



CTF Sidekick News

Volume 15 Issue 10 - October 2010

Self-Control = Self-Discipline

Self-Control

What is Self-Control? A person with self-control is able to motivate themselves to do those things that are right because they want to do what is right, not because someone else tells them to do it.

"The only discipline that lasts is self-discipline"

Bum Phillips

Our society presents us with daily examples of how individuals have lost self-discipline. The news is full of examples of violent crime, drug abuse or simply our national obesity epidemic. Sometimes we are so bombarded with these negative examples that we miss the wonderful examples of people like our Olympic athletes who have developed their level of discipline to the point necessary to train to a world class level. They have also developed sufficient control over their emotions to be able to perform for, literally, millions of spectators.

How do we develop self-control in Taekwondo?

- We begin by following tradition and ritual in the classroom. Later this becomes a necessary discipline to our practice.
- Next, we begin to develop the discipline of a strong work ethic. Initially, students use the discipline of attending class to maintain their training. Later they will begin to supplement their class work with practice at home. Higher rank black belts find they spend virtually all their time practicing by themselves with only an occasional seminar or training camp to provide group training. These are your instructors, and they are a highly disciplined group.
- We must also learn to control our emotions.
- First, we learn to control and, later use to our advantage, our performance anxiety. At our first testing as white belts, our anxiety may seem almost overwhelming. We experience butterflies in the stomach, sweaty palms and dry mouths. These are merely physical signs that our body has released adrenaline. This adrenaline can be used to create additional energy once we learn to control it. After several testings, we realize we can control it. Tournaments are an excellent place to learn to control your anxiety, too.
- Sparring is an area where you must learn to exercise both physical and mental control. Physical control is necessary to ensure you will continue to find sparring partners. Very few people enjoy being a human punching bag! Excellence in sparring comes only to those individuals who are either extremely talented, or to those who calmly plan their strategy and then remain calm and focused as they execute their strategy. You must first overcome your desire to compete in order to learn. You must overcome your desire to constantly attack in order to develop your defense.

(Continued)

"The term of stronger is the person who wins over oneself rather than someone else." - Lao-Tzu

MEASURE YOUR SELF CONTROL

1. **DO YOU EXERCISE REGULARLY?**
 - 1—RARELY
 - 2—1-2 TIMES WEEKLY
 - 3—3-4 TIMES WEEKLY
 - 4—DAILY
2. **RATE YOUR WEIGHT**
 - 1—OVERWEIGHT, I'M JUST MEANT TO BE THIS WAY
 - 2—OVERWEIGHT, ALWAYS TRYING A NEW DIET BUT IT DOESN'T LAST LONG AND IT NEVER WORKS
 - 3—OVERWEIGHT BUT LOSING STEADILY THROUGH A CHANGE IN MY DIET AND EXERCISE HABITS
 - 4—IDEAL WEIGHT
3. **YOUR EATING HABITS**
 - 1—JUNK FOOD ADDICT
 - 2—ALMOST ALWAYS EAT OUT (TOO BUSY TO COOK)
 - 3—MICROWAVE CHEF
 - 4—TAKE THE TIME TO BUY FRESH FOODS AND PREPARE THEM.
4. **HAVE YOU EVER QUIT SMOKING (or beat any other obsession)?**
 - 1—NO, I SMOKE
 - 2—I HAVE TRIED BUT HAVEN'T KICKED THE HABIT
 - 3—NO, I NEVER HAVE SMOKED
 - 4—YES AND HAVEN'T SMOKED SINCE
5. **HOMEWORK OR PROJECT FACTOR**
 - 1—DON'T QUITE GET IT DONE OR JUST DO A HALF WAY JOB
 - 2—LAST MINUTE PERSON
 - 3—PLAN AHEAD AND GET THINGS DONE ON TIME
 - 4—PLAN AHEAD AND WORK ON THINGS IN STAGES INSTEAD OF WAITING UNTIL IT IS DUE AND GETTING EVERYTHING DONE IN A RUSH.
6. **GETTING THERE ON TIME**
 - 1—ALWAYS FASHIONABLY LATE
 - 2—USUALLY WITHIN 5-10 MINUTES
 - 3—USUALLY ON TIME—WITHIN 5 MINUTES
 - 4—ARRIVE A LITTLE EARLY SO I AM NOT LATE
7. **GETTING UP IN THE MORNING**
 - 1—I DON'T USE AN ALARM –BUT I CAN GET UP BY NOON!
 - 2—I'VE WORN OUT THE SNOOZE BUTTON ON MY ALARM
 - 3—I USUALLY ONLY HIT THE SNOOZE ONCE AND THEN I AM UP
 - 4—I AM UP AND AT 'EM ON TIME EVERY MORNING—REMEMBER THE EARLY BIRD CATCHES THE WORM!

