

CTF Sidekick News

SPECIAL AWARDS EDITION

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IMAGINATION

Set Goals for Success

Before you can begin to set goals, you should first evaluate where you are today and decide what you hope to achieve. This initial process helps you to establish your long-term goal. When you set a major goal, it is not always productive to start working towards it without first breaking it down into smaller steps or interim goals that are more easily achievable.

For instance, it is not enough to say, "I want to be a black belt", and just show up for classes. You must first evaluate your fitness level. Do you need to develop more strength, flexibility, endurance, speed, balance, attention to detail, etc.? Each of these areas can provide you with smaller goals, which you must achieve before you can reach your larger goal. You must also evaluate your level of mental fitness. How good is your concentration, self control, work ethic, and self discipline? Do you need a plan to develop skills in any of these areas?

{Cont'd on page 2}

Inside this issue:

Evaluating CTF Progress Cont'd	2
How to set successful goals	3
Where were you 20 Years Ago?	4
2014 AWARDS!	4 & 6

IMPORTANT

Please update your
Address books with our new
Email addresses:
akhardin@outlook.com
choongsil@outlook.com



CHECK IT OUT!

www.choongsil.com for news, info,
upcoming events, tournament info, &
black belt points.

IMAGINATION

Cont'd from Page 1



Once you have evaluated where you are now and what you need to work on, you will probably have a fairly long list of interim goals. You won't be able to begin working on all of them at once, so you will need to take your list and prioritize your interim goals. Ask your instructor to help you decide which areas are the most basic and should be your starting point. For instance, first you may want to develop the proper technique, then work on balance and, finally, speed of your technique. You may need to work on some items together such as strength and flexibility.

Often as we develop muscular strength, we find our flexibility lessening. We become "muscle bound" if we do not constantly stretch. In order to increase flexibility and strength at the same time, you must stretch even more!

You will find that a consistent and disciplined approach to Taekwondo will develop your mental discipline, concentration, and work ethic. These represent the foundation of your Taekwondo training and make it possible for you to reach your physical goals.

Once you reach your goal—Don't forget, it is now time to set new goals!

"In the initial stage of philosophical development the student must use his imagination to set goals beyond his current limitations, thereby visualizing his achievements in advance. This in turn, strengthens the belief system to the point where specific goals are possible and attainable."

Choong Sil Philosophy

"Song Song"

Quote of the Month

"Above all, challenge yourself. You may well surprise yourself at what strengths you have, what you can accomplish."

How to Set Successful Goals

The most important part of setting goals is to know what you really want. When most people are asked what they really want, they usually give pretty uninspiring answers. General answers like, “I don’t know” or “to do better in school” or “to make more money,” do little to motivate ourselves toward achieving our goals. Most goals we set for ourselves are never realized because we make “white belt” mistakes when setting them.

There are a few simple rules you can use to achieve more. Here are a few smart rules to use for setting for smart goals.

You Must Know What You Want

BE SPECIFIC—Knowing what you want is like using a map and knowing where you are going. If you don’t know where you were, where you are going, or even how to get there, the chances of your success are very small. When you decide on a goal, ask yourself, “Why do I want to achieve this?” That will often help you to clarify your goals.

Your Goals Must Be Realistic

BE REALISTIC—In Taekwondo, it would not be very realistic to set a goal of earning your Black Belt in 3 months. So when setting other goals, make sure to use your “Black Belt” perspective. Ask yourself, “Have I given myself enough time? Is this within my abilities?” Don’t be afraid to set high standards: just make sure they are obtainable. There is a saying that states, *“People over estimate what they can do in a year, and completely under estimate what they can do in ten years.”*

Long-Term vs. Short-Term Goals

If the goal is big, break it down into

smaller steps. The smaller the better. In Taekwondo, there is only one goal: to earn a Black Belt. But that doesn’t mean that the goal can not be broken into several steps along the way. Each step should take you closer to your goal.

Are You Motivated to Achieve This Goal?

If the goal does little to inspire you at the onset, how difficult will it be when you really have to work hard at it? Find a goal that will keep you motivated and moving forward.

Hard Work is the Key

It has been said that even average people can achieve excellence with a positive work habit. In martial arts class, everyone starts with no prior experience, many having never exercised or involved themselves in any sport. Yet, within a few short years, these very same people will have earned their Black Belts. Not because they possess any special skill to start with, but because they worked hard to achieve their goals.

Don't Get Side Tracked

Don’t let distraction take your focus off the goal. If you find you are going in the wrong direction, make small changes to get back on track.

Review

Upon reaching your goal, look at where you are and set a new goal. It is like the man who all of his life had seen the mountain on the outside of his little town. Every day he vowed that someday he would climb it. Then one day, feeling adventurous, he started to climb. It took him several weeks, but upon reaching the top he looked around. He was surprised at how much farther he could see when looking from the peak. His whole perspective had changed.

