

# CTF Sidekick News

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## INSPIRATION

- Dare To Begin -

Inspiration comes in many forms. We are frequently inspired by the actions or ideas of those we admire. Because we admire and respect our heroes, we attempt to follow in their footsteps. Other people are self-inspired to challenge themselves to improve and better themselves. Either way, we are inspired to attempt new challenges, and this is the beginning of the road to achievement.

With inspiration comes belief in one's ability to reach their goals. By setting short term goals on our plan to reach our ultimate goal, we are able to see frequent progress and, therefore, increase our confidence that we can reach our ultimate goal.

When we first begin Taekwondo, most students have a desire to become a black belt. This is our first ultimate goal, however, because this is a difficult goal and takes several years to reach, we might easily become frustrated if we did not set other short term goals on the path to ultimate success.

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**NEW!!!!**

**\*Fill out CTF forms online \***

-From your computer, smart phone or tablet

Visit [www.choongsil.com](http://www.choongsil.com) to fill out your:

**CTF New Membership**

**CTF Membership Renewal**

**Tournament Registration**

**Black Belt Testing Application**

*You can now sign your forms and pay online!*

# Inspiration

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For example, our first short-term goal is to reach yellow belt, then green belt, learn to spar, break boards, etc. All of these are short term goals on the path to our ultimate goal - **Black Belt**.

All experienced students can remember how nervous they were at their first testing and also how proud they were of their yellow belt. Each step along the way, your confidence should grow as you reach more of these short term goals. The building of your personal feeling of self-worth is a fundamental goal of our style of Taekwondo.

These principles hold true not only in Taekwondo, but also in daily life. To achieve your goals at school or work, you must first begin! Be inspired to work hard toward your goals and soon you will reach them!

## **\*IMPORTANT\***

Please update your  
Address books with our new  
Email addresses:  
[akhardin@outlook.com](mailto:akhardin@outlook.com)  
[choongsil@outlook.com](mailto:choongsil@outlook.com)  
[rhardin@outlook.com](mailto:rhardin@outlook.com)

"With goals firmly in mind, students must learn to inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel they do not deserve the rewards that accompany achievement."

Yong Gom

Choong Sil Kwan Philosophy



## CHECK IT OUT!

[www.choongsil.com](http://www.choongsil.com) for Information on:

- ◇ **Newsletters,**
- ◇ **Special Events,**
- ◇ **Camps,**
- ◇ **Tournaments, &**
- ◇ **Black Belt Point Standings.**

Register online for:

- ◇ **Memberships**
- ◇ **Tournaments**
- ◇ **Black Belt Testings**
- ◇ **Camps**

# Exercise

## Flexibility & Stretching

Flexibility is the capacity of a body segment (arms, legs, shoulders, etc.) to move freely over a wide range of motion without stiffness or resistance. It is a key element which enhances all types of athletic performance. Taekwondo places great emphasis on flexibility in order to avoid injury to our muscles. **The goal of flexibility in Taekwondo is NOT kicking high but, rather, kicking and striking safely without risk of injury.** Because people begin their study of taekwondo at various ages, it is important to realize that flexibility can be developed at any time in one's life. Regardless of how inflexible the body is when starting, a person who stretches correctly and consistently can develop an incredibly high degree of flexibility.

Besides improving the range of motion in the joints, stretching has other benefits. Certain stretches should be used before your workout as a warm-up. This assists blood in circulating throughout the muscle fibers. A proper warm-up is very important to avoid injury. Other specific stretches may be used at the end of your exercise routine as a cool-down. This application of stretching regulates muscle tension, which lessens the likelihood of spasms and helps to decrease the amount of lactic acid in the muscles. Lactic acid is a by-product of strenuous activity. It is the chemical which causes soreness in the muscles.

### STRETCH ALL LARGE MUSCLE MASSES

#### (LEGS AND BACK)

### STRETCH SPECIFIC AREAS MOST

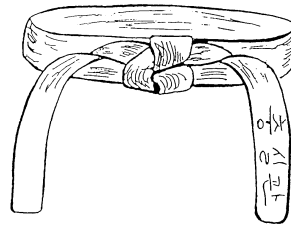
### EMPHASIZED IN YOUR ACTIVITY

In Taekwondo, since we perform so many kicks, special care should be taken to stretch the inner thigh and hamstrings (the muscle on the back of your legs).

