



# CITY SIDERKICK NEWS



Volume 14, Issue 9

September 2009

## Perseverance Perfect Practice Makes Perfect!

Choong Sil Taekwondo teaches us that we can reach our goals if we

- \* Believe in ourselves;
- \* Inspire ourselves to work for our goals;
- \* Persevere in pursuit of our goals through self-discipline and the development of a strong work ethic.

Perseverance is that quality that inspires us to come to class and work out even when we can think of other things that we might be doing. How many times have you thought, "I'm tired tonight" or "I think I'll just go home and watch TV instead of going to Taekwondo today"? Hopefully, you have motivated yourself to come to class. Those of you who have done that know the sense of accomplishment and pride you felt upon completion of that class! You have just strengthened your perseverance.

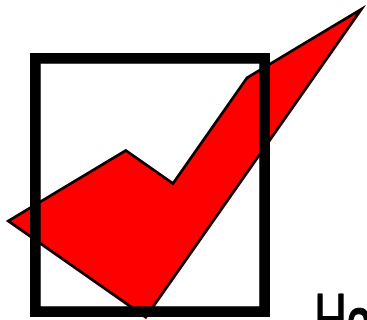
It is not enough to just show up and walk through class. Taekwondo, like anything worth having, does not come that easily. Our skills develop through consistent and repetitive training. If you put forth your best effort, then you will see results, but if you just go through the motions, you will not be able to keep up with your fellow students.

Anyone who has trained for a while knows how hard it is to change bad habits. How many

times have you thought, "Why didn't I learn this the right way the first time?" I have heard that while it may take only 50 repetitions to learn a technique, it may take 500 repetitions to correct it. This illustrates the rule that "Perfect practice makes perfect." If you practice a technique improperly, you will teach your muscles to do it that way. Then you will have the challenge of fixing your technique. For this reason, you should always pay very close attention to everything your instructor says in class, not just those remarks addressed directly to you.

*Once you understand the details of a technique, practice it slowly until your muscles can do it easily without flaws, then begin to practice it in different combinations or with more speed. Don't be in a hurry — Too much speed will cause you to be sloppy and build bad habits into your technique. High kicks are a beautiful trademark of our art, however, developing a strong low kick and body level kick will give you a far more effective sparring or self defense weapon. Once you have developed your basic kick, then you can begin to raise the level of your kicks. Be patient, first you must develop the flexibility, technique and strength to do these kicks.*

If you exercise patience and persevere in your training, you will be able to reach your goals.



# CHECK THIS OUT!

Have you looked at the CTF Website lately?

[www.choongsil.com](http://www.choongsil.com)

The CTF website offers information for all CTF members. You can now

- DOWNLOAD your own copy of the Sidekick News;
- Find school locations in areas where you may be traveling;
- Learn more about the seniors in our organization;
- Find out who the winners were from this year's tournaments;
- Check out information on Camps, Tournaments;
- Check Black Belt Point Standings and more!

## TKD Trivia



### Do you know?

1. In Chon Ji, what part represents Heaven?
2. What three kingdoms of Korea were united by the efforts of the Hwarang youth group?
3. Why do all Taekwondo patterns in our style begin with a block?
4. What is the diagram of the Choong Sil patterns? What does this represent?

*(Answers found on page 4)*

## 2009 Black Belt Banquet

December 12, 2009  
Memphis, TN

# CTF



TAE KWON DO

## NATIONAL CHAMPIONSHIPS

Nashville, TN

November 14th, 2009

# Patience is a Virtue - Amen

How many times have people preached that patience is a virtue that can lead to all kinds of benefits?

Well, here it is one more time. Patience in the martial arts can mean many things. In one sense it can mean having the mindset to wait out the long haul to achieve great skill at your martial art.

That translates well into every aspect of your life. Too many people rush here, run there, hurry this, hurry that, without really thinking about the consequences of their actions. Patience allows one to avoid the lure of impulsiveness and temptation of immediate gratification. Waiting often leads to the good stuff.

In a more specific sense to a martial artist, patience can mean the difference between scoring a technique and being totally ineffective. Rushing headlong into a defense or an attack, if referring to tournament sparring, can have disastrous results. Ask anyone who has ever repeatedly run into a stiff, lead-leg sidekick “

That doesn't mean that every defense, attack or counter should be thought through until you wring every bit of spontaneity and surprise out of it. It does mean that if something doesn't work, don't let a small failure force you to give up on the battle and resort to blasting away. If your opponent constantly blocks your best techniques, then it is time to rethink your strategy and develop some new techniques.

Frustrating? Certainly - everyone likes to feel successful when sparring, including your opponent. Just don't let your frustration and ego defeat you. Exercise a little more patience and evaluate where your opponent is weak, not necessarily where you are strongest. Every time your opponent attacks, he is offering you an opening. Take your time and study his attack and timing before countering.

