

# CTF Sidekick News

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## YEAR END- Time to reflect and be thankful!

With the end of the year fast approaching and the holidays upon us, this is the time of year when we should take time from our busy schedules to look back over the past year in order to identify the challenges we faced and how we dealt with them. This is a time for reflection and giving thanks to and for those who have helped us along the way. Too frequently we get caught up in the trappings of the holidays—the social and shopping side—and miss out on the real essence of what this season should be. Take the time now to reflect and evaluate how you met your challenges and goals this year.

How many of you achieved your goal of making Black Belt this year? Did you reward yourself? Did you remember to thank your parents or spouse for their part in helping you reach this goal? Sometimes we forget all the people who help us reach our goals - family, teachers, even friends.

The terrorist attacks that our country has experienced in recent years have underscored to many of us how lucky we are to live in this country of plenty and freedom but we must be sure to remember this lesson. Because life is good in America, we forget too fast why. Take time to give thanks for our government, servicemen and women, policemen, etc. who make it possible for most Americans to live a peaceful and plentiful life.

Be proud to be an American EVERY DAY!

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### \*IMPORTANT\*

Please update your  
Address books with our new  
Email addresses:  
[akhardin@outlook.com](mailto:akhardin@outlook.com)  
[choongsil@outlook.com](mailto:choongsil@outlook.com)



### CHECK IT OUT!

[www.choongsil.com](http://www.choongsil.com) for news, info,  
upcoming events, tournament info, &  
black belt points.

# Evaluate Yourself

## A Balance Act!

With the holiday season upon us and the end of 2015 fast approaching, we need to take time to assess our lives and determine where we have succeeded and where we need to focus in order to succeed.

### ***Are you balanced in your approach to life?***

Balance in our daily lives becomes increasingly difficult to achieve during the increased demands of the holiday season. With parties to attend, gifts to buy, decorating to do, travel schedules and other extra demands on our time, we need especially to take time to set priorities. First, we must decide what our highest priorities are. For example, family time might be the most important item, however, we also need to budget some time to maintain our work or school schedules. *The ability to say no may be necessary when time demands become too great.* Remember also not to neglect yourself during the holidays. Exercise is one excellent way to deal with the added holiday stress. Quiet, personal time can also help. A well balanced person finds time for himself as well as his family, work, school and church, etc. by planning his time wisely and sticking to a schedule.

### ***Have You Made Progress Toward Your Goals This Year?***

As you review the past year, now is a good time to pat yourself on the back! Recognize your successes! Realize how far you have come.

### ***Where Can You Focus Next?***

Part of the self-evaluation process is determining where we need more focus. Examine your past successes and determine why you succeeded. Did you work hard, plan well and persevere? Apply that energy to your other goals now! Also take time to evaluate why you didn't meet other goals. Look at the reasons why and decide what you could have done differently in order to achieve them.

Frequent evaluation of our individual progress is the fastest road to success. Look for the things you did that contributed to your successes and the things you might have done differently. Remember, *the only person you can control is you!*

2015 has been a great year! We hope you all enjoy the holiday season and are looking forward to 2016 with new hope and energy.

**Merry Christmas**

## Healthy Habits During the Holidays

During the months of November and December, we all tend to eat too much and not eat healthy foods. It's part of the holiday season to indulge a little. Indulging a little is not bad for you, but you need to keep it under control and there are ways to do this. The average person gains 7 pounds between Thanksgiving and Christmas. The worst thing you can do is

resist your favorite foods. Instead, try only eating a bite or two of your favorite fattening foods. Do not fast or skip meals. This only lowers your energy level. Eat three



well-balanced meals every day. Fill your home and office with the smells of the season, such as pine scented items. Aromas don't have calories!

It is equally important to get plenty of rest during the holiday season. Too little sleep, say scientists, and you're more apt to succumb to the munchies - eating more, and more often. So get plenty of zzz's. No matter what the activity this time of year, take time out to rest and relax. This will help with stress as well as make you feel better overall.

