



SideKick News

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Page

PERSEVERANCE

Working for Your Black Belt!

Perseverance is the stuff Black Belts are made of! Working toward your Black Belt is a process that lasts several years. It is not always a smooth road, either. All students will experience a few bumps in the road when the training becomes more difficult or perhaps your schedule outside Taekwondo becomes more hectic. Perseverance is what keeps us training.

When a new student begins taking Taekwondo, everything is new and exciting. They can see progress every day as they learn new techniques. As we work towards Black Belt, however, we must not only learn the basics of how to do a technique, we must also work on many small details of that technique to make it the best we can. This takes a lot of training time and effort. It takes an average of almost two years just to develop all the muscles it takes to do a sidekick!

Perfect practice makes perfect!

The only way to make technique strong is to practice. This means going to class regularly. In order to learn all your material and progress at an average pace, colored belts need to attend class two to three times a week. You should also practice on your own. It is not Enough just to show up for class. You must come to class ready to learn and eager to put 100% effort into everything you do. This is how you

become better and stronger. Be sure that you practice doing things in the proper way. Do not continue if you are too tired or distracted to do it properly because



you will only be training to do it improperly.

CTF Sponsors International Competition

The CTF has asked Steven Miller of Midtown Taekwondo in Memphis, TN to represent it at the World Championships held on September 11 in Great Britain. This is an excellent opportunity for the CTF to make a name for itself in the international competitive arena. Further, this event could open the door to future international competitive opportunities for CTF members.

We would like to invite any CTF members who wish to help by making small donations to help cover the costs related to Mr. Miller's travel and competition. If you would like to help, please mail your donation to CTF headquarters, P. O. Box 10, Deer, AR 72628.

MOTIVATION

WHAT MOTIVATES YOU?

People are motivated by different things. However, motivational factors can be simply classified as coming from outside yourself or from inside. They can also be positive or negative.

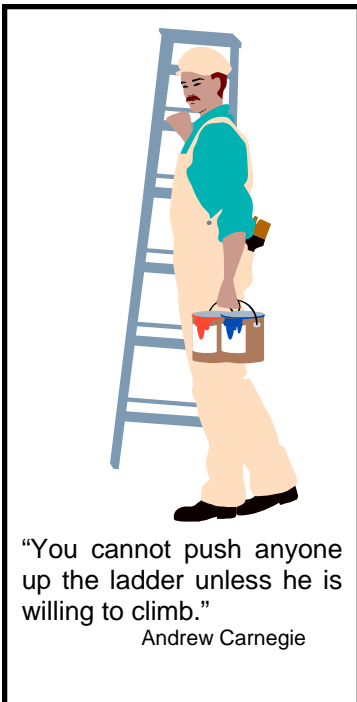
If you are motivated to do your homework because you feel good about making an "A," then you are *self-motivated in a positive way*.

If you are motivated to do your homework because you would be so embarrassed or ashamed by a poor grade, then you are *self-motivated in a negative way*.

If you do your homework because your parents will pay you for good grades, then you are motivated from *outside in a positive way*.

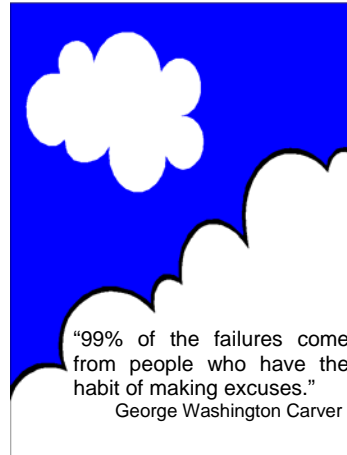
If you do your homework only because your parents will punish you if you don't, then you are motivated by *outside negative forces*.

Positive motivation produces happier, more satisfied people. Internal motivation builds successful people. When we consider this, it is easy to see that positive, self-motivation is the best form of motivation.



Taekwondo helps us develop into positive, self-motivated people by teaching us to set reasonable and achievable goals. Each time we reach one of these goals, we experience the satisfaction of doing so and move closer to achieving bigger goals. Since participating in martial arts is your choice, all motivation must come from within you. This means you are developing into a positive, self-motivated person.

Every cloud has a silver lining! Can you see it?



The ability to think positively comes easily to some people, but many others must work at developing a positive attitude. Think about how you react to things. If you are blaming others or outside factors, **c o n s t a n t l y** complaining or never satisfied, look at how you view things.

When your grades are not great, do you

- blame your teacher for being unfair or too hard.
- decide you just weren't feeling well when you took your exam, or
- think, I should have studied harder and will next grading period?

When you don't get the raise you want at work, do you

- complain that your boss plays favorites,
- complain that the company is just too cheap to pay you what you think you are worth,
- decide to work much harder and prove what you are worth to your boss.