Other techniques place great stresses on the joints, so wrists and shoulders should be attended to during preparation. Your instructor will be able to assist you in developing a flexibility program specific to your style and needs.

# How To Prepare For Testing

The Taekwondo testing process is an opportunity to demonstrate for others new skills you have learned. Our testings are held approximately every two months to allow you plenty of opportunities for testing. You or your instructor may feel that only two months is insufficient preparation time or you may become ill or be out of town for a testing. This way you will only need to wait a short time for the next test.



The best preparation required for testing is to know and be able to perform your material. If you are well prepared, in good physical condition, and have practiced regularly, you will have no problem performing well and with confidence. Testing is really an excellent opportunity for showing family and friends what you have learned.

In preparing for testing, remember you are responsible for all materials you have learned since you were a white belt. The best way to remember old patterns is to practice them routinely! Try applying new things you have learned when you practice old patterns. This will make your practice more interesting and improve your technique. In order to keep your definitions current, try saying them out loud after you complete each of your patterns.

The best preparation you can make for your testing is to be relaxed and have confidence in your abilities. This is very easy to do if you have attended classes regularly. Come to your testing prepared to do your best and have fun!

# CTF Black Belt Testing Requirements

The role of the CTF in the Testing Process can be considered “quality control”. Since the schools and clubs of the CTF are spread across a wide geographic area and each instructor has his own philosophy of martial arts, the testing standards vary from school to school. In order to make sure that the CTF Black Belt has attained a minimum level of proficiency and self defense, the CTF sets certain minimum standards in the areas of required material , experience and power.

## Required Material

A student testing for any black belt rank must know all patterns that he has learned previously as well as the definitions for those patterns. This can be a lot of material as all CTF colored belts learn 12 patterns before testing for 1st recommended black belt. They must learn another 4 patterns before testing for 2nd Recommended black belt, etc. At testing they may be asked to perform any or even all of these patterns. In addition, the student will be tested on his free sparring development. The purpose of the free-sparring test is to evaluate the students offensive and defensive skills, his attitude and his ability to work with others. The final portion of the test will be the power test. In CTF taekwondo, we use board breaking to demonstrate power. In order to meet these requirements, a student must have developed his technique to a certain level of proficiency as well as developing focus and accuracy for his technique.

## Age & Experience

Taekwondo is a defensive martial art. Traditionally the black belt has signified that an individual has developed sufficient proficiency to defend himself in an average situation. Most students who train regularly and with good effort can earn their black belt within 3 to 5 years in a martial arts program.

Martial arts has a lot to offer very young children in the areas of self confidence, discipline, physical coordination and strength, etc. For this reason, we have seen tremendous growth in our junior programs and, consequently, many young black belts.

***It is important to remember that you must EARN a black belt. The black belt is not promised to anyone no matter how many classes you may attend.***

Black belts must demonstrate a very strong work ethic, a certain level of maturity as well as physical proficiency. In order to insure this, the CTF sets certain minimum age and experience requirements.

While there is no minimum age for a 1st degree black belt, it is extremely rare that a child under the age of 9 will have sufficient maturity, training and proficiency to earn a black belt. Similarly, the youngest age when most students earn their second degree is 13 and third degree is 18. These three levels are considered “beginner” black belts. In order to advance further, you must be at least 21 years old.

The goal of defensive martial arts is to develop the proper response to threatening situations. In order to do this, you must develop and maintain a high level of physical conditioning, a high level of technical proficiency and power, and you must experience hundreds of situations in order to develop the proper response. In order to help insure that its black belts have this experience, the CTF sets minimum time requirements for each rank. These minimum time requirements are for the most excellent and hardest working students. The average times required are usually somewhat longer.

## Board Breaking

The goal of the power demonstration is to allow the student to demonstrate his full power technique. In a real life self defense situation, a black belt is expected to be able to utilize a full power technique to stun or disable an attacker. Board breaking under the pressure of a testing situation is our best attempt to recreate the stress of a self defense situation.

On the street, you will have only one good chance to disable your attacker before you lose the element of surprise. For this reason, you must be able to strike powerfully and accurately the first time. In testing, the student is allowed 3 attempts to break.

A student of the martial arts must develop a variety of techniques that he can use in different situations. For this reason, we require black belts to demonstrate both hand and foot techniques on both the left and right side. At the lower black belt levels we do allow “easier” techniques on the non-dominant side, however, as the student continues to progress, they should develop both sides until they are almost equal.

