

Choong Sil Kwan Philosophy



The purpose of Choong Sil Kwan Taekwondo is to develop an individual's mental and physical well being through a highly stylized and deliberate method of rigorous martial arts training. The result of this training is the empowering sense of self-worth, and the ability to control one's physical state and personal destiny.

The student is guided into four stages of philosophical development.

1. Imagination
2. Inspiration
3. Actualization
4. Realization

This concept of "Constant and Never-Ending Improvement" is the ultimate purpose of Choong Sil Kwan.

Ultimately, life is a constant process of improvement and refinement. In our philosophy we recognize that while we cannot achieve perfection, we can constantly strive for improvement.

The Choong Sil pattern, comprised of all four discipline patterns, consists of 180 moves. The 180 moves represent 180° change, a complete reversal of direction. If we seek to change a small amount, 1° a day, in just 180 days we will have turned ourselves around.

As you can see, the ultimate purpose of Choong Sil reflects an approach to life of constant striving for improvement, dedication to purpose and a focus on our goals.

The four stages of the Choong Sil Philosophy

1. Imagination - Goal Setting
2. Inspiration - Motivation to begin and try
3. Actualization - Develop discipline and work ethic
4. Realization - Realize success

relate to the four basic steps required to achieve success. They are best represented as a circle which has neither a beginning or end, but is continuous. Each ending or success in life represents a new beginning or challenge. We move from a senior position when we graduate from high school to a freshman level in college. Graduation from college leads to an entry level career position, etc. The only constant in life is change and the Choong Sil Philosophy dictates we strive for constant and never-ending positive change.

AFTER BLACK BELT ~ WHAT NEXT?

Most students of Taekwondo feel that they must reach 1st degree Black Belt to achieve their goals. Once they achieve this, what happens next?

First, the student must realize what a 1st degree Black Belt means. This is just the first step on the ladder of improvement. The average first degree has only trained for three to five years. They have learned the basic moves of Taekwondo, been introduced to free sparring, demonstrated moderate power and are able to focus and concentrate well enough to effect change in their technique. They have learned thirteen of the possible twenty-nine patterns, but are finding that each pattern presents a much higher degree of difficulty than those previously learned.

Clearly, there is much more to learn, and Choong Sil makes this a part of the philosophy by emphasizing the resetting of new goals upon achieving prior goals.

Choong Sil Taekwondo offers several different avenues for continuing improvement. Some students may wish to continue training for higher ranks, others may just wish to maintain their skills and physical conditioning without continuing to move up in rank and others may wish to train to become instructors. Competition at the Black Belt level is very rewarding to some. The CTF offers a variety of competition for its members. The CTF sponsors various regional tournaments throughout the year which are open only to CTF members leading to the CTF National Championships held each year in November. Black Belts may accumulate points in the regional tournaments which may allow them to qualify to compete for the National Championship Jackets. These tournaments offer our students of all ages and ranks the opportunity to compete in forms. Green belts and above may compete in free-sparring while white and yellow belts participate in non-contact drillwork and one-steps. We offer several special divisions for our black belts including Bo Staff and Board Breaking competitions. Through our affiliation with the USTL we also offer additional opportunities for National competition for all our students in these areas as well as Team Competition in Forms and Free-sparring.

All Black Belts should set lifetime goals for physical fitness, improved technique, and significant mental development.

Those who seek to help others by becoming instructors will find that they rapidly develop their own technique as well as their teaching skills. Those of you who have stood in front of a class to demonstrate understand that you must always demonstrate your very best technique because others are watching you and making you their example. This is a very strong motivator for personal improvement. Learning to be a good instructor also means developing leadership skills and the ability to deal with many different types of people.

Black belt only begins at 1st Degree. 1st through 3rd degrees are considered beginner black belts! You must reach 4th degree before you are considered an "expert" and 7th degree before you are a "master". The highest level is 9th degree black belt. A 9th degree black belt is considered a "Grandmaster". This is truly a lifetime goal since you must train a minimum of 39 years before even becoming eligible to become a 9th degree black belt!

