



CTF SideKick News

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IMAGINATION

Set Goals for Success

Before you can begin to set goals, you should first evaluate where you are today and decide what you hope to achieve. This initial process helps you to establish your long-term goal. When you set a major goal, it is not always productive to start working towards it without first breaking it down into smaller steps or interim goals that are more easily achievable.

For instance, it is not enough to say, "I want to be a black belt", and just show up for classes. You must first evaluate your fitness level. Do you need to develop more strength, flexibility, endurance, speed, balance, attention to detail, etc.? Each of these areas can provide you with smaller goals, which you must achieve before you can reach your larger goal. You must also evaluate your level of mental fitness. How good is your concentration, self control, work ethic, and self discipline? Do you need a plan to develop skills in any of these areas?

Once you have evaluated where you are now and what you need to work on, you will probably have a fairly long list of interim goals. You won't be able to begin working on all of them at once, so you will need to take your list and prioritize them. Ask your instructor to help you decide which areas are the most basic and should be your starting point. For instance, first you may want to

"In the initial stage of philosophical development the student must use his imagination to set goals beyond his current limitations, thereby visualizing his achievements in advance. This in turn, strengthens the belief system to the point where specific goals are possible and attainable."

*Choong Sil Philosophy
"Song Song"*

develop the proper technique, then balance, then speed. You may need to work on some items together such as strength and flexibility. Often as we develop muscular strength, we find our flexibility lessening. We become "muscle bound" if we do not constantly stretch. In order to increase flexibility and strength at the same time, you must stretch even more!

You will find that a consistent and disciplined approach to Taekwondo will develop your mental discipline, concentration, and work ethic. These represent the foundation of your Taekwondo training and make it possible for you to reach your physical goals.

***Once you reach your goal—
Don't forget, it is now time to set new goals!***

Quote of the Month

"Above all, challenge yourself. You may well surprise yourself at what strengths you have, what you can accomplish."

Cecil M. Springer

CTF Recognizes Outstanding Performances

Each year at the Annual CTF Black Belt Awards Banquet, Grand Master Hardin recognizes certain Black Belts and School owners who best represent the spirit of Choong Sil Taekwondo in their achievements during the past year. Frequently, the award represents the result of years of training and hard work on the part of the recipients.

The 2008 Instructor of the Year Award - Mr. Jack Stevens of Murfreesboro, TN. Mr. Stevens is the owner and chief instructor of Stevens Family Taekwondo. He tested the 3rd largest number of black belts this year with 37, including a 5th degree, 3 4th degrees and 2 3rd degrees. Developing high quality high ranking black belts is a process that takes years and for his continuing efforts and involvement in helping with other CTF schools as well as his support of the CTF tournaments this year, the CTF recognized Mr. Stevens this year.

The 2008 School of the Year Award - Mr. Tony Lewis of Dickson, TN. Mr. Lewis is the owner and chief instructor of Dickson Taekwondo since 1995. Dickson rose to the top this year with the most CTF members and tournament competitors. In addition they expanded their school with a very nice addition this year.

The 2008 Chief Judge of the Year was Mr. Bryan Todd of Murfreesboro, TN. Mr. Todd is Chief Instructor of the Patterson Park Taekwondo program. This award is presented in recognition of his efforts and good judgment displayed this year at the CTF Tournaments.

The ***2008 Coaches of the Year Award*** was presented to Mr. And Mrs. Steven Miller of Midtown Taekwondo in Memphis, TN. The Millers were in the top 3 schools for the most CTF Tournament competitors in 2008. The Millers had 9 Black Belts qualify to compete in the CTF Nationals this year, with 6 winning National Championships. This represents the second most qualifiers from any one CTF school and is the most National Champions from any one school. The 3 competitors who did not win were in divisions with other Midtown students who did win a National Championship. They also took a very successful team to the USTL where they did very well.

