

TABLE OF CONTENTS

Master Rondy - Owner35
White Tiger Founder Master Rondy36
White Tiger Lineage37 & 38
White Tiger Awards39
White Tiger Press40
White Tiger Origin41
My Story42
Korean Tiger Schools43 & 44
What's in a Name?45
Korean Tigers Professional Demo Team46 & 47

LINEAGE

MASTER RONDY - OWNER



TIGER TIP

Master Rondy was presented with her 7th Degree Black Belt when Grandmaster Ho Jae Kim from the Kukkiwon in Korea, visited White Tiger for Black Belt Testing in 2009.



Master Rondy is the Program Director and Owner of White Tiger. Her duties include special events coordinating, new student enrollment and management of the specialized teams.

Master Rondy was born in Michigan's upper peninsula. She majored in Art and had worked for several Advertising Agencies in Detroit before opening her own design studio.

Master Rondy was trained by Grand Master Chung, then 9th degree Black Belt, in Detroit. After she received her first degree Black Belt, she traveled to Korea as a member of the a U.S. Taekwondo Team for advanced training and competition. Upon returning to Detroit, she became part owner and Executive Manager of Tiger Chung's Total Fitness Center in addition to coaching

and choreographing Tiger Chung's Demonstration Team.

In January 1994, Grand Master Chung sent Master Rondy back to Korea to meet and train with the world famous Korean Tigers Professional Demonstration Team. For the next two years, South Korea became her new home. She trained daily in Taekwondo, Hapkido and Kung Fu with the best Korean Masters in the world. She tested for and received her advanced degree Black Belts in Taekwondo and Hapkido, including the "Master" status, in Korea. Master Rondy became the first and only non-Asian member of the Korean Tigers Professional Demonstration Team.

She traveled extensively throughout Asia and North America performing as a member of the Korean Tigers

and eventually became their Executive Manager.

Master Rondy was selected by *Kook-gi-won* to be the sole representative from America - along with 39 representatives from other countries - to attend the International Leaders Meeting in 1995. She played an active part in proposing the rules and regulations for the Taekwondo games for the 2000 Sydney Olympics.



WHITE TIGER FOUNDER MASTER RONDY

DEGREES & CERTIFICATIONS

- 7th Degree Black Belt World Taekwondo Federation
- 7th Degree Black Belt The World Taekwon Moodo Federation
- 6th Degree Black Belt Hapkido
- 4th Degree Black Belt World Pro Taekwondo Federation
- 3rd Degree Black Belt Ji-Do-Kwan
- Certified Instructor "Sifu" Samuel Kwok Wing Chun
- International WTF Poomsae Referee (IR)
- Certified Instructor
- Certified: Yoga Instructor
- Certified: Fitness Instructor
- Certified: Feng Shui Consultant

TITLES & APPOINTMENTS

- Master of the Year 2012
- School of the Year 2011
- Decree Kukkiwon
- Advisory Board Kukkiwon
- Taekwondo U.S. Ambassador to Korea - Olympic 2000 Sydney Games Rules and Regulations Committee World Leaders Seminar, Kukkiwon
- Graduate - Kukkiwon Taekwondo Instructor's Academy
- Black Belt of the Year '92 by U.S. Taekwondo Ji Do Kwan Association
- Taekwondo, Hapkido Instructor Dong Yang Doejahng, Korea
- 40 Under 40 Business Leaders Hall of Fame 2004
- Young Entrepreneurs' Organization (YEO)

- Martial Arts Professional Magazine Cover 2006
- Co-Director Taekwondo events at 2008 Arnold Schwarzenegger Classic
- Taekwondo Times cover March 2008
- sHERO award, Skirt Magazine Sept 2009
- Taekwondo Times cover March 2010
- MA Success Magazine cover October 2005
- MA Success Magazine cover April 2012
- Inducted into Martial Arts Hall of Honors 2011
- Goodwill Ambassador to Martial Arts 2012-2016
- Inducted into Martial Arts Hall of Fame 2012
- Inducted into Karate Hall of Fame 2013
- Cover Martial Science 2016
- Cover MA Encyclopedia

CHARITY

- Founder of White Tiger Community Cares Program benefiting At-Risk Youth, working with the local Police Department toward youth gang avoidance
- Recipient "Community Service Award" Cary Chamber of Commerce
- Organizing Committee for the White Tiger 5K fun run for charity, Bond Park

