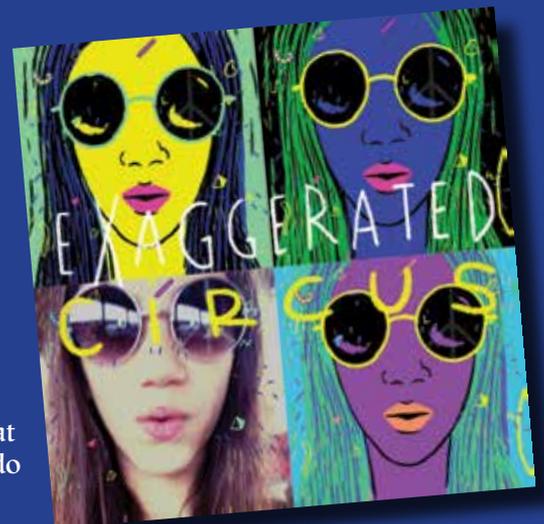
VM: The EP was recorded with all studio musicians, with the exception of the drums played entirely by my dad. Live shows are in the future. I am working on putting something together now.

KS: Tell me about working with your father. That must have been very special.

VB: (Laugh) Yes, it was great! He made the process much easier. I guess I'll let him in on the next one.

KS: Is this your first release?

VB: No, last year I released a single called "Remember How" (It used to be). I donated all of the proceeds to charity. It was a great success!! We raised money for a good cause. I definitely plan to do that again.



KS: This album really has a rock influence. Something that I would not expect someone of your age to gravitate towards. Can you expand?

VB: I love all types of music, but I guess I inadvertently internalized all of the rock music I heard while growing up.

KS: So what's next? Is this a one-time thing?

VB: No, definitely not a one-time thing. I am currently working on a whole new batch of songs and plan to start recording them in January of 2016 for hopefully a late summer 2016 release. I'm very excited about these tunes. They are a mix of alternative/indie/rock and pop - quite different from this release. I am also working on some Christmas songs that I hope to release before the holidays, but I'm not sure that will happen.

KS: Can the release be purchased in stores?

VB: No, only through the download retailers. The release is with most of them. I will also be on Pandora's Music Radio playlists in the next few months. Here are some iTunes links:

<https://itunes.apple.com/us/album/exaggerated-circus-ep/id1027695025>

KS: Thanks for a great interview. Best of luck in the future!

VB: Thank You



# Demo Team



# Han Guk

Performed by Master Keith Huryk  
Photography: Terri Gerhard



Start



Elbow Strike Back



Back Fist



Front Kick



Elbow Strike



Down Block



Back Fist



Punch



Crane



Xblock Down



Box Block



Back Fist



Front Kick



Elbow Strike



Down Block



Back Fist



Punch



Cat Stance



End



## **Mark Rosstedt - Swordman**

I came to Kum Sung as a result of my children. I could practice katas or weapons at the same time as the children in the class and at other times the masters had other activities for me. The masters were always flexible and supportive of me in my training.

I have continued to learn about katas, self defense, and weapons. In the regular sword training we practice with the wooden sword or a metal sword without an edge. Cutting with a real sword was an enlightenment and gave a new meaning to the sword katas. I was no longer practicing motions but refining my strokes to perform in a more swordsman way.

I continue to train because I enjoy it. There is so much to learn that the training is varied and does not get boring. I have met good people in the classes who I enjoy being around. At Kum Sung there is appreciation for each student's abilities and students are not driven to compete against each other. Most importantly I am only asked to compete with myself and improve my skills within my own capabilities.



