

CTF Sidekick News

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REALIZATION

Realization... attainment of one's goals. This means you have succeeded in reaching your goals. Under the Choong Sil system, we reach 1st Degree Black Belt and are then taught Sil Hyun - the realization pattern. But this is not the end, it is merely a new beginning.

Upon achieving goals... recognize new privileges and new goals. Yes, as a First Degree you receive new privileges - the privilege of greater respect from those around you, the right to special striping on your uniform, you are now addressed as Mr. or Ms., no longer by your first name. You may now judge others at tournaments and testings. You may now train to be an instructor.

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Quote of the Month

"The difference between the impossible and the possible lies in a person's determination.

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IMPORTANT

Please update your Address books with our new Email addresses:
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choongsil@outlook.com
rhardin@outlook.com

CHECK IT OUT!



www.choongsil.com for news, info, upcoming events, tournament info, & black belt points.

REALIZATION

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What next?

Once you reach your original goal, you must ask yourself this question. Life is a series of challenges and accomplishments. Once we realize a goal, it is now time to set new ones.

This process perpetuates itself... accept new challenges and new responsibilities.

Privilege and responsibility pass hand in hand. As a new black belt, you will be entitled to new privileges associated with that rank, but you must also recognize and accept the responsibilities, too. You must set a good example. You must accept the responsibility of being a leader.

Dare
To
Succeed

This positive growth cycle... benefits oneself and others.

As you grow physically and mentally in your day to day life, your concentration and focus will increase. You should become more goal oriented in your outside activities. Your self-discipline and work ethic will become stronger. Your confidence will increase. These factors will influence your life outside Taekwondo as well. They will begin to have positive effects on your work and personal life. This, too, will influence those around you. In this way, the benefits of Taekwondo can become apparent and influence others outside of the dojang.

“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-Choong Sil Kwan Philosophy

This concept of ‘constant and never-ending improvement’ is the ultimate purpose of Choong Sil Kwan.

The longer you train in Taekwondo, the more you realize there is to know. Each time you reach a goal, it is like you peel away another layer of an onion only to discover many more lie beneath. To me, this is the fascination of learning Choong Sil—there is always something new and challenging to learn! As you gain experience, your perspective will change many times and you will see things in a new light. This is truly the heart of our martial art!

Breath Control

Will learning to breathe efficiently help your performance? Trained athletes breathe much more efficiently than the untrained. According to the University of California Berkley Wellness Letter, the best way to improve your breathing is “simply not to think too much about it. You’ll settle into an easy respiratory pace that suits you.” The more you train, the more efficient your breathing becomes, not because of specifically learning to breathe for sports, but simply as a by product of training.

Many new students of Taekwondo tend to hold their breath practicing. They quickly become winded and fatigued. Why?

Oxygen is the fuel that powers our body and holding your breath is cutting down on your fuel intake. Relax and try to breathe with every move. You should inhale as you prepare for a move, tighten your stomach muscles as you strike and then exhale. Certain moves, such as raising your arm as you prepare the low block, naturally open up the chest and allow the air to rush in.

Learn to recognize these opportunities to breath deeply and naturally. Later you will be able to perform multiple moves, where appropriate, on a single breath.

Proper breathing will improve your performance and increase your power.

The kiyap is a very important part of proper breathing. When done properly, the kiyap compresses the diaphragm which forces oxygen into your blood stream. This oxygen provides the fuel for an energy boost. By making a strong kiyap immediately before you attempt to break boards you will increase your power.

A proper kiyap comes from your diaphragm, deep in your belly. It sounds like the noise you make when someone kicks or punches you in the stomach and all the air rushes out. You can practice by pushing on your stomach as you make the kiyap in order to get the proper feel.

One technique you will notice many people using is to make a grunting sound as they make a move. Other athletes, such as tennis players, use this technique to add power to their activity as well. This is not intended to be a kiyap but rather an exhalation of a deep breath. If you merely hiss with your moves, you are not breathing deeply enough.

Breathing properly works to help you relax, then focus your exertions when appropriate. Spend some time to focus on your breathing and you should find you have more power and stamina!

TKD TRIVIA



Do you know?

What are the 5 Korean Dynasties?

What do the 4 sections of the Korean Flag signify?

(answers on page 5)

2015 Black Belt Camps



MEN'S CAMP
May 27-May 31
Limestone, AR

WOMEN'S CAMP
June 24-28
Limestone, AR

FALL CAMP
October 16-18
Limestone, AR

Come join the fun at Camp Choong Sil Kwan. Enjoy Taekwondo to its fullest with individualized instruction from Grand Master Hardin. Focus on sharpening technique and learning new instructor skills, all while building relationships with others in Taekwondo.

Prior years' exciting activities included:

Taekwondo

Rappelling Canoeing

Paintball Swimming

ATV rides Massages

& more

2015 CTF Tournaments

April 25

REGION I

(Single-rated)

St. Benedict's of Auburndale
MEMPHIS, TN

SPAR WARS

September 19

REGION I

(Double-rated)

The Landers Center
OLIVE BRANCH, MS

July 25

REGION I

(Single-rated)

MT. JULIET, TN

CTF NATIONALS

November 14th or 7th

NASHVILLE, TN

CTF Black Belt Awards Banquet

December 12th

Colonial Country Club, Memphis, TN

TKD Trivia answers

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