Exercise is also very important during the holiday season. People tend to get lax because they are too tired or have too much to do. If you have a regular exercise program such as taekwondo or aerobics, don't skip classes. Exercise will help give you the stamina needed to get everything done you need to do and help make you feel better.

Basically, be sensible where your health is concerned, but have fun and enjoy all the holiday events available to you!

## "Why Practice Patterns?"

Why indeed? Today we are seeing more and more martial arts discarding the traditional training methods such as drill work and patterns and only practicing free sparring, impact training, takedowns, etc. Where does this lead? Directly to declining power and quality of technique in their black belts as well as fewer people "sticking to" their martial arts more than a year or two!

I have found when evaluating the results from the CTF National Championships, I noticed a very obvious fact—the majority of our National Champions won the forms half of the competition! In almost half of the divisions, the forms champion came back and won the National Championship from the sparring champion. In the other half the forms and sparring champion were the same. In the regular tournament the forms winner also won in sparring too. What does this show us? Practicing our patterns is the key!

Why does practicing patterns lead to better free sparring?

Think of the pattern system as your encyclopedia of Taekwondo moves. By practicing your patterns and drilling the moves that make them up, you are training your body to respond with good technique and the proper move when you don't have time to plan a response (like in free sparring). You are also developing better technique in a situation where you can focus on the details (unlike free sparring) which will lead to greater power in your technique.

The practice of forms and the constant repetition of drill work first require the development of self-discipline and perseverance. These are also extremely important character traits that will continue to help you in all aspects of life.

Practice, practice, practice—This is what leads to excellence in martial arts! No one can quit practicing and expect to be very good. Not even Grand Master Hardin who still works out every day after 40 years of training! Not even Steven Miller who works out every day despite winning so many National Championships!

I hope you consider all of this in planning your training routines for the new year. You don't need a classroom or a partner to practice patterns. In fact, you can practice your technique and patterns just about anywhere!

# TAEKWONDO EVALUATION QUIZ

## How has Taekwondo helped me?

	<u>Much Improved</u>	<u>Somewhat Improved</u>	<u>Little or No Improvement</u>	<u>Am I Satisfied</u>
<b>1. Have I improved my level of physical fitness and overall health through my practice of Taekwondo?</b>				
A. How much stronger am I?	_____	_____	_____	_____
B. Has my endurance increased?	_____	_____	_____	_____
C. Am I more flexible?	_____	_____	_____	_____
D. Am I more coordinated?	_____	_____	_____	_____
E. Has my balance improved?	_____	_____	_____	_____
F. Am I managing stress better?	_____	_____	_____	_____
<b>2. Have I improved my ability to concentrate and focus my mental energy?</b>				
A. Is it easier to correct technique?	_____	_____	_____	_____
B. Is it easier to memorize patterns, definitions, etc.?	_____	_____	_____	_____
C. Have I been able to concentrate better and improve my focus on my work at the office or in school?	_____	_____	_____	_____
D. Am I a more alert, responsive driver?	_____	_____	_____	_____
E. Can I focus on relaxing when I need to?	_____	_____	_____	_____
<b>3. Am I developing good habits of self-discipline and self control?</b>				
A. Do I attend class regularly?	_____	_____	_____	_____
B. Do I practice regularly on my own?	_____	_____	_____	_____
C. Do I discipline myself to better manage my time?	_____	_____	_____	_____
D. Do I discipline myself to manage my eating habits?	_____	_____	_____	_____
E. Can I control my attitude and reactions to negative events?	_____	_____	_____	_____
<b>4. Am I developing the confidence to deal with difficult situations?</b>				
A. Do I "think I can"?	_____	_____	_____	_____
B. Am I intimidated by performances?	_____	_____	_____	_____
C. Have I tried something new and difficult lately?	_____	_____	_____	_____
<b>5. Have I learned to use goal setting, evaluation and achievement to seek success in my undertakings?</b>				
A. Have I set Taekwondo goals?	_____	_____	_____	_____
B. Have I set LIFE goals?	_____	_____	_____	_____
C. Do I evaluate where I stand on a regular basis?	_____	_____	_____	_____
<b>6. Do I display a positive mental attitude?</b>				
A. Do I accept responsibility for my actions and inactions?	_____	_____	_____	_____
B. Do I try to change my actions instead of blaming others or outside influences?	_____	_____	_____	_____
C. Do I look for the good in things and not the bad?	_____	_____	_____	_____
D. Do I look for ways to improve?	_____	_____	_____	_____

