

Ted Hillson began his training in Chung Do Kwan Tae Kwon Do in 1972 in Hackensack NJ under Grandmaster Duk Sung Son. At the same time, Hillson was working out at the Fort Lee Judo Center under Sensei Bill Camal.

Work ,travel, and other arts intervned in the next five years; Shorin Ryu in Vermont, along with Tai Chi and Tang Soo Do. Moo Duk Kwan Tae kwon Do in Kent , England and ending back in Princeton, NJ with Chung Do Kwan Tae Kwon Do and GM Son. In 1977 Hillson received his 1st Dan with the World Tae Kwon Do Association and opened his first school in Somerset,PA. Over the next twenty years,(5th Dan 1994) 15 schools and club evolved and were formed into the South Central Tae Kwon Do Association under the umbrella of the World Tae Kwon Do Association. SCKTKDA,LLC. became independent in 1996

During this time 1983, Hillson met Robert W Smith and began training in Bagua and Hsing I in Washington, DC. Along with Hillson's Tae Kwon Do, he continues to practice and teach Bagua.

In 1995 Hillson was introduced to Grandmaster Ted Vollrath. GM Vollrath was the founder of Martial Arts for the Handicap-able. Shortly before GM Vollrath died, he promoted Hillson to 8th Dan.

Hillson has competed over the years in many tournaments, the most notable:

1988 fall	Maccabiah Team Trial	1st Lt. Wt. sparring
1990 spring	U.S.National TKD Championships	1st sparring, 3rd form
1990 spring	Pa State TKD Championships	1st forms,1st sparring
1994 spring	W.T.K.D.A. 4th Dan,	1st sparring, 3rd form
1993 fall	W.T.K.D.A. 4th Dan	1st form

Notable awards:

2000 summer	Induction - United States Martial Arts Association Grand-master of the Year - Pennsylvania
1998 summer	Induction - International Eastern Alliance Hall of Fame Humanitarian of the Year

Hillson is an adjunct professor at Hagerstown Community College, MD and Harrisburg Area Community College,Gettysburg, PA where he teaches credit courses in Self Defense and is the head instructor at Shippensburg University and Gettysburg College clubs.

In 2003, Hillson published *Tae Kwon Do Classic Forms 21 Hyung Novice White Belt through Advanced Black Belt* . Gettysburg, Pennsylvania: Double Dagger Press, 2003 ISBN 0 9729293 0 4