To test the continuing development of the student, we require that they utilize different and more difficult techniques as they advance in rank.

The purpose of the power test is not discourage students, but rather, to inspire them to reach their full potential by setting the standards at a challenging but not unreasonable level. We have analyzed hundreds of board breaks by students of various ages, sizes, gender and experience in coming up with the CTF minimum requirements. While excellent technique can overcome a great deal of the difference created by size, we recognize that smaller students cannot create the same amount of power as larger ones and have, therefore, allowed for smaller size wood and lesser numbers of boards based on age and weight.

The is nothing more satisfying than knowing you earned your black belt by rising to the challenge of testing!

# 2015 Black Belt Camps

## **MEN'S CAMP**

**May 25-29**

**Limestone, AR**

## **WOMEN'S CAMP**

**June 22-26**

**Limestone, AR**

## **FALL CAMP**

**October 7-19**

**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**

# 2016 CTF Tournaments

**March 5**

REGION I

(Single-rated)

MT. JULIET, TN

Mt. Juliet Christian Academy

**April 30**

REGION I

(Single-rated)

SOUTHHAVEN, MS

The Landers Center

**July 30**

REGION I

(Single-rated)

NASHVILLE, TN

Goodpasture Christian School

**SPAR WARS**

**September 17 or 24**

REGION I

(Double-rated)

MEMPHIS, TN

## **USTL– International**

### **Invitational Tournament**

**October 22-23**

**Southhaven, MS**

**The Landers Center**

### **CTF NATIONALS**

**November 12 or 19**

**DICKSON, TN**

**TOURNAMENT RULES CLINICS ARE SCHEDULED FOR:**

**FEB 2 (TUE) —6:45 PM—DICKSON TAEKWONDO, DICKSON, TN**

**FEB 9 (TUE) - 6:00 PM—SONG’S TAEKONDO, CLARKSVILLE, TN**

**FEB 12 (FRI) —6:30 PM—ERIN TAEKWONDO, ERIN, TN**

**FEB 13 (SAT)—HERNANDO TAEKWONDO, HERNANDO, MS**

# Health & Wellness

## Here's To A Healthier You!!

Making the decision to live a healthier lifestyle can seem like a daunting task. The key to success is to start off slow. As time goes on you'll get used to preparing meals in a whole new way, and it will become second nature.

- ◆ Temptation is hardest in the beginning! Give yourself the best chance at ignoring this temptation by clearing all the junk food out of your cabinets. If it isn't there you can't eat it!
- ◆ Start off preparing recipes that can give you more than one meal. For breakfast, try making egg muffins. Freeze your leftovers and you have an easy breakfast that just needs reheating. [www.galonamission.com](http://www.galonamission.com) has a wonderful, tasty recipe.
- ◆ Simply picking up a rotisserie chicken on your way home from work or running errands, can provide a tasty dinner and an easy lunch. Use your leftover chicken to make chicken salad in the warmer months, and chicken soup when it's cold outside. Try [www.stupideasypaleo.com](http://www.stupideasypaleo.com) for a delicious chicken salad recipe, with bacon!
- ◆ The internet is a wealth of knowledge with a seemingly unending supply of recipes at your fingertips. Before you know it, you'll be a pro coming up with your own recipes.
- ◆ If dessert is a tradition in your household, you don't have to give it up. Just make healthier choices. Granny Smith apples dipped in almond butter with a couple of dark chocolate chips will satisfy your sweet craving with out compromising all your hard work.
- ◆ Have a hard time getting yourself to drink water? Carry around a water bottle and just keep refilling it whenever it's empty and add some lemon for flavor. You'll be craving water before you know it.

*If you would like to be kept up to date on CTF events make sure you like our Facebook page. Go to [www.facebook.com/ChoongSilTaekwondoFederation](http://www.facebook.com/ChoongSilTaekwondoFederation) and hit the "like" button. Make sure you "like" or comment on some of our posts so that Facebook will continue to show them to you!*



### Lavender Oil

- ◆ Calming properties and natural stress reducer
- ◆ Helps relieve bumps, bruises and burns
- ◆ Helps provide seasonal allergy relief
- ◆ Add some oil to your pillow to help ease restlessness at night