In order to test yourself, just add up your answers. The higher your score, the higher your self discipline

Self Control and Discipline are one of the key ingredients in a successful life!

SELF CONTROL—Continued from page 1

APPLY SELF CONTROL TO YOUR LIFE!

As you develop more self control, your life should become more orderly. Instead of jumping from task to task and never getting things done until the last minute, you should find that you attack tasks, finish them and move on more productively.

You should be able to handle upsetting situations better. Instead of blowing up and getting mad, you can control yourself and make better decisions about how to handle something.



CTF

Nationals

ARE YOU READY FOR NATIONALS?

TRAIN HARD! Whether you will be testing, competing or both, right now is the time to make your plans. I hope you have been training hard for this special weekend!

RESERVE YOUR ROOM NOW! Hotels may become hard to get since there are a lot of state basketball games being played in Memphis that weekend. Our host hotel is the Wingate Inn (615) 849-9000. They have given us a special rate of \$75.00 per night for a room with 2 double queens.

BLACK BELT CHAMPIONSHIP REGISTRATION

If you have qualified to compete in the National Championship divisions, please watch your mail carefully. Your invitation to compete should have already arrived. If you have not received yours yet, please call Mrs. Hardin at 870-428-5353 or email her at choongsil@hughes.net.

GET YOUR REGISTRATION IN EARLY!

Black belt registrations are due by October 11th unless you like paying a late fee! If you will NOT be competing, please send us an email as soon as possible so we can invite one of the runners-up in your place.

Black belt testing deadline is November 1st!

PLACE YOUR AD IN THE TOURNAMENT PROGRAM!

The deadline for ads is also Nov. 1st. This is a chance to show your support for a National Championship competitor or Black belt tester.

REGULAR TOURNAMENT REGISTRATION is available through your instructor or at the gate on tournament day.

Eating For a Healthy Mouth

To maintain a healthy body, don't forget your mouth.

A balanced diet and good eating habits are as important for your teeth and gums as they are for the rest of the body. What and how you eat can have a major impact on your dental health.



Eat foods from each of the food groups to assure proper amounts of needed vitamins and minerals.

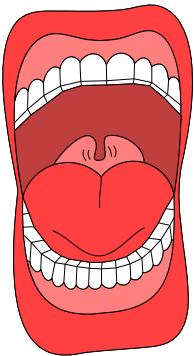
Some vitamins and minerals are especially important for good dental health. These include:

Vitamin C - for healthy gums

Vitamin D - to help the body use calcium

Calcium - to build healthy teeth

When & What of Dental Health



When food is eaten it has a big effect on dental health. Snack less frequently and avoid food that stays in the mouth too long such as sticky, chewy or greasy ones like candy, cookies, granola bars or french fries. If you do eat these foods, do so as part of a meal when there is more saliva in the mouth to break down the sugars that feed the bacteria that lead to

tooth decay.

A good alternative is to eat healthy snack foods such as raw vegetables, plain popcorn, dry roasted nuts, or sunflower seeds.

