

# CTF Sidekick News

Volume 23 Issue 2 • February 2017

## INSPIRATION

### ***How does Taekwondo help you develop self-esteem?***

In Taekwondo, we set our goals and then work hard to achieve them. Taekwondo offers us different opportunities for this process such as the testing process, tournaments and the many different areas of personal improvement, both physical and mental, where we focus in Taekwondo.

***Inspiration is where we find the motivation to work hard to achieve the goals that we set for ourselves.***

### ***Where do you find inspiration?***

Students can find inspiration in various places -

- ◇ Instructors
- ◇ Higher Ranking Students
- ◇ Family and Friends
- ◇ Personal Desire to Advance
- ◇ Personal Desire to Achieve

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**\*Fill out CTF forms online \***

From your computer, smart phone or tablet

Visit [www.choongsil.com](http://www.choongsil.com) to fill out your:

**CTF New Membership**

**CTF Membership Renewal**

**Tournament Registration**

*You can now sign your forms and pay online!*

(Option to pay your instructor is still available.)

# Inspiration

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By watching instructors and high ranking students in the school or at tournaments, we realize what is possible and are often inspired to emulate them. Our family and friends can help inspire us by offering encouragement. The advancement process built into the CTF Taekwondo system provides us with short term goals and a time frame for achieving them. Often students are inspired to “keep up” or just to achieve higher ranks. The best type of inspiration is the personal desire to achieve simply for personal satisfaction. This type of inspiration is more likely to stay with us and continue to inspire us over a long period of time.

Sometimes we get to the point where we feel we aren't making progress. This usually isn't the case, however, we may not notice the changes that we are making since they are small and take quite a long time to achieve. One way to see our progress is to film ourselves regularly—say every 3-4 months. By reviewing these films, we can see the progress we are making. Films also can help us see areas where we need to improve. When we are actually working out, we often fail to notice our errors and believe we are better than we actually are.

## ***How do we inspire ourselves to return after being absent from class ?***

Sometimes we have to be absent from class due to injury, illness, work, schoolwork, vacations, camps or other activities that take our time away from training. How do we stay inspired during the absence? Sometimes we can't attend class but we can maintain our training by working out at home. It doesn't take much room to practice our kicks—grab a counter or chair and do stationery kicks. Use this opportunity to work out those little errors in your kicks. It takes a little more room to do one-steps but this format is a great way to practice too. Patterns give us the opportunity to practice not only our kicks but our strikes and blocks as well. The patterns are actually a catalogue of all the Taekwondo moves you should be practicing. Don't let lack of room stop you from doing your patterns. It is possible to do your patterns in a small space by either double-stepping the pattern or practicing small sections at a time.

When an injury or illness keeps us off the dojang floor, this is an excellent opportunity to learn about our body. We can quickly learn what muscles, joints, etc. are affected by the injury and what moves utilize them because pain will quickly tell us. We learn from this what we can't do but there are many other things we can do. If a leg is injured, we can work on the upper body or vice versa. Perhaps this

is a good time to do some work with weights. This is also a good time to read Taekwondo material and learn more about the art. I always make a practice of doing patterns in my head during periods of injury. If you can do this, you will find it will give you a new perspective when you get out onto the dojang floor. Practice patterns in your head by counting the moves to be sure you don't leave any out, then consider the purpose of each move, visualize your opponent and the use of each move. Don't forget to practice your definitions, too. This way you won't have to worry about memory work when you can train regularly again.

One of the hardest things to deal with when you return is the realization that you can not perform physically at the level you could before the injury or illness. It is extremely important not to try to rush your body or you risk reinjuring yourself. Be patient and you will return to previous levels much faster without setbacks.

## ***Developing a sense of self-worth***

By setting short and long term goals and then following through to accomplishment, we realize what we are capable of achieving. By learning we can achieve, we gain confidence to set new and more difficult goals. Eventually we learn that we can achieve almost anything we truly are willing to work hard to achieve.

Achievement brings us rewards, among them the satisfaction that we are capable people. While the praise and admiration of others is another type of reward, the best reward is this simple feeling of personal achievement.

The self-worth gained in Taekwondo can carry over to other parts of our life. By applying the Choong Sil philosophy of goal setting, inspiration, and hard work to our work, school, family life, etc., we will realize these goals as well and enrich our lives.

*Yong Gom -*

*With goals firmly in mind, the student must learn to inspire themselves into action as they develop a sense of self-worth. Without this, one may never strive for success as they may feel they do not deserve the rewards that accompany achievement.*

*-Choong Sil Kwan Philosophy*

## **CTF KICKS OFF 2017 TOURNAMENT SEASON**

Region I's first tournament won't be held until March 11th so start making your plans now to attend this tournament at THE LANDERS CENTER in Memphis, TN. The first tournament of the year is a great way to clear out the cobwebs after the Winter Holidays.

**BLACK BELT COMPETITION**—We will be setting the National Championship divisions in March. Be sure to be there so your division will have enough competitors. See the article on page 4 for information on the 2017 National Championship competition.

**2017 TOURNAMENT RULES**—Check the CTF website [www.choongsil.com](http://www.choongsil.com) for up to date rules and information on the tournaments. For your annual update, plan to attend one of the Official's Tournament Rules Clinics.

# Twelve Concepts of Power

Several things define the Choong Sil style of Taekwondo and one of the most important are the Twelve Concepts of Power. These concepts, once fully understood, give the student the ability to evaluate technique. Concepts courses are offered at Black Belt camps and as special seminars held in schools, however, many of the things our instructors frequently mention in class are rooted in these same concepts like—matched timing, hip twist, focus, reaction force, etc.

