



CTF SideKick News



Loyalty/Patriotism

July 4th marks our Country's 234th birthday. This is an occasion for great celebration as we celebrate the beginning of the United States of America. We will wave flags, watch fireworks and have fun, but how many of us will really consider the importance of patriotism.

Loyalty to our country is something we learn in elementary school, but how many of us are truly willing to sacrifice for the common good of our country? This is the true meaning of patriotism - putting the common good above our personal needs.

Taekwondo first began in ancient Korea with a group of youthful warriors, the Hwarang. This group of the elite young men of Korea adhered rigidly to their code of loyalty.

1. Be loyal to your king.
2. Be obedient to your parents.
3. Be honorable to your friends.
4. Never retreat in battle.

As you can see, their code was that of a warrior, as befitted a land that was constantly the focus of invasions. The strength they derived from their respect to their code enabled them to attain feats of valor that became legendary. Many of these brave young men were as young as fourteen or fifteen years old. Their code put patriotism, loyalty to their country, first.

In the past few years we have seen young men and women called to war. There are also other ways that we can serve our country. As President John F. Kennedy said, **"Ask not what you your country can do for you, but rather, what you can do for your country."**

Loyalty extends not only to your country, but also to family and friends. These are the people who will sacrifice for you. Will you do the same for them?

It is important to remember that *loyalty is not blind*. Being loyal to someone does not mean blindly accepting

integrity. In a circumstance like this your best act of loyalty would be to help them see the error of their idea and to follow a different path.

A good example of this is the founding of our country. When George Washington, Thomas Jefferson and the other American patriots banded together and rebelled against the English King, it was not out of disloyalty, but only after they had tried many times to show the English King and Parliament how unjustly they were treating the American colonies. When they were unable to change the English, the patriots followed their principles of integrity and rebelled against England. These men were true patriots and willing to die for their beliefs. Many did in the American Revolution, but from this, our great country was born. You could say that our country was founded on the belief that high principles and the freedom of man are most important.

Admiral Yi Soon Sin, (also called Choong Moo) demonstrated great loyalty to his king. He was perhaps Korea's greatest admiral and fought the Japanese invaders diligently. He was almost always outnumbered but still managed to defeat the Japanese. During the wars, he lost his family and was imprisoned by corrupt politicians, but he still remained loyal. When his King released him from prison and told him to fight, not as a powerful admiral but as a common foot soldier, he did. When his King later put him in charge of a Navy without ships or men, he rebuilt the Korean Navy and again began defeating the Japanese. He fought until his death as one of Korea's greatest heroes.

As you celebrate our Nation's birthday this Fourth of July, stop to think a little about the importance of the rights we have, the importance of loyalty and patriotism, and about the patriots who dedicated their lives to independence and high principles. Consider how you can demonstrate your loyalty.

Quote of the Month: "Give me liberty or give me death"
Patrick Henry

Nutrition

Today's athlete has a wide variety of challenges when it comes to good nutrition. Planning for good nutrition can be especially confusing given that every month there seems to be a new report on the "ultimate" in balanced nutrition. The most medically sound approach for an athlete to develop an effective nutrition plan is to know how much of their daily calories come from fats, complex carbohydrates, and proteins, and then follow a few general eating guidelines.



Carbohydrates are the body's main source of energy. They are divided into two main categories: simple carbohydrates, or sugars, and complex carbohydrates, which are often called starches. Because of the enormous energy demands on a martial artist, most nutritionists recommend that at least 60% of our calories come from complex carbohydrate. Complex carbohydrates are found in such foods as:

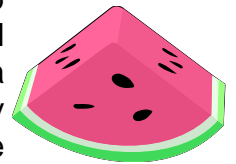


- | | |
|-----------------------|----------------------|
| Breads/Cereals | Rice |
| Pastas | Beans |
| Potatoes | Lowfat Yogurt |
| Fruits | Vegetables |

Simple carbohydrates and sugars are a temptation that few of us can resist. However, anyone who is remotely serious about their health should take measures to limit their sugar intake. Food labels list sugar in many forms. Some examples are:

