

# Kong Shin Bup™

Grand Master Timmerman Appoints The Next Inheritor



Gathering of Grand Masters  
August 12-15, 2010

## Chief Master Kevin Janisse



**Chief Master Kevin Janisse** listens intently as Grand Master Rudy W. Timmerman makes a surprise announcement to appoint him as the next inheritor of the art of Kong Shin Bup™.

The art was founded by the late Grand Master Pak In Shyuk, to whom we will forever be indebted.

In 1985, Grand Master Timmerman was appointed as the first Inheritor by GM Pak, and he faithfully carried on his duty to spread the art for the next twenty-five years. A highlight of his work was to see the art of Kong Shin Bup™ officially accepted as a legitimate Kwan in the birth place of its founder... Korea.

The art of Kong Shin Bup™ will in all likelihood never grow to be as prominent as some of the better known Korean arts such as: Tae Kwon Do, Hap Ki Do, or Tang Soo Do; however, this was never the intent of the founder, as his vision of Kong Shin Bup™ was to show the original harshness of Korean military arts. In today's world, such harshness is hard to market. GM Timmerman was never into making his school a commercial success, so the art of Kong Shin Bup™ suited him just fine. This was probably the reason why his original Ancient Fighting Arts school was widely known for producing few, but very talented, Black Belts.



In 1983, GM Timmerman suffered a serious back injury at his job, and he spent several years in and out of hospitals. After recuperating somewhat, he opened another school; however, he was no longer able to lead Kong Shin Bup™ by example, as his back injury prevented him from doing the art justice. Despite this set back, several of his Black Belts continued to train in KSB, and Chief Master Janisse was one of them. He, and several others, including some ladies, enjoyed the rigorous training, and the art continues to survive as intended.



Today, it is not unusual to see KSB practitioners put up their tent at GM Timmerman's home, so they can make good use of the challenge course that was built there. Practitioners, including GM Timmerman, are up at sun rise, and their first training segment is usually a dip in the icy cold waters of lake Superior ten or so clicks down the road.

After that, it is a run back to the course, where students spend the morning climbing walls, carrying huge logs, and other Navy Seal type training. After a short lunch, it is a full day of learning the intricacies of technique that make KSB so effective (and painful).



One of the trademarks of KSB is the cruelty of its techniques. GM Pak was known to be ruthless when it came to inflicting pain, and GM Timmerman followed in his footsteps.



He ruled his Ancient Fighting Arts Dojang with the Jook Do just like his instructor had done while he was his loyal student.

Strangely enough, his students did not complain, and they were proud to be part of a school that did not pamper its students as is so often done today.

At testing time, GM Timmerman is equally ruthless. He believes that a black belt needs to be earned, and KSB students would not have it any other way. It is not uncommon for a KSB student to run outside, throw up, and quickly get back in line to complete whatever needs to be done. At the same time, GM Timmerman stresses that KSB students remain humble, respectful, and helpful at all times, and anyone not adhering to this model is asked to leave the group.

Kong Shin Bup™ practitioners do not look down on anyone. Instead, we promote goodwill and respect for others and the arts they practice. We know that all martial artists climb the same mountain, and we also know that the view from the top is the same for all.

WE, the students of Kong Shin Bup™, are grateful to GM Pak for allowing us to continue his art, and we will do our level best to continue the art he founded with Jung Shin Spirit and an empty cup.

We cordially invite all those who feel that the art of Kong Shin Bup™ and its harsh training is to their liking to join us in our pursuit to become the best we can be. Expect nothing, give all you have, and endeavor to become a useful citizen who cares about those less fortunate. Train with true Jung Shin spirit in your heart, and be part of those who enjoy the hard work that goes into earning rank.

Interested students can contact GM Rudy W. Timmerman at [kwanjang@sympatico.ca](mailto:kwanjang@sympatico.ca)

Please visit the NKMAA website for more information.  
<http://www.nkmaa.ca/>