PROFESSIONAL MARTIAL ARTS WORK EXPERIENCE

- Columnist, Taekwondo Times Magazine "East Meets West"
- Columnist, Taekwondo Times Magazine "Business Section"



- Developer White Tiger MD - Management Development, mentorship service for Martial Arts schools
- Bodyguard, Senator Dodd, Governor Hunt
- Actor in two episodes of Zen beauty: Syndicated TV Series
- Product Model, Tiger Claw
- Korean Tigers Professional Demonstration Team (only Non-Asian member of team) Lived in Korea from '94-'96
- Former co-owner/ Manager /Senior Instructor Tiger Chung's Total Fitness Center

WHITE TIGER LINEAGE



World record holder - cement block breaking

TIGER HO YUNG

CHUNG is Master Rondy's master. "Tiger Chung was instrumental in her martial arts journey. His teaching will live on forever".

Tiger Chung Institute of Tae Kwon Do was founded in 1970 in Inchon, Korea by Grand Master Ho Yung Chung. The school was moved to the United States in 1971, where it opened in Detroit, Michigan.

Grand Master Ho Yung Chung began his training in the martial art of Tae Kwon Do in 1952. With a 10th degree black belt, Grand Master Ho Yung "Tiger" Chung is one of the highest ranked, most respected martial artist in the world!

- International Master Instructor, Founder and President of the U.S. Tae Kwon Do Ji Do Kwan Association

- 1964 Kyung Kido Tae Kwan Do Association President
- Heavy Weight Champion/Captain
- Member of the Board of Directors of the Michigan Tae Kwon Do Committee
- 1981 World Record Holder breaking 17 - 2" cement blocks
- Studied under the founder of Hapkido
- Head instructor of the U.S. Army 202 Division

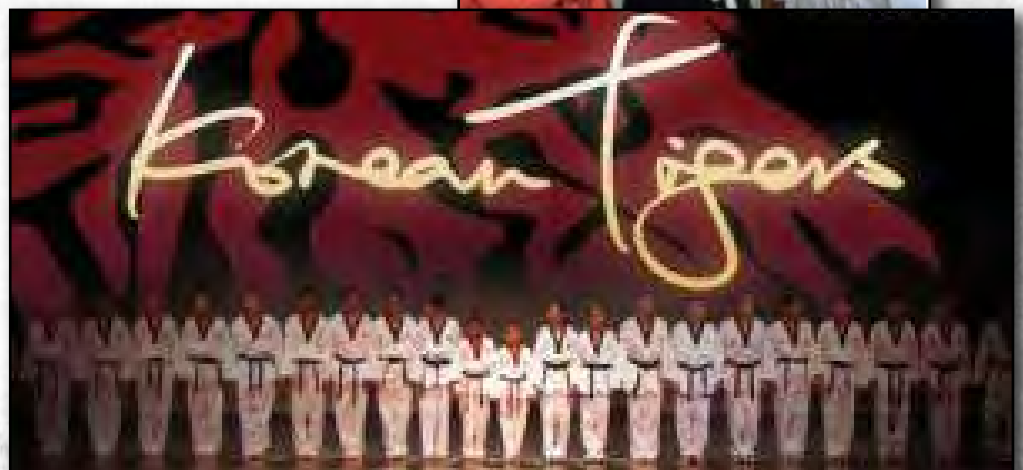
- National Team Member
- Advisory Board Member of the Grand Master Society

AN HAKSUN/K-TIGERS

Founder of the Korean Tigers or K-Tiger Professional Demo Team. The Team was established in 1990 and is the most representative Taekwondo Demonstration Team in the world. It has participated in various international competitions such as the World Championships, US Open, performed in Madison Square Garden, Las Vegas, Sydney Olympics and various tours around the world. The Korean Tigers are credited for introducing the Korean spirit of Taekwondo to the world.



Team member from 1994-1996



WHITE TIGER LINEAGE



**Grandmaster Rick Moneymaker
9th Degree**



RICK MONEYMAKER DRAGON SOCIETY INTERNATIONAL

The Dragon Society is known for their teaching of Martial Science. A combination of Traditional Chinese Medicine, pressure points, waveforms, vibrations, yin and yang principles are included in their arsenal called "Players to the Game".

The Dragon Society International is known as the technical resource center for the Martial Arts - providing supplemental skills to enhance all styles of martial arts.

The master's series seminars are held at White Tiger every 3 months and are available to high ranking students of all styles, Instructors, Masters and Grandmasters.