"The only way to discover the limits of the possible, is to go beyond to the impossible"

Arthur C. Clark

Exercise Prescription



The next time you go to a physician, don't be surprised if your doctor hands you a prescription for an exercise program. Hopefully, a physical fitness program is an important part of your regular daily activities. More and more physicians are emphasizing the importance of exercise and fitness to their patients to help prevent illness, disease and disability. And the importance of seeing a physician prior to beginning any exercise program must be stressed.

The American College of Sports Medicine (A.S.C.M.) defines physical fitness as a composition of many characteristics including cardiorespiratory fitness, body composition, muscular strength, endurance and flexibility. Most studies show high drop-out rates from exercise programs early in the inception of a program. Many of these drop-out rates can be eliminated if the individual establishes goals and objectives before beginning a program. One must consider a variety of activities that keep the interest of the participant while achieving the goals and objectives for each participant.

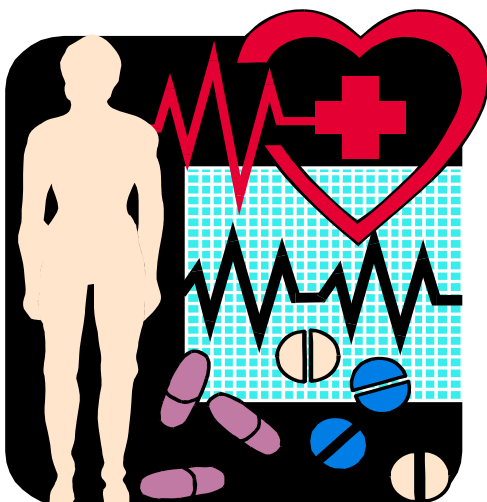
With the risk of coronary artery disease increasing 30% in the United States over the past 30 years, and an estimated 6 million Americans diagnosed as having coronary artery disease, a conscious effort to maintain a physical exercise program is not only beneficial to your health, it is a preventive against this potentially fatal disease.

The ADMS recommends that an activity be performed 3-5 days a week. Many programs can be modified to keep interest and motivation very high. Alternating bicycling and running or swimming days, or combining any activity for appropriate duration can be very effective. Modifications can also be made to accommodate an injured body part. For example, if one is involved in tennis or racquet

sports as their aerobic

activity, and they have injured a shoulder that prevents them from participation in racquet sports, they can still achieve the proper heart rate response from running or biking, while receiving treatment for the injured area. Choong Sil Taekwondo offers not only a well balanced exercise program that addresses all areas of exercise—cardiovascular, strengthening, flexibility as well as a philosophy of goal-setting and achievement.

Whatever type of exercise program you choose, get off that couch, put away the chips and soda and get moving!



Matching Common Korean Terms

- | | |
|----------------|-----------------------------|
| 1. Do Jhang | a. Training Suit |
| 2. Dan | b. Bow |
| 3. Do Bok | c. Ready Position |
| 4. Sah Bum Nim | d. Stop |
| 5. Gup | e. At Ease |
| 6. Bon Kwan | f. Sit Down |
| 7. Cha Ryut | g. Attention |
| 8. Kyong Yet | h. Degree |
| 9. Ahn Jo | i. Main School |
| 10. Yi Ro Sut | j. Return to Ready Position |
| 11. Jhoon Be | k. Stand up |
| 12. Bah Roh | l. Class |
| 13. Goman | m. Instructor Above 4th Deg |
| 14. Sho | n. Training Hall |

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 unique opportunities
with something new and different
for everyone!

*For more information please contact
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MAY 15, 2010
REGION I
(Single-rated)
MEMPHIS, TN

JULY 17, 2010
REGION I
(Single-rated)
NASHVILLE, TN

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



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

Check on the CTF website
www.choongsil.com