When you are driving in traffic, do you

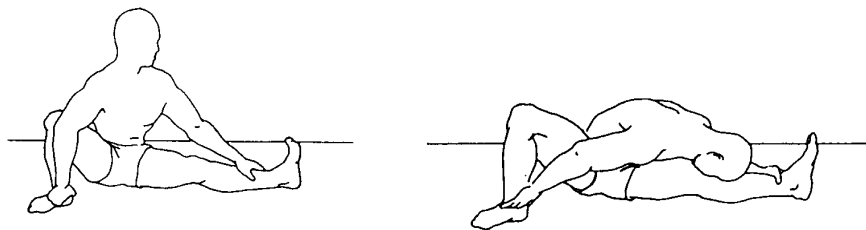
- speed up so cars can't cut in front of you,
- fuss and complain about all the stupid drivers on the road or,
- stop to let a car enter your lane.

If you answered (a) or (b) to these questions, this could indicate that you have a negative approach to problems. If you think (c) is your answer, then you are in control of your attitude and can face difficulties with a positive approach. You have taken responsibility for your prior actions, identified what you could have done better, and resolved to do so next time.

Think about how you approach life's problems. Change your attitude to accept responsibility for the result of your past actions. Remember, the only person you have the power to change is YOU! This will then enable you to overcome any obstacle to success.

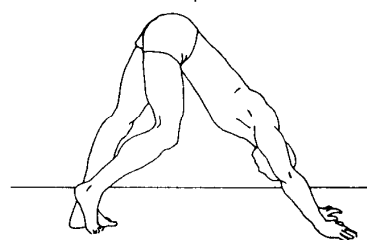
Proper Stretching:

In the earlier issues, we showed you stretches for beginning and advanced martial artists. Below are some more stretches you may use to warm up muscles and improve flexibility.



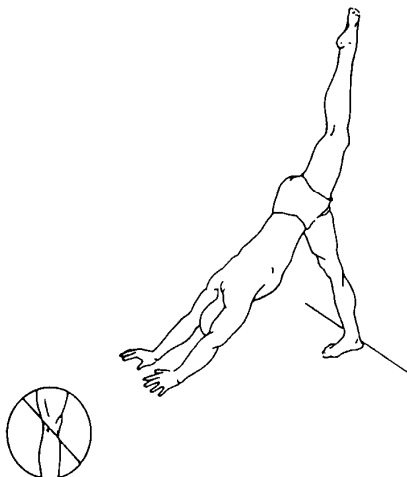
1. Assume a squat position with your weight on the flexed right knee, the foot flat on the ground, and the left leg extended sideways.
2. Grasp the right ankle with your right hand and the left ankle with your left hand.
3. Exhale, and slowly lower your chest to your left thigh.
4. Hold the stretch and relax.

■ This exercise is considered fundamental to the martial arts. However, for most lay persons there are alternative stretches that safely accomplish the same purpose.



1. Assume a front prone support (push-up) position.
2. Move your hands closer to your feet to raise your hips and form a triangle. This position can also be modified by resting your elbows and/or head on the floor.
3. At the highest point of the triangle, slowly press your heels to the floor, or in an alternating manner flex one knee while keeping your opposite leg extended.

▼ The latter method is commonly employed in a ballistic or rhythmic manner that could result in soreness.



1. Stand upright with your back approximately 1 foot from a wall.
2. Place your hands on the floor for balance and support as you raise one leg against the wall.
3. Exhale, and slowly slide your leg upward against the wall until you attain the split position with your legs straight and hips squared.
4. Hold the stretch and relax.



1. Assume a split position.
2. Exhale, extend the upper torso, and lower your chest onto the forward thigh.
3. Hold the stretch and relax.

The First Discipline of Taekwondo

Dear Parents:

What was the first thing you learned when you began Taekwondo? How do we begin each class? How do we begin and end each exercise?

As an instructor and tournament judge, nothing irritates me more than watching students who do not know how to bow properly and cannot make a proper ready position. These are the first disciplines. If a student cannot master these, I wonder how they will ever be able to learn the more complex moves. Neither of these acts requires any athletic ability! Everyone should be able to do them perfectly with little effort. All it requires is a little self-discipline. As a judge, I automatically deduct points from the student's score if he or she does not bow properly or make a proper ready position. I feel, and I know that the other judges feel an improper bow and ready position indicates either that the student doesn't care, has no respect or no self-discipline. Since Taekwondo's purpose is to teach respect and discipline, we grade this as a serious error.

Now that you know how important we feel this is, I want to point out a few basics that will help you to score a little higher at your testing or a tournament!

The Bow— In Taekwondo we bow as a gesture of respect. If you do not take the time to bow properly to a senior, the senior will assume that you do not respect them. To make a perfect bow you must first put your feet together. This means that they touch at both the front and rear portions of your feet and point straight ahead toward the person you are addressing. Your arms should be held straight down at your sides. You then lean forward slightly from the waist, keeping your eyes on the person you are addressing.