Once you have finished this quiz, take a moment to reflect on the "Am I satisfied?" column. This should give you a good place to begin setting your goals for next year. Keep in mind that Choong Sil means "constant and never ending improvement" not only in Taekwondo, but also in your daily life.

# Health & Wellness

## Here's To A Healthier You!!

December is perhaps not the best month to talk about adopting a healthier diet, however, it is a good time to evaluate some of the problems with your current diet and lifestyle and begin to make a plan for a "healthier you" in the New Year!

A good place to begin is with what you drink! The body is about 60% water, give or take. We're constantly losing water from our bodies, primarily via urine and sweat. There are many different opinions on how much water we should be drinking every day. The health authorities commonly recommend **eight 8-ounce glasses**, which equals about 2 liters, or half a gallon. There are numerous apps to calculate your needs but the main point here is that you should be drinking WATER! Most of what many people consume is not water. Beverages of choice include sodas, coffee, tea and alcoholic beverages, etc. These are not the same as water.

### ***How many sodas do you consume in a day?***

A single can of soda contains the equivalent of 10 teaspoons of sugar. This amount of sugar, especially in liquid form, skyrockets the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes or insulin resistance, not to mention weight gain and other health problems. Soft drink companies are the largest user of sugar in the country.

Soda contains phosphoric acid, which interferes with the body's ability to absorb calcium and can lead to osteoporosis, cavities and bone softening. Phosphoric acid also interacts with stomach acid, slowing digestion and blocking nutrient absorption.

In diet sodas, aspartame is used as a substitute for sugar, and can actually be more harmful. It has been linked to almost a hundred different health problems including seizures, multiple sclerosis, brain tumors, diabetes, and emotional disorders. Diet sodas also increase the risk of metabolic syndrome, which causes belly fat, high blood sugar and raised cholesterol.

***Perhaps the best rule is moderation.*** One soda and a cup of coffee a day is not going to generate these effects but if you spend your day drinking these beverages which have no nutritional benefit, instead of water, you are damaging your health. Try limiting them and replacing them with a glass of water. If you don't like plain water, try squeezing a lemon slice into each glass.

## Peppermint Oil

With the winter season closing in, prepare yourself naturally with peppermint oil!

- ◆ Promotes healthy respiratory function
- ◆ Promotes digestive health
- ◆ Add one to two drops in water for a refreshing mouth rinse



Quick and Easy!

### Roasted Green Beans

- Fresh Green Beans
- Olive Oil
- Salt & Pepper
- Onion & garlic powder
- Balsamic vinegar



Preheat oven to 400 degrees. Spread green beans out on cookie sheet. Drizzle with olive oil, followed by seasonings. Bake for 25 minutes. Remove from oven and drizzle with balsamic vinegar.

