

World Martial Arts Times™

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Human Development, Business Success
and Sports for Olympic



World Games IV

29th Annual Battle of Columbus
Asian Arts & Bruce Lee Exhibit
March 5-7, 2004



Greater Columbus Convention Center, Columbus, Ohio USA

The Arnold Martial Arts World Games, held during the first weekend in March, 2004 turned out to be the largest ever with practitioners from 25 countries participating in multidiscipline competitions and workshops. California Gov. Arnold Schwarzenegger, the Hollywood superstar for whom the event is named, made the trip from Sacramento to lend his support and encouragement to all those seeking to improve themselves through martial arts and general fitness. Grandmaster Joon P. Choi merged his highly successful Battle of Columbus with the Fitness Weekend in 2001 to form the Arnold Martial Arts World Games.

This incredible martial-arts extravaganza was part of the internationally acclaimed Arnold Fitness Weekend, which includes the Bodybuilding competition, the Fitness International, a Strongest Man contest, the



Gymnastics Challenge, the Cheerleading Classic, Bench Press Challenge, the 5K Pump and Run, as well as fencing and yoga.

The Arnold Martial Arts World Games boasted 20 separate championships, 33 unique workshops and 55 demonstrations by legends, action stars and champions. Throngs of people also gathered around the Asian Arts and Bruce Lee Exhibits. Twenty-five Korean Artists presented over 100 art pieces in scrolls, screens, calligraphy, pottery, sculpture and paintings.



Team Bergamo



Debora Dometrich



Tang Sao Do Champion



Bennyu Meng



Jon Young Lee, UN News



Arnold & Master Choi Presenting Hall of Fame 2004 award to Shannon Lee daughter of late Bruce Lee on behalf of her father

Shannon Lee received a special Hall of Fame Award on behalf of her late father Bruce Lee from Governor Schwarzenegger and Grandmaster Joon P. Choi, Chairman of the Arnold World Games. She offered autograph session to hundreds of enthusiastic Bruce Lee fans.



Olympic-level sparring from the black belts highlighted a spectacular show of martial-arts brilliance with a gallery of fans watching their every move, timed to powerful perfection. Great masters offered their expertise in all the major disciplines, including Taekwondo, Karate, Wushu (Kung Fu, Sanshou, Tai Chi), Judo, Jujitsu, Tangsoodo, Kali, Aikido, Hapkido, Breaking and Weapons.

On Super Friday, spectators enjoyed self-defense, weapons, synchronized forms, team competitions, and Judo Kata. The day's events included twenty individual demonstrations, twelve workshops, and the Leaders Summit.

On Legends Saturday, the show featured competitions from all disciplines in forms, sparring and Chinese weapons, twelve workshops and the Fifteen Legends Show that including Chinese Hefei Wushu team, Matt Mullins super weapon team and culminating in Young P. Choi's famous sword routine

during which he sliced a watermelon as it rested on a man's abdomen.

Best of the Best Sunday showcased all the breaking competitions to determine Breaking King and Queen of the world as athletes split stacks of boards and bricks with their bare hands and feet. Team Bergamo from Connecticut claimed world champion team title and Team Lucent from Indiana gave an awesome exhibition for the crowd of tens of thousands of enthusiastic spectators.





The chairman applauded the spirit of competitors who journeyed from such countries as Georgia and Lebanon, where they are training through the struggles of their everyday lives. The winners took home over 2,500 precious medals, cups, trophies, plaques and certificates.

In addition, practitioners took advantage of the opportunity to receive specialized training from a host



Karate Ladies

of legends who traveled from all over the world to share their time-honored secrets.

"It was my first sword seminar, and I always wanted to learn how to do some sort of form," said 2nd-degree black belt Lili Rehak of Shrewsbury, Pennsylvania, who took Grandmaster Young P. Choi's class. "I'm thankful that he's willing to share his knowledge." "It helped me with strength and patience and understanding the etiquette of the form and treating the sword with respect," said Rana Murzda, a 2nd-degree black belt from Wooster, Ohio.

Among the outstanding teachers were Kali Guru Ken Pannell on stick-fighting, modern American Ninja Stephen K. Hayes on cunning escapes, and Joon P. Choi on Kimoodo, a healing martial-arts system he developed.



"Oliver's Team from Germany collected many "Golds"

Trevor Parker, a 1st-degree black belt from Toronto, enthusiastically sought knowledge from former undefeated world sparring champion Je Gyoung Kim. "His philosophy really spoke to me," Parker said. "None of us out here are looking to be professionals, but he wanted to make a difference and help us out, and he did."

"The true meaning of the martial arts is the way of stopping the fight, with martial artists acting as The Guardian of the Peace in society," Choi said. "Our vision is to provide a place where children grow up happy and healthy, young become wise and strong, and the old enjoy peace and harmony with integrity."

"Those from struggling countries came here with hopes and dreams. Their shining eyes made my day," Choi said. "And we will continue to expand our mission, especially to the disadvantaged."



Weapon Sparring

According to the Convention Center's management and Expo officials, spectators numbered over 100,000 and over 11,000 athletes competed in 16 sports. More than 600 booths offered goods, services and educational materials concerning the fitness, martial arts and health industries. The Martial Arts World Games contributed a major portion to the Expo with nearly 4,000 athletes and workshop participants utilizing 65 rings. The Zebra Mat Company provided top quality mats for competitor safety.



Matt Mullins Special Demo



Nick Gracenin in Action - Legends Saturday Super Show



Breaking Gold Medal

Congratulations and thanks goes to all participants and The Games will continue next year first weekend of March, bigger and better than ever.

World Martial Arts Times Reporter, Kirk Richards
Photos by Stephanie Scarbrough



"Taekwondo Kids"

"The martial arts offer an unmatched opportunity for mental, emotional, physical and spiritual growth." said Joon P. Choi, General Chairman of the World Games. "The values of respect for others, discipline and self-confidence touch the lives of many throughout the world."



Self Defense