SIFU SAMUEL KWOK
Grand Master Samuel Kwok is a direct descendant of Wing Chun Master of Ip Man (Bruce Lee's Instructor). He is also a student of his two sons GM Ip Chun and GM Ip Ching. He has over 50 years of experience in Wing Chun and has schools under his guidance in over 38 countries.

In 1981 he was appointed chairman and senior

overseas representative of the Ip Chun Martial Art Association by Grandmaster Ip Chun. He is the author of multiple bestselling books and DVD's and well as an actor in several movies including the Chemist (renamed the Assassin by Sony) released in 2015.

Sifu Kwok selected Master Rondy as a private student to help carry on the Ip Man Wing Chun Lineage.



WHITE TIGER AWARDS

What's It Like To Run The World's Biggest School?



School of the Year Master Rondy White Tiger Martial Arts



School of the Year

WIN The White Tiger Martial Arts School has been named the "School of the Year" for the 10th year by Martial Arts Business Magazine. The award is presented to the school that has the most students and the highest quality of instruction. The school has been named "School of the Year" for 10 consecutive years.

Master Rondy has been named "Master of the Year" for the 10th year. She has been named "Master of the Year" for 10 consecutive years.

Master Rondy is a martial arts instructor and business owner. She has been named "Master of the Year" for 10 consecutive years.

Master Rondy is a martial arts instructor and business owner. She has been named "Master of the Year" for 10 consecutive years.

Master Rondy is a martial arts instructor and business owner. She has been named "Master of the Year" for 10 consecutive years.

Hall of Fame Awards



Speaker at industry shows

WHITE TIGER PRESS

Master of the Year, Taekwondo Times Magazine

Master of the Year Master Rondy McKee



Rondy McKee is from Michigan's Upper Peninsula. She worked in the Detroit area in her first career in advertising and marketing. Learning martial arts at the time was an extra-curricular activity, and a much more fun form of self defense. Weekends were spent traveling to martial arts competitions. She owned her own advertising agency and was a part owner of her martial arts school before moving to Korea to train and perform with the Korean Tiger Professional Martial Arts Team where she was nicknamed the "White Tiger".

The next two years were spent teaching ESL, training in Taekwondo and Hapkido with the Tiger Team, training at YongIn University, and taking private lessons with both a Taekwondo master and a Kung Fu master. Upon returning to the United States, Master Rondy opened White Tiger Taekwondo and Martial Arts in Cary, North Carolina. It quickly grew its student base, and after three years, she started construction on her present 24,000

square foot custom designed facility. The school has four matted training areas, a weight room for the parents, a suspended running track, café, koi pond, bamboo garden, child care area, Black Belt Lounge, leadership patio, showers and saunas in the locker rooms.

Master Rondy has created her dream school, and employs a blend of Korean and home-grown American masters to teach the classes. She fulfills the role of program director for the system-based super-school. Master Rondy still teaches classes, focusing more on new students and Black Belt seminars. She is extremely passionate about women's empowerment and the self defense curriculum/program she designed, the Lady Tigers.

Master Rondy also writes for books and magazines, and teaches White Tiger MD (management development) seminars for Martial Arts school owners, both at her facility and on location around the country. Her seminars include: "Top 10 Recruiting Ideas", "Team Building", "The Enrollment Conference", "Feng Shui Your School", "Employee Impressions", "Sure Cures for Sticking Points", and many more, all aiding schools with their student recruitment and retention needs.

"I've had success and reached goals beyond my wildest dreams," Master Rondy says. "My intention now is to help others achieve theirs."

School owner newsletter tips and a facility video tour may be found at www.WhiteTigerTKD.com, and www.whitetigertkd.com/white_tiger/MD_Newsletter.html



Recognition from
Kukkiwon



Contributing
Author



WHITE TIGER ORIGIN...

I was living in Detroit, working in advertising during the day and managing/teaching as the co-owner of a Martial Arts school in the evening.

My Master introduced me to a variety of Korean Martial Arts videotapes, my favorites of course being the videos featuring the Korean Tigers.

One day my Master told me to prepare for a trip to Korea the following year. He was interested in the possibility of hiring a Korean Tiger since he planned on retiring soon. He also wanted me to learn some of the advanced demonstration techniques the Tigers were so famous for. He informed me that I would have the opportunity to train in a Taekwondo and Hapkido *doe-jahng* with other Korean students.

I had been to Korea several years earlier and I thought I knew what to expect. I was able to cut back my work hours and spend the afternoons with a private trainer for the next six months.

