

## REALIZATION

Realization, as we have all learned, is the attainment of our goals. Upon realizing our goals, a preplanned reward is merited. Unfortunately, many of us “miss the boat” on complete comprehension of the “work and reward system”. Over-achievers understand the work ethic, but what about the reward?

As you already know, goals must be attainable and rewards merited should be equal to goals set. You wouldn't reward yourself a new car for cutting the grass, nor would you reward yourself with only a slice of bread for losing 100 pounds. Excessive rewards lose their significance as the person does not truly earn them. On the other hand, hard work that goes unrewarded produces failure, resentment and lack luster performance.

The reward system, which is most definitely a part of the Choong Sil Philosophy, is perfect for assisting your children (both in the home and classroom) in the development and practice of their work ethic. In order to perfect your child's work ethic, he/she must have a clear understanding of the goal. Once the goal is set, they must participate not only in how they will achieve the goal but in the reward as well. When working with groups of children, the reward must be available to every child in the group, minimizing the possibility of isolating children with an already poor sense of self worth.

Many people seem to have a difficult time distinguishing rewards. Your reward must be something that makes you want to work hard enough to achieve the goal. The reward is NOT setting the next goal! Establishing your next goal is a product of attaining the goal. Your reward should provide satisfaction and pleasure. If you have difficulty in achieving your goals, look at the following:

1. Are your goals attainable and within reasonable limitations?
2. Has your plan of action been properly constructed?
3. Has your reward been clearly defined?

Remember, the goal is not complete at achievement. It is only complete upon presentation of the reward.

“Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of ‘constant and never-ending improvement’ is the ultimate purpose of Choong Sil Kwan.”

Sil Hyun

### Quote of the Month

*“The difference between the impossible and the possible lies in a person's determination.”*

Tommy Lasorda

# Headaches

Come in many forms and have a variety of causes.

One of the body's most powerful alarm signals, a headache is often a sign of physical or psychological overload. There are several types of headaches, and they differ according to how and where the pain occurs. These include tension headaches, simple headaches, cluster headaches, combination headaches and migraines — an especially intense form that may frequently be accompanied by nausea and impaired vision. The pain can be triggered by many things. A common cause of a headache is tense muscles in the head or neck. Headaches may also be a symptom of certain infectious diseases or the result of too much alcohol. Constricted or expanded blood vessels, as well as altered

pressure in the head (which may occur when the weather changes), can also produce

## A HELPFUL HEADACHE REMEDY:

Run yourself a warm bath. Combine the following essential oils w/ an emulsifier (cream or honey):  
3 drops of chamomile  
3 drops of lavender  
3 drops of rosemary  
Add this mixture to the bath water. This fragrant bath relaxes the blood vessels and alleviates tension.

headaches. Natural methods — including relaxation exercises, massage and homeopathic remedies — can often be as effective as standard medications in relieving or eliminating the pain caused by

### *Extra Tip:*

This time-tested home remedy can provide quick headache relief. Put a few drops of fresh lemon juice into a cup of black coffee and drink it in small sips. **WARNING:** This is not for people with sensitive stomachs!

**What you can do:** Headaches can be alleviated by cold compresses, baths, acupressure and relaxation techniques. You should minimize your exposure to external stimuli, exercise in fresh air and abstain from smoking and alcohol.

### > **Relaxation and avoidance of stimuli**

Create a calm and soothing environment, free of such external stimuli as light and noise. Ventilate the room; a fan will help circulate the air (but don't let it blow directly on you). Close the windows and draw the blinds. Turn off the radio and TV and unplug the phone. If the area is still noisy, put cotton balls or ear plugs in your ears. Consciously try to relax, preferably with the aid of yoga or other relaxation techniques.

### > **Help from acupressure**

Rub both earlobes vigorously. Then use your thumb and index finger to press against the bridge of your nose at the corners of your eyes.

### > **A soothing footbath**

A footbath diverts the blood supply from your head to your feet. Bathe your feet in a basin of 95 degree water. Add hot water at 5-minute intervals, until a final temperature of 115 degrees is reached. After soaking your feet for 5 minutes, pour cold water until the water is lukewarm. Put on wool socks and lie in bed for 20 minutes.

### > **Homeopathic painkillers**

The right homeopathic remedy to use for a headache depends on the symptoms. For throbbing pain, take a Belladonna in a 6X strength. For stabbing pain, try Apis 6X. For intense headaches, use Ruta 6X. To produce an overall calming effect and ease pain, try Chamomilla 6X.

## TYPES OF HEADACHES

- \* **Simple Headache**  
Hammering, buzzing, pulsing in the head. Causes: stress, sensitivity to weather or changes in atmospheric pressure, high blood pressure, fever, lack of oxygen.
- \* **Tension Headaches**  
Dull, oppressive pain occurring in the temples. Begins at the back of the head or in the forehead and spreads throughout the head. Causes: muscular tension or bad posture.
- \* **Cluster Headache**  
Piercing, burning pain, which occurs on one side of the head and always in the same place. Cause: unknown.
- \* **Migraine**  
Pain is usually on one side of the head only. Often accompanied by nausea, vomiting and vision problems. Causes: hereditary factors or circulatory disturbances in the brain.
- \* **Combination Headaches**  
Dull oppressive pain that usually begins in the morning and reoccurs between migraine attacks. Cause: unknown.

