



CTF Sidekick News

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Courtesy and Respect

What does courtesy mean to you?

Courtesy is the act of being considerate of and showing respect to others, being polite and caring. Everyone knows they should be courteous to their parents, brothers, sisters, grandparents, teachers, boss, co-workers, etc. If you learn to treat others with courtesy and respect, you will find they will be easier to work with and show you respect.

Courtesy and respect are very fundamental in our Taekwondo program. All students are taught from the beginning that we must show immediate respect for others due to age, position, knowledge or experience. New students are taught in their first private class the principle of courtesy and respect to instructors, our school, our nation and the nation of Korea where Taekwondo originated. The student should understand that without any of these, he would not be offered the gift of learning this martial art.

General Choi Hong Hi, Grand Master and Founder of the International Taekwondo Federation, states that, "Taekwondo students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well."

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, contempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice and humanity.
5. To distinguish instructor from student, senior from junior, and elder from younger.
6. To behave oneself according to etiquette.
7. To respect other's possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

How do we show respect in Taekwondo?

The bow is the traditional way that we show respect in Taekwondo. It is rooted in the Oriental traditions from which Taekwondo has developed. It is not intended to show subservience, merely respect.

To what and whom shall we show respect?

- Our Nation and the Korean Nation for providing an environment in which we can learn and grow in the Taekwondo tradition. Martial artists have not always had this freedom. During the Japanese occupation of Korea, for example, the practice and teaching of Taekwondo was forbidden to the Korean people. We show respect by bowing to the flags of these countries at the beginning and end of all Taekwondo activities.
- Our School or Dojang is also very important to training. We show respect by behaving in a disciplined manner whenever we are in school, keeping our school neat and clean and bowing as we enter or leave.

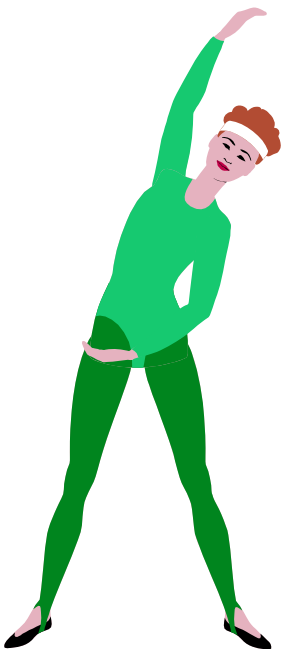
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Stretching for Flexibility

Muscular performance - strength and endurance - is only half of total muscular fitness. The other half is flexibility. Flexibility is the ability of body segments to move freely over a wide range of motion without stiffness or resistance. Flexible muscles are less prone to soreness and injury and can help improve overall muscular performance since they are longer and less likely to "tear" or strain than tight, inflexible ones.

Static Stretching

Gentle static stretching exercises are perhaps the best means of keeping your muscles and joints flexible. Stretching for 5-10 minutes before vigorous activity can help reduce your risk of injury and stretching for an equal amount of time after rigorous activity can prevent muscle soreness. A consistent stretching program will improve your overall level of flexibility.



The best way to stretch a muscle is to do it slowly and gently. When you reach your maximum painfree stretch, don't bounce. Just hold the stretch until your muscles relax, usually 10-20 seconds. Because of this holding period, these types of stretches are called "static" stretches. Static stretches safely elongate your

muscles as well as the tendons that attach them to the bone, thereby improving joint mobility.

Joint Mobility

Joint mobility is improved by flexible muscles, but there are also specific exercises that can work your joints through their entire range of motion without necessarily stretching surrounding muscles. These exercises or movements generally use a back-and-forth or circular motion to improve joint mobility. They should always be done slowly with controlled motion to avoid pushing a joint past its limits, since jerking or bouncing can cause injury to the joint.

Measuring Flexibility

How do you know if you need to improve your flexibility? Here are two simple tests: The "Sitting Toe-Touch" checks the flexibility of the lower back and the backs of the legs. Sit on the floor and stretch out your legs with toes pointed up and stretch your arms out and see if you can touch your toes. When doing these "tests" don't jerk, bounce or force yourself to move further than is comfortable. The "Arm and Shoulder Stretch" measures the flexibility of your shoulders and upper back. Place your arms locked behind your head and bend left to right. Lack of flexibility in these muscle groups usually indicates a need for overall improvement. To be safe, use slow, gentle movements when trying these tests. These simple tests should give you an idea of how good your flexibility is.

Courtesy and Respect

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- Our instructors give us their knowledge, energy and example to assist us in our development as martial artists. For this, we show them respect by bowing, answering "Yes Sir or Ma'am", when addressed, listening to them, obeying instructions, and always treating them in a courteous and respectful manner.
- Our seniors, whether in rank or age, are due respect for their greater achievements, experience and knowledge. We also treat them in a courteous manner. We always address a black belt, regardless of age, by using the titles Mr., Mrs., etc.
- Our parents or spouse deserve our respect as well, for their support and help in our study of martial arts. Respect should always be shown, not just in the classroom but at home as well.
- You should be as courteous to others as you would want them to be to you. The simple act of opening a door for someone, letting a person go before you in a line, letting someone in line in traffic and saying "Thank You" are easy ways to show courtesy and respect.

Quote of the Month: "Respect is earned, not required."

DOs & DON'Ts of Dojang Etiquette

DO be on time.

DO listen attentively & follow directions carefully.

DO answer up properly & clearly.

DO show enthusiasm & put forth your best effort.

DO come to class with a positive attitude and a desire to learn.

DO wear a clean pressed uniform.

DO set a good example for the lower ranks.

DO show perseverance even when things are difficult for you.

DON'T contradict or argue with an instructor.

DON'T talk in class unless addressed by the instructor.

DON'T play in the dojang.

DON't fidget in class.

DON'T spar without permission. Always remember that sparring is a privilege, not a right!

DON'T drop your belt on the floor.

DON'T wear jewelry in class.

DON'T chew gum in class.

DON'T attend another school without your instructor's permission.

DON'T EVER GIVE UP!

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

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

The camps promise unique opportunities
with something new and different
for everyone!

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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



For more information on any of
these events, including registration
forms or other information



Check on the CTF website
www.choongsil.com