Finally, we arrived in Korea in January of 1994 and found our way to the old *Ji-Do-Kwan* building in Seoul. The Tigers were finishing try-outs and preparing for their '94 tour to the U.S.

I was quickly informed that I would not be able to watch the Tigers, and that I would have to put my video camera away. Fortunately,



my Master was very high ranking and was able to find a way to meet the Tigers. The next thing I knew, my Master was telling me to put on my *doe-boke*, that the only way I was getting in was to participate in auditions.

When I saw the degree of skill and level of training of the Tigers, I was thankful for all the extra preparation I had already taken, but knew that nothing could have fully prepared me for this. At this time I considered turning around and running. The only thing that kept me going was the fact that I could not embarrass my Master, and I really did want some autographs from the Tigers.

The Tigers were at a level of excellence that I didn't even know existed. They showed me newer, faster and more effective techniques.

After the first day, I was asked to come back, and continued to do so for the next month.

Training with the Tigers is something you can never really be prepared for. Training would begin at 10:00 sharp in the morning and would continue until the late evening hours.

Korea is very cold in January. The buildings do not have central heat, but are heated by kerosene heaters. The kerosene heaters are incapable of heating an entire building so they are placed very close to the people. At restaurants, a heater is placed next to each table. In the *doe-jahng* the heater was placed only in the office, not in the training room. The heat would have been wasted in the training room anyway since most of the glass panes were broken. We would dress in layers, including shoes and gloves. The first two hours were for running kicks. You could see your breath with every yell.

After running kicks we would do sports massage and then stretching. The Tiger *poom-say* was practiced for hours, again and again, striving for unison.

The Taekwondo mat was located on the ground floor and the Hapkido mat was located on the second floor. The Hapkido mat was actually straw with canvas stretched over top. The Tigers would practice gymnastics and the big jumps on this floor because the ceiling was higher.

To prepare for the tour we would sometimes train in different locations and even at different altitudes.

Korea is covered with mountains and they are a great place for training. Behind Yong-in University is a

MY STORY



Tiger Team on tour in Buffalo

mountain chain consisting of seven peaks. The last mountain has a steep drop and there are thick ropes permanently attached to rappel down the side. The Tigers use this as a warm-up.

In the weeks before touring, the Tigers live together, sleep together, eat together, breathe together. All this is done to get everyone in sync. Their performance requires trust and timing that is vital to each member's well being. Some of the stunts involve members flipping 19 feet in the air.

When the Tigers did go on tour, they asked me accompany them. I was ever appreciative for my incredible adventure, but didn't take the offer seriously. I returned home.

I should have known that my life could never be the same. I was spoiled. After training with the Tigers, I couldn't go back to my old style. I was also disappointed that Americans were not able to receive the kind of training that I had received in Korea. In all my experience, I had never seen a U.S. school teaching such a style.

I still was not convinced at their offer to join them –

until they sent me an airplane ticket to meet them mid-tour in Seattle. That was the push I needed to make the decision. I closed my business, turned the Martial Arts school over to my senior student, put my house and cars up for sale and got on the airplane.

My original plan to stay for one year. After some time on the team, a new member joined the team. We ended up getting married later that year and I decided to stay for another year.

During my two years in Korea I learned not only training techniques, but valuable insight into the Korean culture. Together with the Tigers, I created a vision for an American Martial Arts school that would fill a void.

This new school would be able to offer the traditional culture and education that only a Korean Master could offer due to a lifetime of training. It would also provide customer service and programs that Americans are accustomed to through the use of an American manager. The school would remain true to tradition but at the same time not turn its back on cutting edge techniques.

I returned to America only to learn that this vision would not be embraced by the older Masters. In the spirit of teaching quality Martial Arts, and the belief that all students are entitled to top quality instructors, I pursued my goal.

White Tiger of Cary was established in January 1996, and serves as a model and Headquarters for the current and future White Tiger schools in America.

In a short time, White Tiger had earned the respect and admiration of the Martial Arts community. As a result of the top-notch combination of instruction and professional business atmosphere, the school has gained incredible popularity and recognition. The school has used its success to benefit local charities, and has become involved in local communities. When they are not teaching classes, the Masters use their influence to speak at the schools and community centers, motivating the children to set and pursue goals, with the power of believing in themselves.

In order to ensure the quality of the school, a set of rules or promises to customers was established and is strictly enforced.