The goal of Taekwondo is to deliver a technique with the maximum amount of power using the least amount of effort. The components of our techniques are designed to add either mass or speed to our technique based upon these concepts. If a motion in our technique fails to add power, then it is wasted motion and should be eliminated from our technique. The basis of this is rooted in the scientific formula for the production of Kinetic Energy (the energy of motion): ***Amount of Power Produced is equal to 1/2 mass x velocity<sup>2</sup>.***

The Twelve Concepts are:

Stance	Range of Motion/Strength Apex
Hip Twist	Relative Muscular Strength
Reaction Force	Breath Control
Timing	Accuracy
Focus	Attitude
Geometric Design	Automatic Reflex

Watch for future articles that discuss these concepts and think about the things you have already learned in class that relate to these concepts.

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

# How do I become a CTF National Champion?

**Earn your Black Belt**—The National Championships are open to CTF Black Belts only (1st recommended included).

**Qualify during the year**—You may qualify in your region or, if for some reason, you are unable to do so, you may apply to the CTF Office to qualify in another region **no later than February 15th of the Tournament Year**.

This year we have five regions. They are:

Region I - TN, KY

Region II - FL, GA

Region III - AR, TX, MO, OK

Region IV - East Coast

Region V - West Coast

You may compete in any tournament in any region, however, Black Belts may only qualify in one region.

**POINTS**—Black belt competitors receive points each time they compete at a qualifying tournament, in addition to the points they earn for placing in the competition. The competitors with the most points will qualify. Regions with 3 or more tournaments may send at least 3 qualifiers per division or more in large divisions with MANY competitors during the year. Regions with 2 qualifying tournaments may send their top 2 qualifiers per division. Single tournament regions may only send one per division. Regions without qualifying tournaments or divisions that don't have enough competitors may submit appointments to the National Office.

**Seeding**—Seeding is determined by how many qualifying tournaments you participate in. The highest seeds will be the 1st place finishers in the regions with 3 or more qualifying tourna-

ments. The lowest seeds will be Black Belts who are appointed. If you want to be one of the highest seeds, you must win your divisions so you will have the most points and also participate in as many qualifiers as possible.

*Colored belts and Black Belts not qualifying for the National Championship divisions may still compete at the Nationals in separate divisions.*

**Compete regularly**—Tournament competition experience can teach you where you are weak and need to improve. It can teach you how to size up different opponents quickly so you can use the appropriate game plan to win. It will also help you develop those winning game plans.

**Know the rules**—Be sure you are familiar with the tournament rules and have practiced using them. Your instructor should be able to supply you with a copy of the tournament rules or you may print your own copy from the CTF website.

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

## ***TRAIN HARDER than everyone else!***

- Be well prepared for the competition. You can only do this by training hard and regularly. The pressure of competition sometimes makes us forget what we want to achieve. Be sure you have trained your body to remember for you.

***“Only perfect practice makes perfect!”***

# 2017 Black Belt Camps



**WOMEN'S CAMP**  
May 31- June 4  
Limestone, AR

**MEN'S CAMP**  
June 21-25  
Limestone, AR

**FALL CAMP**  
October 6-8  
Limestone, AR

Come join the fun at Camp Choong Sil Kwan. Enjoy Taekwondo to its fullest with individualized instruction from Grand Master Hardin. Focus on sharpening technique and learning new instructor skills, all while building relationships with others in Taekwondo.

**Prior years' exciting activities included:**

**Taekwondo**

**Rappelling    Canoeing**

**Paintball    Swimming**

**ATV rides    Massages**

**& more**

# 2017 CTF Tournaments

**March 11**

**REGION I**

(Single-rated)

**SOUTHAVEN, MS**

**The Landers Center**

**April 22 (Proposed but the**

**Date is unconfirmed)**

**REGION I**

(Single-rated)

**MURFREESBORO, TN**

**July 22( Proposed but the**

**Date is unconfirmed)**

**REGION I**

(Single-rated)

**MEMPHIS, TN**

**SPAR WARS**

**September 9**

**REGION I**

(Double-rated)

**MT. JULIET, TN**

## **CTF NATIONALS**

**November 11**

**SOUTHAVEN, MS**

**The Landers Center**

### **TOURNAMENT RULES CLINICS ARE SCHEDULED FOR:**

**FEB 4 (SAT)—STEVENS FAMILY TAEKWONDO, MURFREESBORO, TN**

**FEB 7 (TUE)—WEST SIDE TAEKWONDO, NASHVILLE (BELLEVUE), TN**

**FEB 18 (SAT) —9:00 AM—HERNANDO TAEKWONDO, HERNANDO, MS**

**FEB 19 (SUN)—3:00 PM- CTF HEADQUARTERS, LIMESTONE, AR**

**FEB 24—6:00 PM— AREGIS TAEKWONDO, NASHVILLE, TN**

# Health & Wellness

## Here's To A Healthier You!!



### BAKED SWEET POTATO TREATS

- 2 Sliced Sweet Potatoes
- 1/2 c Honey
- 1/4 c Olive Oil
- 2 Tbl Ground Cinnamon
- Honey to drizzle over potatoes

Preheat oven to 375 degrees. Toss sweet potatoes with honey and olive oil. Spread sweet potatoes on baking sheet and sprinkle with cinnamon. Drizzle honey to taste. Bake for 25-30 minutes, or until tender.

### Lavender Oil

- ◆ Calming properties and natural stress reducer
- ◆ Helps relieve bumps, bruises and burns
- ◆ Helps provide seasonal allergy relief
- ◆ Add some oil to your pillow to help ease restlessness at night



*If you would like to be kept up to date on CTF events make sure you like our Facebook page. Go to [www.facebook.com/ChoongSilTaekwondoFederation](http://www.facebook.com/ChoongSilTaekwondoFederation) and hit the "like" button. Make sure you "like" or comment on some of our posts so that Facebook will continue to show them to you!*