The ***2008 Male Competitor of the Year*** was Mr. Steven Miller of Midtown Taekwondo in Memphis, TN. Mr. Miller won the forms and sparring in his division at Nationals and has won the CTF National Championship in the Men's 3rd—5th Degree Division NINE TIMES! He also participated at the USTL National Tournament on the winning Men's Sparring Team for the 5th year in a row as well as winning his individual divisions.

The ***2008 Female Competitor of the Year*** was Mrs. Grace Hooks of Hooks Family Taekwondo in Gulf Breeze, FL. She won her first National Championship in the 1st and 2nd Degree Women's Division. In addition, she competed in Detroit at the 2008 USTL and participated on the 2nd place team in Women's Team Sparring.

The ***2008 Small Club of the Year Award*** was awarded to Hooks Family Taekwondo. This award recognizes the small club who demonstrated the most significant participation in CTF events this past year for its size. Once again the Hooks were very involved at the 2008 tournaments and Mr. Hooks showed his support by serving as the CTF Master of Ceremonies this year. They had 4 jacket competitors and took home 3 jackets. Mr. And Mrs. Hooks both tested successfully for their 4th degree at the 2008 Nationals.

Special Service Awards were presented to Mr. Louie Aregis, Mr. Nicky Hooks, Mr. Chris Miller, Mrs. Shelley Todd, Dr. Ben Renfroe and Ms. Jane Fitts for their time and efforts in making CTF events a success this past year.

TKD TRIVIA



Do you know?

Why should your belt ends be even?

How long does it take to become a Master of Taekwondo?

(answers on page 2)

ARE YOU A GENERAL YET?

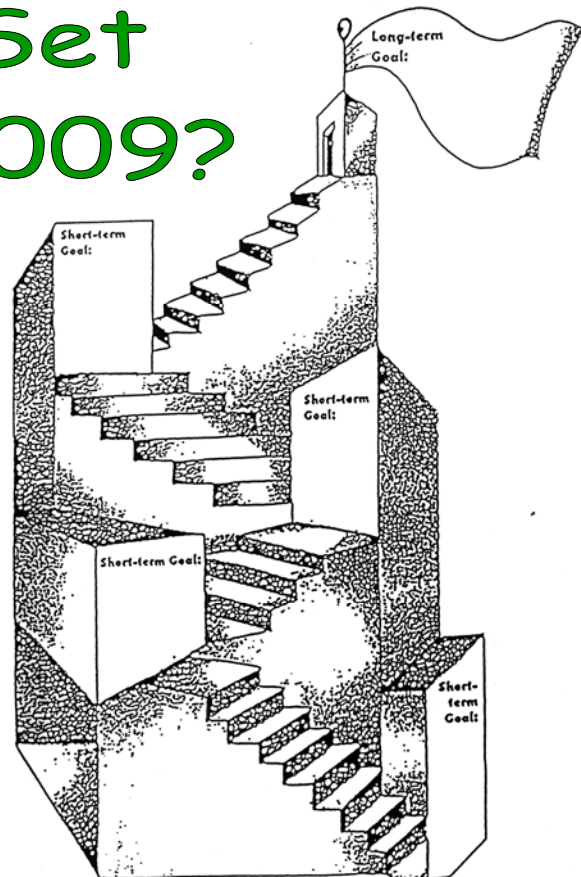
Our current belt ranking system is based on a paramilitary system with white belt corresponding to a private.

Private	White Belt
PFC	Yellow Belt
Corporal	Green Belt
Sergeant	Blue Belt
Master Sergeant	Red Belt
Lieutenant	1st Degree Black Belt
Captain	2nd Degree Black Belt
Major	3rd Degree Black Belt
Colonel	4th Degree Black Belt
1 Star General	5th Degree Black Belt
2 Star General	6th Degree Black Belt
3 Star General	7th Degree Black Belt
4 Star General	8th Degree Black Belt
5 Star General	9th Degree Black Belt

Have You Set Goals for 2009?

Using the castle, write one of your long-term goals in the top flag. Then break it down into several short-term goals, writing them in the boxes at each landing.

