

FAMILY MARTIAL ARTS CENTER INSTRUCTOR BIOGRAPHIES

Master James W. Saemann, Director: Jim Saemann is the Master Instructor and Director of Family Martial Arts Center. He was raised in Sheboygan, Wisconsin, a small community of 50,000 on the shore of Lake Michigan. He participated in a variety of sports and hobbies throughout grade school and junior high school, and decided to concentrate on developing his public speaking skills in high school. Jim won a number of awards in debate and public speaking. He qualified for the National Forensic League (NFL) national tournament by earning the top speaker rank in the state of Wisconsin. He earned the level of Double Ruby with the NFL. He was a member of the National Honor Society, and participated in the Voice of America Broadcast competition, the State of Wisconsin mathematics tournament, and the Century 3 Leadership competition. His most important honor in high school came when he was selected as a Presidential Scholar, one of the top 1000 high school students in the nation.

Master Saemann went on to Northwestern University in Evanston, Illinois, where he received his Bachelor's Degree in Electrical Engineering in 1983. He was a member of Lambda Chi Alpha Fraternity, and held many offices during his Junior and Senior years. Master Saemann decided to specialize in communication network design during his Senior year. His first job after graduating was with Booz•Allen & Hamilton, a well-known international consulting firm in Bethesda, Maryland. After 2 years in Bethesda, he was recruited by Unisys (then Burroughs) in Paoli. Shortly after joining Unisys, Jim began his training in the martial arts in 1985. He worked at Unisys for two years, and then joined Shared Medical Systems as a Marketing Support Engineer. He continued his training and received his Black Belt. Later that year, he left Shared Medical to join KPMG Peat Marwick, another well-known consulting firm.

In 1991, Master Saemann decided that his future lay not with engineering, but with the martial arts. He opened Family Martial Arts Center in April of 1991, and is the Chairman of the Board and Master Instructor. He is a four-time medalist in Men's Black Belt Sparring and Forms at the PA State Tae Kwon Do Tournament. He is also a certified referee with the World Tae Kwon Do Federation. In December, 1999, he was awarded the rank of 4th Degree Black Belt (Master's Degree) in Tae Kwon Do, Karate, and Aikido by Grandmaster Soon Ho Chang. Of the six people promoted to Master since 1973 by Grandmaster Chang, Master Saemann was the youngest to be promoted to the Master level. He has also coached many students who have won championships at the state and national levels. Master Saemann's daughter, **Jaimee**, is a Second Degree Black Belt. Jaimee is a Freshman at Bloomsburg University.

In Summer of 2011, Master Saemann expanded his connection with Northwestern University and was elected President of the Northwestern University Alumni Club, Philadelphia Chapter. In his spare time Master Saemann enjoys golf and team sports such as softball and flag football.

Master Saemann is very proud of the accomplishments of all his Black Belt students over the years. Many of them have become state and national champions in taekwondo. More importantly, they have excelled in life. Master Saemann has students who have gone on to become outstanding students, athletes, and parents. He receives letters, emails, and visits from his past students quite often.

Grandmaster Soon Ho Chang, Executive Director: Grandmaster Soon Ho Chang is the Executive Director of AFMAC, Inc. Nearly 50 years of martial arts training has distinguished him as one of the most respected martial artists of our time. He received his First Degree Black Belt in Tae Kwon Do at the age of twelve, and his First Degree Black Belt in Judo at the age of sixteen. After the Korean War he was admitted to the prestigious "Korean Judo College", a professional martial arts university. He received his Bachelor of Arts Degree, with distinction, in Physical Education. He graduated with Master Instructor degrees in: Jungol-Sa (Ancient Chiropractic Way), Judo, Karate, Tae Kwon Do, Hapkido, and Kendo (Sword).

Grandmaster Chang now holds numerous black belts, including 7th Dan Black Belts in Tae Kwon Do, Hapkido, Karate, 7th Dan Red and White Belt in Judo, and 8th Dan Black Belts in Kyuki Do (Korean Ninja) and Tang Soo Do. His teaching experience includes instructing at the Korean Judo College, the Seoul Central YMCA, Seoul City Police Academy, and the U. S. 8th Army Headquarters in Yong San, Korea. After traveling to Malaysia, he served as Chief Martial Arts Instructor to the Malaysian Armed Forces and Police Forces. Additionally, he held the position of Resident Chief Instructor at the Kuching Judo and Karate Association (now the Tang Soo Do Moo Do Kwon Headquarters).

Grandmaster Chang's credentials in the U. S. include teaching positions at Lehigh University, Moravian College, and his own school, Zhang Sah, in Norristown, PA. Many of Grandmaster Chang's students have competed successfully at the regional and national levels.

The entire Chang family is involved in the martial arts. Grandmaster Chang's wife, Sook-Hi, is a Black Belt. Their eldest son, Ho-Choong, was Captain of the Yale Karate Team. Their second son, Ho-Tae, founded the Penn Tae Kwon Do Club. Their youngest son, Ho-San, started a club at Princeton.