1. Masters must actually teach the classes.

So often a Master will become successful and then slack off. It is not uncommon in many schools to have a famous Master's name on the school, but you only see the Master at testing. Your classes may be taught by the Master's student who has a day job and helps out in the *doe-jahng* at night. Even if this instructor has the best intentions, his skills and expertise cannot be

KOREAN TIGER SCHOOLS

comparable to the Master and his life-time of training.

2. The Master will not get caught up in the business aspect.

It is our promise to students that the Master will never disrupt a class to answer a phone or assist a walk-in. The Master will concentrate on what he does best—teaching his students. The Master will not be responsible for signing up students, paying bills or taking care of accounts. This is the responsibility of the program director, manager and staff.

3. The Master must keep an open mind, to appreciate the value of different techniques – an open mind for potentially better ways of doing things.

All too often a Master's ego prevents him from accepting outside techniques. This results in entire schools of students with "dated" techniques. With the students' skills reflecting the Master's peak of training – the day he became a professional instructor and stopped learning.

4. The Master must strive to continue their learning and training -never stop learning.

The White Tiger Masters and Director are in constant communication with other school owners, the current Tiger Team and former team members who are employed and

work in foreign countries as Olympic Team coaches. This professional network provides a plethora of new techniques continuously being tried and implemented.

5. The Master must arrive in this country legally, pay taxes and follow American customs.

White Tiger is instrumental in obtaining work visas for the Masters. By providing this legal and moral environment for the Masters to work, they can become valuable assets to our society. They can have a free conscience and can contribute their full attention to their Art.

6. The Master must strive to learn English if it is not his first language.

The Masters begin their ESL (English as a Second Language) training in Korea, and continue after they arrive. It is important that the students can freely communicate with the Masters and that they can understand his teachings. White Tiger often uses a Team-Teaching technique, mixing Korean and American instructors to enhance communication.

7. The Master must strive to be fair to all students.

The training philosophy is different in Korea than in America. In Korea, the Martial Arts achieve greatness by eliminating the weak. Due to its highly

competitive structure, if you are not made for an activity, you move on to something else.

In America, the Martial Arts are used to build confidence and establish self-esteem. We feel that every person, regardless of their physical ability, can achieve greatness.

8. The Master must place an emphasis on teaching.

Just because a Master has won World Championships, or can break slabs of concrete, does not mean he is a good teacher. Being a good educator requires not only patience and understanding but good communication and teaching skills.

Our staff must constantly strive to improve their teaching skills by attending seminars and workshops several times a year on such subjects as:

- Pedagogy-the science of teaching
- Sports physiology
- Self-preservation skills
- Age appropriate skills
- Working with ADHD
- Martial Arts and the law
- Child psychology
- Motivational skills
- Skill specific training
- Augmented (external) feedback
- Intrinsic (internal) feedback
- Curriculum structure
- General Adaptation Syndrome
- Referee/Judge training

KOREAN TIGER SCHOOLS

- Safety, First Aid, CPR

9. The Master must have loyalty to the students.

The Master must concentrate on teaching his students, and not become distracted by promoting himself in magazines or running for political status within Martial Arts associations. An owner needs to be involved in current events and to keep up the school's visibility for the sake of attracting hiring prospects. However, this cannot be the main focus of the Masters teaching the classes.

Several times, we have been asked to let TV crews film a reality show at White Tiger. We have turned down the requests. We explain that the secret to having a successful school is staying home and concentrating all your energies on taking care of your students.

10. The Master must be finished with his competition career.

A good Master focuses all of his attention on his students and their improvement.

If you are going to compete, you must give all your attention and efforts to your training. It is impossible to give all of your attention to both – if you try, you are cheating your students or yourself.

11. The Master must not open a chain of schools without adequate

instruction or staff.

It is tempting once you have made a successful school to open more. Why not? Three schools, triple the income.

If a Master opens a second school and plans to be the instructor at both of them, he cuts the quality of the school in half. He cannot be in two places at once. There is an old Master's slang of "lucky day". Lucky day is the day that the Master is at your branch. At some large chains lucky day might happen only once a week or once a month.

At White Tiger, students join with the intentions of being taught by a Master, and that is what they will get—every day, every class. It is not luck, it is the standard.

12. Black Belt Certificates will be authentic and from *Kook-gie-won*, (Kukkiwon) Korea for Taekwondo and the Korean Hapkido Federation for Hapkido.

No school has the authority to give Black Belt Certificates, they must come from the governing body of Taekwondo and Hapkido worldwide. This practice keeps consistency and provides standards for requirements. Some chains of schools create their own requirements and issue their own Black Belt Certificates. Why would a school do this? Because the testing fees in this case would go to the school as pure profit and not

a federation in Korea.

