



Mr. Russell MacLellan is Vice President of the International Taekwon-Do Federation and President of the Canadian Taekwon-Do Federation.

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he's a black belt.

"It definitely helps my career. Without some form of regular exercise I couldn't hack it," he says.

Although Mr. MacLellan says he used to jog and work out before he became a member of Parliament in 1979, he found it was becoming more and more difficult to motivate himself to exercise.

"I found working out very repetitious and I was losing my enthusiasm. So I decided to do something that would keep my interest that I could do regularly," he says.

Mr. MacLellan says he became interested in TaeKwon-Do by chance. He saw a sign in a window when walking in downtown Ottawa and decided to give TaeKwon-Do a try.

He works out twice a week for two hours at Lu's TaeKwon-Do Dojang on Gladstone Avenue where he studies under master Phap Lu.

But reaching his level of achievement doesn't come easily.

"You have to really want it," he says.

In fact, really wanting it for Mr. MacLellan includes plenty of bruises and sore ribs. Luckily, however, he's never had to use his martial arts skills in real-life situations.

HILL TIMES PHOTO: PAUL ANDERSON

MP and TaeKwon-Doist Russell MacLellan: 'It definitely helps my career. Without some form of regular exercise I couldn't hack it.'

Black belt stress fighter

Paul Anderson

HILL TIMES STAFF

Many MPs jog, bike and lift weights to stay in shape, but only one stays fit through martial arts.

Liberal MP Russell MacLellan is a black belt in TaeKwon-Do and finds the discipline an absolute necessity to handling the day-to-day stress of his political life.

"With the stress and frustration of my work

exercise is a really important factor to make my job easier," says Mr. MacLellan.

He was no kid when he became involved in TaeKwon-Do. In fact it wasn't until after he was a member of Parliament that he began practising the Korean art. He started, as a 42-year-old novice in 1982 and now, less than 10 years after he began,

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