

Master Christopher D. Moore

Master Moore has been a student of martial arts nearly all of his life: he is currently ranked as Chil Dan, 7th degree black belt, in Taekwondo by the Kukkiwon, the global Taekwondo headquarters in Seoul, South Korea, and Godan, 5th degree black belt by the United State Judo Association.

Master Moore's first exposure to martial arts came at the age of eight while visiting his mother's family in Great Britain, where he attended an informal Judo class. Master Moore later studied Judo under his mother's ballet and fencing master in Bucks County, Pennsylvania.

In 1965, Master Moore's family moved to the Pittsburgh, Pennsylvania area and he enrolled in the American Jui-Jitsu Karate Institute, where he studied Japanese Koseido Jui-Jitsu and Koseido-ryu Karate-do under Hanshi Joseph Hedderman and Sensei Walter Mazak, until graduating from high school in 1969. Founded in 1927, the American Jui-Jitsu Karate Institute, now The Allegheny County Budo Kai, is one of the oldest continuously operating martial arts schools in the United States (www.koseido-dojo.org). It was during this time that Master Moore first encountered Korean martial arts, specifically Tang So Do, when two Air Force veteran Ee Dans, second degree black belts, who had learned Tang So Do while stationed in Korea, trained at the American Jui-Jitsu Karate Institute for several months. Master Moore was enthralled by the number and variety of their kicking techniques and their impressive free-sparring proficiency and was determined to seek instruction in the Korean martial arts at the earliest opportunity.

The opportunity to study Korean martial arts did not present itself until 1973 after Master Moore graduated from Indiana University of Pennsylvania with a B.A. in Philosophy. Master Moore first studied Taekwondo under Mr. Peter Regallo in Monaca, Pennsylvania from 1973 until 1981, when Mr. Regallo closed his school. Master Moore was promoted to 1st Degree black belt, Il Dan, by Mr. Regallo in 1979. Master Moore was privileged to train under a number of accomplished martial artists in a variety of disciplines before he enrolled in Grandmaster Kyu Ha Kim's Judo and Taekwondo school in Brentwood, Pennsylvania in 1985 (see Legacy, www.spiritforgema.com), to continue his study of Taekwondo and return

to the study of Judo. Master Moore studied under Grandmaster Kim for twenty-eight years, much of that time as one of his senior students. While a student of Grandmaster Kim, Master Moore achieved the ranks of Yuk Dan, 6th degree black belt, in Taekwondo, and Yo Dan, 4th degree black belt, in Judo.

Master Moore is a lifelong strength athlete and coach, specializing in the use of strength training to improve martial arts performance.

In late 2011, Master Moore underwent the first of three joint replacement surgeries. Fortunately, after extensive rehabilitation, he was able to resume training in and teaching martial arts. In 2015, Master Moore established, Spirit Forge Martial Arts, www.spiritforgema.com, at the Pittsburgh Sports Performance Center in Bridgeville, Pennsylvania, where he currently teaches Taekwondo, Judo and Self-defense.

One thousand days just to forge our spirit, ten thousand days to polish what we have forged- Miyamoto Mushashi, 1584-1645, Ronin, swordsman, painter, calligrapher, author