# CONGRATULATIONS TO OUR 2015 CTF NATIONAL CHAMPIONS!!!

<u>7 &amp; 8 YEARS - BOYS/GIRLS</u>	<u>15-17 YEARS - BOYS -MW</u>
<i>LAYTH FADDAH</i>	<i>JIMMY DONLON</i>
SOUTHWIND TAEKWONDO	MIDTOWN TAEKWONDO
<u>9 &amp; 10 YEARS - GIRLS</u>	<u>15-17 YEARS - BOYS -HW</u>
<i>CATHERINE WALLS</i>	<i>THOMAS CRAFT</i>
MIDTOWN TAEKWONDO	HERNANDO TAEKWONDO
<u>9 &amp; 10 YEARS - BOYS—LW</u>	<u>WOMEN'S 1st &amp; 2nd DEGREE</u>
<i>ASHTON DY</i>	<i>JENNA DAVIS</i>
AREGIS TAEKWONDO CENTER	STEVENS FAMILY TAEKWONDO
<u>9 &amp; 10 YEARS—BOYS—HW</u>	<u>WOMEN'S VIP 1st &amp; 2nd DEGREE</u>
<i>AARON MALHAM</i>	<i>ASHLEY THOMAS</i>
AREGIS TAEKWONDO CENTER	MT. JULIET TAEKWONDO
<u>11 &amp; 12 YEARS - BOYS-LW</u>	<u>WOMEN'S SR. VIP 1st &amp; 2nd DEGREE</u>
<i>JONAS PFLAUMER</i>	<i>AMY ROCHELLS</i>
MIDTOWN TAEKWONDO	MT. JULIET TAEKWONDO
<u>11 &amp; 12 YEARS - BOYS-HW</u>	<u>WOMEN'S 3rd &amp; 4th DEGREE</u>
<i>BRODY KRIEGERMEIER</i>	<i>ALISSA HONEYCUTT</i>
STEVENS FAMILY TAEKWONDO	AREGIS TAEKWONDO CENTER
<u>11 &amp; 12 YEARS - GIRLS</u>	<u>WOMEN'S VIP 3rd &amp; 4th DEGREE</u>
<i>VICTORIA WALTON</i>	<i>TONYA WILLIAMS</i>
HERNANDO TAEKWONDO	MIDTOWN TAEKWONDO
<u>13 &amp; 14 YEARS - GIRLS</u>	<u>WOMEN'S SR. VIP 3rs &amp; 4th DEGREE</u>
<i>SAVANNAH HALL</i>	<i>MITZIE WHEELER</i>
AREGIS TAEKWONDO CENTER	AREGIS TAEKWONDO CENTER
<u>13-14 YEARS - BOYS-LW</u>	<u>MEN'S 1st &amp; 2nd DEGREE</u>
<i>JOSHUA SMITH</i>	<i>PRESTON LESURE</i>
PATTERSON PARK MARTIAL ARTS	HERNANDO TAEKWONDO
<u>13-14 YEARS—BOYS— MW</u>	<u>MEN'S SR. VIP 1st &amp; 2ND DEGREE</u>
<i>CADE RICH</i>	<i>MARK JEFFERS</i>
DICKSON TAEKWONDO	TAEKWOMDO ACADEMY OF ERIN
<u>13-14 YEARS - BOYS-HW</u>	<u>MEN'S 3rd DEGREE &amp; UP</u>
<i>KHALFANI HARGROW</i>	<i>T.J. WEBB</i>
STEVENS FAMILY TAEKWONDO	MIDTOWN TAEKWONDO
<u>5-17 YEARS - GIRLS-LW</u>	<u>WOMEN'S POWER BREAKING</u>
<i>SHANNON DONLON</i>	<i>DIANE CARR</i>
MIDTOWN TAEKWONDO	HOPKINSVILLE MARTIAL ARTS
<u>15-17 YEARS—GIRLS-HW</u>	<u>MEN'S POWER BREAKING</u>
<i>MALLORY IVEY</i>	<i>JONATHAN SCHNEPP</i>
MIDTOWN TAEKWONDO	TAEKWONDO ACADEMY OF ERIN

**Don't forget the 2015 Black Belt Banquet!!**

**Saturday, December 12 at 7:00 pm**

**At the Colonial Country Club in Cordova, TN**