

Master Charles Kim, President

[The Peace School](#) a non-profit educational organization founded in Chicago in 1972



Charles Kim was born in Kwang Ju, South Korea and was in his teens when his family moved to Chicago which he still calls home. He began sitting in on his parent's morning meditations when he was in elementary school and has continued daily meditation practice throughout his life. His father, Grand Master MyungSu Y.S. Kim, founded the forerunner to The Peace School in Korea in the 1950's and in 1972, founded The Peace School in Chicago. Sickly as a child, Master Kim joined yoga classes at his father's center when he was in third grade and within a year felt healthy enough to begin martial art training. Master Kim learned to reach beyond his physical power to handle the rigorous training with men twice his size. By the time he was in his early teens Master Kim became perhaps the youngest martial art instructor of his time.

After working alongside his father since he was a teen, Master Kim became president of The Peace School in 1999 upon his father's passing. He is a 9<sup>th</sup> degree black belt in Traditional Tae Kwon Do and teaches these classes as well as Peace Yoga and Peace Breathing Meditation. He conducts Peace Breathing Meditation seminars both locally and out of state. Kim is a firm believer in consistent practice and applying methods for creating peace in daily life, not just understanding theories or accumulating knowledge. He is an engaging and intuitive speaker using vivid stories, examples from nature, experiences in the workplace and other illustrations of how we can bring peace to ourselves and the world. A collection of his talks is available in his book, *Peace Breathing: Lessons on Achieving Peace in Everyday Life* (Amika Press 2012).