For A Healthy Smile

To keep your smile healthy, try these tips:

- Beware of "hidden sugar in processed foods, such as ketchup, canned vegetables, fruit drinks and peanut butter.
- Keep healthy snacks on hand when the urge strikes and brush and floss after snacking.
- Avoid sweets at bedtime when your saliva is low.
- See your dentist regularly, brush and floss daily and observe these dietary tips for dental care.

Your dental bills should be reduced as your smile sparkles!

CONGRATUALTIONS STEVEN MILLER!

Steven Miller was invited last month to travel to England to compete at the TAGB World Championships.

The tournament was held on Sept. 10th and 11th for approximately 2500 competitors—they had to set up 38 rings—just to give you an idea of the size.



On the 10th Mr. Miller competed with 130 other black belts in forms. He performed Moon Moo pattern and placed 2nd (he missed out on 1st by only .1)

On the 11th, Mr. Miller competed in the free sparring in a division of 126 competitors and WON 1st place!

Mr. Miller—we are proud of you!

What is Taekwondo?

by A Taekwondo Black Belt

I have often been asked, what is Taekwondo? Specifically, what is my interpretation of Taekwondo as a student and black belt? Let me begin by saying that my answer to this question has changed several times since I began my training many years ago. Since Taekwondo is such a multi-faceted art, much like a diamond, it is often perceived in the same way. While some people may be captivated by the brilliance of the diamond, they fail to see the detail of precision cuts. Still others, look so hard to find the flaws they cannot see the diamond in its beauty from a distance.

Taekwondo is similar in that some students are so impressed with the high kicks and board breaking, they fail to see the art behind the techniques themselves. Explaining the many facets of Taekwondo are extensive. The following is merely a sample of the many invaluable lessons that I have learned:

Taekwondo is a discipline. It is difficult and takes a lifetime to perfect, however, the rewards are many.

Taekwondo holds no prejudice. In fact, it is a means to eliminate prejudice by welcoming all races, religions and sexes. No one is eliminated from the benefits of Taekwondo, not even the aged or handicapped.

Taekwondo helps build an unbending moral character. A spirit that cannot be broken is experienced by only a few, every one of them become leaders, it is inevitable.

Taekwondo builds confidence, not only confidence in defending yourself, but a confidence that extends into your personal and professional life as well.

Taekwondo is not a religion, although it is practiced with the same dedication.

Taekwondo is not dying, it is progressive. Taekwondo is a "WAY" that gives the common person a warrior's strength in a peaceful society.

"Learn the art of patience. Patience creates confidence and self-discipline which eventually leads to success."

Taekwondo Scramble

I B D N O T L A M E I	T R I S I P	I P K A H	K O O B D
-----	-----	-----	-----
R S N P I A G R	N A C E E V R E E P S R		S N E T A P R T
-----	-----		-----
E R O P W	S F L E C L E P N I I D S I		C O G H O N I S L
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(Answers on Page 5)

FALL TAEKWONDO CAMP

at
CAMP CHOONG SIL
LIMESTONE, AR

OCTOBER 15-17, 2010



November 13, 2010
St. Benedict's School
Memphis, TN

2010 BLACK BELT
HOLIDAY WEEKEND
DECEMBER 11th

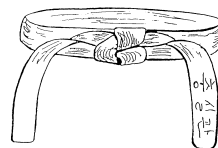
ANNUAL AWARDS BANQUET

Presentation of
2010 National Champions
Instructor of the Year

&
Other Awards

SCHOOL OWNERS' MEETING

BLACK BELT TESTING
NOVEMBER 12, 2010
MEMPHIS, TN



PLAN NOW TO ATTEND THE LAST CTF BLACK BELT TESTING OF 2010

IF YOU ARE PLANNING TO TEST, BE SURE YOUR BLACK BELT APPLICATION IS IN THE NATIONAL OFFICE BY NOVEMBER 1ST.

(Taekwondo Scamble Answers)

INDOMITABLE SPIRIT	KIHAP	DOBOK
SPARRING	PERSEVERANCE	PATTERNS
POWER	SELF-DISCIPLINE	CHOONG SIL