Do you really want to improve or do you just want to play? If you can honestly adopt a mind-set based on a long term goal of improvement, then you must recognize your competitive nature and control it. When you try something new, you will probably create an opening for your opponent, and they may score on you. This isn't negative if you can learn from it. It will only become negative if you feel compelled to retaliate. The only way you can continue to improve is to practice those techniques that don't come easily until they do!

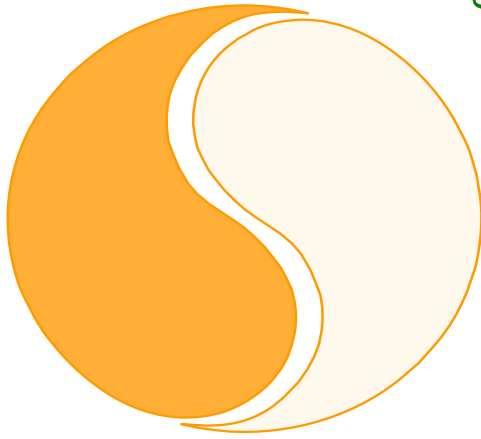
***Be patient - Taekwondo takes a lifetime to master!***

## TKD Trivia answers

1. 2nd half – The inner forearm side block points to the heavens.
2. Silla, Baek Je & Koguryo
3. The initial blocks represent the defensive nature of Taekwondo.
4. The Choong Sil Patterns are all performed on a vertical straight line (!), which symbolizes discipline, thus they are frequently referred to as the discipline patterns.

# Spar Wars Tournament

September 12, 2009  
St. Benedict's High School  
Region I's last qualifying tournament of 2009  
***Double-Rated***



In the Korean language "*Chun Bi*" means "*ready*"

Chun Bi means ready and is most often used to denote the ready stance wherein the fists are positioned at belt level, seven inches in front of the body, the arms forming a circular shape. Simultaneously the feet are positioned shoulder width apart; the head is erect and the eyes are facing forward. The practitioner should demonstrate a patient but wary preparedness, mentally relaxed with the mind in a state of peace and calm. The breath should be controlled internally with no outward expression.

Chun Bi actually involves much more. We are taught that everything has a beginning and an end; and, in a sense, to begin is to be already half finished. Therefore, the Chun Bi stance indicates a preparedness to complete the entire action.



## HAVE YOU EVER CONSIDERED THAT:

1. Only the dictionary puts success before work.
2. Always be content with what you have, but never with what you are.
3. Everybody is liable to make mistakes - but fools practice them.
4. Busy people do not have the time to be busybodies.
5. If you wouldn't write it and sign it, don't say it.
6. Ignorance is always pleased with itself.
7. There are many people who are making good livings but living poor lives.
8. The stature of a person is measured by their friendliness and courtesy toward someone who can do absolutely nothing for them.
9. The best way to succeed in life is to act on the advice we give to others.
10. If you cannot do great things, do small things in a great way.
11. There is a difference between good sound reasons and reasons that sound good.
12. One of the greatest pleasures in life is doing what people say you cannot do.
13. If you think you have no faults, that makes one more.
14. Swallowing pride never choked anyone.
15. You will never offend a person by returning a smile.

# CTF - What does it mean to me?

## Choong Sil Taekwondo Federation

*This is a very important part of our Taekwondo training, but do you know why?*

The CTF provides you with credentials that other martial artists will respect. Each time you test, you must meet nationally recognized standards before you can advance. The CTF's job is to set those standards and be sure that you, having met them, receive the proper rank. The CTF must also be sure that you have properly qualified judges available to judge your testings. Once you have met the requirements, the CTF issues you a Certificate signifying your new rank. The only exception to this would be for recommended black belt ranks. Since recommended rank is only probationary, the black belt must take a second test before receiving full rank. A certificate is then issued.

The CTF provides you with a unique style and philosophy of Taekwondo that it has taken years to develop. The Choong Sil style was developed by Grand Master Robert Hardin. You are all familiar with the discipline patterns, beginning with Song Song, and

### CTF

- ◆ *A unique style and philosophy of Taekwondo*
- ◆ *Regional & National Tournament Competition*
- ◆ *Monthly Newsletters*
- ◆ *Training Manuals*
- ◆ *Ranking Credentials*
- ◆ *Excellent training opportunities*
- ◆ *Qualified Instructors*
- ◆ *GREAT PEOPLE!*

their meanings. These four discipline patterns are unique to our style. The other patterns that we learn are the "traditional" Taekwondo patterns developed by General Choi and the ITF. To ensure that this style of Taekwondo is passed on to you properly, the CTF sets standards for instructors who are qualified to teach you. All your instructors must meet these standards and pass tests on their taekwondo and teaching skills before they can teach you.