# Trivia

**TKD TRIVIA**



**Do you know?**

What are 5 Korean Dynasties?  
 What do the 4 sections of the Korean Flag signify?  
*(answers on page 4)*

# Games

## and

D	D	Y	I	R	Z	K	K	O	S	U	T	D
L	O	O	N	R	T	G	O	S	A	R	Y	P
A	B	J	B	O	N	K	W	A	N	B	O	M
S	O	S	H	O	P	M	Y	O	K	G	N	B
Q	K	V	N	A	A	E	N	A	M	O	G	R
O	P	S	R	N	N	H	H	I	U	J	Y	I
J	Y	B	Y	P	O	G	N	R	J	M	E	C
C	H	A	R	Y	U	T	L	J	H	S	T	E
L	N	H	K	G	O	Y	I	R	O	N	G	Q
O	J	R	Y	O	N	G	G	M	O	N	L	N
P	O	O	S	A	H	B	U	M	N	I	M	G
P	N	H	H	M	G	E	P	V	B	L	O	O
S	G	M	O	O	N	S	T	R	E	G	S	S

- |                |               |              |
|----------------|---------------|--------------|
| 1. Do Jhang    | 6. Bon Kwan   | 11. Jhoon Be |
| 2. Dan         | 7. Cha Ryut   | 12. Bah Roh  |
| 3. Do Bok      | 8. Kyong Yet  | 13. Goman    |
| 4. Sah Bum Nim | 9. Ahn Jo     | 14. Sho      |
| 5. Gup         | 10. Yi Ro Sut |              |



# Camps

# 2010 Black Belt Camps

**MEN'S CAMP**  
May 26 - 30th  
Limestone, AR

**WOMEN'S CAMP**  
June 23 - 27th  
Limestone, AR

**FALL CAMP**  
October 15 - 17  
Limestone, AR

**MIDDLE TN SUMMER CAMP**  
To be announced

This year plan on visiting the  
CTF Camp facility in  
the beautiful Ozark Mountains  
of Northwest Arkansas.

The camps promise unique opportunities  
with something new and different  
for everyone!

For more information please contact  
Alison Hardin at:  
870-428-5353 or by email at  
[choongsil@hughes.net](mailto:choongsil@hughes.net)



TKD Trivia answers

1. Yi, Silla, Koryo, Koguryo, Baek Je.
2. Heaven, Earth, Fire & Water.

# CTF TOURNAMENTS

**MAY 15, 2010**  
**REGION I**  
(Single-rated)  
**MEMPHIS, TN**


**JULY 17, 2010**  
**REGION I**  
(Single-rated)  
**NASHVILLE, TN**

**SPAR WARS**  
**SEPTEMBER 2010**  
**REGION I**  
(Single-rated)  
**MEMPHIS, TN**



**CTF NATIONALS**  
**MEMPHIS, TN**  
**NOVEMBER 13, 2010**  
**(UNCONFIRMED)**

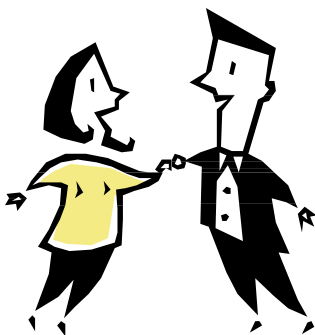
**For more information on any of  
these events, including registration  
forms or other information**

 **Check on the CTF website**  
[www.choongsil.com](http://www.choongsil.com)

# ATTITUDE

## 20 Ways To Improve Your Attitude!

- #1 **SMILE!!**
- #2 Tell a friend something **GOOD** that happened to you today!
- #3 Take **ACTION** on something you've been putting off!
- #4 **LAUGH!!** (with a friend or at yourself)!
- #5 **STAND UP** straight, and take a deep breath.
- #6 **FOCUS** on something positive that has happened to you today!
- #7 Look for opportunity in everyone!
- #8 Don't be so hard on yourself - Be your own best friend!
- #9 **EXERCISE!!**
- #10 **READ** a good story!
- #11 **LISTEN** to fun music!
- #12 Make a daily schedual and stick with it!
- #13 Do something **NEW** or **DIFFERENT!**
- #14 Focus in **POSITIVES** rather than mistakes!
- #15 **RELAX** and imagine you're in your favorite **FUN** spot!
- #16 **SLOW DOWN** and enjoy the beauty around you!
- #17 Practice expecting things to turn out **WELL!**
- #18 Wear your **FAVORITE** clothes: something **BRIGHT** and **EXCITING!**
- #19 Do something **FUN** - Play a game with your friends!
- #20 Make new liesure **GOALS** for yourself - Pursue **ALL** of your



"Life's battles don't always go to the stronger or faster man, but sooner or later, the winner is the man who thinks he can."

Walter D. Winkle