These Black Belt Certificates are not recognized by *Kook-gie-won*, the Korean Hapkido Federation or by the International Olympic Committee. This means that you cannot legally be a judge, referee, attend the Olympics, Jr. Olympics or any other WTF sanctioned event.

These school certificates are only recognized by the one who gave them.

All White Tiger Black Belt Tests and Certificates are conducted in accordance with World Taekwondo Federation regulations. Master Rondy is high enough in rank to certify all Black Belts and Masters in both Taekwondo and Hapkido. The results are recorded and sent to Korea for approval and confirmation. The Black Belt Certificate is valid all over the world, and recognized by the International Olympic Committee. If you move or transfer, your rank will be accepted.

You will spend a considerable portion of your life striving to achieve the goal of Black Belt – as much time as it takes to earn a college degree. You want to make sure your efforts result in proper certification, not just a piece of paper.

WHAT'S IN A NAME?



White Tiger Taekwondo

Over the years many students have asked how the name White Tiger came about.

The name was chosen from a recurring number of coincidences.

1. The mascot at *Yong-in* University is *Baek-ho*, the White Tiger. (The mascot has since changed at the university to a dragon.)
2. In Korea, Master Rony was nicknamed the "White Tiger", as the only non-Asian member of the team. It started off as teasing from her teammates, but was catchy and caught on quickly.

3. The Tiger is the national symbol of Korea.

4. The use of a personal name for the *doe-jahnng* was purposely avoided. A *doe-jahnng* is about the students and the spirit of Martial Arts. It is not about worshipping the owner.

5. Fridays were a light training day while Rony lived in Korea. On Friday, she would visit *Jay-eon Nong-won*, the country's largest amusement park and zoo, located in *Yong-in*.

Her favorite attraction week after week was the Tiger section featuring a lone White Tiger. It was at this park that the funda-

mental concept for the American school was born. The school would teach students to believe in themselves and to have better relationships with their families. The families would then have improved relationships with other families to create a better neighborhood. The neighborhoods would unite together to form stronger countries and the countries would come together to create peace throughout the world. All this begins with everyone improving themselves.

Fittingly enough, the tiger at the zoo was named Peace. She had found our name.

KOREAN TIGERS PROFESSIONAL DEMO TEAM



The Korean Tigers Professional Demonstration Team. Master members, first row L to R: Byung Chil Cho, Chong Hee "Doctor" Cho, Rondy McKee, Do Hyun Chang, Jae Huek Lee, Kyo Chun Hwang, Man Seok Suh. Back row L to R: L) Dae Hee Choi, Tong Il Yang, Hee Guewn Oh, Sung Wan Cho, Su Bong Lee, Jae Chun Shim, Ok Guen Lee, Woo Hyun Cho and Young Joo Kim. August 1994.

The Korean Tigers Professional Demonstration Team represents the best-of-the-best in Martial Arts. The Korean Tigers began in the late '80s. They perform during their international tours every summer and winter season. Their demonstrations include the exciting self-defense techniques of Hapkido, the grace of Kung-fu, the powerful blows of Kickboxing, the wrestling and tremendous break falls of Judo, mastery of the weapons of Kendo and incredible gymnastic feats. And the most spectacular of all, the gravity defying kicks, the power breaking and precision control of Taekwondo.

The Tigers have toured throughout the world including, Asia, Europe,

Canada, Mexico, South America and numerous tours spanning America from New York to Hawaii.

Their public performances

include: The Olympic Training Center in Colorado Springs, The U.S. Open, the World Cup in the Cayman Islands, the Junior Olympics, The Olympic



KOREAN TIGERS PROFESSIONAL DEMO TEAM

Festival, The World
Taekwondo
Championships,
Universal Studios,
Madison Square
Garden and Las Vegas.

The Tigers have received many awards from American, Korean and International Associations including the President's Gold Cup in 1991. Their talents have enabled them to raise thousands of dollars to benefit children's charities.

The Tigers have also appeared on sport networks such as ESPN, regularly appear on Korean networks and have starred in several training videos.

Master Rondy joined the Tigers in January of 1994. She was a performing member and also served as Executive Manager.

The Korean Tigers were and still are a huge success and paved the way for many martial arts groups. Nowadays, there are numerous demonstration teams that travel from Korea to visit schools and perform.

Check out the team
today on Youtube:



<http://www.youtube.com/watch?v=b1G3vCyjke>