WHERE WERE YOU 20 YEARS AGO?

CTF SPOTLIGHTS

WHERE WERE YOU 20 YEARS AGO?

This was the theme of THE 2014 Black Belt Banquet and it offered a view of just how far the CTF has come over the last 20 years. There were a lot of attendees that weren't even born 20 years ago!

Twenty years ago the CTF was officially formed. Previously it had been known as the Mid-American Taekwondo Centers. Grand Master Hardin had just introduced the last Choong Sil pattern, Sil Hyun, and felt that needed a name that could describe our membership philosophy—Choong Sil!

Over the last twenty years, we have developed our CTF competition system leading to our Annual CTF National Championships. We have also developed our Tournament Official Training System that allows us to develop the BEST Tournament Officials possible.

CTF LEADERSHIP

Twenty years ago, Grand Master Hardin was our only Master. At that time, the next highest rank in the CTF was 5th degree and we had 2! At that time we had 12 4th degrees and only 17 3rd degrees. Compare that to today where we now have the following -

9th Degree—GM Robert Hardin

8th Degree—Sr. Master Rick Hoadley

7th Degrees— Master Alan Courtemanche (4D in 1995)

Master Song Brown (4D in 1995)

Master Chris Hicks (4D in 1995)

Master Ken Kelly (4D in 1995)

Master Louie Aregis (3D in 1995)

Master Jack Stevens (3D in 1995)

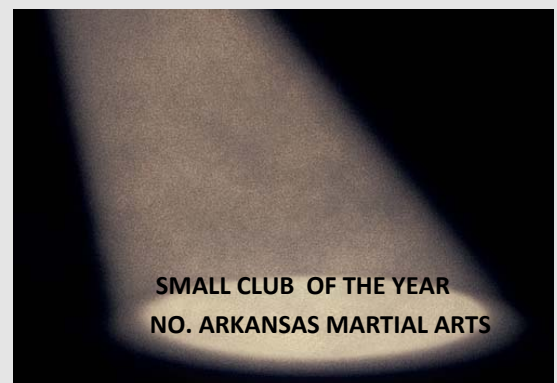
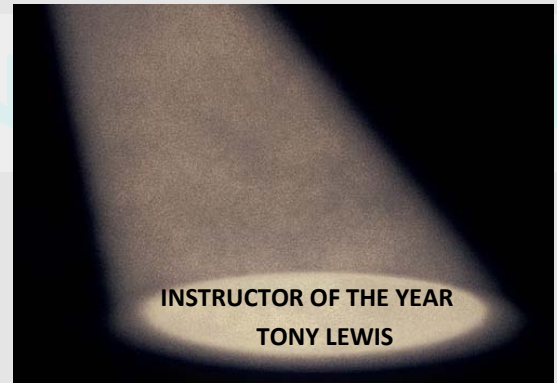
6th Degrees—Today we have 15 Active 6th Degree Black Belts but we had NONE in 1995!

5th Degrees— 29 today & 2 in 1995

4th Degrees—28 today & 12 in 1995

3rd Degrees—64 today & 17 in 1995

As you can see, the leadership and experience of the CTF has grown tremendously over the last 20 years. But that only demonstrates that the opportunity is there for you! Take the challenge and see what you can achieve over the NEXT 20 YEARS!



TKD TRIVIA



Do you know?

Why should your belt ends be even?

How long does it take to become a Master of Taekwondo?

(answers on page 6)

ARE YOU A GENERAL YET?

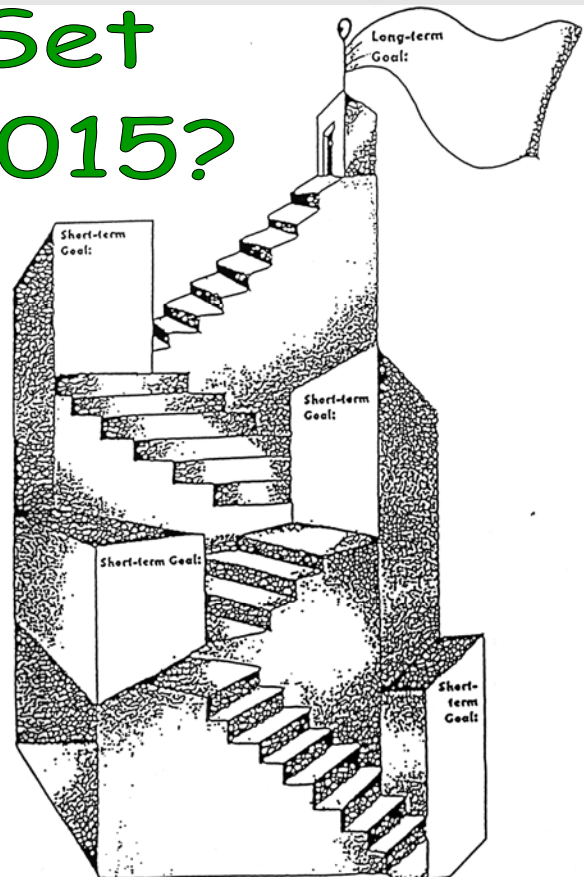
Our current belt ranking system is based on a paramilitary system with white belt corresponding to a private.