Sometimes seeing your goals in writing clarifies what you will need to do to achieve these goals. Don't become overwhelmed by your goals, take them one step at a time. Plan to work toward these goals throughout the year and you will be surprised what you can achieve.



How to Set Successful Goals

The most important part of setting goals is to know what you really want. When most people are asked what they really want, they usually give pretty uninspiring answers. General answers like, "I don't know" or "to do better in school" or "to make more money," do little to motivate ourselves toward achieving our goals. Most goals we set for ourselves are never realized because we make "white belt" mistakes when setting them.

There are a few simple rules you can use to achieve more. Here are a few smart rules to use for setting for smart goals.

You Must Know What You Want

Knowing what you want is like using a map and knowing where you are going. If you don't know where you were, where you are going, or even how to get there, the chances of your success are very small. When you decide on a goal, ask yourself, "Why do I want to achieve this?" That will often help you to clarify your goals.

Your Goals Must Be Realistic

In Taekwondo, it would not be very realistic to set a goal of earning your Black Belt in 3 months. So when setting other goals, make sure to use your "Black Belt" perspective. Ask yourself, "Have I given myself enough time? Is this within my abilities?" Don't be afraid to set high standards: just make sure they are obtainable. There is a saying that states, "People over estimate what they can do in a year, and completely under estimate what they can do in ten years."

Long-Term/Short-Term Goals

If the goal is big, break it down into smaller steps. The smaller the better. In Taekwondo, there is only one goal: to earn a

Black Belt. But that doesn't mean that the goal can not be broken into several steps along the way. Each step should take you closer to your goal.

Are You Motivated to Achieve This Goal?

If the goal does little to inspire you at the onset, how difficult will it be when you really have to work hard at it? Find a goal that will keep you motivated and moving forward.

Hard Work is the Key

It has been said that even average people can achieve excellence with a positive work habit. In martial arts class, everyone starts with no prior experience, many having never exercised or involved themselves in any sport. Yet, within a few short years, these very same people will have earned their Black Belts. Not because they possess any special skill to start with, but because they worked hard to achieve their goals.

Don't Get Side Tracked

Don't let distraction take your focus off the goal. If you find you are going in the wrong direction, make small changes to get back on track.

Review

Upon reaching your goal, look at where you are and set a new goal. It is like the man who all of his life had seen the mountain on the outside of his little town. Every day he vowed that someday he would climb it. Then one day, feeling adventurous, he started to climb. It took him several weeks, but upon reaching the top he looked around. He was surprised at how much farther he could see when looking from the peak. His whole perspective changed.

TKD Trivia answers

1. To symbolize balance. This doesn't mean physical balance but rather total balance in your life such as work/play, etc.
2. 7th & 8th Degree Black Belts are considered "Masters". The least amount of time required to reach 7th Degree Black Belt is 24 years with another 7 years to reach 8th Degree (total of 31 years) and 39 years to reach the highest level of Grand Master, 9th degree..

Camps CTF TOURNAMENTS

2009 Black Belt Camps

WOMEN'S CAMP
June 24th - 28th
Limestone, AR

MEN'S BLACK BELT CAMP
June 3rd - June 7th
Limestone, AR

MIDDLE TENN CAMP
Summer 2009

FALL CAMP
October 16-18
Limestone, AR

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

For information call:
Alison Hardin
870-428-5353



MARCH 7, 2009
(Date confirmed)
REGION I
(Single-rated)
DICKSON, TN

APRIL 25, 2009
(Tentative)
REGION I
(Single-rated)
MEMPHIS, TN

JULY 25, 2009 (Tentative)
REGION I
(Single-rated)
NASHVILLE, TN

SPAR WARS
SEPTEMBER 19 OR 26,
2009
REGION I
(Double-rated)
MEMPHIS, TN

CTF NATIONALS
NASHVILLE AREA
NOVEMBER 7 OR 14, 2009