The CTF provides special seminars, training camps and other special training opportunities for you. The CTF sponsors Black Belt Camps, an annual Winter Camp and other special seminars for both your instructors and you. Be sure you take advantage of these when they are available. The CTF Headquarters in Arkansas was designed specifically for camps and to offer a retreat for CTF members.

The CTF sponsors a series of Tournaments in all regions of the CTF. These tournaments provide you with an opportunity to test your skills against those of students from other schools. This is perhaps one of the most fun ways to meet other martial artists even if you choose not to compete in the tournament itself. The tournaments are also very exciting to watch, especially the demonstrations and black belt divisions.\* The CTF is also affiliated with the USTL which sponsors a National Tournament each summer where you can compete against Taekwondo and TangSooDo stylists from across the country.

The CTF means more than just events and training opportunities. It means people. Besides yourselves, there are about fifty other schools and clubs who belong to the CTF. Our membership totals in excess of 5000 students. Your membership in the CTF allows you to train at these other schools when you travel or perhaps just want a little variety in your training program. If you want to train at some other CTF school, check with your instructor about who to contact.

# ALTERNATIVE MEDICAL TREATMENTS

If you've ever had a cup of peppermint tea to clear a stuffy nose, visited a chiropractor, or gotten a massage after losing a big game, you have the idea behind complementary medicine, also known as "alternative therapies". In a way, it is like having the "best of both worlds". By combining Western scientific medicine with traditional medical approaches of the East, we have more options and avenues for healing.

Mainstream medicine has become more interested in how alternative therapies can work with medicines and surgery to speed healing, promote wellness, and help ease stubborn conditions like asthma, arthritis, colds and flu, allergies, PMS, joint, back and muscle pain as well as other medical conditions.

*Before* you try something different:

- > **Know what you hope to achieve.**
- > **Do your research**
- > **Talk it over with your physician.**
- > **Don't go overboard.**

## Listen for quacking

Using complementary care to enhance conventional (or "allopathic") medical treatment can be beneficial. Using alternative methods instead of proven treatments, however, can cost you not only money but vital time - and ultimately, if you wait too long to get treatment, it could cost you your health or even your life.

Apply some healthy suspicion if you are tempted to try an unusual treatment and you don't get satisfactory answers to these five questions.

### 1. *Where's the proof?*

Ask to see the published reports about the treatment. Are there objective "double-blind" studies or university trials? Testimonials, no matter how sincere, are still only that person's story.

### 2. *What's the promise?*

Does the practitioner talk about a cure? How will results be tracked? Will the results be reported to a national professional association you can call? Is payment all due before the treatments?

### 3. *Who's offering?*

Ask to see the practitioner's credentials "look for unusual schools and organizations?". What tests and training has the practitioner had? How do you know they have really done what they say they have? Ask for references you can call.

### 4. *Is it too good to be true?*

Do the words "miracle cure" or "secret formula" show up anywhere?

### 5. *Any signs of paranoia?*

If you are told that there is a conspiracy to keep this treatment from being offered to the public, get skeptical fast.

## Resources:

There are several national associations with phone numbers you can call to learn more about alternative practices.

American Holistic Medicine Assn: (919) 787-5181  
 American Cancer Society: 1-800-ACS-2345  
 OAM hotline 1-800-531-1494  
 National Ctr for Homeopathy: (703) 548-7790  
 American Massage Therapy Assn: (847) 864-0123

## *DON'T QUIT!*

**When things go wrong, as they sometimes will,**

**When the road you're trudging seems all uphill,**

**When the funds are low and the debts are high,**

**And you want to smile, but you have to sigh,**

**When care is pressing you down a bit-**

**Rest if you must, but don't you quit.**

**Life is queer with its twists and turns,**

**As every one of us sometimes learns,**

**And many a person turns about**

**When they might have won had they stuck it out.**

**Don't give up though the pace seems slow-**

**You may succeed with another blow.**

**Often the struggler has given up**

**When he might have captured the victor's cup;**

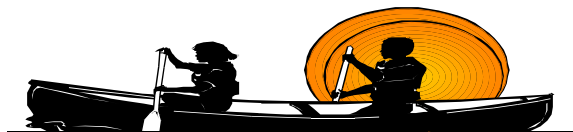
**And he learned too late when the night came down,**

**How close he was to the golden crown**

**Success is failure turned inside out -**

**So stick to the fight when you're hardest hit,-**

**It's when things seem worst that you mustn't quit.**



## FALL TAEKWONDO CAMP

at

**CAMP CHOONG SIL  
LIMESTONE, AR**

**October 16-18, 2009**

Cost: \$100 per person or \$150 per couple