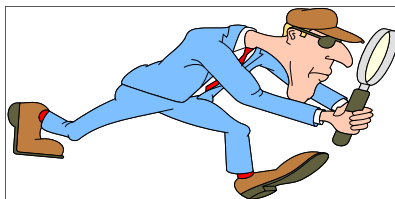
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|-------------------------|-------------------|
| Sucrose/Fructose | Lactose |
| Honey | Corn Syrup |
| Maltose | Dextrose |

Beware! Products that use terms like "Lite", "All Natural" or "No Sugar Added" may actually be high in sugar. Regardless of whether you are a career martial artist training for a championship tournament, or a recreational participant, do your body a favor; limit the amount of empty calories you eat. There are many low sugar alternatives that can quell your craving for sweets without adding much fat or sugar. Some of the more healthy choices are fresh fruits, fruit juices or low fat yogurt flavored with low calorie jam.



Regardless of what you choose to eat, a meal should be taken three to five hours before exercise to allow the stomach to empty and give some time for digestion. In the martial arts, or any strenuous activity, there is no substitute for proper training and good, well timed nutrition.

TKD Trivia



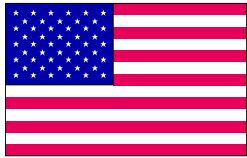
Do you know?

1. On what day did the American Patriots declare their independence from Great Britain?
2. On what day did 33 Korean Patriots band together for their struggle for independence from the modern day Japanese occupation?

(Answers found on page 4)

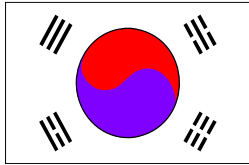


In the Korean language "Ku Man" means "enough" or "stop"



U.S. Flag

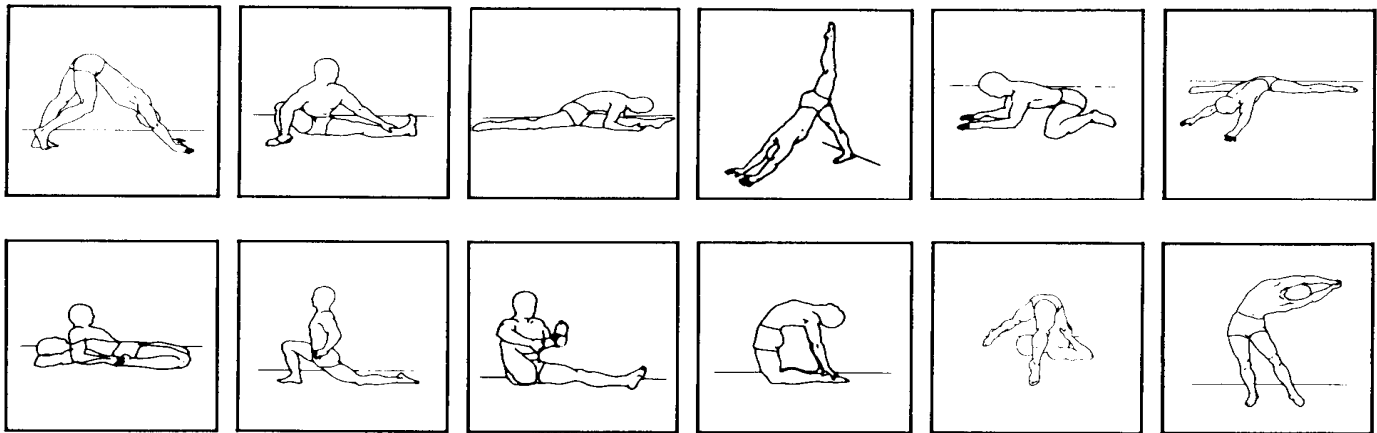
The Stars and Stripes, also called Old Glory, is the flag of the United States; the 50 stars on a field of blue represent the 50 states now in the Union, and the 13 red and white stripes represent the 13 original colonies (Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina and Virginia).