Grandmaster Chang is very closely involved with our program here at Family Martial Arts Center. He periodically reviews our techniques and the progress of our instructors and students to ensure a high level of quality in training. He personally judges all of the Black Belt tests at AFMAC. We are indeed fortunate to have the involvement of Grandmaster Chang in our program.

Master George Forczek: Master Forczek leads the adult program at Family Martial Arts and has been associated with Master James Saemann and his school since 1992. Originally from Trenton, New Jersey, George has lived in several different states in the Eastern United States until finally settling down in Downingtown. Throughout high school and college, George has been involved in various athletic sports and competitions. While in high school he competed in the Marine Physical Fitness and finished in the top 5 for overall performance. George also wrestled on the high school varsity team and competed in various inter-collegiate competitions. During his college years at Rider College, George was a member and officer of the College Karate Team who competed against other area colleges in the Mid-Atlantic Region.

George received his Bachelor's Degree from Rider College and went on to receive his MBA in Marketing from St. Joseph's University. In between his college career, George served his country for 6 years as an armored mechanic in the US Army and National Guard Reserves. In 1980, George relocated to Downingtown as an employee of the LNP Engineering Plastics Company. While at LNP, George held several marketing and management positions in International Business and Product Development. Among his accomplishments were the developments of new high tech polymeric products used in a variety of commercial applications. Other responsibilities included the identification and construction of additional manufacturing facilities in South America and Mexico. In 2005 George became the Business Development Manager for MPT Polymers, which recently was acquired by Solvay Advanced Polymers. With this acquisition, George continued to work at developing new business and commercial products utilizing high tech thermoplastic materials. George retired from his corporate career in June of 2011 and continues to teach here at Family Martial Arts Center.

George and his wife, Julia, are the proud parents of three daughters; Karen, Kelly, and Loreen who are all married and live in the Downingtown area. George and Julia are also the proud Grandparents of four wonderful grandchildren. Both George and Julia are actively involved in community and church volunteer work, assisting at the Downingtown Senior Center and at St. Joseph's Church.

Assistant Master Joe Sayre: Joe was born in Bridgeton, NJ in 1966 and is the oldest of three children. He was raised in southern New Jersey and lived in Bridgeton until he graduated from Cumberland Regional High School in 1984. While in high school, Joe developed an interest in computer programming and decided to pursue that as a career. He also was a member of the varsity wrestling team and lettered three times. After high school, Joe attended college at Rensselaer Polytechnic Institute in Troy, NY where he earned his Bachelor of Science in Computer Science in 1988.

After college, Joe moved back to the Philadelphia area and began his career as a contract programmer for CompData Services, Corp. It was at this first job that he met his future wife Lisa in 1989. Over the next 10 years, Joe worked for several companies doing programming over a wide range of fields including medical information systems and financial analysis. In 1997, Joe started his own consulting company and was engaged in several long-term assignments doing custom systems design and development work. In 2001, Joe joined First Consulting Group located in Wayne, PA as a Senior Systems Development Consultant.

Joe and Lisa married in 1995 and currently reside in Downingtown, PA. They are the proud parents of two boys, John and Ryan, born in 1996 and 2000. John was the first to start training at AFMAC in 2000, and Joe started a year later. Joe received his First Degree Black belt in October, 2004. He has been training for 9 years and has attained the rank of 3rd Degree (Assistant Master) Black Belt.

Joe is directly responsible for our Friday evening Adult training class, and is very involved teaching our Junior Black Belts and our sparring classes. He particularly enjoys teaching grappling to our young students. Joe enjoys participating in many sports and activities including softball, golf, and ice hockey.

Competition Team Coach Rich Dillon: Rich Dillon has been a student at AFMAC since 2000, and is one of five members of his family to train here. Also training from the Dillon family are his wife Mauri, son Tim, and daughters Lauren and Kiera.

Rich was born in Massapequa, NY, in 1967, the youngest of five children. After High School, he attended the University of Scranton in Scranton, PA, earning a Bachelor of Science in International Studies and graduating as a member of the Honors Program. Following their marriage in 1992, Rich and Mauri moved to Wayne, PA. In 1994 they were blessed with the birth of their first child, Tim, and a year later settled in Exton. In January, 1997 their daughter Lauren was born 11 weeks prematurely. Following a complicated nine week stay in the NICU, Lauren made her triumphant return home in time for Easter. In June of 1998, an impatient Kiera was born at 31 weeks. She made her homecoming after a mere six week stay in the Bryn Mawr Neonatal Intensive Care Unit.