**Grand Master Kum Sung with**

**Ralph J. Stocco  
Community Affairs  
Toms River Police Department**

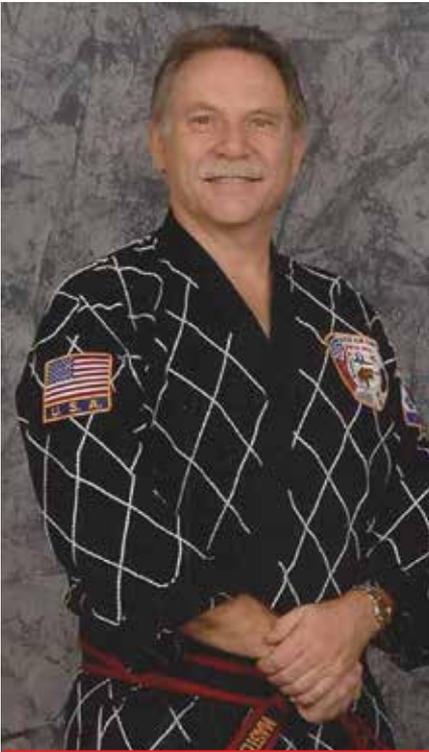


## **Joseph Makhandal Champagne .Esq**

- **Ambassador of Peace from the Universal Peace Federation**
- **Former Mayor of the Borough of South Toms River**
- **Community organizer**
- **Founded the Vermont Law Student Leadership Collective for Human Rights**
- **Studied European Union Law at the University of Trento, School of Law, in Trento, Italy**
- **Board member of Ocean Community Economic Action Now**

**Above all - a family man and  
human rights advocate**

# Special Honor



## Master Don Vandenberghe -

A dedicated and loyal member of Kum Sung Martial Arts for over 25 years.

A religious man with deep devotion to God and serving others.

A stalwart practitioner of Kum Sung style.

Many years of martial arts training made Master Don Vandenberghe physically, mentally and spiritually prepared for the extensive recovery and rehabilitation from being severely injured after being struck by a motor vehicle while jogging.

# Newest Master Master Jinelle



"After 18 years of training with total commitment and dedication, Jinelle received her 4th degree Black belt and became a Master. ....thank you Grandmaster Kum Sung and Master Char Hee as well as all the Masters including Joey for helping Jinelle reach this goal."

# Demo Team



# Demo Team



## A State of Mind

Breaking techniques are taught, not to cause damage or destroy things, but to learn how to overcome fear and build confidence.



# Karen's Corner

Dear Karen,  
How do I help my child with tournament anxiety?

## The morning of tournament

Help your child think positively about how his body reacts to stress. When his heart thumps, have him imagine it's an energizing force sending blood to power up the brain-not a sign he's messing up. Butterflies in the belly are another way his body gears up to work better!

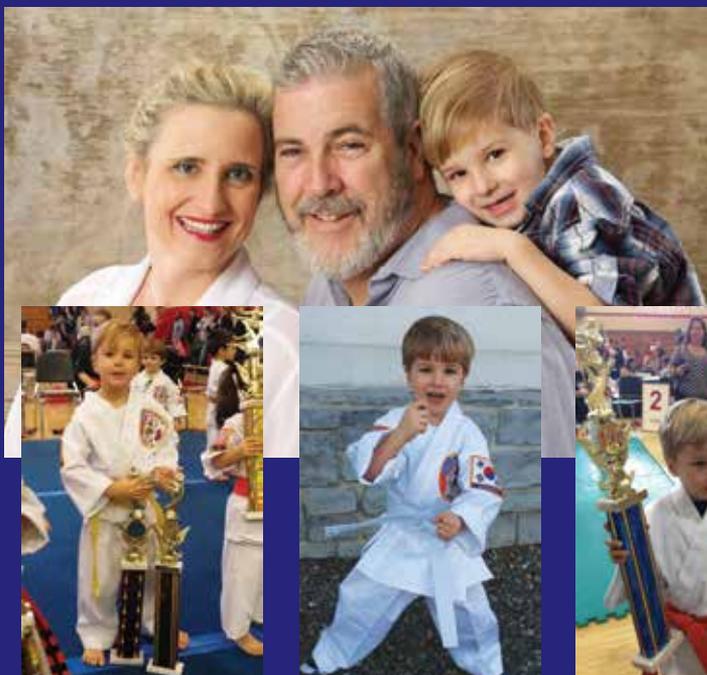
## During tournament

Tell him to breathe deeply and think about the reasons he'll do well: he went to karate practice or he attended weapons class. Focusing on success can ensure that your child performs at his best.



# The Rush Family

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