

## **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, 7<sup>th</sup> degree black belt, in Taekwondo by the Kukkiwon, the global Taekwondo governing body headquartered in Seoul, South Korea, and Go Dan, 5<sup>th</sup> degree black belt by the United States 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 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](http://www.koseido-dojo.org)). Koseido Jui-Jitsu is a classical school of Japanese Jui-Jitsu; Koseido-ryu Karate-do is a form of karate similar to the well-known Japanese style, Shotokan (Note: Hanshi Hedderman later studied Chito ryu Karate, the style currently taught at the Allegheny County Budo Kai, ultimately achieving the rank of 9<sup>th</sup> Dan).

Master Moore first encountered Korean martial arts when two Air Force veteran Tang So Do 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 resolved 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 1<sup>st</sup> Degree black belt, II Dan, by Mr. Regallo in 1979. From 1981 to 1985, Master Moore trained under a number of accomplished martial artists in a variety of disciplines before finding his way to Grandmaster Kyu Ha Kim's Judo and Taekwondo School in Brentwood, Pennsylvania, where he enrolled in 1985 to continue his study of Taekwondo and return to the study of Judo. Grandmaster Kyu Ha Kim is a legend in the martial arts world, currently ranked as a 9<sup>th</sup> degree black belt in Judo and an 8<sup>th</sup> Degree black belt in Taekwondo (see Legacy, <http://spiritforgema.com/the-legend/>). 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, 6<sup>th</sup> degree black belt, in Taekwondo, and Yo Dan, 4<sup>th</sup> 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-both hips and a knee! 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](http://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