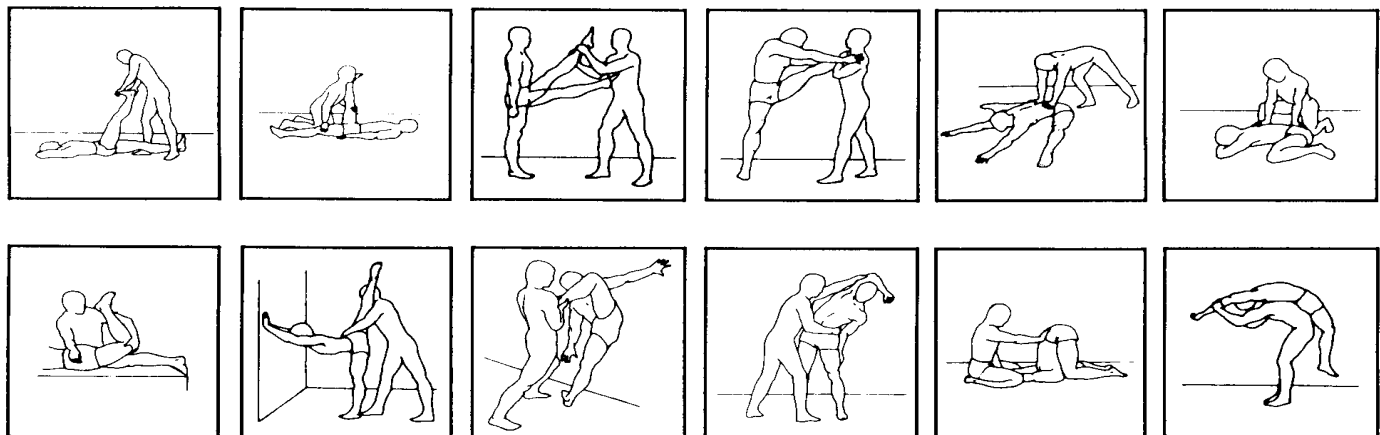
Korean Flag

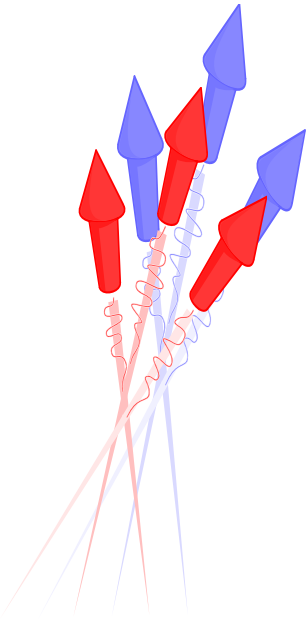
The white background represents 'purity' or the Buddhist concept of 'emptiness'. In the center lies a Taegeuk, the Taoist symbol of balance or harmony between opposites. The red top half represents Yang (heaven, day, male, heat, active, construction, etc.). The blue lower half represents Yin (earth, night, female, cold, passive, destruction, etc.) The three lines at each corner, known as trigrams, represent the Classic of Changes. The three unbroken bars symbolize Heaven-Creative, while the opposite three broken bars symbolize Earth-Receptive. The trigram in the upper right corner is Water-Treacherous-Danger, and in the opposite corner lies Fire-Loyal-Love.

Most Beneficial Stretches for Beginning Martial Artists



Most Beneficial Stretches for Advanced Martial Artists





Black Belt Testing
 Stevens Taekwondo
 805 Commercial Court
 Murfreesboro, TN
 7:00 PM

Wed., July 14, 2010



CTF TOURNAMENTS

JULY 17, 2010
 REGION I
 (Single-rated)
 GOODPASTURE CHRISTIAN
 SCHOOL
 MADISON, TN

SPAR WARS
 SEPTEMBER 11, 2010
 REGION I
 (Double-rated)
 ST. BENEDICT'S
 MEMPHIS, TN

CTF NATIONALS
MEMPHIS, TN
NOVEMBER 2010

2010 Black Belt Camps

FALL CAMP

Limestone, AR
October 17th - 19th



TKD Trivia answers
 1. July 4, 1776.
 2. March 1, 1919.