Private	White Belt
PFC	Yellow Belt
Corporal	Green Belt
Sergeant	Blue Belt
Master Sergeant	Red Belt
Lieutenant	1st Degree Black Belt
Captain	2nd Degree Black Belt
Major	3rd Degree Black Belt
Colonel	4th Degree Black Belt
1 Star General	5th Degree Black Belt

Have You Set Goals for 2015?

Using the castle, write one of your long-term goals in the top flag. Then break it down into several short-term goals, writing them in the boxes at each landing.

Sometimes seeing your goals in writing clarifies what you will need to do to achieve these goals. Don't become overwhelmed by your goals, take them one step at a time. Plan to work toward these goals throughout the year and you will be surprised what you can achieve.



OUTSTANDING TOURNAMENT PERFORMANCES

2014 NATIONAL CHAMPIONS

7 & 8 YEARS - BOYS/GIRLS

JACK TAYLOR
MEMPHIS, TN

9 & 10 YEARS - GIRLS

ANNA CHASE
MEMPHIS, TN

9 & 10 YEARS - BOYS—LW

BRAYDON SIMON
HERNANDO, MS

9 & 10 YEARS—BOYS—HW

BRADY KREIGERMEISTER
NASHVILLE, TN

11 & 12 YEARS - BOYS-LW

JONATHAN GOFF
MEMPHIS, TN

11 & 12 YEARS - BOYS-MW

TYLER DUQUETTE
MT. JULIET, TN

11 & 12 YEARS - BOYS-HW

MARCUS OLIVER
MT. JULIET, TN

11 & 12 YEARS - GIRLS-LW

VICTORIA WALTON
HERNANDO, MS

11 & 12 YEARS - GIRLS-HW

SARAH CHANDLER
MEMPHIS, TN

13 & 14 YEARS - GIRLS

SAVANNAH HALL
NASHVILLE, TN

13-14 YEARS - BOYS-LW

JOSIAH FLOYD
LAFAYETTE, TN

13-14 YEARS - BOYS-HW

KHALFANI HARGROW

MURFREESBORO, TN

5-17 YEARS - GIRLS-LW

EMILY MCKEEL
DICKSON, TN

15-17 YEARS—GIRLS-HW

MALLORY IVEY
MEMPHIS, TN

15-17 YEARS - BOYS—LW

T. C. HAYES

MURFREESBORO, TN

15-17 YEARS - BOYS—HW

ETHAN HONEYCUTT
NASHVILLE, TN

WOMEN'S 1st & 2nd DEGREE

JENNA DAVIS
MURFREESBORO, TN

WOMEN'S VIP 1st & 2nd DEGREE

REBECCA CLARK
HERNANDO, MS

WOMEN'S 3rd & 4th DEGREE

JESSICA LASECKI

WOMEN'S VIP 3rd & 4th DEGREE

MICHELLE WILKINSON
NASHVILLE, TN

MEN'S 1st & 2nd DEGREE

DAKOTAH WHEELER
MEMPHIS, TN

MEN'S VIP 1st & 2ND DEGREE

JASON MALHAM
NASHVILLE, TN

MEN'S SR VIP 1st & 2nd DEGREE

SAM GOFF
MEMPHIS, TN

MEN'S 3rd DEGREE & UP

T. J. WEBB

MEMPHIS, TN

WOMEN'S POWER BREAKING

OLIVIA ROSADO
ERIN, TN

MEN'S POWER BREAKING

JONATHAN SCHNEPP
ERIN, TN



OUTSTANDING TOURNAMENT OFFICALS - 2015

MASTER REFEREE	TARA MILLER
CHIEF JUDGE	MATT SHEAH
CORNER REFEREE	SHELLY TODD



TKD Trivia answers

1. To symbolize balance. This doesn't mean physical balance but rather total balance in your life such as work/play, etc.
2. A LIFETIME! - 7th & 8th Degree Black Belts are considered "Masters". The least amount of time required to reach 7th Degree Black Belt is 24 years with another 7 years to reach 8th Degree (total of 31 years) and 39 years to reach the highest level of Grand Master, 9th degree..