



CTF SIDEKICK NEWS

INTEGRITY

DOING WHAT IS RIGHT EVEN THOUGH NO ONE IS LOOKING!

Integrity means to be complete and without flaws. Like a great bridge, we want to build a character without cracks that will withstand the hardest tests without breaking. In order to do this, we must first learn to recognize the difference between right and wrong and have the conscience to feel guilt should we choose to do something wrong.

A person of great integrity has strong moral principles which s/he uses to guide his/her actions. Some of these principles are honesty, sincerity, loyalty, and honor. We respect people of integrity for following these principles. To develop integrity in ourselves, we must let these principles guide us. This sometimes means that we must make hard decisions and do things that are more difficult than perhaps the wrong thing might be.

Honesty is an important part of integrity. To have integrity we must tell the truth, the whole truth and nothing but the truth all the time, even to ourselves. Why do we tell lies? Most of time, it is because we are afraid of the consequences of telling the truth. We learn to face our fears in Taekwondo, especially this kind of fear, so that we can become better, stronger people.

"To thine own self, be true" is a principle that we must learn to follow daily. Seeing yourself realistically is the first step to self-improvement. If

Quote of the Month:
"Be a master of your desires and a slave to your integrity."

you cannot admit your own mistakes or errors to yourself, you cannot avoid them next time. When something doesn't go the way you want, don't blame someone else or say something like, "I'm just having a bad day." Ask yourself, "What could I have done differently last time that would have made things come out better?" By doing this, you will learn from your mistakes and avoid them next time.

Cheating and lying are major flaws which will destroy our integrity. Learn to respect the truth regardless of the consequences. Learn to question your own actions and beliefs to be sure that you are allowing them to guide you.

Face your fears and don't let them push you from the path to integrity.

Is it easy to be a person of integrity? No, but not many things worth having come easy. While it may not be easy, having integrity is definitely worth the effort.

INTEGRITY means making choices in difficult situations. Take the following quiz and decide what you think you would do.

Integrity Quiz

The grocery clerk accidentally hands you \$20.00 extra change. Would you:

- a Pocket the money and head for the mall.
- b Return it.
- c Report her to the manager.

You are taking a difficult test and happen to see that the person next to you has a different answer to one of the questions. You know this person always does well on tests. Would you:

- a Copy their answer.
- b Stick with your own answer.

You want to test for red belt. You haven't been coming to class a lot, in fact, it has been three weeks since you were in class, and you haven't been practicing at home. All your friends are going to test, and you don't want them to get ahead of you either. Would you:

- a Tell your instructor you are ready to test and sign up.
- b Do nothing.
- c Ask your instructor for their opinion and advice and be willing to follow it cheerfully.

As you can see, these situations present difficult choices. Which ones represent integrity to you? Are those the choices you would make?

The Rusty Ax

“You ask me what is integrity?” said the blind master, sitting on a cushion at the front of the Dojo. “Listen to my story.

“Once, long ago, there lived a woodcutter. During the day he chopped firewood to make a living and in the evening he practiced his skills as a martial artist. He was happy and content with his simple life. As long as he had his health and his old ax, he could earn enough to feed himself, his wife and his children. One day he was cutting a large tree overhanging the bank of a rushing river. He paused for a moment to rest. Then something terrible happened. As he went to lean his ax against the tree, he tripped, and the ax slid down the bank and into the river! The poor woodsman stared into the river. He could not even see his ax in the tumbling water. What would he do now that he had lost his ax? Without it, he had no way to support his family. He stared miserably into the river.

“At this moment, along came an old man with a long beard. The man sat down beside him. “Why are you so sad?” he asked. “I have lost my ax in the river and I have no way to feed my family.” The old man quickly dived into the cold water with surprising agility. The woodcutter was even more surprised when the old man rose up in the center of the deep river with the water dripping from his beard, holding a bright, shining, silver ax. “Is this your ax?” he said.

“The woodcutter stared in awe at the silver ax. He thought of all the things he could buy with the money he could get for it. Then he remembered his martial arts training, and, after a short pause, he replied, “No, my ax is made of iron, and it is old and rusty.” The old man disappeared under the water again. Then he appeared once more, holding a glistening ax made of polished gold. “Is this the ax you lost?” Again the poor man thought of all the things he could buy if he claimed the golden ax, but he swallowed hard and repeated, “No, my ax is made of iron.” The old man slowly reached into the water and lifted the missing iron ax. “Here is your ax,” he said, handing it to the woodcutter, “and these two are now also yours because you are an honest man.” He laid the other two axes at the woodsman’s feet on the river-bank, and vanished. That evening, as he practiced his martial arts skills, the woodsman thought of all the things he would now be able to do, not only for his family, but for the whole village.