The Ready Posture—We use several ready positions in our patterns. The most common are:

Parallel Ready Stance. This is also the posture we assume during drill exercises. In order to make this stance properly, you should step out with your left foot, shoulder width wide, with your feet pointing straight ahead. Make fists with your hands and hold your arms in a circle in front of you with your fists approximately waist level.

Closed Stance. Feet are held together—touching at both the front and the rear. The hands are held at “moustache level” for A position, solar plexus for B position and below your waist for C position. In A & B positions the right hand is held as a fist and the left hand cups around the fist without touching. The hands are held as crossed knifehands in position C.

Heaven-held hands—Feet are parallel. Hold the fingers held tightly together and straight. The hands are held above eye level with your elbows bent. The thumbs are extended toward each other forming a triangular window with your fingers.

Remember—the bow and ready posture are the first and last impressions that you will make on your judges. They are easy enough that anyone can make them perfectly so don't let yours be less than perfect!

TRAIN YOUR CHILDREN TO BE EXCELLENT!

The goal of Choong Sil Taekwondo is develop an individual's physical and MENTAL abilities. By this we mean that we want to help the student develop strong character. We do this in several ways.

We require discipline in our classes. Unruly or inattentive behavior is not allowed. The student learns from this that he must discipline himself and control his impulses and emotions if he wants to participate. Students must learn to discipline their actions whether this means to properly execute techniques, maintain control when free-sparring or routinely practice.

Taekwondo is learned through constant repetition. In order to develop to black belt level, the student must develop a work ethic that is strong enough to keep them training even when they are not highly motivated.

Taekwondo is goal oriented. It teaches the process of goal setting, working towards those goals and then receiving reward once we reach those goals. Learning patience and perseverance are critical to this process.

In our “immediate gratification” society, too frequently children are constantly praised and rewarded for little or no effort. I think we have become too obsessed with the idea that we must constantly praise them in order to build their self esteem. In reality, we are devaluing our praise since it is not earned, just freely given.

It is important that we learn to encourage but not reward minor efforts and save the real reward for actual achievements. Also we should not reward incomplete or mediocre results unless that is what we want in the future. By doing this we are telling the student that while we say we want excellence, we will accept mediocrity.

As a parent, I find that I can outline a task for my kids such as picking up their room, but, unless I put forward the effort to follow up, they will either not finish, probably they will just push everything under the bed. It is my job as a parent to teach them that this is only mediocre effort and not at all what I expect. I may find that I have to take the time to help them work through the mess once or twice until they understand the result I want—but after that, I have found they now understand the “excellent” result I expect. Now every time I send them to clean up, I find they do an excellent job. All I have to do is make sure I follow up and inspect their room. I also make sure that I give them an appropriate reward for doing such a good job!

At home we expect disciplined behavior as well. Our formula is simple:

- Expectations are clear!
- Appropriate discipline is implemented IMMEDIATELY for infractions. We don't count to three, etc. before disciplining. This encourages the kids to “work the system”.
- We are consistent with our discipline. Both Master Hardin and I are on the same page with expectations and discipline.

This formula works well with us as long as WE stay disciplined and follow it!

-Alison Hardin

Perfect practice makes perfect! (Continued from page 1)

Remember - Only *perfect practice makes perfect!* If you follow this schedule, you should be well prepared for your testings.

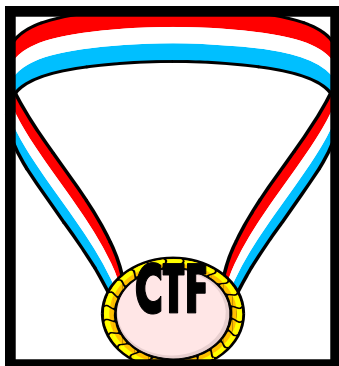
Regular training is the key to success in Taekwondo. In Taekwondo, it isn't possible to cram for a test. Don't try to come to class two weeks before testing after missing several weeks and expect to be prepared for anything but failure. When we don't train, our muscles quickly lose their tone and their memory. This means we have to start over after every long absence. If you must be gone for a while, remember to practice on your own so you will not lose ground while you are away. One of the benefits of being a member of the Choong Sil Taekwondo Federation is that you may train in any CTF school while traveling. Check with your instructor or call the CTF office to find out if there is a CTF school where you are traveling!

Good luck on your quest for Black Belt! Don't forget that it isn't a race to Black Belt, but rather a process that can't be hurried and can only be earned through perseverance and hard work.

CTF TOURNAMENTS 2010

Sept. 11 - Spar Wars: Double-Rated
St. Benedict's High School
Memphis, TN

Nov. 13- National Championships
St. Benedict's High School
Memphis, TN



FALL TAEKWONDO CAMP at CAMP CHOONG SIL LIMESTONE, AR

OCTOBER 15-17, 2010

\$100 Individual
\$150 Couple

