

CTA SIDA KICK NEWS

Volume 13 Issue 1 - January 2010 - Page 1

IMAGINATION STEP 1 ON THE ROAD TO SUCCESS

We frequently use our imaginations to dream of things we wish would happen. Unless we are willing to take the time to conceive of what might be, we will not progress beyond where we are today. Successful people today began with a dream or vision of what they might achieve.

LOOK BEYOND YOUR CURRENT LIMITS

Don't be afraid to imagine things you can't do today. In Taekwondo we frequently find people doing things we consider impossible, like breaking concrete blocks or many pieces of wood with a single strike. Remember - they began as white belts, too! Taekwondo is a sport for all people, even those with handicaps. These people are successful despite their handicaps because they can imagine their own success.

BELIEVE IN YOURSELF - You can do amazing things yourself, but first you must believe you can. By visualizing your successes you can strengthen your ability to succeed.

SET GOALS - Without a road map we would travel in circles. In order to reach our destination, we must first decide where we are going and what route we will follow. This is also true in life. Successful people set goals and then develop a plan to achieve those goals. It often helps to write out your goals so you can review your progress from time to time.

"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 our belief system where specific goals are possible and attainable."

*Choong Sil Philosophy
"Song Song"*

What are your goals?

- * Taekwondo
- * School or Work
- * Family
- * Financial
- * Health & Fitness

These are just a few areas where we should consider what our goals are, and how we can begin achieving them.

With a New Year facing us, many of us make New Year's resolutions. Take the time now to record yours; then, develop an action.

Plan to achieve them. If you will work hard and stick to your plan, you can achieve a great deal in the year ahead. Good luck!

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

The Year in Review - 2009

Each year at the Annual CTF Black Belt Awards Banquet, Master Hardin recognizes certain Black Belts and Schoolowners 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 **2009 Instructor of the Year** was presented to Mr. Louie Aregis of Aregis Taekwondo in Nashville, TN. This award recognizes the instructor who has consistently excelled in producing the highest quality black belts in the CTF as well as demonstrating excellent business methods and leadership qualities.

The **2009 Coach of the Year** was also made to Mr. Louie Aregis of Aregis Taekwondo. Mr. Aregis was first in the number of 2009 CTF Tournament competitors. Mr. Aregis had 17 Black Belt qualify to compete in the CTF Nationals this year, with 10 winning the National Championships.

The **2009 Competitors of the Year** were Arel Thorpe (Male) of Aregis Taekwondo in Columbia, TN and Tara Miller of Midtown Taekwondo in Memphis, TN. Both competitors were 2009 CTF National Champions.

The **Small Club of the Year** was presented to North Arkansas Martial Arts of Yellville, AR. This award recognized the club who demonstrated the most CTF significant participation for its size.

Several of our center referees were designated **Chief Referees** in recognition of their high level of experience and commitment to our tournament system.

Randy Albright, Drew Cutliff,

The following individuals were named to our highest level of tournament officials—**Master Level Referee** in recognition of their many years of experience demonstrating knowledge of and excellent judgement in application of the tournament rules.

Chris Hicks—Columbia, TN
Tony Lewis—Dickson, TN
Arel Thorpe—Nashville, TN
Dawn Martin—Hernando, MS

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.

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?

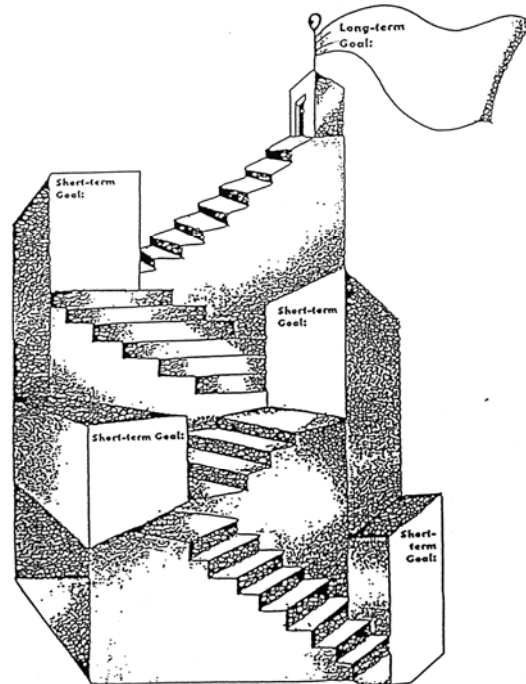
Our current belt ranking system is based on a paramilitary system with white belt corresponding to a private.

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 2010?

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.

CAMPS

CTF TOURNAMENTS

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 to be better than ever with plenty of new and unique workout opportunities plus exciting other activities.

For information call:
Alison Hardin
870-428-5353



MARCH 2010
REGION I
(Single-rated)
NASHVILLE, TN

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

JULY 2010
REGION I
(Single-rated)
COLUMBIA, TN

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

CTF NATIONALS
MEMPHIS, TN
NOVEMBER 13, 2009
(UNCONFIRMED)