“Now that,” said the blind master, “is integrity.”



Brain Teaser: In the squares, see if you can find the following words:

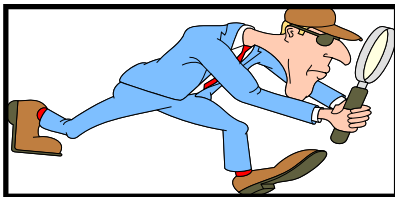
Choong Sil	Fist
Taekwondo	Hook
Kick	Round
Hwarang	Gomon
Dojang	Courtesy
Dobok	Korea
Chon Ji	
Punch	
Dan Gun	

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

Twelve Concepts of Power - Timing & Focus

One of the first concepts you may have learned about was timing. Early in our training our Instructors introduce the principal of “matched timing”, that is, the timing of a strike or block with our step. We learn from this that we can generate more power using matched timing because we are using the rebound reaction force (see June 02 article) generated by our stepping.

Timing is the glue that brings our technique together. This is why we must train movements repetitively over long periods of time. We are attempting to time all of the details of our technique to happen at the critical moment—impact. In order to maximize power, we must twist our hips into the technique (See April 2003 article), match timing with our step, utilize the power of our stance (See March 2002 article), strike accurately in the correct place with the correct striking tool and at the proper angle (See Nov 2002 article) while contracting our abdominal muscles (See October 2002 article) - all at the same instance in time.



TAEKWONDO TRFMA

1. What were the three kingdoms of Korea that were united in 661 AD?
 2. The Hwarang trained not only in the martial arts but in a number of the cultural arts. Can you name some of the arts they practiced?
 3. The meaning of the diagrams of many of the patterns is based on their resemblance to
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Focus refers to our ability to concentrate power. We utilize three different types of focus in Taekwondo—

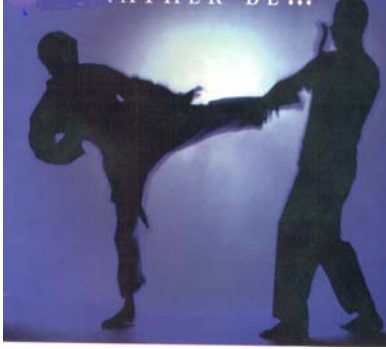
- ◆ Time Focus
- ◆ Space Focus
- ◆ Thought Focus

Time Focus relates to the release of energy over a short period of time. If we remain in contact over too long a period of time, our technique loses its sharpness and becomes a pushing move, and, therefore, ineffective as a strike.

Space Focus relates to the concentration of power into the smallest possible area. One can better understand this idea by considering PSI's (pounds per square inch). If you can exert 20 lbs of pressure with your punch, you may magnify the effect by striking with only the first two knuckles as opposed to the fore-fist. The forefist might be approximately 2 sq. inches. This would result in a PSI of 10 (20lbs. / 2 sq. in.). However, the first two knuckles are much less in area—approximately 1/2 sq. in. This will result in 40 PSI or 4 times as much power. (20 lbs. / 1/2 sq. in.). This example illustrates why we want to concentrate the power into as small an area as possible.

Thought focus deals with the concentration of ideas. We are continually strengthening our thought focus and ability to concentrate. As white belts, it is difficult to concentrate on more than one aspect of a technique at a time. As we continue to train, we find we are able consider multiple concepts at once. This, however, is a learned skill which requires years of practice.

UPCOMING TOURNAMENT



SEPT. 12, 2009

St. Benedict's
Memphis, TN

Region I - Double-rated

Taekwondo Trivia Answers:

1. Silla, Baekche, Koguryo
2. Dance, literature, calligraphy, arts and sciences.
3. Pictograms—pictures that symbolize words.

BLACK BELT CAMPS
at
CAMP CHOONG SIL
LIMESTONE, AR

Fall Camp—October 16-18



UPCOMING EVENTS 2009

September 12

Region I—Double -rated
SPAR WARS
Memphis, TN

November 13

National Black Belt Testing

November 14

National Championships
Nashville Area

December 2009

Annual Schoolowners Meeting
Black Belt Banquet
Memphis, TN