Rich is an Account Manager for Hewlett-Packard's Business Continuity Services in King of Prussia, but considers his most important job to be raising his children and keeping his family happy and healthy. As with many parents here at AFMAC, Rich enjoyed watching his children train and compete for years before biting the bullet and beginning to train as well. Rich decided this would be a good family activity and began training in 2001. In 2002 he became an assistant coach with the AFMAC Dragons Competition Team, and has had a passion for the sport of Taekwondo sparring ever since. In March of 2004, Rich earned his Black Belt and began to compete as well. In 2004, Rich won the AAU Mid-Atlantic Gold Medal in Point and Olympic sparring, the PA state (USTU) Gold medal, and the USTU Senior Nationals Silver medal. Rich hopes to test for Second Degree Black Belt in Taekwondo and Karate in fall of 2006.

Rich continues to train and coach the AFMAC Dragons. The Competition Team is growing and evolving, following the lead set by the US Olympic committee through USA Taekwondo (USAT). Rich is certified by the USAT as a Level 2 Coach. Watching the Dragon's improve and progress to a formidable competition team is a continuing challenge that he loves. The Dragons are becoming a recognized force in PA/NJ tournaments, and are trying to aggressively expand their tournament schedule.

Competition Team Coach Erik Young: Erik has been a student of martial arts on and off most of his life. He has been studying tae kwon do at Family Martial Arts center since July 2004. He started his martial arts training in Aikido for 5 years under the tutelage of Robert and Cathy Carne at their Agatsu Dojo in New Jersey. Later, as he moved about the country, he trained in whatever arts he had time and money to explore. He has attained ranks in Goju ryu karate, Wing Chun Kung Fu. He has also tried his hand at t'ai chi and wrestling. When not training in TKD, Erik works as a clinician for Devereux, specializing in treating adolescents with mental retardation and behavior disorders. He has Bachelors degree in Music and Psychology from Moravian college as well as a Master's degree in Counseling and Human Services from Lehigh University. Hobbies include playing and teaching music (piano and guitar), woodworking, and chess.

In addition to himself, Erik's wife (Lorrie), oldest son (Zachary), and daughter (Rhiannon) also train or have trained at AFMAC. Erik and Lorrie are also the proud foster parents of two wonderful boys with special needs, Jeremy and Bryant.

Head Instructor Dr. David Malamed: Dr. Dave has been training in Tae Kwon Do since he was in high school. He began with Family Martial Arts in 1994 and became a 1st degree black belt in 1999. In 2004 he was awarded a second degree in Tae Kwon Do Shotokan Karate. His particular interests in martial arts are in grappling and the Bo. His daughters Lauren and Elena trained for several years at AFMAC and both attained the rank of Black Belt. Dr. Malamed has his M.D. from the University of Rochester and trained in Radiology at Pennsylvania Hospital.

Head Instructor Brian Shaw: Brian was born and raised in Philadelphia graduating from Temple University in 1984. Brian was introduced to the martial arts at age 10, by Sensei Shuji Mirayama, who brought Aikido to the United States in 1966 after training as an uchi deshi or "resident student" at the dojo of the founder of Aikido, Morihei Ueshiba. Brian experimented briefly with Judo at age 11, and learned the basics of Karate in college.

After college, Brian pursued a professional music career, construction management, and formed his own computer company before working for high tech software startups in 1992, which remains his current profession. In August 1989, Brian married his high school sweetheart, Gina. Brian and Gina had their first child Emily in October of 1993, and had their second child Jenny in May of 1997. In August 2005, the Shaws built their current home in Chester Springs, PA

After watching Jenny participate in the AFMAC children's program, Brian began training at AFMAC in September of 2005. Currently a second degree black belt, Brian teaches children's and adult color belt and black belt classes, and is working towards his 3rd degree certification and becoming an assistant master in late 2012.

Head Instructor Jen Saemann: Jen is a Second Degree Black Belt in Taekwondo and Shotokan Karate. She designed and implemented the Little Dragons program at AFMAC for students ages 3-5 years old. She also teaches private lessons and works with advanced students helping them to prepare for their black belt tests.

Jen trains in Philadelphia with Master Faxiang Hou in the healing martial arts of QiGong. She is learning the applied healing techniques as well as working toward certification to teach the QiGong exercises. Jen is currently working as an assistant in research work at Rutgers University, and is working on writing a book for Master Hou on his healing arts.

Jen trains in the foundation, continuing, and advanced levels of QiGong and has completed the fasting class 8 times. Jen hopes to someday teach QiGong at Family Martial Arts Center, and also to work at Master Hou's facility in Mt. Holly, NJ.

Outside of martial arts Jen studies Fine Art with her instructor Eo Omwake of the Chadds Ford Fine Arts Academy. Jen shows and sells her work locally around the tri-state area. Her primary focus is expressionistic paintings in acrylics and pastels. Jen has 3 children. Her son Andrew and his partner Josh live in Eagle, PA. Her daughter, Evelyn, is a Senior at Immaculata University. Her daughter, Jaimee is a Freshman at Bloomsburg University.